



A CONCEPTUAL REVIEW OF RADIOTHERAPY WITH CORRELATION OF AYURVEDA : A REVIEW ARTICLE

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ABSTRACT- Ayurveda also names three elemental bodily humors, the doshas (called Vata, Pitta and Kapha), and states that a balance of the doshas results in health, while imbalance results in disease. One Ayurvedic view is that the doshas are balanced when they are equal to each other, while another view is that each human possesses a unique combination of the doshas which define this person's temperament and characteristics. In either case, it says that each person should modulate their behavior or environment to increase or decrease the doshas and maintain their natural state. Cancer is the most dreadful disease affecting mankind. The available treatments such as chemotherapy and radiotherapy have cytotoxic effects, which are hazardous to the normal cells of the patient, causing many unnecessary effects. This further leads to complications of the therapy, impaired health, and deterioration of quality of life, resulting in mandatory stoppage of the treatment. Ayurvedic many formulation, has been evaluated as an adjuvant medication to modern radiotherapy and chemotherapy.

Keywords : Ayurveda, Doshas , Cancer, Chemotherapy, Radiotherapy.

I. INTRODUCTION

Ayurveda is a well documented traditional system of medicine. Ayurveda considers human body as an indivisible whole and is based on the principle that health is a state of stability of network of interrelated functions of body, mind and consciousness where as disease manifests itself as a byproduct of disturbance in the stability of this network. According to Ayurveda, vata, pitta and kapha are three basic humors (doshas) responsible for all the physiological processes in the body; vata causes motion, pitta helps metabolism and kapha is responsible for structure or stability. Health is identified as balanced functioning of these three doshas.

Ayurvedic many formulation, has been evaluated as an adjuvant medication to modern radiotherapy and chemotherapy. Radiation therapy is a cancer treatment that uses concentrated radiation beams to kill cancer cells. The most common type of radiation therapy is external beam radiation. This type involves a machine that directs high-energy beams of radiation at cancer cells. The machine allows radiation to be targeted at specific sites, which is why doctors use external beam radiation for nearly all types of cancer. Cancer has challenged medical scientists with its dreadfulness and adverse effects of available treatments. It has been reported as the second-largest non-communicable disease after ischemic heart disease. Extensive research has produced many new healing methods and hundreds of medications for the management of cancer. Surgical excision is the oldest and most tested therapeutic modality for its treatment. Radiation therapy is effective in controlling a variety of malignant tumors and is a component in the management of about half of all patients with cancer. Cancer chemotherapy involves the use of cytotoxic drugs and hormones. The clinically useful anti-neoplastic agents are more toxic to the sensitive malignant cells than to the normal cells of the tumor-bearing host.

II. MATERIAL AND METHOD

Present work has been done based on critical review of classical information, published research works, modern literature and research works conducted at various institutes. The possible correlation has been made between collected information and has been presented in systematic way.

III. AIMS AND OBJECTIVES

To study a conceptual review of radiotherapy with correlation of ayurveda.

IV. DISCUSSION

The treatment modality 'Radiotherapy' is a type of Tejas Mahabhuta Chikitsa, which can be considered as modified radiations of Agni Karma according to Ayurveda. The Ushna, Tikshna, and Ruksha Guna of Agni Mahabhuta perform the functions listed against radiotherapy. These properties cause the vitiation of Pitta, Vata, and Rakta, which may be local and generalized. Because of the increase in the Ruksha, Ushna, and Tikshna properties, the Kapha decreases leading to Oja Kshaya. This also leads to Dhatupaka (vitiation of tissue elements). Thus, the patient taking this treatment loses his own Bala to protect himself against the adverse effects of radiotherapy.

Aggravated Pitta Dosha as Fundamental Basis for Management of Chemo-Radiotherapy Side Effects

Ayurveda principles describe that to reduce pitta dosha our lifestyle should be such that it promotes other qualities (qualities of kapha and vata) and it should oppose the qualities of pitta. According to the sage Charaka, one of the famous authors of ancient ayurvedic texts, "Virechana" (therapeutic purgation) is the best treatment for aggravated pitta dosha. The line of management is; first – snehana (oleation therapy) with pure or medicated ghee (clarified butter), then followed by virechana (therapeutic purgation) using ayurveda herbal medications such as draksha (vitex venifera or raisins), vidarikhand (pueraria tuberosa), Ikhsu ras (saccharum officinarum or sugar cane juice) and trivrutta (operculina turpethum) and then finally administration of medications (shamana) which are having sweet, astringent, bitter taste and are cold in potency for e.g. draksha, sugarcane, kharjura (phoenix dactylifera or dates), yashtimadhu (glycyrrhiza glabra), vasa (adhatoda vasika), Chandana (santalum album or sandalwood), ushir (vtiveria zizanioides) preparation containing rose and honey (gulkand), milk and ghee (clarified butter) etc.

Various types of chemotherapeutic drugs are used for the management of cancer. Chemotherapeutic agents can be considered as Visha dravya (toxins) as per Ayurveda. These agents are Ushna Veerya (hot potency), Tikshna dravyas working as a two-edged sword, and while destroying cancerous cell also destroy healthy normal fast-growing cells of the gastrointestinal tract, mucous membrane, skin, hair root, and so on. Hence, the medico therapeutics of chemotherapy can be explained on the basis of Visha. The chemotherapeutic agents seem to possess properties like Ruksha, Ushna, Tikshna, Sukshma, Ashukari, Vyavayi, Vikasi, Vishada, Laghu, and the like. Most of these properties are opposite to the Rasa, Kapha, and Ojas and similar to the Rakta, Pitta, and Vata; hence, chemotherapeutic agents may also cause Vata, Pitta, Vriddhi (vitiation of Vata and Pitta) and Kapha Kshaya (depletion of Kapha) along with Rasa Rakta Kshaya (depletion), leading to Ojakshaya.

According to Ayurveda, vata, pitta and kapha are three basic humors (doshas) responsible for all the physiological processes in the body; vata causes motion, pitta helps metabolism and kapha is responsible for structure or stability. Health is identified as balanced functioning of these three doshas.

V. CONCLUSION

Ayurveda herbal treatments are often mixture of many different types of herbs. They may come as pills, teas or oils to be used on the skin. Different combination of herbs are used, depending on the balance of your doshas. Yoga and meditation are used to increase spiritual awareness and help balance the doshas.

There is no evidence at this time that ayurveda as a system of medicine can treat cancer. There has been some research showing that certain approaches used in ayurveda are helpful as complementary therapy. For example, research has shown that both yoga and meditation are helpful complementary therapies that can relieve stress and anxiety in people living with cancer.

Hence, the developed assessment tool can be used not only in the health volunteers but also in clinical practices for the clinical validation. Radiation therapy is a cancer treatment that uses concentrated radiation beams to kill cancer cells. Extensive research has produced many new healing methods and hundreds of medications for the management of cancer. Surgical excision is the oldest and most tested therapeutic modality for its treatment. Radiation therapy is effective in controlling a variety of malignant tumors and is a component in the management of about half of all patients with cancer. We need a

lot more research on ayurveda to understand the role that its approaches may play as a complementary therapy in helping people cope with cancer.

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