

Application of Ayurveda for Treatment of Non Communicable Disease - Human Blood Cancer

Tripti Yadav, Aditi Gupta

Abstract- Acute myeloid leukemia is a cancer of the blood and bone marrow. This type of cancer usually gets worse quickly if it is not treated. It is the most common type of acute leukemia in adults. Benefits of ayurveda utilized in cancer treatment are Increase haemoglobin & platelets, Maintain W.B.C. count, Increase immunity, Increases Appetite, increase Sufficient blood supply to every part of body, Reduce weakness & laziness, Reduces side effects of allopathy, Feel fresh & energetic all the time, Heal wounds, Reduce depression, Useful as a Tonic for all age groups to maintain good health and most effective on all types of blood related disorders. Thus ayurveda can be helpful in the management of cancer in many ways such as—prophylactic, palliative, curative and supportive.

Keywords:- ayurveda, haemoglobin, platelets, allopathy.

I. INTRODUCTION

Ayurvedic medicine is a system of Hindu traditional medicine^[2] native to the Indian subcontinent and a form of alternative medicine. There is no scientific evidence to prove that Ayurvedic medicine can treat or cure cancer or any other disease."^[6] Concerns have been raised about Ayurvedic products; U.S. studies showed that up to 20% of Ayurvedic U.S. and Indian-manufactured patent medicines sold through internet contained toxic levels of heavy metals such as lead, mercury and arsenic. Ayurveda states that a balance of the three elemental substances, the *Doshas*, equals health, while imbalance equals disease. There are three *doshas*: Vata, Pitta and Kapha. One Ayurvedic theory states that each human possesses a unique combination of these *doshas* which define this person's temperament and characteristics. Many species of herbs and medicinal plants are being used in ayurvedic medications which are proving useful at present (Sharma et al. 2000). Each person has a natural state, or natural combination of these three elements, and should seek balance by modulating their behavior or environment. In this way they can increase or decrease the doshas they lack or have an abundance of respectively. Another view present in the ancient literature states that dosha equality is identical to health, and that persons with imbalance of dosha are proportionately unhealthy, because they are not in their natural state of balance. Prakriti is one of the most important concepts in Ayurveda. Patwardhan and Vaidya, 2004, have discovered different drugs based on ayurvedic and herbal categories. Plant based rasayana drugs from ayurveda are being utilized (Balasubramani and Venkatasubramanian, 2011).

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* Correspondence Author (s)

Tripti Yadav, Research Scholars, Department of Science Mahatma Jyoti Rao Phoolle University, Jaipur, India.

Aditi Gupta, Research Scholars, Department of Science Mahatma Jyoti Rao Phoolle University, Jaipur, India.

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The word 'cancer' may be new to the 5,000 year old Indian system of medicine, Ayurveda, which relies on natural substances for healing. But ancient Ayurvedic classics are aware of the clinical features, resembling cancer, with the names such as *Apachi*, *Gulma*, *Granthi*, and *Arbuda*. Following are names of some of the conditions mentioned in Ayurvedic classics that have relevance to cancer manifestations in modern medicine. Acute myeloid leukemia is a cancer of the blood and bone marrow. This type of cancer usually gets worse quickly if it is not treated. It is the most common type of acute leukemia in adults (Balachandran and Govindarajan, 2005). Normally the bone marrow produces stem cells (immature cells) that develop into mature cells. There are three types of mature blood cells.

- Red blood cells that carry oxygen and other materials to all tissues of the body.
- White blood cells that fight infection and disease.
- Platelets that help prevent bleeding by causing blood clots to form.

In AML, the stem cells usually develop into a type of immature white blood cell called myeloblasts. The myeloblasts in AML are abnormal and do not mature into healthy white blood cells. Occasionally in AML, too many stem cells develop into abnormal red blood cells or platelets. These abnormal white blood cells, red blood cells, or platelets are also called leukemia cells or blasts. Leukemia cells are unable to do their usual work and can build up in the bone marrow and blood so there is less room for healthy white blood cells, red blood cells, and platelets. When this happens, infection, anemia, or easy bleeding may occur. The leukemia cells can spread outside the blood to other parts of the body, including the central nervous system, skin, and gums. The excruciating experience of dying cancer patients can be ameliorated by making use of Ayurvedic principles. Ayurveda can be helpful in the management of cancer in many ways such as—prophylactic, palliative, curative and supportive (HemaIswarya and Doble, 2006). Ayurvedic medicines help to improve the quality of life of the patients as listed below:

1. Ayurvedic preparations can act as an adjuvant or a co-therapy along with chemotherapy or radiotherapy. It is also helpful in post-surgery care.
2. Ayurvedic medicines help to minimise the side effects of these therapies.
3. Ayurveda helps in reducing the therapeutic doze of the various drugs used as proved in some studies using cow urine.

4. They can be helpful in targeting the specific tissues as shown in some allopathic studies on nanoparticles of gold.
5. Ayurvedic preparations help to slow the progress of cancer in cases where chemotherapy, radiotherapy or surgery is contra-indicated, due to some reasons and patients have no other choice.
6. Some Ayurvedic preparations can fight against tumours.
7. The cell-protective activity of drugs prescribed in *Rasayana* therapy helps to improve comfort and the quality of life of individuals with cancer.

II. METHODOLOGY OF TREATMENT OF BLOOD CANCER BY AYURVEDA

Spiritual, literally "celestial" therapy is applied to diseases that are neither purely physical nor psychological and whose formation cannot be explained from evident causes. It consists of various subtle, religious or occult methods to ward off negative influences and to promote those which are positive. Such methods include chanting mantras, the spiritual use of herbs and gems, rituals for giving good fortune (Man gala), offerings of oblations (Bali), offerings in general (Upahara), fasting (Upavasa), pilgrimages (Gamana), performance of prostrations (Pranipata), fire sacrifices (Homa), ceremonial penances (Prayaschitta), and rituals for well-being (Swastyayana). Natural methods for cancer prevention and treatment are discussed in detail by Nobili et al. 2009. This therapy is found not only in Ayurveda but also in the tradition of Vedic Astrology (Jyotish) as well as in various yogic approaches, particularly teachings of the tantric order. Much of it is considered to be magical in nature but it has its logic for countering negative karmic patterns. With these three different types of therapies, Ayurveda provides diverse methods and approaches for dealing with all possible difficulties in health and well-being. The use of various herbs based on Nakshatras (Astrological Signs) and Dhoopan (Fumigation of these herbs) to purify the hospital campus i.e. IPD as well as OPD and other departments of the hospital. A review of ayurveda and siddha have been well described by Patil et al., 2014.

III. DISCUSSION

Blood cancer is one of the fierce diseases that brings severe pain to the sufferers. Our ayurvedic medicines when consumed offer gradual relief from the sufferings of blood cancer and increases hemoglobin. The medicines also maintains WBC in normal range and increases platelets. Our ayurvedic medicines used for treatment of blood cancer also increases the appetite of the patients and helps in weight gain (Singh, 2002). The medicine so consumed reduces the side effects of chemotherapy, radiation and increases life expectancy. One of a good example is Medihope - A Pure Herbal Medicine which helps increase immunity, heal wounds and revitalize blood supply to treat all sorts of blood related disorders. Medihope is prepared from hand-picked leaves possessing medicinal attributes which have no side effects of any kind even when taken alongside allopathy treatment. Moreover it is intake-friendly and requires no restrictions in diet. It is known to reduce weakness and boost appetite. It helps maintain a favourable W.B.C. count as

well. Fight blood related disorders effectively and stay fit with Medihope. Another wonderful example for prevention of cancer is use of triphala (Baliga, 2010).

IV. CONCLUSION

Benefits of ayurveda utilized in cancer treatment are Increase haemoglobin & platelets, Maintain W.B.C. count, Increase immunity, Increases Appetite, increase Sufficient blood supply to every part of body, Reduce weakness & laziness, Reduces side effects of allopathy, Feel fresh & energetic all the time, Heal wounds, Reduce depression, Useful as a Tonic for all age groups to maintain good health and most effective on all types of blood related disorders. The radiation therapy and chemotherapy is much minimized by ayurvedic medication. It also does not have side effects and the patient feels fresh and energetic unlike lethargic in allopathy. Ayurveda has much future scope in medication for other non communicable as well as communicable diseases in humans without any reaction or dosage effects. It is now popular even in western countries and has gained a good footage in India.

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