

## A CONCEPTUAL STUDY OF CANCER TREATMENT

Satya Prakash Chauhan<sup>1\*</sup> and Arti Singh<sup>2</sup><sup>1</sup>Assistant Professor, Department of Kayachikitsa, Ankerite Ayurvedic Medical College, Lucknow, U.P., Bharat.<sup>2</sup>Principal, SKD College of Pharmacy, Lucknow, U.P., Bharat.

\*Corresponding Author: Dr. Satya Prakash Chauhan

Assistant Professor, Department of Kayachikitsa, Ankerite Ayurvedic Medical College, Lucknow, U.P., Bharat.

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**ABSTRACT**

Cancer is a leading cause of death worldwide<sup>[1]</sup> and also one of the most terrifying word in the world of diseases, even in general public this is considered as a synonym of death. Continuous effort is being made by medical professionals of all over world to control it effectively but still prevalence and death from cancer is increasing. Once cancer is diagnosed it is not only difficult to treat but the facilities of Cancer treatment is also not available everywhere easily. So, it causes at least loss of money, health, and time even if patient survives. "Prevention is better than Cure" policy is very much needed in Cancer cases. Shodhan describe in Ayurveda<sup>[2]</sup> various cancer theories, Different carcinogens, and various research works carried out in authentic medical centers jointly providing very effective guidelines which may play very important in the management of various types of cancer.

**KEYWORDS:** Cancer, Carcinogens, Ayurveda, Research, Shodhan W.H.O.**INTRODUCTION**

W.H.O and I.C.M.R have Warned for the rapid rise in Cancer cases in India. Advancements of Science and Technology have got some control over the death rate from the various types of cancer but still it is very high. Approx 9 lakh death of cancer patients were reported out of approximately 14.61 lakh total cancer cases in India in 2022 as per I.C.M.R.<sup>[3]</sup>

From various contributors of the cancer, as per the approximate available data<sup>[4]</sup> only 15% genetical causes are unavoidable while from remaining, 30% from chemical carcinogens, 30% from diet and alcohol, 15% from various infections and 10% from physical carcinogens can be prevented.

Various Chemical carcinogens which are the main causing factor for the development of cancer are the mostly lipophilic<sup>[5]</sup> in nature that's why they get enter in lipid stores of body easily and produce fatal effects for long time.

Shodhan therapies available in Ayurvedic classics<sup>[2,6,7]</sup> like Vaman, Virechan and Rakta mokshan are done in very specific manner, Pre operative Snehan phase of shodhan Procedure may contribute to bring out various chemical carcinogens from lipid stores of body due to concentration difference mechanism, and then these carcinogens can be removed out from body by Vaman (Can be correlated with controlled Emesis), Virechan (Can be correlated with controlled Purgation) or Rakta mokshan (Can be correlated with controlled blood-

letting). Snehan will be done in vardhman matra with A2 cow ghruta<sup>[7]</sup> which will be processed (Siddha)<sup>[8]</sup> by known anti cancerous herbs. After Shodhan, concentration of carcinogen should be low which will provide the better environment for the immune system to kill the remaining cancer cells. Concentration of carcinogens after snehan and shodhan can be measured by various lab investigations also. This approach with Snehan and shodhan process may help a lot in prevention and cure of cancer.

**METHODOLOGY**

Shodhan procedures are practiced very commonly all over India from very long time. Specific scientific protocol of Shodhan procedures has been also tested in various higher medical centres.<sup>[9,10,11]</sup> These procedures are found safe and effective on various parameters.

Snehan, pre operative part of shodhan procedures, will perform with A2 cow ghruta processed with anti-cancerous herbs in vardhman Matra till Snehan siddhi lakshan<sup>[7]</sup> appears as described in ayurvedic literature. Clinical trials of this concept based study should be performed on healthy individuals of any gender, age between 18 year- 60 year with normal vital organ reports in well equipped center so that lab analysis for the carcinogens can be performed before and after Snehan.

Shodhan procedures should be performed of madhyam praman<sup>[7]</sup> in preferably shodhan kal<sup>[7]</sup> or any suitable season as per condition required. Again, after shodhan concentration of carcinogens should be analyzed in lab.

Now various types of results obtained from different shodhan procedures after sneh pan must be statistically analyzed and then compare to find out the safest, most economic, most convenient and most effective procedure. This finally selected most appropriate shodhan procedure protocol should be studied on large population of healthy and then after on diseased persons for proper acceptance of scientific society. Use of swasthya parigadna score (S.P.Score)<sup>[12]</sup> for health analysis may also give some additional information in assessment of quality of life improvement in cancer cases.

### DISCUSSION

Pathogenesis of cancer is not fully understood till now. But Various Cancer-causing factors when enter the body by any possible route then after escaping from immune system they start cancer mechanism. Many of these are water soluble which are excreted from body by micturition, sweating etc. but those which are lipophilic in nature accumulates in lipid stores of body. Lipid soluble carcinogens are big challenge because these may remain inside the body for long time<sup>[13]</sup> and can produce fatal effects. Anti cancerous herbs processed A2 cow ghruta will act by two methods. First method by bringing out carcinogens from lipid stores by concentration difference because mucous membranes and cell wall works as semi permeable membrane thus carcinogens will move from higher concentration to low. Second method by the same mechanism anti carcinogens of A2 cow ghruta will enter at different sites and play their anti-cancerous activities. Also, immunity will act better in this suitable environment. After the Sneh pan phase selected shodhan procedure will be conducted as per protocol which will further help in removing the carcinogens. Single schedule or multiple schedules of similar or different shodhan procedures can be conducted as per the need and conditions to achieve the optimum results on scientific parameters. Everyone knowingly or unknowingly is being exposed to various carcinogens in the form of pesticides, preservatives, pollutions etc. Out of these some are unavoidable in current pattern of life. So, this concept of scientific shodhan procedures after sneh pan will be very helpful along with screening, and other preventive or curative measures for healthy as well as for disease patients against the fight from cancer.

### CONCLUSION

Challenges of cancer can be effectively managed by screening, preventive methods and early-stage treatment. But this is also true that the availability of all these are not very common everywhere. So, awareness and preventive aspect is becoming more important. This concept of anti-cancerous herbs<sup>[14]</sup> processed A2 cow ghruta sneh pan with shodhan is safe, economic, convenient and effective option. So, this concept must be used on large population with proper precautions and under observation of experts. Hopefully results of study will become a new ray of hope for the humanity against the various types of cancers. Also, this concept will help

to remove various other types of toxins from body which are harmful for health.

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