



CHAKRAPANI AYURVEDA

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From Desk of Dr. Kotecha

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Dear Readers,

Thanks to our readers and well wishers who cordially accepted all our newsletters till date and there by appreciated our efforts. This month, we at Chakrapani Center are attempting to explain a new subject which has widely flourished in this new age. The newsletter topic is about cancer and the Ayurvedic approach to it. Since we know it is a vast subject, the newsletter will be published in three parts after every fort night. Hope you will enjoy every part with same enthusiasm and curiosity.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable.

Best Regards and Namaste.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

Cancer- Not New To Ayurveda ! - by Dr. Parvathy Rajeev

Cancer as we all know is the uncontrolled growth and spread of abnormal cells called neoplasm which can be benign or malignant. The ancient Ayurvedic classics did mention the clinical features resembling - cancer with the titles of Apachi, Gulma, Granthi and Arbuda. The disease was even prevalent during the Vedic period. The story of Acceptance of Matsyagandha - reveals that the King Shantanu was afflicted with a type of cancer (Pundarika Arbuda).

Present Lifestyle Leading To Future Crisis!

Cancer is caused when certain genes get damaged and the body, as a result, is unable to check the proliferation of its own cells. Ayurveda describes that each person has physical and mental constitution or prakruti, any disturbance in the state of natural balance of prakruti leads to damages in the natural set of body constituents even at the minute level including the genes.

Ayurveda insists on the principle of natural living, which includes foods, environment and lifestyle. Modern life often violates principles of natural living in form of processed and preserved food items, polluted environment, ingestion of chemicals in numerous ways, overworking physically as well as mentally, imperfect relations and negative emotions.

Cancer of breast, uterus, colon and retina are hereditary. Excessive dietary intake, eating sweet food items in excess, eating meat, particularly meat of cow, buffalo or fish in excess, consumption of incompatible diet like eating sour fruits with milk, fish with milk, eating diet against ones constitution, eating stale, putrefied, fermented food in excess, eating in excess, pungent, sour or very hot items, over exertion or too much rest, sex in excess, suppression of natural urges like passing stool, urine, or cough may lead to cancer of the colon, prostate or bladder and lungs respectively. Injury or chronic irritation to any organ leads to cancer e.g. denture which is not fitting may lead to cancer of gums. Temperature, humidity, pollution, may predispose to develop certain leukemia. Polluted air predisposes to cancer of lungs. Excessive humidity may lead to kaphaja type of cancer. Addiction like smoking predispose to cancer of lungs, consumption of alcohol predisposes to cancer of stomach and liver, unskilled and repeated use of Panchkarma, administration of wrong medicines for long time, working in an asbestos factory or chemical factories predisposes to cancer of lungs, smoking, chewing tobacco, breathing in chemical fumes or eating foods and fruits that have been heavily processed with chemical during cultivation also aggravate dosha in the body.

Pathogenesis

Ayurveda describes that in cancer, the Rakta, Mamsa and Medas gets vitiated due to aggravation of one or more Dosha especially Vata and other dosha associated with Kapha. This vitiation is related to the subtle part of Dhatu, and is not detected by physical tests. Due to localization of improper Dhatu, the Prana reaching the cells of that particular region also becomes impure. This leads to improper cell division. The Dhatus along with the aggravated Dosha circulates in the whole body and relocates in a region that has weak immunity. As a result the normal function of dhatus in that region (organ/system) is disrupted producing swelling or tumors like GRANTHI (Benign Tumor), APACI (Cervical metastasis) OR ARBUDHA (Malignant tumor or cancer or carcinoma). These according to Ayurveda are sanchayatmaka disease in which the toxins or the etiological agents keep on accumulating in the body and start the uncontrolled, unnatural, unwanted, purposeless growth of tissues.

Types of Cancer

1. Vataja arbuda
2. Pittaja arbuda
3. Kaphaja arbuda
4. Medaja arbuda
5. Raktarbuda
6. Mamsarbuda

Of these Vataja, Pittaja, Kaphaja and Medaja Arbuda are benign tumours and are treatable. Raktarbuda is highly vascular tumour which bleeds easily and occurs due to vitiation of blood i.e., Rakta and Kapha. Raktarbuda and Mamsarbuda are malignant tumors and are incurable.

Raktarbuda is highly vascular tumour and usually associated with anemia because of its natural tendency to bleed. These include many sarcomas.

Mamsarbuda – it is a stony hard, painless, immobile swelling without inflammatory signs.

The tumours are also named according to the organ affected as follows:-

Meda Arbuda	Lipoma.
Asthi Arbuda	Tumors of bones, osteoma or osteosarcoma.
Nasa Arbuda.	Rhinoscleroma
Nasarsha	Neoplastic Nasal Polyps
Gala Arbuda	Tumours of throat.
Karna Arbuda	Tumours of ears, Cauliflower Ear
Kapola Arbuda	Tumours of cheeks.
Antah Kapola Arbuda	Tumors of buccal muscosa.
Talu Arbuda	Tumors of palate.
Vartma Arbuda	Tumors of eyelids.
Ostharbuda	Tumors of lips.

Jalarbuda	Cyst.
Adhi Arbuda	Metastatic growth.
Dvirarbuda	Secondary deposits.
Valmikarbuda	Tumors with carbuncle like appearance.
Padminikantaka	Papilloma of skin
Charmakeel	Keloid
Shosha / Pandu	Leukaemia
Medoja Galganda	Hodgkin's Lymphoma
Apachi	Hodgkin's Disease
Agantuja Stanaroga	Cancer of the Breast
Yakrutodara	Hepatomegaly due to liver Metastasis
Pleehodara	Splenomegaly due to Infiltration in Spleen
Raktagulma	Tumors of Uterus / Ovary
Kachchapa, Raktarbuda, Mamsa Sanghata	Carcinoma Palate
Balasa, Gilayu, Kantha Roga	Bronchogenic Ca. and Lung tumours
Mamsatana	Tumours of the Pharynx
Swarabhanga	Tumours of Larynx
Ajakajata	Staphyloma
Raktapitta, Pandu	Various Type of Leukemia

Though causative factors affect all the three Dosha, increase and vitiation of Kapha Dosha is always present in tumours and cancer. Increased Dosha accumulate and convert normal cells into cancer cells, characterized by unrestricted, purposeless and uncontrolled growth leading to tumour formation. In all tumours, Mamsa dhatu (muscular tissue) and Medo dhatu i.e. adipose tissue and Kapha dosha are always affected.

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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**Chakrapani Ayurveda Clinic & Research Center,
Chakrapani Global Center for Training & Research in Ayurveda
8, Diamond Hill, Behind Birla Temple,
Tulsi circle, Shanti path,
Jaipur-302004, India.**

Telefax: +91-141+2624003 Phone : +91-141-2620746

e-mail: info@chakrapaniayurveda.com

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