

Cancer Capital's Solution from its Ancient Wisdom

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Abstract

Feeling very bad to say India is known as cancer capital in the world. Cancer refers to disease in which abnormal cells divide out of control and are able to invade other tissues. In every Indian family there is one or two persons who were diagnosed as cancer or in the difficult process of diagnosing and treating the cancer, so now an alarming time arrived to review our ancient science to find out some fruitful solutions to diagnose early, treat properly and prevent our healthy community from this hazardous disease. In this review article efforts made to focus on these issues from our ancient science Ayurveda. Agadtantra is a branch of Ayurveda which studies on poisons and its toxicities. Many toxins are carcinogenic substances hence in Agadtantra we can find many clues to diagnose and treat cancer.

Keywords: Cancer, Ayurveda, Agadtantra, chemotherapy, radiotherapy

INTRODUCTION

The whole universe is now facing a new health challenge namely Cancer, being Ayurveda Lerner we often questioned by the same sentence – is Ayurveda mentioned a disease Cancer and its treatment? Definitely the answer is yes. The science which was established 5000yrs back or even before that, there is no any such disease that haven't mentioned in our Samhita's. It is not directly mentioned with Cancer name, but our acharyas explained the term Anukta vyadhi. According to that principles we can treat each and every disease from Ayurveda successfully. Charaka Samhita says we cannot give every disease a name, since there are infinite diseases, but according to hetu (cause of disease), adhishtan (site of disease) and prakriti (constitution of patient as well as disease) we can treat each and every disease. As per this principle of anukta vyadhi we can successfully treat cancer patients according to Ayurveda. For newly upcoming diseases we have to find out the perfect solutions from samhitas, as it is not directly mentioned. This study has been carried out to view cancer, according to Agadtantra principles from Samhitas.

Agadtantra is a special branch of Ayurveda, which is mainly concerns with Visha (poison). Visha is an any substance, which is deleterious to human being. Word deleterious includes 3Ds as death, disease and deformity. Carcinogenic substances always cause these types of symptoms.

AIMS AND OBJECTIVES –

1. To study various types carcinogenic substances.
2. Detailed study, correlation and management of cancer cases from Agadtantra perspective.
3. To give direction for further study.

MATERIAL AND METHOD -

Conceptual references are collected from Charaka Samhita, Sushruta Samhita also collected from different Ayurveda classics. Research articles are also searched and all data critically analyzed for the discussion and attempt has been made to draw some fruitful conclusion.

REVIEW OF LITRATURE -

- Cancer refers to diseases in which abnormal cells divide out of control and are able to invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems, which help the body get rid of toxins. (metastasis)
- The Latin word cancer, meaning “crab,” spreading mass of tissue as tumor. some tumors looked like many-legged crabs.
- Cancer is a bad behavior of a cell, characteristics are
- 1. development of abnormal cells 2. divide uncontrollably and 3. have ability to infiltrate and destroy normal body tissue.
- Unlike healthy cells, cancer cells don't carry on maturing or become so specialized. Cells mature so that they are able to carry out their function in the body. This process of maturing is called differentiation. In cancer, the cells often reproduce very quickly and don't have a chance to mature.
- DNA damage (genetic mutation) in living cell leads to cancer cell known as carcinogenesis or onchogenesis
- Toxic carcinogens
- A carcinogen is a substance, organism or agent capable of causing cancer.
- Carcinogens occur naturally in the environment such as ultraviolet rays in sunlight and certain viruses (HPV virus causes cervical ca, hepatitis B, C causes liver ca)
- generated by humans such as automobile exhaust fumes and cigarette.
- Acutely toxic carcinogens are materials that can be fatal in small doses and have the potential to cause cancer as the result of prolonged exposure.
- Some carcinogens are
- Tobacco smoke: major cause of cancer.
- Ultraviolet (UV) rays: UV rays damage skin cells and are the cause of most skin cancers.
- Alcohol: When the body breaks down alcohol, it forms acetaldehyde, which damages DNA and disrupts the cell's ability to repair itself.
- Formaldehyde: found in many chemicals, glues, and sealants.
- Asbestos: found in mineral substances like talc or vermiculite.
- Arsenic: found in inorganic arsenic compounds.
- Benzene: found in tobacco smoke.
- Aflatoxins, Beryllium, Cadmium, Coal tar products, Nickel compounds
- BPA- a weak synthetic estrogen, found in plastic materials.

Causes of cancer according to Agadtantra

Ancient Ayurveda classics are aware of the clinical features, resembling cancer with the name of Apachi, Gulma, Granthi and Arbuda. The diagnosis and pathophysiology based mainly on Tridosha theory. When tridosha that is Vata, pitta, kapha, loses mutual coordination that cause tissue damage, excessive metabolic

crisis that leads to critical condition.

- Agadtantra which is one of the eight branches of Ayurveda, also known as Visha gara vairodhika prashamanatantra by Acharya Charaka, meaning the science that treat Visha, Gara and Viruddha aharaj Dosha (diseases).
- Gara visha is the samyogaja visha (mixture of two things), it may be poisonous drugs combination or nonpoisonous drugs combination which results in poisonous constitution, viruddhaahara is among the gara visha which frequently cause Doshoklesha converted into Amavisha and its effects may be seen on genetic materials to alter the sequence of DNA and causes normal cell to convert into carcinogenic cells
- Daily need products such as toothpaste, bathing soaps, shampoos, perfumes, cosmetic agents as these are included in Gara Visha having carcinogenic agents causing cancer.
- Dooshi visha is any type of poison who by its recurrent use in small doses or if remnant of any type of poison remains in the body for long time is converted into Dooshi visha causing Rakta dushti leads to leukemia or any Carcinoma. In Ayurveda classics lakshanas of Dooshivisha explained in Shloka Vilunpakshastu yatha vihangaha meaning the patient of dooshi visha looks like a tired bird without wings or feathers exactly the cancer patient or on going chemotherapy patient, having massive hairfall.
- Arbuda, Gulma, Udara, these diseases sign and symptoms are closely related with Cancer and in these diseases the common cause mentioned is Gara Visha or Dooshi visha.
- Dooshit jala, vayu, boomi, kal, (environmental pollution) etc can also alters the metabolism of body and causes normal cells to convert into cancer cells
- Pragyaparadha is a disability to judge between what is beneficial or what is harmful to our body. When person consumes bad things under some influences it ultimately harmful to our body.
- Function of prakrita(normal) vata dosha is governing the movements of body and mind, if vata dosha is abnormal in quality or quantity it disturbs the normal physiology or body.
- Cancer can be the result of Mansa pradoshaja, medo pradoshaja, rasa, rakta pradoshaja vyadhi.

Now after detail study of causes of cancer according to Agadtantra, moving towards **Chikitsa (treatment approach)**

As the Ayurveda is not only a curative science it also explains how to live happy, healthy and long satisfied life. Preventive aspect is also important to reduce upcoming cases of cancer as well as do not transfer the genes of carcinoma through hereditary in next generation.

For prevention following points should be adapted in our daily routine as early as possible

1. Dincharya – Life style modification -daily routine according to Ayurveda as from Bhrahme muharte uttishte (early wakeup) to ratricharya as it pays major role in healthy body and mind.
2. Ritucharya – it is a seasonal adaptations done for diets and other things to maintain tridosha samya, (balanced metabolism)
3. Ahara – diet pays very important role in maintaining healthy body as well as healthy mind. According to Prakriti, ritu, satwa, satmya, Vaya (age) diet should be taken
4. Rasayana – is a specialized branch focused on rejuvenation and longevity, promoting physical mental wellbeing, it is a nourishing a body at cellular level. Achara Rasayana is the practice of good conduct, ethical behavior of a person to minimize pragyaparadha janya vyadhi. Also Rasayanas mentioned in Charaka Samhita chikitsa stana 1 adhyaya are also useful.

5. Avoiding carcinogenic materials like hot beverages and edible products in thin plastic bags, alcohol, nicotine, perfumes, cosmetics etc. plays major role in preventing the carcinoma. (nidan parivarjana)
- Yogasana, pranayama, meditation also helpful for positive approach towards life and healthy body mind.
- **For treatment guidelines-** followings points can be considered to treat cancer patients successfully.
- approaching carcinoma patient in Collaboration with Kayachikitsa and Agadtantra siddhanta(principles).
- Curative as well as palliative treatment should be done to avoid side effects of chemotherapy and radiotherapy.
- Chaturvinshati Vishopkrama mentioned in Charaka Chikitsa 23, is the important key to treat any type of diseases according to Agadtantra.
- Mantra- The First and very important Upakrama in any type of poisoning, as approved by many researches sound therapy, assurance, meditation, chanting shlokas of their beloved power is very important to improve psychology and nervousness.
- Agnikarma, raktamokshana, vamana, virechana, Prativisha, Aushadha, lepa, mritasanjivani etc Upkramas can be done according to type and Doshadhikya of cancer.
- Panchakarma Chikitsa – As Shodhana(detoxification) of body
- Gara visha chikitsa – Garavishanashaka Agada, Various Suvarna yukta rasakalpa can be used as Gara visha is the major causative factor in cancer. Suvarna itself having antipoisonous properties as well as Garavishghna guna.
- Dooshivisha chikitsa- Swedana chikitsa followed by shodhana upakrama(detoxification) like Vamana, virechana, done according to patients' conditions. Initial Swedana is necessary as the hidden poison is slowly and easily detached from this treatment and during shodhana chikitsa it is completely removed from body. After this procedure Dooshivishari Agada gives dramatic results to treat cancer and chemotherapy side effects.
- Vat dushti chikitsa – abhyanga, Basti, snehan, swedana, should be done according to patient for balancing of Vata dosha.
- Shirodhara, shirobyanga is also helpful for insomnia and mental irritation.

Agad and vishadravya prayoga in prevention and management of cancer

- Charakacharya said in the very first chapter of sutrastana as after purification and combining with other suitable drugs a poison can be a great medicine due to its unique characteristics like fast acting (Uttam Bhesaja). Some examples of poison as a good medicine from various researches are as follows-
- Vatsanabha – aconitum proven effective on cancer cell line
- Bhallataka – cytotoxic to cancer cell and cyto protective to normal cells, milk extract anti leukemic activity
- Arka – calotropis has anti-tumor effect in colon, breast cancer
- Bhanga – used as palliative care to relieve pain, reduced nausea, stimulate appetite. Cell culture and animal study proved antitumor effect in breast cancer, prostate, hepatocellular, pancreatic cancer.
- Kuchala- effect of brucine on hepatocellular cancer and cell metastasis
- Dhatura –ethanol extract of leaves has high anticancer activity on breast cancer cell lines.
- Gunja – extract as a potentially effective chemo protective agent against breast cancer

- Snuhi –renal protective activity in renal carcinoma
- Langali – proved anticancer activity of colchicine extract
- Snake venom- venom from snakes in an important agent for curing many types of cancers.

Agada prayoga- it is the specialty of Agadtantra, having combinations of antipoisonous drugs fast acting on poisonous and harmful cells and maintain normal physiology of body. Two types of Agadas described in our ancient texts one is containing Visha Dravyas(poisonous components) and other is without visha dravyas. In cancer patient first one gives best results. Some useful Agadas in cancer patient are -

- Murvadi agada – as in falashruti indicates Garopahata pavakaha, meaning useful in patients having low appetite due to Gara visha, exactly seen in cancer, chemotherapy patients.
- Vishgna mahkashaya- described in Charaka Samhita is a combination of antipoisonous 10 drugs.
- Eksara gana- described in Sushruta Samhita for poisonous patients.
- Dooshivishari agada- as stated previously
- Himavana agada – described in Mandali sarpa vishaktata (viper snake bite), can be used in the patients suffering from lots of burning fumes from body, bleeding tendency carcinoma, as the name suggest gives cooling effects.
- Chandrodaya agada, Rajanyadi agada can be used in infective conditions
- Rasayana prayoga - After treating the patient to slower the rate of mutation to other organs Rasayana therapy can be effective, specially the Yogas which indicates Visha shabda in their Falashruti that are -Dwitiya Bhrahma Rasayana, Haritakyadi Rsasayana, Endra Rasayana, Endrohta Rasayana according to patient for Apurbhava chikitsa.

Some anticancer drugs

- Ashwagandha, Kapikacchu, Yastimadhu, Guduchi, shunthi, Rasona, Haridra(curcumin have proved anticancer properties), Bhumyalaki, Dadima, Tulsi, Amalaki, Punarnava(as the name suggest new healthy cells are regenerating healthy body), Godugdha, Gomutra, Gogrita proved by many researches . we can use multiple permutation and combinations of kalpas according to patient.

DISCUSSION AND CONCLUSION

Whenever we study in detail principles mentioned in various samhitas about Agadtantra, we will definitely succeed in treating and preventing cancer patients and ultimately establishing good health worldwide.

Nidan of cancer according to Agadtantra

Hetu – carcinogenic compounds like tobacco, alcohol, plastic materials. Daily need products (Visha awachran madhyam), Sedentary lifestyle, Pragyaparadha, environmental toxins, Gara visha, Dooshi visha Roopa – different lakshanas according to type of cancer and Doshaprakopa.

Chikitsa (treatment)of Cancer according to Agadtantra

1. Nidan parivarjana (strictly avoiding carcinogenic drugs)

- External treatment – vishaghna duma, vishaghna lepa,Snehan, swedana, Ojovardhaka treatment(as visha gunas are exactly opposite to Oja gunas)
- Internal treatment- Chaturvinshati Vishopkrama,shodhan, shaman treatment, Dooshivisha , Gara visha treatment, use of various agad kalpas, prativisha treatment, suvarna kalpas (gold preparations).
- Agadakalpas –Vishaghni peya, Dooshivishari agada, Garavishari agada, Amruta grita, Ajeya grita, Kalyanaka sarpi, Panchashirisha Agada, Himavan Agada,Murvadi Agada, Eksara Gana, etc.

- Rasayana treatment- various rasayana kalpas mentioned in Brihatrayee. Eg Dwitiya brahma rasayana, haritakyadi rasayana, Iaindra Rasayana, Endrokta Rasayana
- Preventive measures- Life style modification by following Dincharya, ritucharya, hygienic precautions, Achara Rasayana.
- Visha mukta lakshana- every cancer patient after treatment should have appropriate hunger, urination, skin complexion and soundness of sleep, then only it is said that the person is visha mukta and ultimately good treated according to Ayurveda.

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