

## Cancer – An Ayurvedic View

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**Abstract** Cancer is a dreadful disease. Uncontrolled growth of cells is called Cancer. First cell is formed from sperm & ovum [Shukra & Shonit]. Controlled multiple division of this cell is result of individual's body. If this division is uncontrolled, it is cause to create Cancer. Every divided cell is producing same type of new cells. If new cell is not as it is in comparison with mother cell, it can be called cancer. It is not a new disease, ancient text of Ayurved have definite references. In Ayurved, it is described as an Arbuda, Vidradhi, Granthi, Gulma, Shoth and Apachi etc. As per etiology of Ayurved Shoth is primary symptom of Cancer. Because of diminished Jatharagani and Dhatvagni aamotpati takes place. The sthanashanshraya stage is the base of uncontrolled growth. Specific Dhatvagnimandhya is result of specific dhatu's abnormal vridhi or uncontrolled growth. According to Ayurvedic texts, cancer is a serious Dhatugat disease. So, shodhana chikitsa is required as per condition of disease and patient. Raktamokshan (Bloodletting), Shalya Karma (Surgery) and Agnikarma (Heat Burn therapy) are especially beneficial in this disease. Following drugs are useful for internal use – Kanchnar, Gokshure, Nirgundi, Punarnava, Bhumyamalaki, Bhalataka, Ashwagandha, Ahiphen, Rohitak, Hirak Bhasma, Suvarna Bhasma, Tamra Bhasma, Shringa Bhasma, Abhraka Bhasma etc. There is a definite need to use these drugs in various formulations to establish therapeutic efficacy to conquer this challenging disease.

**Keywords** Cancer, Cells, Arbudha, Granthi, Shoth, Gulma, Jathragni, Dhatvagni, Amotpati

### 1. Introduction

Cancer is one of the most dreadful diseases of present century. So many efforts have been taken yet but successes are still far, that's why terror of disease is bigger than disease. However due to sincere hard work done by all branches of medical science, some concepts develop and little bit light seen in treatment process of cancer. Development of Cancer and developments of placental origin like human, animals are similar. When Shukra and Shonit are met in uterus and convert in to single cell. Regular multiple divisions in this cell are base of human structure. These developments provide a particular shape of human. Same type of development happens in Cancer. Previous development is controlled, natural and it is stop after particular limits but second one is uncontrolled, unnatural and

unstoppable. This type of uncontrolled growth is called Cancer. In the natural multiple division process one cell produces same type of cells. It is not possible to differentiate them. If cell is producing different nature of cells then it is also in Cancer category.

‘Cancer’ - this word is not available in any of Ayurvedic texts. As per guide line given by our Acharya that names are not important to identify any of diseases. Important is Dosh – Dushya status in disease. In Ayurvedic texts, there are many words that have similar meaning as Cancer and similar diseases/symptoms which are match with characteristic of Cancer. As acharya Sushruta described that from **musti prahar** on particular site result is the swelling, it is dushit mansajanya shoth (infected swelling or growth). There is no pain on site and effected area is smooth, hard and non-movable (fixed). Non vegetarian persons who have consuming excess fats are main victim. If it is spread up to marmasthan (vital organ), involvement of Raktvaha srotas and Lasikavaha srotas and without any movement, it is makes difficulties to treat (Asadhaya). There are references that in the ancient time specialists (अर्बुदज्ञ) are available to treat this type of disease as mentioned below.

यज्जायतेन्यत्रलु पूर्वजाते ज्ञेयं तदध्यर्बुदमर्बुदज्ञः । [1]

Various **synonyms** like Shoth, Granthi, Arbud, Apachi, Gulma, and Vidhradi are found in ancient texts.

## 2. Prevalence of Disease

Cancer spread all over the world. Each & every types of humankinds are victim of this disease especially non vegetarian. In India it is one of the most dangerous diseases after heart disease and diabetes. It is exist in every part of the country. Every religion, every cast's peoples are suffer from it, lack of education, low awareness and negligence by individuals are the reason behind it. It is very difficult to identify in early stage. When primary stage is passed then it is not easy to treat and there are very few option in treatment, that's make it dangerous diseases.

## 3. Hetu

The person who are regular touch with carcinogenic factors like Alcohol, Tobacco, Non veg., spicy food etc. or factors which are irritating cells. Again and again irritation of cells is the cause of the unnatural growth. Some of causes identify by modern scientist are as follows: [4]

1. Hereditary cause
2. Vkrut aahar – vihar
3. Pollutions
4. Low immunity power
5. Regular irritation of internal & external part of the body
6. Continue consumption of carcinogenic drugs like – Tobacco, Supari, Smoking, Long time particular hormones or modern medicine consumption, Air mixed with chemicals, and non-vegetarian food

#### 4. Ayurvedic Prospective

गात्र प्रदेशे क्वचिदेव दोषाः समूर्च्छिता मांसमभिप्रदूष्य |  
वृत्तं स्थिरं मन्दरूजं महान्तमनल्पमूलं चिरवृद्धयपाकम् |  
कुर्वन्ति मांसोपचयं तु शोफं तद्वर्बुदं शास्त्रविदो वदन्ति || [2]

Acharya Sushruta describe characteristic of Arbuda that, aggregation of vatadi dosha vitiated mamsa & rakta dhatu. It is rounded, stiff, with little bit pain, wide & deep spread in base, slow progress and it will be never getting pakaavastha. This type of gland of mamsa is called Arbuda. Same was verify by Acharya Charak, as –

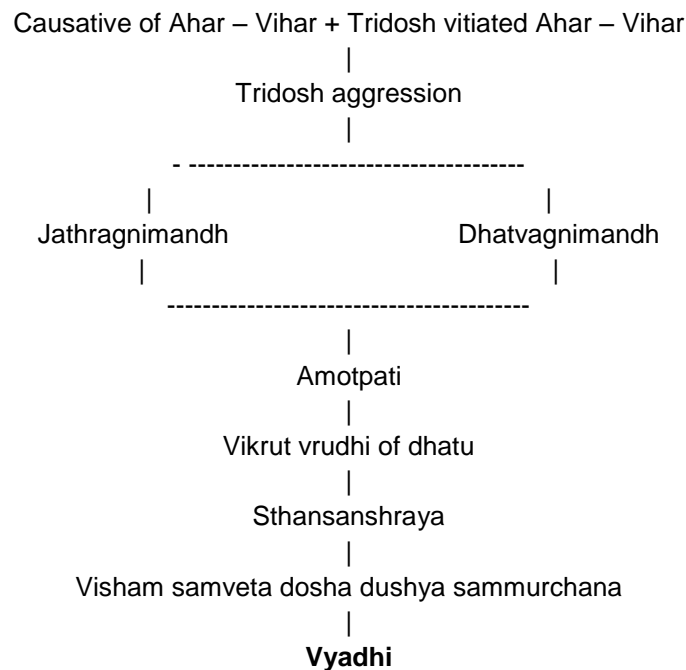
रोगाश्चोत्सेधसामान्यादधिमांसार्बुदादयः |  
विशिष्टा नामरूपाभ्यां निर्देश्याः शोथ संग्रहेः || [3]

And we can found similar description in modern science. So, it is quite clear that ancient Acharyas had knowledge about Cancer.

#### 5. Prognosis in Ayurved

As per Ayurved whenever aggravated Dosha hit to any type of infected swelling or swelling related disease, with associate of Aam and because of Vikruti Vishama Samvet dosha Sammurchana symptoms arises like Cancer. Name and type of Cancer is depending on which organ of body & Dhatus are affected. Because of some internal or external causes all Doshas get vitiated. These vitiated Doshas lead to low Dhatvagni and they reside at srotas of related Dhatu with shoth (swelling). Aam increase this vitiation. It is specialty of dhatvagni that Dhatu who have low agni, got vikrut vridhi. So, it is quite clear from above description that it can be treated as per status of hetu, dosh, dushaya, samprapti, stages & symptoms. Similar principle applied on Cancer.

The pathogenesis (Samprapti) can be easily explained by the flow chart given:



## 6. Ayurvedic Management

In Ayurved two types of treatment describes i.e. Shodhan Chikitsa & Shaman Chikitsa. Shodhan chikitsa preferably use for removal of vitiated doshas from arising area. As per Ayurvedic texts cancer is a serious Dhatugat disease. Almost all dhatus involvements are there. It is difficult condition to treat. So, to reach in the depth of dhatu shodhana chikitsa is required. It should be use as per condition of disease and patient. Raktamokshan (Bloodletting), Shalya Karma (Surgery) and Agnikarma (Heat Burn therapy) are especially beneficial in this disease. These all procedures remove infected part or control the abnormal growth of particular site. After shodhan therapy Dhatus are relived from Dosha and then shaman chikitsa may carry forward for the equilibrium of Doshas. As per Ayurvedic texts following drugs are useful for internal use – Kanchnar, Gokshur, Nirgundi, Punarnava, Bhumyamalaki, Bhalataka, Ashwagandha, Ahiphen, Rohitak, Hirak Bhasma, Suvama Bhasma, Tamra Bhasma, Shringa Bhasma, Abhraka Bhasma etc. These all drugs control the abnormality of growth and provide the symptomatic relief.

## 7. Conclusion

Still there is a definite need to use these drugs in various formulations to establish therapeutic efficacy to conquer this challenging disease. There are need to conduct authentic research, that should be based on principal of Ayurved and mentioned drugs or formulation can be trial on mass number of individuals.

## References

- [1] Sushrut Samhita, By Ambikadutta Shastri, Nidan sthan 11 / 21, 355.
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- [3] Agnivesh Charak Samhita, By Kashinath Pandey & Gorakhnath Chaturvedi, Sutra Sthan 18 / 33, 381.
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