

UNDERSTANDING CANCER (ARBUDA) AND AYURVEDA

Dr. Santosh N. Belavadi.

Professor & H.O.D. Department of P.G Studies in Kayachikitsa, D.G.M Ayurveda Medical College, Hospital & PG, Ph.D Studies and Research Centre Gadag, Karnataka

ABSTRACT

Acharyas have the concept of Cancer in Ayurveda under the heading of Arbuda, Granthi, Gulma and many other entities the aetiology, clinical features, different types and their treatment principles and Treatments in terms of Herbal, Mineral preparation and external applications has been explained in Ayurveda classics. The drugs like Ashvagandha, Guduchi, Bhallataka, Haridra Sadapushpi, Rasona, Palandu (Onion) and Gomutra (cow's urine) and different Rasayana kalpas these are having different Anti-oxidant property and active principles. These drugs enhance the quality of life, increases immunity and reduce risks of Cancer. Researchers are under process. Different types of treatment modalities in terms of Bahyachikitsa (External treatment modalities), Shamanachikitsa (conservative treatments) and Rasayanayogas explained for Arbuda. Medicines like Guggulukalpas, Ghritakalpas, Rasayanakalpa along with preventive and control measures and diet. The quality of life can be better improved by following nutritious food and lifestyle modification. Different researches are going on *Ashvagandha, Guduchi, Bhallataka, Haridra, Sadapushpi, Rasona, Palandu and Gomutra on Cancer*

KEYWORDS: *Cancer, Arbuda, Adhyarbuda, Dwirarbuda, Vataditridosha, Upanaha (Poultice), Sweda (Heat/ Steam), Chikitsa (Treatment), Yoga, Pathya (Diet).*

INTRODUCTION

Cancer is one among deadly diseases to create awareness, to diagnose in its early stage and for successful management every year on 4th February celebrating as World Cancer day. Cancer is the second fatal disease after Cardiac disorder. Theme for the 2023 is “**Close the Care gap**”

Arbuda: The term Arbudameans is to kill, to harm, painful and to grow.

Arbuda is defined as the Granthi which is Mahataakara (bigger in size), elevated is said to be Arbuda¹. Acharyas have the concept of Cancer in Ayurveda under the heading of Arbuda, Granthi, Gulma and many other entities the aetiology, clinical features, different types and their treatment principles

and Treatments in terms of Herbal, Mineral preparation and external applications has been explained in Ayurveda classics. *The drugs like Ashvagandha, Guduchi, Bhallataka, Haridra Sadapushpi, Rasona, Palandu (Onion) and Gomutra (cow's urine) and different Rasayanakalpas* these are having different Anti-oxidant property and active principles. These drugs enhance the quality of life, increases immunity and reduce risks of Cancer.

Cancer: Cancer means any malignant growth or tumor caused by abnormal and uncontrolled cell division; it may spread to other parts of the body through the lymphatic system or the blood stream. The terminology for cancer are Carcinoma, sarcoma, teratoma

based on utpatti and ashraya. One Cancer patient among nine. It occurs at any age and in both gender.

Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020, or nearly one in six deaths. Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, et al. Global Cancer Observatory: Cancer Today. Lyon: International Agency for Research on Cancer; 2020 (<https://gco.iarc.fr/today>, accessed February 2021). <https://www.who.int/news-room/fact-sheets/detail/cancer>

The estimated number of incident cases of cancer in India for the year 2022 was found to be 14,61,427 (crude rate:100.4 per 100,000). In India, one in nine people are likely to develop cancer in his/her lifetime. <https://pubmed.ncbi.nlm.nih.gov/36510887/> Biosynthesis of anticancer phytochemical compounds and their chemistry. Dogra A, Kumar J.

Carcinoma: Any malignant tumor derived from epithelial tissue; one of the four major types of cancer.

Oncology: The branch of medicine concerned with the study and treatment of tumors.

Oncology is also defined the study of tumors²

Cancer is the term used to describe a wide variety of malignant diseases. It is second only to coronary artery diseases as the most common cause of death. Cancer is Genetic disease.

Cancer can arise as a result of either over activation of oncogenes or loss of function of tumour suppressor genes. Classified as Carcinoma, Sarcoma, Leukaemia and Lymphoma.

There is no specific cause mentioned for cancer some time excess use of chemicals, Smoking using tobacco and its products, Alcohol, Usage of Hormone and other medicines and poor immunity. Lack of exercises, Pollution, Radiation and Hereditary.

Cancer location:Breast cancer, Skin cancer, Head & Neck cancer, Lung cancer, Gastro intestinal cancer, Liver and Biliarytrac cancer, pancreatic cancer, Bladder carcinoma, Prostate cancer, Testicular cancer, soft tissue and bone cancer²⁷.

Risk factors: Smoking, Tobacco, Diet and Radiation²⁸.

General clinical features:The clinical features depend upon which part of the body and organ involved and the stage of the cancer. In initial period it is difficult to notice

Excessive sweating, Loss of weight, difficulty in swallowing, Cachexia, Anorexia, Pain, Nausea and Vomiting, Pruritus, Breathlessness, Extreme Anaemia, Uraemia, Fever, Malaise, Fatigue and Hiccough.

Diagnosis:

- X-Ray, MRI, C.T
- Tumour biopsy is essential to confirm the diagnosis.
- Staging: Laparotomy and lymph node sampling for lymphoma and intra-abdominal cancer. Axillary lymph node for breast cancers.

Treatment: Antibacterial therapy, Antifungal therapy, Radiation therapy and Chemotherapy³.

Updates of Cancer:

World cancer day (Feb-4 th)	Cancer -family
Cancer- News paper	Cancer emblem and Tattoo
Cancer-Journal	Tattoo for Cancer patients
Book on Cancer (for each organ cancer-book)	Oncologist
Book on Yogic management on Cancer	Oncosurgeon
Dietician for Cancer	Book for Cancer patients

Cancer -Friends circle	Cancer -Association
Cancer -family	Book on Nutrition for Cancer
Children book about Cancer	National Cancer Act
Indian Cancer society	Cancer- Hospitals

Arbuda:

There is no much difference in Granthi and Arbuda because the sthana (place), nidana (Cause), swaropa (structure), dosha, dushya and treatment are similar. Due to prakopa of Vatadidosha in shareera (body)Vata get vitiates Mamsa(muscle), Gola (round), Sthira, Alpapedayukta (mild painful) Brihat (big) and spread in Gambheera dhatugata (deeper tissue), Chiravruddhi (increases slowly) which is apaka (unripe), Mamsaupachayayukta (Muscle development) and Shothautpanna (manifest swelling) is named as Arbuda in Ayurveda classics⁴.

Arbudabedha / Types⁵: This is of 6 types

Sl.No.	Type
1.	Vataja
2.	Pittaja
3.	Kaphaja
4.	Raktaja,
5.	Mamsaja
6.	Medaja and all are Granthi samanalakshanas.

Raktarbuda:

Due to intake of mithyaahara (unwholesome food) and vihara vitiates Vatadi dosha does sampeedana(with pressure) and sankocha (constriction) of Rakta and Siras leading to paka (ripened) produces sravayukta mamsaankuryapta (muscle growth with exudation), sheegravruddhi (instant growth), Mamsapindiutsedayukta(elevation of muscle mass) and Doshitaraktasrava (bleeding) continuously out of this utseda. This is said to be asadhya Raktakshaya as upadrava (complication) and varna (colour) becomes pandura (Sweta- Rakta- Peeta). Acharya Vagbhata told Shonitarbuda⁶.

Mamsarbuda:

Shareeraaghata (body injury) because of Mushtiprahara (wrestling) vitiates Mamsa alpapedayukta (mild muscle pain), Snigdha sparshayukta, Swabhavika varnayukta (skin colour), Apaka (unripe), Ashmasamana (similar to rock), Sthira Shophautpanna (firm swelling). The person who desire to eat Mamsa in such person Mamsarbuda utpatti and this is said to be Asadhya (incurable)⁷.

Atisrava (excessive exudates), Marmasthana utpanna (manifest in vital spots), Annavaaha Mahasrotoutpanna and sthira (firm) are said to be varjya for chikitsa⁸.

Adhyarbuda and Dwirarbuda:

Purvautpanna Arbudasthana or nearer to this another Arbudautpatti (manifestation of Arbuda) is said to be Adhyarbuda. Initially it is producing Arbuda which is two in number or one after another is said to be Dwirarbuda⁹.

In Arbuda if it is Kaphadhikyata, Medadhikyata and sthirata (stability) of dosha, Granthirupa- Kathina all these will not gettingpaka (un-ripened) naturally¹⁰.

MANAGEMENT OF ARBUDA:

Based on the Avastha / type of the Arbuda treatment is followed

Snehana (oleation), Upanahasweda (sudation), Vamana (emesis), Virechana (purgation), Aushadha chikitsa (conservative management), Agnikarma (cauterization), Ksharakarma (alkali), Raktamokshana (blood letting), Lepa (pastes), Lekhana (scarification) and Ropana chikitsa (healing). Acharya Vagbhata told Arbudachikitsa is to be done as that of Granthi Chikitsa¹¹.

In case of Granthi and ArbudaUtpattisthana, Nidana, Lakshana, Dosha and Dushya after analysis some of the points found to be same in case of Arbuda and Granthi so Granthi chikitsa is followed¹².

According to Vangasen Arbuda is treated like Vidradivat (abscess) chikitsa in which Prachannadikarma, Kshara (alkaline), Agni (cauterisation) chikitsa and different lepa(application) chikitsa is carried out¹³.

Vataja Arbuda Chikitsa:

Upanaha: Acharya Sushruta explained Vataja Arbuda chikitsa as Kushmanda, Ervaruka, Narikela, Priyala and Erandabeeja churna Ksheera, Ghrita and JalasiddhaUpanahamamsa and Vesavarasiddhapradhana upanaha is done¹⁴.

Nadisweda, Raktamokshana by Shringa or Devadarvyadigana dravya Kwatha, Ksheera and Kanji siddha Shatapakatrivritsneha (Ghrita, Taila and Vasa) pana¹⁵.

Bhaishajya ratnakara explained Snigdha, Ushnamamsa siddha vesavaraUpanaha – Bandhana is done. Nadisweda is done later with Shringa, Alabhu or Jalouka alpa alpa muhurmuhr Raktamokshana is done¹⁶.

Acharya Vangasen added VatanashakaKwatha, Ksheera, Kanji, Shatahva and Triviritsiddha Aushadha taken internally¹⁷.

Pittaja Arbuda Chikitsa: Mridu Swedana (fomentation) and Upanaha (poultice) are done. Kakolyadiganasiddha Aushadhi sheeta lepa is done. For Srotoshodhanartha Virechana and Pathya padarthabhojana is done¹⁸.

Gharshana (rubbing) is done to Arbuda with Udumbara shakapatra and Gojiwhapatra.

Lepa is done prepared out of Sarjarasa, Priyangu, Patanga- Raktachandana, Lodhra and Rasanjana helpful in pittajarbuda¹⁹.

Kaphaja Arbuda Chikitsa:

Lepa: Shankhachurna, Mulakabhasma taken in equal quantity mardana is done in Kanji or Jala pacifies in Kaparbuda²⁰.

If Arbuda is not removed from its mulasthana (from root completely) if it remains alpamatra or sheshaavastha (residue) once again Arbuda develops so it should be removed from its base otherwise it kill the patient like as that of Visha and Agni²¹.

Nishpava, Tilakalka, Kulattha and Mamsa all are taken in equal quantity mardanaare done in Dadi lepa is applied on Arbuda. Over this krimiutpatti and Arbuda is eaten by these krimis and sheshaArbuda is removed by Shastrakarma (surgical), Dhanakarma (cautery) is done with Taptashalka on Arbudasthana to remove it from its base then

Vrunopachara is done. Even after with these treatments if sheshaArbuda remains then Vanga, Tamra, Jashad and Loha among these four patra of any one bandhana (bandage) is done on Arbuda. According to Bala (strength) of the patient Kshara (alkali), Agni (cautery), or Shastrakarma (surgery) prayoga. If Arbuda becomes Paka Chikitsa like Pathana, Shodhanadikrama are done²².

Medaja Arbuda:

Medoarbudalepa: Haridra, Lodhra, Raktachandana, Ghrihadhuma and Manashila all are taken in equal quantity mixed with Madhu lapana is done by this Medodhatu vikriti utpanna Arbuda get pacified²³.

Acharya Vangasen explained Vathadugdha, Kushta, Romakalavana mardana is done to is Vathakalka is added and used for pralepana Arbuda get cured in 7days²⁴.

Gandhaka, Manashila, Shunti and Yavabhasma made into churna mixed in Krikalasha and lepa is done on Arbuda by this all types of Arbuda get pacified²⁵.

Treatment:

Shamana:

Yoga: Khadirarishta, Dose: 15-20ml, Anupana (post-prandial drink): Equal water, after food, Uses: Arbuda and Granthi. Sha.Sam/ M.K.10/60-63

Yoga: Chandraprabhavati, Dose: 250-500mg, Anupana: Warm water, Warm milk, after food Use: Arbuda, Granthi, Sha.Sam/ M.K.7/40-44, Bai.Rat.

Guggulu kalpas:

Yoga: Kanchanara Guggulu, Dose: 3grams, Anupana(post-prandial drink): Ushnajala, after food Uses: Arbuda and Granthi Sha.Sam/ M.K.10/60-63, Bha.Pra. M.K.44/39-44

Ghrita kalpas (Ghee preparations):

Yoga: Triphalaghrita, Dose: 12 gram, Anupana(post-prandial drink): Warm water, Warm milk, after food Use: Arbuda, Bai.Rat. Netraroga 181-182

Yoga: Panchatiktakaghritaguggulu Dose: 12grams, Anupana(post-prandial drink): Ushnajala, Uses: Arbuda and Granthi, Dose: 12grams, Anupana: Ushnajala, Uses: Arbuda

and Granthi, A.H.Chi.21/57-58, Bai.Rat. 54/228-232

Rasayana chikitsa (Rejuvenation therapy):

Shivagutika Rasayana, Dose: 6 grams, Anupana (post-prandial drink): Ksheera (milk), Madhu and Mamsarasa, Use: Arbuda, Chakradatta Rasayanadhikara

Madhusnuhi Rasayana, Dose: 6-16grams Anupana (post-prandial drink): Ksheera (milk) and Jala Use: Arbuda Sahasrayoga Lehanaprakarana 12.

Rasa Aushadhis (Mineral preparations):

Nityanandarasa- Arbuda- Ra.Kam.De

Arbudahararasa- Arbuda- R.R.S

Roudrarasa- Arbuda, 1ratti two times along with Madhu taken internally. Bai.Rat

Yoga: Vajrabhasma, Dose: 8mg, Anupana: Madhu, after food Uses: Arbuda, Rasatarangini Taranga- 23/6

Yoga: Srinrupavallabharasa, Dose: 250mg, Anupana: Ardrakaswarasa, Madhu, after food Uses: Arbuda, Bai.Rat.Grahaniroga/ 523-525,

Yoga: Abhrakabhasma, Dose: 125mg - 375mg, Anupana: Ardrakaswarasa, Madhu, after food Uses: Granthi, Ayurveda prakasha- 2/97-98

Lepas (External applications/ Pastes):

Darakadivati – For lepa- Arbuda- Rasendra Chudamani

Sarshapadilepa - Arbuda Sha.Sam.U.K.11/97-100 P.NO.36 Deepika and Gudarthadeepika

Arnudaharoulepa

Upanaha and Sweda (Heat therapy):

- Upodikaupanaha
- Snuhadyasweda
- Upodikarasaprayoga

Preventive and Control measures:

- Maintain ideal body weight
- According to age and strength of an individual regular exercises
- Prevention from pollution
- Preventing infection
- Withdrawing Alcohol and Smoking

- Avoid usage of Tobacco and its products
- Avoid using Chemicals
- Maintain healthy lifestyle and avoiding sedentary
- Intake of nutritious food

The citrus fruits and rich in Vitamin C like Orange, Musambhi, Lemon, Amalaki, Grapes, Apple and the vegetables like Carrot, Beans, Tomato which are rich in fibre and having rich nutrition, Food which is prepared out of Ragi, Barly and Puranashali is consumed regularly. The Fruits, Vegetables and different food articles having Antioxidant property, different nutrition which helps for formation and developments of healthy cells and reduces risk of Cancer.

Cancer- Research in Ayurveda:

- Keeping abreast about Ashwagandha in breast Cancer.
- Curcumin and colorectal Cancer: An update and current perspective on this natural medicine.
- Anti-inflammatory properties of curcumin, a major constituent of Curcuma longa: a review of preclinical and clinical research.
- Amla (*Embllica officinalis* Gaertn), a wonder berry in the treatment and prevention of cancer.
- Ayurveda for chemo-radiotherapy induced side effects in cancer patients.
- Ayurveda in Cancer Care in India: Scope, Challenges, and Suggested Approaches.
- The ACARA (Amrita Centre for Advanced Research in Ayurveda), Amrita School of Ayurveda and Indian Association for the Study of Traditional Asian Medicine (IASTAM) India (link is external), organized a Conclave on "Cancer Care and Research in AYUSH: Developing a Roadmap" from February 15-17, 2019.

- Urine therapy in Ayurveda: Ancient insights to modern discoveries for bñancer regression.
- Ayurvedic concept of Shatkriyakala: A traditional knowledge of cancer pathogenesis and therapy.
- Researches on Sadapushpi, Ashvagandha, Amalaki, Haridra, Rasona, Bhallataka and Gomutra- Research portals.

The following Diet/ Do's and Don'ts followed in case of Arbuda²⁶

Pathya	Apathya
Chikitsasambandhi: Vamana (emesis), Virechana (purgation), Nasya (nasal inhalation), Swedana (fomentation), Dhuma (smoking), Siravyadha (venesection), Agni Karma (cautery), Ksharaproyaga (alkali application), Pralepa (ointments) and Upavasa (fasting).	Ksheerekshu vikriti (milk, sugarcane), Dadhi (curd) and Dadhisiddha padartha (curd products), Ikshusiddha and Gudasiddha padartha (sugarcane and jaggery base products), Anupadesha pashupakshi mamsa (flesh of animal and birds which inhabits from water), Mashadi Pishti (flour), Amla (sour), Madhura (sweet) and which is guru (heavy) for Digestion. Dugdha (milk), Ikshusiddha padartha (sugarcane base products), Anupa mamsa (flesh from water world animals), Amla

	(sour), Madhura (sweet), Guru abhishyandi karaka padartha (heavy).
Purana Ghrita (old ghee), Purana shastika shali (old harvested rice), Yava (barley), Mudga (green gram), Patola, Rakta shigru, Ruksha (dry), Katu (spicy), Agnideepaka (digestive), Peya, Bhakshya (eatables), Shuddha Guggulu, Shuddha Shilajutu are the best pathya.	

DISCUSSION

In Ayurveda since Vedic period Acharya Charaka, Sushruta and Vagbhata explained in detail about Nidana (Aetiology), Lakshana (clinical feature) and Chikitsa (Treatment) for Arbuda.

Some of the entities like *Arbuda*, *Granthi*, *Gulma*, *Apachi*, *Gandamala*, *Stanarbuda*, *Karnarbuda*, *Nasarbuda*, *Ostharbuda*, *Jihwarbuda*, *Yakrutodara*, *Pleehodara etc* has been explained in *samhita granthas* may be consider for cancer in Ayurveda.

Enhancing the Jataragni for proper metabolism, digesting the Ama, Improving individual immunity, Free from Stress Anxiety, Depression, regular intake of Wholesome nutritious food, Eating fruits which are rich in Vitamin- C and using of appropriate administration of Rasayanas and counselling the patients play important role. Lifestyle modification, avoiding Smoking, Alocohol, tobacco and its products will help in preventing the risk of cancer.

CONCLUSION

If a physician find out and diagnose in its initial stage it can be treated very well.

Different types of treatments in terms of Bahyachikitsa (External treatment

modalities), Shamanachikitsa (conservative treatments) and Rasayanayogas explained for Arbuda.

The quality of life can be better improved by following nutritious food and lifestyle modification.

Different researches are going on *Ashvagandha, Guduchi, Bhallataka, Haridra Sadapushpi, Rasona, Palandu and Gomutra on Cancer.*

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CORRESPONDING AUTHOR

Dr Santosh N. Belavadi

Professor & H.O.D

Department of P.G Studies in Kayachikitsa, D.G.M Ayurveda Medical College, Hospital & Postgraduate, Ph.D Studies and Research Centre Gadag, Karnataka

Email: hardikasnb@gmail.com

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