

**CANCER IN AYURVEDA AND ITS PREVENTIVE MEASURE****Dr. Diksha Trivedi<sup>1\*</sup> and Dr. Rajesh Gupta<sup>2</sup>**

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**ABSTRACT**

In recent decades, life style as an important factor of health. Many factors of life style is directly affect the individual health and quality of life. Lives of citizen faces many problems related to physical as well as mental health. Everyone have suffering from any kind of disease. Millions of people follow an unhealthy life style. Due to this, they encountered from various types of disease like cardio-vascular disease, metabolic disease, hypertension and Cancer diseases can be caused by unhealthy life style. Now days, Cancer is a major cause of morbidity and mortality. Most Cancers are associated with aging as well as unhealthy life style. The major factors for Cancer include aging, chew tobacco, radiation exposure, chemical effect, alcohol, poor diet and lack of physical activity.

**KEYWORDS:** cancer, prevention, herbal drugs, Ayurveda.

**INTRODUCTION**

- The word Cancer is derived from the Greek meaning 'CRAB'.<sup>[1]</sup> 'Cancer or malignant tumour' is a group of diseases in which there is abnormal cell growth. There is unstoppable Cell growth and division where there is absent of the proper signals, division of number of cell in abnormal manner, it compresses the blood vessels, invades tissues and metabolizes them and converts cells into some specific cancer cells.
- Cancer is mentally and physically challenging disease. In ancient Ayurveda, our Acharya's said that cancer is 'dosh-dushya pratynik vyadhi'. The cancer of round shape, stable, painless, spread in large, serious metal, slowly spreading throughout the body,

produces the never ripening edema that Acharya has given to Arbuda Sanghya. Vitiated vata, pitta and kapha doshas along with Mansa and Meda dhatu can cause cancer/arbuda.<sup>[2]</sup>

### **Arbuda in Ayurveda**

“Arbuda” is derived from arb and udetti. In which arb is taken from the meaning to kill and udheti is rise.

Acharya Sushruta (Father of Surgery), Acharya Charak, Vagbhatta have describe its hetu (cause), lakshna & upkarma of arbuda. Acharya sushruta included it in surgical disease and described it in ‘nidan sthan chapter-11, “*Granthiapchiarbuda galganda nidanum*”

### **Arbuda nidanam<sup>[3]</sup>**

Increased Vatadi dosha in any area of the body by contaminating the mansa and medo dhatu, produces a round, stable, non-painful, and never ripening gland-like edema called a tumor. Also mentioned its six types of Cancer Vata, Pitta, Kapha, Rakta, Mansa, Medsa and properties of Arbuda same as a Granthi.

90-95% of cancer cases are caused by environmental factors and lifestyle changes and some are preventable and common cancer death can cause due to smoking and tobacco. Risk factors for cancer includes<sup>[4]</sup>:-

- Consuming Heavy alcohol,
- Gaining excessive body weight
- No Physical activity
- Not consuming proper nutrition etc.

### **Classification of arbudda<sup>[5]</sup>**

1. Types of Arbuda according - Dosa, Dhatu (tissue), site, and prognosis.

**1. Types of Arbuda according to Dosa** – aacharya sushurta differentiate type of arbuda according to dosha

- a) Vataj
- b) Pittaj
- c) Kaphaj
- d) Sannipataj

There are four types of arbuda according to doshas in which vitiated doshas can cause abnormal growth and lumps in human body. The tumors in which symptoms of vata, pitta, kapha are found, it is called tridoshaj arbud. Which is incurable.

**2. Types of Arbuda according to Dhatu (tissue):-** aacharya sushruta mentioned that there are three dhatu involved in arbuda namely –

- a) Raktarbuda
- b) Mamsaj Arbuda
- c) Medoj Arbuda

**3. Types of Arbuda according to site: -** On the basis of being in any part of the body, Sushruta has also told the types of tumor. Like-wise – eye, ear, nose, lip, buccal cavity, oesophagus, intestine rectum and breast cancer (in women) etc.

**4. Types of Arbuda according to prognosis**

- a) Sadhya
- b) Asadhya

Mansaarbuda, rakta arbuda, adhya arbuda and dwi-arbuda and tridoshaj arbuda are considered as Asadhya.

#### **Treatment in Ayurveda<sup>[6]</sup>**

- In ancient Ayurveda, our Acharya's mentioned some superfoods or dietary regimens, pathya-apathya and medications, rasayan therapies and different types of lepa etc. likewise:-
  - i. Use of upnah in vataj arbuda (upnah with milk/ghee or lukewarm water/mansa/veshvar siddha upnah)
  - ii. Nadi swedna
  - iii. Use of alabu or shring for excision of blood
  - iv. Decoction of vataghan drugs
  - v. Vaman and virechan
  - vi. Mentioned Different type of lepa in pittaj arbuda (powder of priyangu, lodhra, madhuyashti with madhu/ aarghwadh, gojiwah, somalata, nishotha etc.
  - vii. Krimi chikitsa and agnikarma
  - viii. And pakva vrana chikitsa

- **Classical drugs mentioned in our ayurvedic texts<sup>[7]</sup>**
  - i. **AMALA:** - It is ayurvedic super food. It is a good source of Vitamin-C. Quercetin, phalambis compound, gallic acid tannins are found in it, which increases its rejuvenation strength. Amla extract is capable of eliminating tumor cell.
  - ii. **GARLIC:** - It contains Sulfur, Arginine, Flavonoids and Selenium Compounds are found in Garlic. When the bulb of garlic getting chopped/ crushed, the bio-active allelic compound is activated. Garlic is a well-known anti-bacterial agent that prevents cancer-causing cell growth.
  - iii. **TURMERIC:** - Haldi/ Haridra is a well-known research drug with anti-respiratory properties. It has anti-inflammatory, anti-septic, anti-oxidants and anti- analgesic properties. The Curcumin component of haridra, which plays the main role to stop the growth of cancerous cell.
  - iv. **ASHWAGANDHA:** Ashwagandha, also known as Indian ginseng. It is the best medicine given in stress. The crystalline steroidal compound found in it, has the ability to suppress the cancerous cells. Apart from this, its leaf extract is also used.
  - v. **HOLY BASIL (TULSI):** - Holy basil is a drug used in Indian well-known households. It has anti-inflammatory, analgesic, anti-diabetic and anti-stress properties. Phytochemical found in Tulsi which prevents lung, liver, oral and skin cancer by increasing anti-oxidant activity. And also prevents cancer from spreading in the body.
  - vi. **GINGER:** - The anti-oxidant and anti-inflammatory properties found in the active ingredients of ginger prevent the progression of cancer. Like- ginger caused ovarian cancer cells to die and decreased inflammation of the colon.

### **Others Therapy<sup>[8]</sup>**

On other hand, our Acharya said that 'RASAYAN THERAPY' and use of 'NASTHIKI-CHIKITSA' in cancer like- chanting of mantras, jaap, yagya, Ishwar pranidhan etc.

MANTRAS are sound and vibration that create a desire effects. Chanting of OM on regular basis show significant effects on our body.

JAAP means the repetition of mantra so it encompasses all use of mantras.

In RASAYAN THERAPY, rasayan chitkitsa is unique branch of Ayurveda. It is advocated booth for healthy as well as ailing. Consumption of chemicals protects humans from disease. And increases the strength and strength of healthy humans.

Our acharyas mentioned different types of rasyan therapy. Acharya sushruta, in chikitsa sthan chapter-27 describe the rasayan therapy in two types- 1<sup>st</sup> for healthy human being (kamyas rasyan) and 2<sup>nd</sup> for diseased person (namitik rasayan). Acharya charak describe rasyan therapy in chikitsa sthan chapter-1 and Acharya vagbhatt mentioned rasayan therapy in uttar sthan.

**Suksham vyayam** like-spot jogging, kati/knee sanchalan, bramh mudra, legs up the wall, wall push up and laughing therapy.

Different **aasan** like- tadasan, veer bhadrasn, hip bridge, shalbhasan, ardha bhujangasan, surya namskar, vakrasan etc.

In **pranayama** like- bhastrika, Kapalbhathi, Anulom-vilom, ujjayi and bhramri etc.

### **Pathya-apathya**<sup>[9]</sup>

**Pathya**:- nimbu pani, nariyal pani, wheat jwar, giloy juice, tulsi-aloe vera juice, green tea, milk, mango, papaya, sitaphal, kinu, fruit salad, sprouted beans, upma, pohe, gobhi, brocoli etc.

**Apathya**: - red meat, tobacoo, acohol, cold drinks, fast food, maida, starch rich vegetables etc.

### **DISCUSSION**

Acharya Charaka and Sushruta described cancer as inflammatory and non-inflammatory inflammation, describing it as granthi and arbuda. In this article, we have discussed about cancer prevention and prevention of it by household drugs/ herbs.

### **CONCLUSION**

A review of classical Ayurvedic literature reveals that the clinical features of tumour forming cancers were well understood in the very early stages of the evolutionary history of Ayurveda. Cancer is mentally and physically challenging disease. It is not curable easily. In early stage we can prevent it cause or its spreading. Cancer research in India is a very complex environment and look behind from many developed countries. But India has a traditional form of medicine like Ayurveda and Yoga.

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