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ROLE OF AYURVEDA THERAPY IN THE MANAGEMENT OF CHEMOTHERAPY INDUCED WEIGHT LOSS IN CANCER PATIENT: A CASE REPORT

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Abstract

The science of Ayurveda not only based on scientific evidences but it also encompasses holistic and spiritual approaches for the management of various health ailments. Ayurveda not only provides therapeutic options for minor illness or acute condition but it also treats serious or fatal illness like cancer. Ayurveda mentioned cancer as *Arbuda* and *Granthi* described as minor neoplasm and major neoplasm respectively. The pathogenesis of cancer involves typical processes of disease progression like; aggravation, accumulation, build-up and manifestation. Natural herbs like; *Phyllanthus niruri*, *Piper longum*, *Tinospora cordifolia*, *Vitis vinifera*, *Madhuca indica*, *Pterospermum acerifolium*, *Barleria prionitis*, *Amorphopallus campanulatus*, *Basella rubra*, *Moringa oleifera*, *Curcuma domestica*, *Allium sativum* and *Nigella sativa*, etc. offers anticancer property. Similarly ayurveda detoxification techniques and classical formulations provide health benefits in cancer. Considering this fact present case report supported role of Ayurveda therapy in the management of cancer.

Key-Words: *Ayurveda, Cancer, Arbuda and Granthi*

INTRODUCTION

Ayurveda as Indian indigenous system of medicine presented many therapies for health restoration. The classical approaches of health management based on the conceptual principles of Ayurveda. The therapeutic modalities of Ayurveda such as; *Prakritisthapani chikitsa*, *Roganashani chikitsa*, *Rasayana chikitsa* and *Naishtiki chikitsa* not only help to treat diseases but also prevent pathological invasion of disease causative elements. The theoretical principles of Ayurveda help to manage many diseases including critical illness like cancer. Cancer means unwanted, excessive and progressive cell growth generally swollen, round and fleshy growth possess tendency to grow more rapidly than normal cells.

Ayurveda described term *Arbuda* for excessive cell growth; the aggravated *Doshas* mainly *Kapha* and *Vata* causes development of malignant tumor. It is believed that vitiation of all three *Doshas* leads formation of malignant tumor. Curative, supportive, prophylactic and palliative therapies help in disease pathogenesis. Curative therapy helps to treat cancer, supportive therapy combat against side effects and improve quality of life, prophylactic approaches helps to prevent pathological initial of cancer, these approaches includes; *Swasthavritta* and good conduction of *Ahara & Vihara*. Palliative drugs impart cooling and soothing effects in disease symptoms thus pacifies symptomatic manifestation. The therapeutic approaches of cancer management as per Ayurveda depicted in **Figure 1**.



Figure 1: Ayurveda therapeutic approaches for disease management

Classification of neoplasm based on Tridoshas association:

- ✚ Malignancy (*Arbuda* and *Granthi*): *Mamsarbuda* and *Raktarbuda*
- ✚ Cancer (incurable ulcers): *Tridosaj gulmas* (carcinomas of liver)
- ✚ Diseases probable to be malignant: *Visarpa* & *Asadhya kamala*

Causes of Cancer

Vata aggravating factors such as intake of bitter, pungent and astringent foods and involvement if stressful conditions can leads cancer pathogenesis.

Pitta aggravating factors; intake of salty, fried and sour foods can also involved in pathological progression of tumor.

Kapha aggravating factors like; excessive consumption of sweet and oily food can also vitiates cancer pathology.

Similarly aggravation of *Rakta* by excessive consumption of acidic or alkaline foods, vitiating of *Mamsa* by foods like meat, yoghurt and cream, disturbances of

Meda due to the intake of oily & sweets foods, consumption of alcohol and smoking habits also leads consequences of cancer.

AIM & OBJECTIVES:

1. To establish Ayurveda as effective adjuvant therapy in cancer for the management of disease symptoms and control of chemotherapy induces adverse effects.
2. To rationalize uses of Ayurveda therapy in cancer by proposing probable mode of action of prescribed drugs in the management of chemotherapy induces adverse effects.

Materials and Methods:

Reported case of Desmoplastic Round Cell Tumor with bad effects of chemotherapy, following Ayurveda drugs were prescribed to the patient:

✚ *Amrit Kalash*

✚ *Neem*

✚ *Haldi*

✚ *Tulsi*

✚ *Giloy*

✚ *Mulethi*

✚ *Amla*

CASE REPORT

The present case study reported management of adverse effects of chemotherapy in patient suffered with Desmoplastic Round Cell Tumor. Male patient age 43 year came to us with complaint of significant weight loss may be due to the adverse effect of chemotherapy.

Patient Reported with Following Symptoms:

- ❖ Localized scrotal mass and swelling.
- ❖ Nonspecific pain.
- ❖ Aggressive nodes
- ❖ Weight loss may be due to the adverse effects of chemotherapy

History

Case of Desmoplastic Round Cell Tumor underwent surgical intervention and currently receiving chemotherapy.


Table 1: Clinical examination as per Ayurveda parameters:

<i>Nadi</i>	<i>Vata-Kapha</i>
<i>Mutra</i>	<i>Prakrutha</i>
<i>Jihva</i>	<i>Anushna Sheeta</i>
<i>Shabda</i>	<i>Prakrutha</i>
<i>Sparsha</i>	<i>Anushna Sheeta</i>
<i>Aakruthi</i>	<i>Madhyama</i>

TREATMENT PLAN

On the basis of clinical observation following drugs were prescribed:

Combination of drugs mentioned below as BD dose.

 <i>Amrit Kalash</i>	2 teaspoonful
 <i>Neem</i>	3 teaspoonful
 <i>Haldi</i>	3 teaspoonful
 <i>Tulsi</i>	3 teaspoonful
 <i>Giloy</i>	3 teaspoonful
 <i>Mulethi</i>	3 teaspoonful
 <i>Amla</i>	3 teaspoonful

Observation & Results:

The improved was observed significantly in symptom likes; swelling and mental stress. Weight loss was not observed instead of that there was weight gain was observed up to four kg.

Discussion

Ayurvedic medicines pacify *Doshas* especially *Guduchi* and *Yastimadhu* balances *Doshas*. The anti-oxidant activity of prescribed drugs helps to combat against radical induced oxidative damage of cellular components thus helps in regularization of cell proliferation. *Guduchi* balances *Vata*, *Pitta* & *Kapha* and boost defense mechanism thus prevent side effects of chemotherapy induced altered immune response. *Yashtimadhu* balances *Vata* and *Pitta*, offers soothing effect thus relives symptoms of inflamed mucous membranes. The glycoside present in plant named glycyrrhizin exerted anticancer property and helps to restore normal physiological functioning after chemotherapy. *Tulsi* pacifies *Vata* and *Kapha* thus reduces pain, control excessive fat deposition and reduces vitiation of *Meda Dhatu*. Antioxidant and anti-anxiety activities of *Tulsi* help to restrict pathological initiation of cancer. It exerts cytotoxicity against cancerous cells thus prevent spread of tumor. *Amla* possess antioxidant effect thus prevent oxidative damage and stimulate appetite thus restore nutritional supply and relieves dyspeptic symptoms and promote healing of ulcers. The *Amalaki* increases positive nitrogen balance and maintain total protein level thus contributes towards the weight gaining effect. *Neem* stimulates tumor suppressor pathways, stimulates production of anti-tumor chemicals and reduces level of anti-apoptotic chemicals; therefore acts against cancerous cells. *Turmeric* blocks effect of Tumor Necrosis Factor thus reduces cancer induced inflammation, it also blocks effect of growth factor thus arrest uncontrolled multiplication of abnormal cell.

The *Vata Pitta Shamaka*, *Kapha Ojas Vardhaka*, *Rasa Prasadaka*, *Balya*, *Brimhana* and *Jeevaniya*, etc. effects of prescribed drugs provide relief in chemotherapy induced adverse effects. The *Madhura Rasa*, *Sheeta Veerya*, *Dhatu Poshaka* and *Rasayana* effects of prescribed medicines relives symptoms of disease and help to restore normal body weight.

The prescribed medicines remove free radicals, offers anti-toxins property, boost appetite, strengthen metabolic functioning and restrict cell cycle of abnormal cancerous cells thus offers health benefits to restrict progress of cancer cells.

Probable Mode of Action in Weight Gain Effect:

The *Ruksha* & *Ushna* properties of cancer treatment (chemotherapy and radiotherapy) vitiate *Pitta* and *Rakta* due to which *Kapha* get decreased resulting *Oja Kshaya* and loss in weight. The chemotherapy induced anorexia and loss of appetite also

causes *Dhatupaka* resulting depletion of *Agni* and metabolic disturbances. These all consequences reduce weight in cancer patient sometimes. The prescribed Ayurveda drugs pacifies *Kapha* thus restore *Oja*, Ayurveda drugs prevent chemotherapy induced aggravation of *Pitta* and *Rakta* thus normalizes *Agni* and circulatory process resulting nourishment to the tissue which further prevents *Dhatupaka*. The *Deepana* and *Pachana* effects of prescribed drugs like *Alma* acts against anorexia help to regain normal appetite. These all effects of prescribed Ayurveda drugs considered responsible for weight gain effect in treated patient.

CONCLUSION

The pathogenesis of cancer may develops due to the indulgence in factors like; awful lifestyle habits & diet, adverse effects of medication, environmental pollutants, chemicals, psychosomatic factors and genetics, etc. These factors cause disruption of *Dosha* & *Dhatu*s which involved in pathogenesis of cancer along with other factors. The present case study reported successful management of chemotherapy induced weight loss in cancer patient through Ayurveda therapies. The prescribed therapy not only helped in cancer manifestation but also relieves chemotherapy induced adverse effects. Thus it can be suggested that Ayurveda therapy can helps to restrict cancer and also offer beneficial effects in the management of side effects of cancer treatment.

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