



Review Article

A CONCEPTUAL STUDY ON ARBUDA (CANCER) AND ITS MANAGEMENT: A REVIEW

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ABSTRACT

Lifestyle disorders are one of the biggest problems for our society now days. Such types of diseases are mainly due to unhealthy diet, bad food habits, lack of physical activity etc. Cancer is one of the most dreaded diseases of the 20th century and spreading further with continuance and its incidence is increased in 21st century. It has become the most dangerous and popular lifestyle disease in the world. In Ayurveda, lifestyle diseases are diseases caused by *Viruddha "Ahara"* and *"Vihara"* (food and regimen). The science of Ayurveda is supposed to add a step on to the curative aspects of cancers that have resemblance with clinical entities of *Arbuda* and *Granthi* mentioned in Sushruta Samhita. According to Ayurveda, most diseases connected with the psychophysiologic and pathologic changes in the body are caused by imbalance in three different *Dosha* (i.e., *Vata*, *Pitta*, and *Kapha*). Cancers (*Arbuda*) of the prostate, breast, lung, and colon, are most common in the Western world and are least common in the Eastern world. The therapeutic approach involves *Prakritisthpani chikitsa* (health maintenance), *Rasayana Chikitsa* (restoration to normal), *Naishtiki Chikitsa* (spiritual approach), and *Roganashani Chikitsa*. The article is written with an intention to raise awareness and encourage implementation of Ayurvedic therapies for combating cancer and suggesting an integrated approach in tumor management and treatment medications.

KEYWORDS: Ayurveda, Cancer, *Nidana*, *Rupa*, Investigations, Management.

INTRODUCTION

Cancer is considered as the number one disease of this civilization. Although modern science has made some major strides in understanding cancer and its molecular basis, however the knowledge about how to prevent or treat cancer is still lagging behind. In contrast to the critical analytical approach of western modern medicine, Ayurveda adopts a holistic approach and represents a broad based understanding of the entities of life, health and disease. Holistic treatment is the hallmark of Ayurvedic treatment. The principles of Ayurveda are universal but the practices are localized and individualized. This unique feature ensured sustainable utilization of Ayurveda principles in providing health care universally. Cancer is compared to a condition *Arbuda* described in Ayurvedic treatise. Sign and Symptoms of many pre-cancerous and post-cancerous states can be observed under different condition like *Gulma* (Cystic growth), *Apachi* (Benign growth), *Gandmala* (Lymphatic growth) etc. *Charak* described *Arbuda* in the chapter on *Sopha* i.e., inflammatory and non-inflammatory swellings (Ch. Su. 18, Ch. chi. 12). *Sushruta* provide more information on *Arbuda*, *Granthi*, *Apachi*,

Gandmala etc. *Vagbhata* mentioned about the *Arbuda* of lips, tongue, nose, breast etc.^[1]

MATERIAL AND METHODS

Materials has been collected from classical texts of Ayurveda, Text books of contemporary science, published article from periodicals, research journals and electronic database.

Ayurvedic Concept Of Cancer

In the foremost and earliest record of *Atharva Veda*, the disease was nomenclature as "*APACHI*". They presented their views regarding cancer as a swelling superficially or situated in the deeper structure or sometimes as chronic ulcers. Such swelling or lumps can be considered as *Arbuda*.

According to Ayurveda in Cancer the aura is disturbed, allowing negative astral forces to enter in body. Ayurvedic literature defines three body-control systems: the nervous system (*Vata*), the venous system (*Pitta*), and the arterial system (*Kapha*) which mutually coordinate to perform the normal function of the body.

Nidana (Etiology) of Arbuda^[1]

Cancer in each person differs according to the person's exposure to pathogens and genetic constitutions which make each of them to react differently to the same diet.

According to principle of Ayurveda, there is no disease without the derangement of *Doshas*.

Cancer originates due to a metabolic crisis, i.e. aggravation of *Vata* factors and suppression of *Kapha* factors both interacting with one another resulting in proliferation. Similarly no single cause is assigned to be the causative factor of a particular disease.

Therefore, all the factors responsible for the vitiation of respective *Doshas* are as follows.

S.No.	Doshas	Prakopa Karanas
1	Vata	Excessive intake of <i>Tikta</i> (bitter), <i>Katu</i> (pungent) and <i>Kashaya</i> (astringent) foods; <i>Ruksha Padartha</i> (dry foods); more stress and strain.
2	Pitta	Excessive intake of <i>Amla</i> (sour), <i>Katu</i> (pungent), and <i>Lavana</i> (salty) diet; <i>Vidahi Padarth</i> (fried food); <i>Krodha</i> (more anger).
3	Kapha	Excessive intake of <i>Madhura</i> (sweet), <i>Amla</i> (sour), <i>Lavana</i> (salty) diet; <i>Snigdha Padartha</i> (oily foods), sedentary nature.
4	Rakta	Excessive intake of <i>Vidahi</i> (fast food etc.), <i>Amla</i> (sour), <i>Ushna</i> (hot) etc.
5	Mamsa	Excessive intake of <i>Mamsa</i> (meat), injuries, irregular diet etc.
6	Medo	Excessive intake of oily foods, sweets, alcohol; lazy attitude.

Rupa (Signs and Symptoms) of Arbuda^[1]

Samanya Lakshanas – Appearance of Round, immobile, large, deep rooted, fast growing and unripe swelling.

Vishesha Lakshanas**1. Vataja Arbuda**

Blackish color, rough, swelling with cutting/churning/dragging type of pain, bladder like appearance.

2. Pittaja Arbuda

Reddish yellow colour, necrotic, swelling with hot and burning sensation, pricking pain.

3. Kaphaja Arbuda

Coloured skin, stony hard and slow growing, Swelling which is cold, less painful, severely itching.

4. Medoja Arbuda

Smooth, large, itching and painless. Tumour increases and decreases with the body weight.

5. Raktaja Arbuda

Unripe, node or polyp like appearance Spreads very quickly and increases in size quickly and may also bleeds severely.

6. Mamsaja Arbuda

Skin coloured, immobile swelling, Stony hard, Glistening, Painless.

Classifications^[1]

The nature of a disease may be different in the case of different person possessing different *Doshas* and different constitutions.

List of different *Arbuda* mentioned in the ancient classics are:

1. *Vataja arbuda*
2. *Pittaja arbuda*
3. *Kaphaja arbuda*
4. *Medoja arbuda*
5. *Rakataja arbuda*
6. *Mamsaja arbuda*
7. *Sthanarbuda (Agantuja sthana roga)*
8. *Karnarbuda*
9. *Nasarbuda*
10. *Ostharbuda*
11. *Jihwarbuda*

Some of other cancer related conditions in Ayurveda are:

Charma keela: Keloid

Padminikantaka: Papilloma of the skin

Sosha and Pandu: Leukemia's disease

Medoja ganda mala- Hodgkin's lymphomas

Apachi: Hodgkin's disease

Agantuja Sthana Roga: cancer of the breast

Yakrutodara: Hepatomegaly due to tumours of liver

Pleehodara: Splenomegaly due to infiltrate diseases of spleen

Rakta gulma: Tumours of uterus and ovary

Raktaja, Mamsaja and Medoja Osth Roga: Carcinoma of lips

Karnarbud: Cauliflower ear

Ajakajata: Staphyloma

Nasa Arbuda: Neoplastic nasal polyp.

Investigations [4]

1. CBP –for leukemia
2. Sputum – for malignant bronchogenic cells.
3. Endoscopy
4. Aspiration / Cytology / Biopsy
5. X – Ray and Scanning
6. Tumour Markers

Management

Traditional systems of medicines always played vital role in meeting the global health care needs in past, continuing at present and shall also play key role in future. Cancer is the second leading cause of death in worldwide and chemotherapy is the commonly used treatment method. The dose limiting toxicity and development of drug resistance hamper the treatment with chemotherapeutics in the clinic. Patients, crippled with this disease and suffering from harmful side effects from chemotherapeutic drugs are turning back to natural remedies hoping for a better cure. Ayurvedic supplements protect healthy cells, regulate body metabolism and treats the disease. Care should be provided by a team of experts in cancer care.

Management I

- *Shalya Tantram*- Surgical removal of tumor.
- *Srotorodha*- clears obstruction of vital pathways.
- *Shalya Majja*- cutting of the nerves carrying the pain.

Management II

- *Vyadhi Pratyanka*– specific chemotherapy.
- Radiation Therapy
- *Rasayana*- Ayurvedic immunotherapy.

The goal of immuno therapy is to enable the patient's body to produce substances that resist the growth of cancer. This is obtained through the use of naturally occurring substances which increase the activity of the immune system (increase *Ojas*). The body's failure to detect and destroy abnormal cells is due to low *Ojas*.

Ayurveda can be used to alleviate the side effects of chemo-radiation

Radiation

- Anorexia
- Nausea
- Hair loss

Chemotherapy

- Anorexia
- Nausea
- Hair loss
- Bone marrow suppression

- Anaemia
- Low grade fever

The General Line of Treatment Will Be [7]

1. *Sodhana Chikitsa* (*Panchkarma* procedure)
2. *Dhatwagni Chikitsa* (correction of metabolic defects)
3. *Rasayana Prayoga* (immunotherapy)
4. *Vyadhipratyanika Chikitsa* (anticancerous drugs)
5. *Lakshanika Chikitsa* (symptomatic treatment)
6. *Sastra Chikitsa* (surgical treatment)

Specific Line of Treatment For Arbuda [7]

Vataja Arbuda Chikitsa: Powder of *Kushmanda*, *Ervaru*, *Narikela*, *Priyala* and *Eranda beeja* along with ghee or milkis made into paste and applied over the *Arbuda* (*Upnaha sweda* form). Bloodletting through *Sringi* is advocated.

Pittaj Arbuda Chikitsa: *Mridu Sweda* (*Dravya Sweda*), *Upanaha* with *Kakolyadi Gana Dravyas*, *Mridu Virechana*, *Udumbara* and *Sakhotaka Patra Kalka Lapan*. *Visravana* are advocated.

Kaphaj Arbuda Chikitsa: *Vamana* and *Kshara Prayoga* etc.

Medoja Arbuda Chikitsa: *Sweda* at first followed by surgical excision and suturing are advocated. *Haridra*, *Godhum*, *Lodhra*, *Manahsila* etc are made into powder and applied externally by mixing them with honey.

Importance Of Yoga In Cancer [9]

Individuals diagnosed with cancer, receiving, chemotherapy or radiation treatment, recovering from surgical tumour removal or in remission may be dealing with symptoms or side effects, anxiety or emotional issues. Depending on what parts of body are affected, type of cancer, and physical abilities; yogic practice will be specific. Yoga helps in adjunct to medical treatment by:

1. Ease the symptoms
2. Give more energy
3. Calm the mind and
4. Give tools for accepting, loving and motivation.

CONCLUSION

Ayurveda plays an important complementary role to western medicine in treatment efficiency. The most ancient wisdom and science of life, Ayurveda has a long history and its basic principles are valid even today. In addition, more than 80% of the world population cannot afford modern medicine. Ayurvedic practitioners and researchers in medical sciences can help to improve this medicine by increasing their involvement and contribution.

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