



ISSN 2456-3110

Vol 9 · Issue 4

April 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Role of Ayurveda medicine in the management of Carcinoma of Breast

**Shripathi Acharya G<sup>1</sup>, Gopikrishna S. Acharya<sup>2</sup>, Rajeshwari S. Acharya<sup>3</sup>**

<sup>1</sup>Director Academic and Development, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka, India.

<sup>2</sup>Professor and HOD, Department of Roga Nidana and Vikruti Vijnana, Guru Gorakhnath Ayurveda Medical Sciences, Gorakhpur, Uttar Pradesh, India.

<sup>3</sup>Post Graduate Scholar, PG Department of Panchakarma, Government Ayurveda Medical College, Bangalore, Karnataka, India.

## 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 Pratyhanika Aushadhi*, *Panchakarma* therapy, practice of *Yogasanas* and *Pranayama*, Pyramid therapy, *Pathapathya 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.<sup>[1,2]</sup> 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.<sup>[3]</sup>

## 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<sup>[4]</sup>

1. *Bhallataka* - Semicarpus anacardium
2. *Triphala* - Three myrobalan
3. *Chitraka* - *Plumbago zelenica*

### Address for correspondence:

**Dr. Shripathi Acharya G**

Director Academic and Development, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka, India.

E-mail: shripathi\_acharya@yahoo.co.in

Submission Date: 17/02/2024 Accepted Date: 26/03/2024

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.4.23

4. *Panchakola*
5. *Trikatu*
6. *Shatavari - Asparagus racemosus*
7. *Vajra Bhasma*
8. *Kharjuara (Dates)*
9. *Varachi Kancha - Dioscorea odorata*
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. *Jatamamsi Choorna*
22. *Tagara Tablets*
23. *Sarpagandha Vati*
24. *Ashwagandha Choorna*
25. *Ashwagandharishta*
26. *Medhya Vati*
27. *Brahmi Vati*
28. *Brahmi Ghrita*

#### Actions<sup>[5,6,7]</sup>

1. Anti cancer
2. Cytotoxic
3. Ulcer healer
4. *Dahahara*
5. *Vrina Ropana*
6. *Shothahara*
7. *Vrina Shodhana*
8. *Balya*
9. *Brimhana*
10. *Jivaniya*
11. *Ojavaradhaka*
12. Anti-inflammatory
13. *Vedanahara*
14. *Medhya*
15. Anti stress
16. Adaptogenic
17. Anxiolytic
18. CNS stimulant
19. Antidepressant
20. *Vayasthapana*

21. Poshaka
22. Sedative
23. CNC depressant
24. Hypnotic

#### Anticancer<sup>[8]</sup>

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<sup>[9]</sup>

1. *Thriphala Kashaya*
2. *Pancha Valkala Kashaya*
3. *Triphala Guggulu*

#### Shothahara<sup>[10]</sup>

1. *Tankana Bhasma*
2. *Tanhkana Sindoora*
3. *Sphatika Bhasma*

#### Balya

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

#### Brimhana<sup>[11]</sup>

1. *Masha Nirmita Ahara Kalpana*
2. *Vidari Choorna*
3. *Draksharishta*
4. *Matsya (Snigdha)*

#### Jivaniya

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

#### Ojavardhaka<sup>[12]</sup>

1. *Shatavari capsules*
2. *Pravala Panchamrita Rasa*
3. *Mukta Pishti*

#### Vayasthapana

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

#### Vedana Sthapana<sup>[13]</sup>

1. *Triphala Guggulu*
2. *Kaishora Guggulu*
3. *Amrita Guggulu*

#### Medhya

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

#### Antistress<sup>[14]</sup>

1. *Ashwagandharishta*
2. *Ashwagandha Choorna*
3. *Shatavari Capsules*

#### Adaptogenic

1. *Sarpagandha Vati*
2. *Ashwagandharishta*
3. *Barhmi Ghrita*

**Anxiolytic<sup>[15]</sup>**

1. *Jatamamsi 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<sup>[16]</sup>*
3. *Shatavari* Capsules

**Sedative**

1. *Sarpagandha Ghana Vati*
2. *Tagara* tablets

**CNS Depressant**

1. *Manasa Mitra Vati*
2. *Saraswatharishta*
3. *Jatamamsi Choorna*

**Hypnotics**

1. *Ashwagandharishta*
2. *Jatamamsi 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**

1. Acharya S, Researches in Ayurveda, Shripathi Acharya Manipal 2010, PP 127.
2. Acharya S, Ayurveda Vijnana, Shripathi Acharya, Manipal, 2012, PP 140.
3. Acharya S, Updated Ayurveda, Shripathi Acharya, 2011, Manipal, PP 140.
4. Mishra Siddhinandan Bhaishajya Ratnavali by Kaviraj Govind Das Sen –Kushtharogadhikara 54/ 64-65 Edition Chaukhamba Subharati Prakashana Publication, Varanasi, 2016; 866.
5. Shastri J L N, Dravyaguna vijnana, Choukhamba press, New delhi, Vol 2 2005 PP 650.
6. Raghunathan K, Roma Mitra, Pharmacognosy of Indigenous drugs, CCRAS, Newdelhi, 2nd edition, 2005, pp 1130.
7. Warriar P S, Indian Medicinal Plants, Vol I, Arya Vaidya Sala, Kottakal, Orient longman Ltd, 1996, pp 420..
8. Nair C K N, Mohanan, Medicinal Plants of India, I edition, Nag Publishers, Delhi , 1998, pp 500.
9. Shastri J L N , Dravyaguna vijnana, Choukhamba press ,New Delhi, Vol 3, 2005, PP 170.
10. Acharya K G, Agraushadhigalu, Shripathi Acharya, Manipal, 2012, PP 160.

11. Shastry J L N, Dravyaguna vijnana, Choukhamba press, New delhi, Vol 3, 2005, PP. 170.
12. Haridas Vaidya, Chikitsa Chandrodaya, Haridas and Company Ltd, 11th edition, Madhura, 1992, PP 906.
13. P V Sharma, Dravya guna Vijnanam, Vol I I, Chaukhamba Bharati Academy 16th edition Varanasi 1995, PP 893.
14. K M, Indian Meteria Medica, Vol II, Bombay Popular prakashan Mumbai, PP 968.
15. Ram P Rastogi, Mehrotra B N, Compendium of Indian Medicinal plants, Vol I, CDRI, Lucknow PP 515.
16. Siddhinandan Mishra, Bhaishajya Ratnavali, Siddhiprada commentary, Choukhamba Sur Bharathi Prakashana Nadakarni, Varanasi 2005, PP 1116.

**How to cite this article:** Shripathi Acharya G, Gopikrishna S. Acharya, Rajeshwari S. Acharya. Role of Ayurveda medicine in the management of Carcinoma of Breast. J Ayurveda Integr Med Sci 2024;4:145-149. <http://dx.doi.org/10.21760/jaims.9.4.23>

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

\*\*\*\*\*