



# CHAKRAPANI AYURVEDA

## ISO 9001 & ISO 22000

Newly Launched Website : <http://herbalteaindia.com>

August-2011

Herbal teas, also called tisanes or ptisan are different from regular teas as they do not come from the Camellia sinensis plant that produces white, green, oolong and black tea. Herbal tea is made with fresh or dried flowers, leaves, seeds or roots, generally by pouring boiling water over the plant parts and letting them steep for a few minutes.

### Benefits of herbal tea are:

- Helps strengthen the immune system
- Rejuvenate your body
- Lowers cholesterol
- Promotes a healthy heart and increases red blood cell production
- Helps relieve the symptoms of arthritis
- Rids the body of toxins and supports the absorption of natural fluids
- Provide cleansing properties for the body
- Aid with stomach and digestive problems
- Increases energy and state of mind .Achieve a more calm, relaxed state of mind
- Also relieve the onset of migraines due to anti-inflammatory properties.
- Promote energy and wellness

We have new 19 types of herbal teas for specific problems.

[Pachak \(Digestive help\) tea](#)

[Hridya \(heart tonic\) tea](#)

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[Vajikaran \(aphrodisiac\) tea](#)

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[Vata herbal tea](#)

[Kapha herbal tea](#)

[Rasayana \(Rejuvenation\) tea](#)

**For more on Herbal Teas : [Click Here](#)**

## Cancer Treatment – Stepping Towards Mother Nature - Part II - by Dr. Parvathy Rajeev

Ayurveda can be helpful in the management of cancer as prophylactic (preventive), curative, palliative (preventive & curative) & supportive and no doubt it helps to improve quality of life.

Cancer cure is well known as the deadly cytotoxic chemotherapeutic agents. It is said that “The treatment is more dangerous than the diseases.” The success rate of chemotherapy in cancer is always debatable in most instances, but its side effects have no doubt, which include mucositis (mouth ulcers, vomiting, loose motions etc), phlebitis (skin discoloration with veins pain), leucopenia (low WBC counts with increased chances of infection), hair loss etc. Ayurvedic therapy is a blessing for all these patients who are suffering from chemo toxicity.

Cancer prevention is targeted towards creating balance and harmony through diet, lifestyle, herbs, meditation, pranayama, yoga and cleansing the body of its toxic load through specific Ayurvedic procedures known as Panchkarma. Purifying or cleansing the blood and blocked channels are the main treatments for cancer

This can be achieved through

- Herbal treatment
- External treatment
- Yoga
- Changing diet and life style

The therapeutic approach of Ayurveda has been divided into four categories-

Prakritisthapan chikitsa – Preventive aspects

Roganashani Chikitsa – Cure of disease

Rasayana chikitsa- Restoration of normal function

Naishtiki chikitsa – spiritual approach

### **Herbal Treatment**

Herbs hold great promise to fight cancer. Many alkaloids isolated from the herbs having anti-cancer activity are being used.

Herbal Formulations and herbs of Ayurveda can be used in treatment of cancer according to specific system location

### **Brain Cancer**

Mandukaparni (*Bacopa monerea*)  
Shatavari  
Yastimadhu  
Brahmi  
Kastoori Bhairav Rasa with combination of Medhya herbs.  
Smritisagar Ras  
Bhrami vati

### **Oropharyngeal Cancer**

Kasamarda (*cassia oxidentalis*)  
Pathyadi Kwath  
Varunadi Kwath  
Kaishore guggulu  
Mahalaxmi vilas Rasa

### **Lung Cancers**

Pippali (*Piper longum*)  
Chitraka  
Kantakari  
Vyaghri  
Malla sindura  
Samir pannaga Rasa  
Somal Bhasma  
Vasasava  
Kanakasava  
Haritakiavaleha  
Bhallatakavaleha  
Hirak Rasayana  
Hirak Rasayan

### **Stomach Cancers**

Shatavari (*Asparagus resimosus*)  
Amlaki (*Philanthus amblica*)  
Vanga Bhasma  
Aloe Vera  
Bhomi Amalaki  
Amaltas (*Casia fistula*)  
Bhoy-Amli (*Philanthus nurare*)  
Sarphunkha (*Tephrosia purpura*)  
Avipattikara Churnam  
Changeri Ghrita

### **Intestinal Cancer**

Shigru (Moringa olifera)  
Panchamrut parpti  
Brihada Gangadhara Churnam  
Kutaja Ghanavati  
Kutaja avaleha

### **Female Genital Cancer**

Ashoka (Seraka Ashoka)  
Mukta panchamrita Ras  
Phala sarpi  
Vaikranta Bhasma  
Dhanvantaram tailam

### **Male Genital Cancers**

Triphala  
Makardhvaja  
Shilajit  
Vanga Bhasma  
Chandrodaya Ras  
Chyavana prash

### **Liver Cancers**

Bhumvamalaki  
Bhallataka  
Triphala  
Guduchi  
Arogyavardhini  
Phalatrikadi Kwatha

### **Blood Cancer**

Anantmula (Hermidesmus indicus)  
Ashvagandha  
Samirpannaga rasa  
Suvama Vasant Malti Rasa  
Somala Bhasma

### **Bone Cancers**

Sariva  
Aabha Gugglu  
Madhu Malini Vasant Rasa

### **Breast Cancers**

Gojivha

Chinchabhallataka  
Jivaniya gana

**Skin Cancers**

Manjishtha (Rubia cordifolia)  
Samira Panaga Rasa  
Kaishore Gugglu  
Gandhak Rasayan

**Herbal Formulations of Ayurveda According to the general condition of the patient**

Sutashekhar rasa  
Punarnava Mandura  
Aarogya Vardhini  
Avipattikar Churna  
Kamadhugdha Rasa  
Swarna Gairika  
Laghu Vasant Malti  
Hirak Bhasma

**Herbal Formulations of Ayurveda according to the Agni of the patient**

Drakshasava  
Swarna Makshika Bhasma  
Shivakshara Pachan Churna  
Chitrakadi Vati  
Tripala Churna  
Panchskhar Churna

**Herbal Formulations of Ayurveda used in all cancers**

Kanchnara Gugglu  
Kaishore Gugglu  
Bhallatak Phalmajja Churna  
Tripala Gugglu  
Trivang Bhasma  
Shilajatu Vati  
Aabha Gugglu  
Laksha Gugglu

**Herbal Formulations of Ayurveda according to Nadi**

Vishtinduka for Vatta Nadi  
Katuki for Pitta Nadi  
Bhallatak for Kapha Nadi  
Combination of above for dvidosha Nadi  
All three for Tridosha Nadi

**Decoctions of Ayurveda for purification of body cells  
Prescribed to all patients.**

Varunadi Kwath  
Panchvalkal Kwath  
Manjishthadi Kwath  
Dashmula Kwath  
Varunadi Kwath  
Kanchnar Kwath

**Herbal Formulations of Ayurveda for symptomatic relief**

All Gugglu preparations for pain relief, and tumour reducing.  
Gandhak Rasayan and Mahalakshmi vilas Ras for infections.  
Bilva, Mayurpichha, Tankan, Kutaja, sphatika, Shatavari, Sutshekar ras for loose motions, nausea and vomiting.  
Shigru, Chitrakadi vati, Shankha vati for pain in the abdomen  
Rohitaka, Shamaka yoga for pain in pancreas and renal colic.  
Shirashooladi vajra rasa, Pathyadi Kwatha and Navajivana Rasa for headaches  
Beejapuraka, Trikatu, Phalatrikadi Kwatha, Katuki and Triphala in jaundice  
Praval Panchamrit, Vasa+Goat milk in epistaxis and bleeding  
Aabha+Madhumandura , Ashwagandha Tailam and Guggulu in bone pain

**Herbal compounds taken 3 days prior to chemotherapy**

Manjishthadi Kwath  
Kanchnar Gugglu  
Coriander leaves juice freshly prepared about 20 to 30 gms, twice a day during chemotherapy.

**Post chemotherapy some strong Ayurvedic antacids, emollients, anti-inflammatory, and blood coolants are administered.**

Ayurvedic Therapies  
Ayurvedic therapies are helpful to fight against cancer as well as cope with the side effects of chemotherapy.

In anal cancer Pichu of Mahanarayana taila and in rectal cancer Anuvasana Basti using Ashwagandha Tailam are proved to be helpful.

**Therapies that should be done three days prior to chemotherapy**

Sadhya Snehan (One teaspoon cow ghee mixed with one teaspoon salt consumed in morning, empty stomach with hot water)  
Matra Basti  
Other panchakarma therapies.

**Ayurvedic Treatment during Radiotherapy**

Sadhya snehan and Matra basti for three days  
A piece of tamarind to be kept in mouth during Radiotherapy in mouth and throat cancers.

Vaginal tampon of Erand oil is applied daily in vaginal cervical and rectal cancers.

Mrudu virechan(Mild laxative) is always advised during Radiotherapy, except in vaginal and cervical cancers.

Symptomatic treatment as per the situation is offered.

Dr. Parvathy Rajeev is a part of Chakrapani Team. She has completed BAMS from Amrita Ayurveda Medical College, Kerala. She can be contacted at drparvathy@ayu.in

To be continued in next issue

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