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Role of Ayurveda medicine in the management of *Amashaya Arbhuda* w.s.r. to Carcinoma of Stomach

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ABSTRACT

Due to faulty lifestyle, altered food habits and chronic psychological stress and mental depression, the incidence of Malignancy has been raised. Carcinoma of stomach is one such disorder which is commonly seen in Indian population. Symptoms like pain abdomen, burning sensation of the stomach, malena, weight loss, loss of appetite and anaemia are the common clinical features of this disease. *Ayurveda* medicine is beneficial in the cases with early diagnosis. After radical excision of the active lesion, palliative treatment can be given by using *Ayurveda* medicine. In *Ayurveda*, *Vyadhi Pratyhanika Aushadhi Prayoga*, *Yogasana* and *Pranayama*, Assurance, changes in food and life style and *Pathapathya Prayoga* are advised. Medicines having actions like Anticancer, cytotoxic, *Shoolahara*, Antacid, antispasmodics, antidepressant, anxiolytic, antistress, adaptogenic, CNS depressant, *Balya*, *Brimhala*, *Ojaskara*, immunomodulator and cytoprotective actions are used as palliative measures. In this paper, the role of *Ayurveda* medicines in the management of *Amashaya Arbhuda* w.s.r. to carcinoma of stomach is discussed elaborately.

Key words: *Amashaya Arbhuda*, *Cytotoxic*, *Brimhana*, *Carcinoma of stomach*.

INTRODUCTION

Malignancies are becoming common in India and Indian continent. Altered lifestyle, tobacco chewing, smoking, alcohol ingestion and use of carcinogenic drugs had led to increased incidence of cancer. Carcinoma of Breast, Bronchogenic carcinoma of stomach, hepatocellular carcinoma, Squamous cell Carcinoma of mouth, Skin malignant melanoma, Osteoblastoma, Carcinoma of Rectum and Teratoma

are few types of malignancies which are encountered in *Ayurveda* clinical practice.^[1] The cancer cells are having the characteristics such as hyperplasia, hypertrophy, increased mitotic figure, hyperchromatism, Polychromatism, differentiation and spreading in nature. *Ayurveda* medicine has a palliative and supportive role in the management of malignancy. *Ayurveda* physicians advocate assurance, counselling, use of *Vyadhi Pratyhanika Aushadhi*, *Pranayama* and *Yoga*, Pyramid therapy, *Panchakarma* therapy, *Pathapathya Prayoga* in these patients.^[2,3]

AIM AND OBJECTIVES

To study about the role of *Ayurveda* medicines in the management of *Amashaya Arbhuda* w.s.r. to Carcinoma of the Stomach.

METHODOLOGY

Relevant subject matter is compiled from research monographs, Journals, Internet, *Sangrah Granthas*, *Samhita Granthas* and the contemporary treatises.

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Single drugs used in cancer^[4,5]*Bhallataka - Semicarpus anacardium**Chitraka - Plumbago zeylaenica**Sadapushpa - Vinca rosea**Pippali - Piper longum**Triphala - Three myrobalans**Vajra Bhasma**Vajrabhraka Sindoor**Lashuna - Allium sativum**Katuki - Picrorhiza curroa**Trikatu**Guduchi - Tinospora cordifolia**Bhringaraja - Eclipta alba**Rohitaka - Amora rohitaka***Formulations^[6,7,8]**

1. Roudra Rasa
2. Vajra Bhasma
3. Suvarna Malini Vasanta
4. Bhallataka Ksheera
5. Amrita Bhallataka Avaleha
6. Chitraka Haritaki
7. Chitrakadi Vati
8. Bhallataka Vati
9. Kanchanara Guggulu
10. Arogyavardhini Vati
11. Katuki Kwatha
12. Guduchi Kwatha
13. Pippali Kshirapaka
14. Chitrakasava
15. Panchakolasava
16. Trikatu Choorna
17. Lavana Bhaskara Choorna.

18. Lashuna Ksheera Paka

19. Navayasa Loha

20. Ajamamsa Rasayana

21. Kooshmandavaleha

22. Ashwagandhavaleha

23. Jatamamsi Choorna

24. Sarpagandha Vati

25. Tagara Tablets

26. Mamsa Rasa

27. Shatavari Capsules

28. Ashtavarga Kashaya

Actions^[9,10,11]

1. Dipana
2. Pachana
3. Pittahara
4. Amashya Pradhaha Hara
5. Shothahara
6. Antisparmodic
7. Balya
8. Brimhana
9. Poshaka
10. Nutritive
11. Jivaniya
12. Ojaskara
13. Dhatuvaradhaka
14. Haematinic
15. Digestive
16. Carminative
17. Rasayana
18. Immunomodulator
19. Dahahara
20. Antacid

21. Haemostyptic

Dipana

1. *Hingwashtaka Choorna*
2. *Chitrakadi Vati*
3. *Agnitundi Vati*

Pachana

1. *Lashunadi Vati*
2. *Lavana Bhaskara Choorna*
3. *Pippalyasava*
4. *Dashamoolarishta*

Pittahara

1. *Avipattikara Choorna*
2. *Kharjuradi Mantha*
3. *Bhunimbadi Kwatha*

Amashaya Dahahara

1. *Dhanyaka Hima*
2. *Sheeta Godugdha*
3. *Shatavari Guda*

Shoolahara

1. *Nabhi Vati*
2. *Shoolari Vati*
3. *Agnitundi Vati*

Anti spasmodic

1. *Shigru Guggulu*
2. *Agnitundi Vati*
3. *Shoolari Vati*

Balya

1. *Mamsa Rasa*
2. *Aja Mamsa Rasayana*
3. *Matsya*

Brimhana

1. *Kukkutanda*

2. *Kooshmandavaleha*

3. *Ashwagandhavaleha*

4. *Ksheera bala taila*

Poshaka

1. *Ksheera*
2. *Kukkutanda*
3. *Snigdha Matsya*
4. *Mamsa Rasa*

Nutritive

1. *Kharjura Payasa*
2. *Drakshasava*
3. *Chyavana Prashavaleha*

Jivaniya

1. *Ashtavarga Kashaya*
2. *Shatavari capsules*
3. *Go Ksheera*

Ojaskara

1. *Goksheera*
2. *Guduchi Kwatha*
3. *Draksha Kalka*

Dhatuvar dhaka

1. *Kooshmandavaleha*
2. *Ashwagandha Rasayana*

Hematinic

1. *Navayasa Loha*
2. *Kasisa Sindoora*
3. *Dhatri Loha*
4. *Drakshavaleha*

Digestive

1. *Drakshasava*
2. *Dashamoolarishta*
3. *Lashunadi vati*

Carminative

1. *Agnitundi Vati*
2. *Shankha Vati*
3. *Lavana Bhaskara*
4. *Chitrakadi Vati*

Rasayana

1. *Guduchi Kwatha*
2. *Shatavari Rasayana*
3. *Bhallataka Ksheera*

Vayasthapaha

1. *Amalaki Rasayana*
2. *Amalaki Swarasa*

Immunomodulator

1. *Guduchi Kwatha*
2. *Lasa Sindoor*
3. *Siddha Makaradhwa*

Dochara

1. *Shatavari Mandoora*
2. *Narikela Jala*
3. *Yavu Manda*

Antacid

1. *Kaperdika Bhasma*
2. *Shankha Bhasma*
3. *Mukta Shukti Pishti*

Haemostyptic

1. *Lodhrasava*
2. *Naga Kesera Choorna*
3. *Usheerasava*

DISCUSSION

Carcinoma of Stomach is commonly seen in Indian subcontinent. The common clinical features are abdominal pain, burning sensation of the abdomen, melena, loss of appetite, Cachexia and anaemia.

Treatment includes addressing presenting clinical features and improves in general condition and body strength of the patient. So medicines like *Dipana*, *Pachana*, *Appetiser*, *Balya*, *Brimhana*, *Jivaniya*, *Ojaskara*, *Vayasthapana*, *Anodyne*, *Shoolahara*, *haema styptic*, *haematenic*, *Rasayana* and *Poshaka* are used in the treatment.^[12,13]

Medicine like *Pravala Panchamrita Rasa*, *Hingwashtaka Choorna*, *Aja Mamsa Rasayana*, *Ashwangandhavaleha*, *Amalaki Rasayana*, *Kharjura Payasa*, *Dhanyaka Hima*, *Shatavari capsules*, *Goksheera*, *Mamsa Rasa*, *Kukkutanda*, *Snigdha Matsya*, *Aja Mamsa*, *Navayasa Loha*, *Drakshadi Leha*, are beneficial in the treatment. The lifespan of the patient can be increased. Also general condition and body strength can be improved.^[14,15,16] By the use of antistress, adaptogenic drugs and assurance will boost the mental status and the patients can withstand the harmful effects of the disease.

CONCLUSION

Carcinoma of Stomach is a common malignant condition seen in Indian population. Chronic alcohol ingestion, smoking, altered food habits and mental depression usually leads to malignancy. Ayurveda medicines have a better role in the management of Carcinoma of stomach. Surgical excision, Radiotherapy and chemotherapy are effective in this disease. But Ayurveda medicine is useful as palliative medicine and it helps in regaining body strength and Vitality. It prolongs the lifespan and improves the quality of life in these patients.

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