Role of Ayurveda medicine in the management of Carcinoma of Breast

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ABSTRACT

The incidence of malignant disorders is increasing in modern India. Due to altered lifestyle, faulty food habits intake of carcinogenic drugs, alcohol and tobacco and derangements in hormonal activities, cancers are seen common. Carcinoma of stomach, carcinoma of head of pancreas, carcinoma of breasts, carcinoma of prostate, squamous cells carcinoma of the mouth and tongue, skin carcinoma, osteosarcoma, carcinoma of rectum, Bronchogenic carcinoma are few malignant conditions seen commonly in the society. Surgical excision, Radiotherapy and chemotherapy are practiced in the management of cancer. In Ayurveda, Nidana Parivarjana, use of Vyadhi Pratyanika Aushadhi, Panchakarma therapy, practice of Yogasanas and Pranayama, Pyramid therapy, Pathampathya Prayoga and diet therapies are advocated. Ayurveda provides palliative treatment in this disease. It often improves the quality of life and body strength in these patients. In the review paper, the role of Ayurveda medicine in the management of Carcinoma of breast is discussed elaborately.

Key words: Carcinoma of breast, Rasayana, Anticancer

INTRODUCTION

Carcinoma of breast is common in females aged between 40 and 50 years. Adenocarcinoma is a malignant condition where parent tissue is of glandular epithelial cells. Carcinoma of breast spreads through lymphatic system and secondaries are seen in axillary and cervical lymph node. Clinical features are lump in breast, pain, oozing, bleeding, ulceration pleu de orange changes in the breast nipples and sometimes retraction of breast nipple. There will be symptoms like loss of appetite, cachexia and iron deficiency anaemia, which are progressive in nature. Surgical excision of the lesion, radiotherapy and chemotherapy are usually practiced depending on the extent of morbidity. In Ayurveda, better palliative treatment is available.[3]

AIM AND OBJECTIVES

To study about the role of Ayurveda medicines in the management of Carcinoma of breast.

METHODS

Compilation is done by referring research monographs, scientific journals, internet contemporary treatises, Sangraha Granthas and Samhita from the personal clinical experience also certain points are included in the review.

Single drugs used in carcinoma of breast[4]

1. Bhallataka - Semecarpus anacardium
2. Triphala - Three myrobalan
3. Chitraka - Plumbago zelenica
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ISSN: 2456-3110

REVIEW ARTICLE

April 2024

4. Panchakola
5. Trikatu
6. Shatavari - Asparagus racemosus
7. Vajra Bhasma
8. Kharjuara (Dates)
9. Varachi Kancha - Diascorea odarata
10. Ashwagandha - Withania somnifera
11. Lashuna - Aleum sativum
12. Kooshmanda - Bemincasa hispida
13. Masha
14. Bala - Side cordifolia
15. Ajamamsa
16. Kukkutanda
17. Snigdha Matsya - Fish

Formulations
1. Bhallataka Vati
2. Amrita Bhallataka
3. Chitraka Haritaki Leha
4. Panchanara Guggulu
5. Kanchanara Guggulu
6. Arogyavardhini Vati
7. Pravala Panchamrita Rasa
8. Mukta Panchamrita Rasa
9. Vajra Bhasma
10. Swarna Malini Vasanta
11. Roudra Rasa
12. Sadapushpa Patra Choorna
13. Chitrakasava
14. Ajamamsa Rasayana
15. Mamsa Rasa
16. Mahisha Drava
17. Kooshmandavaleha
18. Ashwagandhavaleha
19. Shatavari Rasayana
20. Shatavari Capsules
21. Jatamansi Choorna
22. Tagara Tablets
23. Sarpagandha Vati
24. Ashwagandha Choorna
25. Ashwagandharishta
26. Medhya Vati
27. Brahmi Vati
28. Brahmi Ghrita

Actions$^{[5,6,7]}$

1. Anti cancer
2. Cytotoxic
3. Ulcer healer
4. Dahaara
5. Vrina Ropana
6. Shothahara
7. Vrina Shodhana
8. Balya
9. Brimhana
10. Jivaniya
11. Ojavardhaka
12. Anti-inflammatory
13. Vedanahara
14. Medhya
15. Anti stress
16. Adaptogemic
17. Anxiolytic
18. CNS stimulant
19. Antidepressant
20. Vayasthapana
21. Poshaka
22. Sedative
23. CNC depressant
24. Hypnotic

Anticancer[8]
1. Bhallataka Vati
2. Sadapushpa Patra Choorna
3. Roudra Rasa
4. Amrita Bhallataka Vati

Ulcer healer
1. Yashti Ghrita
2. Madhu Yashti Choorna
3. Shatavari Swarasa

Dahahara
1. Ushiradi Peya
2. Chandanadi Loha
3. Chandanasava
4. Pravala Pishti

Vrina Ropana[9]
1. Triphala Kashaya
2. Pancha Valkala Kashaya
3. Triphala Guggulu

Shothahara[10]
1. Tankana Bhasma
2. Tanhkana Sinodoora
3. Spathika Bhasma

Balya
1. Mamsarasa
2. Ashwagandhaleha
3. Kooshmandavaleha
4. Ajamamsa Rasayana

Brimhana[12]
1. Masha Nirmita Ahara Kalpana
2. Vidari Choorna
3. Draksharishta
4. Matsya (Snigdha)

Jivaniya
1. Ashtavarga Kashaya
2. Kshira Bala Taila
3. Gokshira

Ojavardhaka[12]
1. Shatavari capsules
2. Pravala Panchamrita Rasa
3. Mukta Pishti

Vayasthapana
1. Amalaki Swarasa
2. Amalaki Rasayana

Vedana Sthapana[13]
1. Triphala Guggulu
2. Kaishora Guggulu
3. Amrita Guggulu

Medhya
1. Medhya Vati
2. Brahmi Vati
3. Saraswatharishta

Antistress[14]
1. Ashwagandharishta
2. Ashwagandha Choorna
3. Shatavari Capsules

Adaptogenic
1. Sarpagandha Vati
2. Ashwagandharishta
3. Barhmi Ghrita
Anxiolytic \(^{[15]}\)
1. Jatamansi Choorna
2. Tagara tablets
3. Ashwagandha Choorna

CNS stimulant
1. Pooga Choorna
2. Pooga Khanda
3. Pogasava

Anti-depressant
1. Shunthi Choorna
2. Ardraka Khanda

Poshaka
1. Mamsa Rasa
2. Vidari Kanda Choorna \(^{[16]}\)
3. Shatavari Capsules

Sedative
1. Sarpagandha Ghana Vati
2. Tagara tablets

CNS Depressant
1. Manasa Mitra Vati
2. Saraswatharishta
3. Jatamansi Choorna

Hypnotics
1. Ashwagandharishta
2. Jatamansi Choorna
3. Tagara Tablets

DISCUSSION
Due to faulty lifestyle, altered food habits, variation in hormonal activities, use of carcinogenic drugs, alcohol and chronic psychological stress and mental depression has led to carcinoma of breast in females. Usually in middle aged females, this disease is more common, lump in the breast, pain, oozing, bleeding from the site, retraction of nipples, pleu de orange, changes in the skin of breast and lymphadenopathy in axillary and cervical nodes are the presenting clinical features. Ayurveda treatment is more useful in cases which are already treated with surgical excision of the lump, and there is no involvement of lymph node. Ayurveda medicines is not only alleviating the signs and symptoms, increases vigour and vitality in the body, increases body weight and strength and life span in these patients.

CONCLUSION
Carcinoma of breast is common in Indian females between age group of 40-50 years. Contemporary medicine treats it with surgery, Radiotherapy and Chemotherapy. There are lot of side effects after undergoing modern treatment. Ayurveda medicine has a better role. However, cases already undergone surgery show better results after Ayurveda treatment. Improvement in quality of life, increase in body strength, and increased life span are the benefits seen after Ayurvedic treatment.

REFERENCES


Source of Support: Nil, Conflict of Interest: None declared.