ARBUDA

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ARBUDA (malignant neoplasm or cancer)
Arbuda is uncontrolled growth of abnormal tissue due to low dhatu agni (damaged nucleic acid) within healthy tissue, locally or may spread throughout the body.
REPRODUCTIVE FACTORS OF ARBUDA

OJAS

TEJAS

PRANA

OJAS KAPHA

TEJAS PITTA

PRANA VATA
Reproductive factors of Arbuda

- Arbuda can stimulate its own kapha proteins to grow itself and multiply
- Its own tejas can produce new blood vessels (sira)
- Its prana can bring and absorb nutrients
- Arbuda can produce its own agni (enzymes)
- With the help of prana, it can invade the bloodstream and find a place to grow in new tissue
- Arbuda demands more metabolic output; as a result rapid weight loss is seen
TYPES OF ARBUDA

RASĀRBUDA Epithelial carcinoma, Lymphoma
RAKTĀRBUDA Leukemia, Melanoma
MĀMSARBUDA Myogenic sarcoma
MEDARBUDA Lipomyosarcoma
ASTYARBUDA Osteosarcoma
MAJJĀRBUDA Multiple Myeloma
SHUKRĀRBUDA Testicular
ARTAVARBUDA Ovarian
Arbuda Nidana I
Etiology

- Atapa seva- overexposure to solar radiation- ultraviolet-light
- Vidahi anna pana- burning, irritating food substances
- Tiksna aushad- cytotoxic drugs
- Ama dosha- Metabolic toxic wastes
- Virudha ahar vihara –nutrition and lifestyle
- Bija Dosha- Genetic predisposition
Arbuda Nidana II
Etiology

- Carcinogens- tobacco, asbestos, radioactive substances
- Sukshma krumi- viruses
- Vyavasaya- occupational exposure to toxic substances
- Mano vedana- grief, sadness and stress
- Vardhakya- old age (after 65 years)
- Paryavaran- polluted environment, air, water
Arbuda Rupani
symptoms of cancer

• Ruja - pain
• Daurbalya - weakness
• Alpa Poshanam - malnutrition
• Bala kshaya - fatigue
• Asthi bhagnata - bone fractures
• Paksha vadha - stroke-like syndrome
• Arbuda prasaratvam - metastasis
SEVEN MAIN WARNING SIGNS OF ARBUDA

- Tilakalaka - wart, mole
- Swara bheda - Hoarsness
- Kasa - Nagging Cough
- Granthi - Thickening of lump
- Sakastha Anna pravesha - difficulty in swallowing
- Avipaka - Indigestion
- Avasthambha - changes in bowel
- Raktagama - unusual bleeding, discharge
- Rujya - Sore that does not heal
Arbuda-Purvarupa I
warning signs of cancer

- Malavasthambha-constipation, change in bowel movements
- Mutra kruchra-change in bladder habit
- Raktagam-bleeding
- Srava-discharge
- Granthi kathinya-thickening of the mass
- Avipaka-indigestion
Arbuda-Purvarupa II
warning signs of cancer

- Sakastha anna pravesh- difficulty in swallowing
- Tivra kasa-nagging cough
- Swara bheda-hoarseness of voice
- Granthi- Thickening tumor elsewhere
- Panduta-anemia
- Deha laghuta-loosing weight
- Arbuda granthi-hard nodular mass
Prognosis I

- Prognosis depends upon the stage and the type of disease
- Earlier stage of disease (early diagnosis) yield better prognosis
- Type of tumor is important. Rasa, meda - easier to treat, deeper tissue - harder to treat
- Lung cancer may be involved with different types of cancer
Prognosis II

• Nidana parivarjana-avoid the causative factors e.g. no smoking tobacco, asbestos
• Perform regularly the important self-examination procedures
• Early detection is extremely important
Vyadhi vinischaya  
(diagnosis)

- Prakruti-vikruti parikshanam-physical examination
- Astha Vidha Pariksa-eight-fold examination
- Srotas Examination- detailed systemic exam
- Granthi pariksha-examination of abnormal growth
- Vividha pariksha-series of tests; X-rays, ultrasound, MRI, cytology, laboratory tests
Chikitsa
Management

Care should be provided by a team of experts in cancer care. Ayurveda as many treatment protocols.

• Shalya tantram-surgical removal of tumor
• Sroto rodha- clears obstruction of vital pathways
• Shalya majja- Cutting of the nerves carrying the pain
Chikitsa II
Management

- Vyadhi Pratyanika - specific chemotherapy
- Radiation Therapy
- Rasayana - Ayurvedic immunotherapy. The goal of immunotherapy is to enable the patient’s body to produce substances that resist the growth of cancer. This is attained through the use of naturally occurring substances which increase the activity of the immune system (increase ojas). The body’s failure to detect and destroy abnormal cells is due to low ojas.
Ayurveda can be used to alleviate the side-effects of chemo-radiation

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<th>RADIATION</th>
<th>CHEMOTHERAPY</th>
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<td>• Anorexia</td>
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<td>• Bone marrow suppression</td>
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<td>• Anemia</td>
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<td>• Low grade fever</td>
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Ayurvedic Management
(post radiation, surgery and chemotherapy)

• **Snehana** - oleation therapy
• **Swedana** - sudation therapy
• **Shodana** - cleansing, detoxification
• **Shamanan** - palliative therapy
• **Rasayana** - rejuvenative therapy, immunotherapy
• **Lepana** - local application of pastes
Herbs used in Snehana(oleation)

- **NEEM** (*Azadiracta indica*)
  Bitter/pungent-cooling-pungent
  V↑ P ↓ K ↓ Antipyretic, antiviral

- **TUMBI** (*Daruharidra*) (*Berberis aristata*)
  Bitter/pungent-heating-pungent
  V↑ P ↓ K ↓ Antipyretic, antipruritic

- **GUNJA** (*Arbus precatorrus*)
  Bitter/astringent-cooling-pungent
  ↓ VPK Detoxifier, helps to grow hair, antiviral
Herbs used in Swedana (sudation)

- **NIRGUNDI** (*Vitex negundo*)
  Bitter/pungent-heating-pungent
  $V \downarrow \ P \uparrow \ K \downarrow$, analgesic, minimizes tumor, detoxifier

- **SANDALWOOD** (*Pterocarpus santalinus*)
  Bitter – cool – pungent
  $V \uparrow \ P \downarrow \ K \downarrow$, anti-inflammatory, anti-pyretic, tissue restorative

- **EUCALYPTUS** (Tailparni)(*Eucalyptus citriodora heok*)
  Bitter/pungent/astringent-heating-pungent
  $V \downarrow \ P \uparrow \ K \downarrow$, decongestant, analgesic, disinfectant
Herbs used in Shodhana(cleansing detoxification)

• **KATUKA** (*Picrorrhiza kurrooa*)
  Bitter/pungent-cooling- pungent
  ↓ VPK, antipyretic, kindles gastric fire, scraping of abnormal tissue

• **CHITRAK** (*Plumbago rosea*)
  Pungent/bitter-heating-pungent
  ↓ VPK, digestive, detoxifies ama anti-viral

• **NEEM** (*Azadiracta indica*)
  Bitter-cooling-pungent
  V ↑ P ↓ K ↓ , antiviral, antipyretic, detoxifies ama.
Herbs used in Shamana

• **GUDUCHI** (*Tinospora cordifolia*)
  Bitter /pungent/astringent-heating-sweet
  ↓ VPK, hematinic, antipyretic, immune booster

• **GUGGULU** (*Balsamodendron mukul*)
  Bitter/pungent-hot-pungent
  V ↓ P ↑ K ↓, lymphatic cleanser, anti-viral, rejuvenative

• **JATAMAMSI** (*Nardostachys jatamamsi*)
  Bitter/astringent, sweet-cooling-sweet
  ↓ VPK, antipruritic, antipyretic, analgesic, tranquilizer

• **TAGAR** (*Valeriana wallichii*)
  Astringent-heating-pungent
  ↓ VPK, analgesic, sedative, tranquilizer
Herbs used in Rasayana I (Immunotherapy)

- **CHYAVANA PRASH** containing **ASHWAGANDHA** (*Withania somnifera*)
  - Bitter/astringent-heating-sweet
  - V ↓ P↑ K ↓, rejuvenating

- **BALA** (*Sida cordifolia*)
  - Sweet-cooling-sweet
  - ↓ VPK, provides energy, vigor, vitality

- **VIDARI** (*Ipomoea digitata*)
  - Sweet-cooling-sweet, rejuvenative
Herbs used in Rasayana II
(Immunotherapy)

• **PIPPALI RASAYANA** (*Piper longum*)
Pungent-hot-sweet
↓ VPK, Rejuvenative, antiviral

• **PUNARNAVA** (*Berhavia diffusa*)
Sweet/bitter-heating-pungent
V ↓ P ↑ K ↓ , Diuretic, reduces tumor, rejuvenative
Herbs used in Lepana
(topical application)

• **KANCHANARA** (*Bauhinia variegata*)
  Astringent-cooling-pungent
  \[V \uparrow P \downarrow K \downarrow\], antiviral reduces tumor

• **VARUNA** (*Crativa religiosa*)
  Sweet/bitter/astringent-heating-pungent
  \[V \downarrow P \uparrow K \downarrow\], reduces swelling, anti-inflammatory

• **KUKKUTA NAKHI**
  Pungent/astringent-heating-pungent
  \[V \downarrow P \uparrow K \downarrow\], reduces tumor