

APPLICATION OF MULTIDIMENSIONAL AYURVEDIC TREATMENT IN THE MANAGEMENT OF CANCER

Author: Dr. Sathyanarayana B ^a M.D.(Ayu),

^a *Principal, Muniyal Institute of Ayurveda Medical Sciences, Manipal, INDIA-576104*

telephone:91-820-2573088(R), 91-820-2575025(Telefax), 9480289593(M)

E-mail: bhaishajya@yahoo.com.

Introduction:

Cancer has become a serious problem in the world because today. Many people are dying by cancer and incidents have risen severely over the last 50 years. In India 8 lakh new cases are being detected every year indicating the severity of the disease. Despite the extensive research work and development of newer drugs and technology in modern oncology cancer has remained a dreaded challenging disease. Ayurveda being an age old health science with scientific therapeutic principles and treasure of thousands of potent safe herbal and mineral products is expected to give an assuring answer to this problem. The excruciating experience of dying cancer patients can be ameliorated by making use of Ayurvedic principles. Ayurveda can be helpful in the management of cancer in many ways such as—prophylactic, palliative, curative and supportive.

Ayurvedic concept of cancer

- **Fundamental classification:-**
- Ayurvedic classification of neoplasm depends on various clinical symptoms in relation to Tridoshas:-
- **Group I:** Diseases that can be named as clear malignancy, which includes arbuda and granthi, e.g.mamsarbuda (melanoma) and raktarbuda (leukaemia), mukharbuda (oral cancer), etc.

- **Group II:** Diseases that can be considered as cancer, such as incurable ulcers with e.g. tridosaj gulmas (abdominal tumours like carcinomas of the stomach and liver or lymphomas).
- **Group III:** Diseases with the possibility of malignancy, e.g. Visarpa (erysipelas), asadhya kamala (incurable jaundice) and nadi vrana (sinuses) .

CLASSIFICATION

1. Diseases which can be labeled as clear malignancy.
2. Diseases which may be considered as malignancy
3. Diseases presenting symptoms similar to malignancy.

1. Diseases which can be labeled as clear malignancy:

The diseases falling under this group may be further classified as follows: -

(A) Arbuda (Neoplasia)

(B) Asadhya Vrana (Malignant ulcer)

2. Diseases which may be considered as Malignancy:

- This includes particularly those diseases which are labeled as Asadhya along with certain manifestations similar to malignancy.
- Those are:
- Mamsaja Osthā [VERRUCCOUS CANCER OF LIP]
- Alasa [Adenocystic and Mucoïd epidermoid tumours of salivary glands]
- Mamsa Kacchapa [Carcinoma of oro pharynx]
- Galaudha [Tumor of hard palate]
- Asadhya Galaganda [Papillary carcinoma of thyroid]
- Tridosaja Gulma*

- Asadhya Vrana
- Lingarsa [**Papillary carcinoma of penis**] etc.

*In Asadhya Gulma which are gradually increasing in size, wide spread and fixed with tortoise like mass in the abdomen, the skin over mass shows engorged veins. In addition, patient may suffer cachexia, cough, vomiting, fever etc. These features are probably suggestive of intra abdominal malignant growth.

3. Diseases Where Malignancy cannot be ruled out:

- Tridoshaja Nadi Vrana
- Asadhya Pradara
- Asadhya Udara roga
- Asadhya Kamala

AYURVEDIC TREATMENT:

As explained before, in Ayurveda, cancer may be different conditions like Arbuda, Galaganda, tridoshaja gulma etc and the line of treatment is to be followed accordingly. Most of the physicians follow the line of treatment mentioned for Arbuda in cancer. In various Ayurvedic classics the line of treatment of Arbuda is available but in scattered form, which may be divided in to this manner;

PROPHYLACTIC:

In this one can include the rules of Swasthvritta, Aahara, Vihara in different Ayurvedic Text, which are specially required to prevent Cancer.

PALLIATIVE:

Various groups of Drugs mentioned for increasing immunity Oja etc. Use of various drugs which are known as anti inflammatory properties can also recommend.

CURATIVE:

In this part well known and well established medicines and modalities which have shown encouraging results for Cancer is may be considered.

SUPPORTIVE:

One can include the Ayurvedic Treatment that can be used along with the modern treatment to combat their side effects and improve the quality of life.

There are three concepts of modalities of treatment in Ayurveda i.e. Medical, Surgical and Para- surgical.

These general treatment details are not being discussed in the present article as I am focusing only on the evidence based report in cancer management.

Mahoshadha Kalpa:

Mahoshadha Kalpa is a multi-dimensional Ayurvedic treatment for Cancer designed and developed by Dr. U. Krishna Muniyal Memorial Trust (R).

Mode of Treatment:

- Muneks, a research drug prepared out of various herbs and bhasmas dissolves away the tumor cells and produces no ill-effects even in high doses. This is certified by a renowned pharmaceutical research center in Chennai. Other research products of the trust are also added as required.
- Detoxification of body by Deerghayu kalpa.
- Prevention of food-related diseases by adopting clinical diet.
- Adoption of Dinacharya (daily regimen) and Ritucharya (seasonal regimen) to counter the environmental ill effects.
- Practice of Samata and Maitri Dhyana, Yoga and Pranayama for Chitta Shuddhi and Vipassana Dhyana to provoke cellular intelligence and thereby control the cancer growth progression.
- Rejuvenation of body cells by Pyramid therapy.

Benefits of Mahoshadha Kalpa

- No ill effects like hair fall, organ damage, etc.
- Early treatment provides better efficacy and benefits.
- Treatment is economical, compared to prevailing lines of treatment.
- Early restoration of health - prolongs life span.

- Proper spiritual guidance and counseling improves will power to face the disease, and wards-off fear of death.

Scientific Data of treatment modes:

1. Muneks Tablets:

Muneks is a combination of more than 50 anti-carcinogenic herbs, minerals and bhasmas prepared according to the description given in the ancient texts of Ayurveda. The preliminary reports are quite promising and encouraging. An experimental study has proved Muneks to be having good anti tumor activity against Dalton cell lymphoma, and found to be non-toxic at high doses.

2. Deerghaayu Kalpa: This is done with a judicious combination of selected Pancakarma procedures according to the system involved and condition of the patient. It helped to detoxify the body and improve the body immunity by rejuvenation. Takra Dhara and Taila Dhara like procedures helped to reduce the stress, to bring about normal sleep pattern. The procedures like Basti with selected drug combination helped to regularize bowel habits, improve appetite, reduce pain and brought about lightness in the body. Several studies carried out in multiple centers have already scientifically proved the beneficial effects of Pancakarma procedures.

3. Dietary advice: Diet plays an important role in the management of cancer. It is a proved fact that some of the foodstuffs are carcinogenic and are to be avoided. Patients are advised with diet ideal to fight cancer. It has been known for some time that fruit and vegetable consumption helps prevent cancer. Fruits and vegetables are loaded with antioxidants, [fibre](#), folate and potassium and they are low in fat and calories.

4. Life style management: Right dietary advice, life style management following daily regimens (Dinacarya) and seasonal regimen (Rtucarya) as per the textual description helped substantially in the management of cancer under Mahoshadha Kalpa.

5. Dhyana:

Samatha, Maitri Dhyana, Pranayama helped the patients to awaken cellular intelligence and very interestingly many of the patients could come out of fear of death which helped a lot to prolong their life span.

6. Pyramid therapy:

Pyramids constructed with specific angles and dimensions have mysterious and miraculous effect on the material kept inside them, including the living organisms. Starting from the days of Egyptian pyramids till today, the experiments and experiences have shown that pyramid rightly built and properly placed prevents degeneration and helps in tissue regeneration. By considering these facts we have constructed a pyramid purely with wooden parts (teakwood) with precise dimensions. Patient is asked to meditate inside the pyramid during which he is advised to concentrate on his normal breathing. We have observed that this process prevents degeneration, acts as antioxidant and anti stress. Pyramid therapy has contributed substantially in MAHOSHADHA KALPA.

Selected case studies:-

We have treated more than 300 patients of cancer since last eight years of launching Mahoshadha Kalpa. Patients of varieties of cancer ranging from adenocarcinoma of breast, bronchogenic carcinoma of lungs, colon cancer, squamous cell carcinoma of lungs, non Hodgkin's lymphoma. Chronic myeloid leukemia, Ewing's sarcoma, osteosarcoma, malignant melanoma till glioblastoma multiformae and malignant melanoma are being treated. Patients at different stages of the disease like those who are freshly diagnosed, patient who were operated, patients who have taken incomplete conventional therapy, patients who are at terminal stage, those who are under concurrent radiotherapy and chemotherapy have been treated. I do not claim that we could cure most of them, but I can say that we could help them to improve the quality of life, helped to ward off the fear of death and improved the life span. Adverse effects of chemotherapy and radiation could be dramatically reduced. However we could achieve cure in a few cases.

Case 1:

A 60 year old male patient with bronchogenic carcinoma of the upper lobe of left lung approached Muniyal Ayurvedic Hospital and Research Centre two years back with the complaint of severe cough and breathlessness. He has not received any conventional cancer treatment. After the treatment for two months, his cough was reduced to a great extent and there are no signs of metastases. Treatment was continued for a period of two years with no serious episodes of symptoms but with dramatic remission in respiratory symptoms.

- **CT scan done indicated no signs of bronchogenic carcinoma.**

This patient was treated with oral medications like, Tablet Muneks:- 02-00-02, Tab. Munistamine:- 02-00-02, a combination of Makaradhwaja, Laghu suta Mishrana and

Sitopaladi Churna at a dose of about 1 gram twice daily with honey. However, the medicines were not the same throughout except for Tablet Muneks. According to the progress in the symptoms we made necessary changes in the medicines. Regular investigations like a complete haemogram, estimation of cancer markers (CA-125, CEA etc) and chest radiograph were done. Patient followed the diet restrictions, Pranayama etc as suggested under Mahoshadha Kalpa.

Case 2:

A 74 year old male with the h/o colon cancer, post operative status approached with the complaints of bloating of abdomen, urge to defecate after food and marginally elevated CEA levels. He is presently asymptomatic with CEA in normal limits. In addition to Muneks he was given with the medicines like a combination of Panchamrta Parpati, Yashtimadhu and Kamadugha

Case 3:

A 28 year old male with Non Hodkin's lymphoma, high grade large cell type with the h/o incomplete chemotherapy reported with the symptoms of lymphadenopathy and left axillary and inguinal area, general debility and anemia. He is under the treatment since 03/01/2006, asymptomatic follow up CT scan, LDH, USG abdomen, biopsy reports remaining normal.

Hb% and other biochemical parameters like LFT and RFT are within normal limit. He was given with Kanchanara guggulu:- 01-00-01 (500 mg BD) and Punarnava Mandoora:- 250 mg BD, in addition to Muneks tablets. However, here also the medicines were modified depending on the progress of the individual.

Case 4:

A 56 year old lady, a diagnosed case of small cell carcinoma of cervix visited on 13-06-2012 with the complaints of watery and occasional blood tinged discharge per vagina and pain in lower abdomen. She is under the regular follow up since then. Now her PV examination shows normal, healthy cervix without any discharge or touch bleed, Her CA-125 level is normal since one year. USG abdomen pelvis done on 23/12/2013 showed no obvious mass in the region of cervix where as on 24/05/2013 it showed minimum cervical irregularities and calcification. In addition to Muneks, she was given with Muniprabha tablets, Kanchanara

guggulu and Soubhagya Kalpa along with a combination of Pushyanuga Churna and Godanti Bhasma during the course of treatment.

Case 5:

A lady of 57 years a known case of ovarian carcinoma with hepatic metastasis visited the hospital with the features of tense ascitis, general debility, loss of appetite and pain abdomen. Her ascitis is completely relieved, appetite improved pain reduced. Follow up USG study of abdomen and CA-125 level are normal. She is on regular follow up since 3 years. These are only a few selected examples. There are more than 35 patients who had taken conventional treatment partly (like incomplete chemotherapy, incomplete radiation, only surgery etc.) who are maintaining good health since more than two years with either stable disease or no recurrence.

DISCUSSION:

Muneks tablet used in Mahoshadha Kalpa is formed by combining a number of herbo-mineral drugs and developed after extensive research work. Z-Guggulsterone, a constituent of *Commiphora mukul*, an ingredient in Muneks is known to inhibit angiogenesis in vitro and in vivo. Curcuminoides of *Curcuma longa*, Piperine of *Piper longum*, other ingredients like Kanchanara (*Bauhinia variegata*), *Vinca rosea*, Ashwagandha (*Withania somnifera*), Nimba (*Azadirachta indica*), Shigru (*Moringa oleifera*) etc have been scientifically proved to possess potent anticancerous activities.

Ingredients like Some of the ingredients in the formulation like Ashwagandha (*Withania somnifera*), Guduchi (*Tinospora cordifolia*), Punarnava (*Boerhavia diffusa*) showed very good immuno-modulatory activity. They enhance natural killer cell activity and also Tumor Nursing factors and anti-body dependent cellular cyto-toxicity (ADCC) syngeneic BALB/c mice, bearing tumor. Some ingredients like guggulu (*Commiphora mukul*) have anabolic and cyto-protective activity, proving their action in protecting the vital organs like liver and the kidneys. Other ingredients like Triphala and Haridra (*Curcuma longa*) showed antioxidant effects where they acted as potent inhibitors of lipid peroxide formation and scavenger of hydroxyl and super oxide radicals in vitro. Anxiolytic, anti-stress activities of certain ingredients along with anti inflammatory and anti ulcer activities contribute to the overall effect of the formulation.

Diet advised in Mahoshadha Kalpa plays an important role in the management of cancer. It is a proved fact that some of the foodstuffs are carcinogenic and are to be avoided. A high-fat diet, particularly one with high levels of red meat and low levels of fruit and vegetables, is associated with a higher risk of colorectal cancer.

Pyramid therapy is another supportive measure used in Mahoshadha kalpa. Based on scientific reports it can be said that pyramid therapy promotes better healing of wound. It decreases neuroendocrine as well as oxidative stress (*Surekha Bhat et al;*). Studies have shown that plasma cortisol and erythrocyte TBARS levels are significantly lowered and erythrocyte GSH levels and GSH-Px activity are significantly increased by pyramid therapy. Hence, pyramid therapy has its own contribution in the treatment of cancer.

CONCLUSION:

Ayurveda has a lot to offer in cancer management. One should follow a scientific, holistic approach. We should never feel lack of confidence as we can contribute substantially for the well being of cancer patients. Even though modern oncology has failed miserably in cancer management there are certain strong points which we should never ignore. We have to assure the patients but never give false assurance or tall claims.

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