

ARBUDA

CANCER



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Arbuda ?

The vitiated doshas afflict Mamsa and Rakta dhatus and produce the disease

"Arbuda" - Tumour/Cancer



What are the features ?

- Unwanted, uncontrolled, slow growth anywhere in the body
- Deep seated, non suppurating
- Painless Bleeding
- Altered function

What are the causes ?

Dietary (ahara) and Environmental (vihara) factors responsible for the disease are-

- Regular consumption of Unwholesome food (Ahit ahar) having harmful preservative, additives and polluted with pesticide contamination
- Meat, particularly red meat
- Tobacco (smoking/chewing)



- Continuous contact with chemical/mechanical irritants (sunlight, radiation)
- Occupational exposure
- Use of certain medicines having carcinogenic effect
- Air and water pollution



How it is managed through Ayurveda ?

The management is given according to the site, variety and stage of the Arbuda-

- Rasayan therapy-to improve the immunity
- Systemic treatment- to achieve homeostasis of doshas. Certain plants like Haridra (*Curcuma longa*), Varuna (*Crataeva nurvala*), Shigru (*Asparagus*) Bilwa (*Aegle marmelos*), Shatravari (*Asparagus racemosus*), Katakari, (*Solanum xanthocarpum*), Haritaki (*Terminalia Chebula*), Kanchanar (*Bauhinia variegata*) Brihati (*Solanum surattense*) Bimbi (*Coccinai indica*) etc. are useful in this disease
- Ayurvedic formulations viz. Amrit bhallataka, Yogendra rasa, Navratna rajmrigank rasa etc. (strictly under the supervision of Ayurvedic physician)
- Local treatment-application of medicated pastes, oils etc.
- Agni karma (Thermo cauterization) and Kshara Karma (Cauterization with Alkalies)
- Surgical treatment- excision of the arbuda



Pathya (DOs)

- ✓ Vegetarian diet
- ✓ Plenty of fruits
- ✓ Living in Healthy atmosphere
- ✓ Observing mental peace



Apathya (Don'ts)

- ✗ Avoid Regular Intake of
- ✗ Highly processed food
- ✗ Food with pesticide contamination
- ✗ Meat
- ✗ Tobacco, Alcohol
- ✗ Occupational Exposures
- ✗ Polluted Air and water



CCRAS Contribution :

- Development an Ayurvedic formulation (Nava jeevan)
- Isolated anti cancer components form *Swertia chirata*
- Clinical studies - Rohitak, Bhallatak, Madhu Yasthi and Tamra Bhasma
- QOL-1 for developing immunity in Cancer patients