



āachāara raṣāayanam

Topic

CANCER CARE : INTEGRATED APPROACH OF DR. C. P.
MATHEW WITH THE HELP OF AYUSH

Speaker

Dr. S.P. Sreejit MD (Ayu)



Role of AYUSH

- For improving quality of life
- Post chemotherapy
- Post radiation
- When surgery is not feasible and the patient is not willing
- For avoiding financial tragedies

Treatment includes

Patient management

- Pathyam, Apathyam
- Symptomatic relief

Disease Management

- Finding most suitable strategy (AYUSH/ Chemotherapy/ Radiation/ Surgery)

Pathyam

- Have food when you feel hungry.
- Make sure that your previous meal is digested before you take the next.

Avoid

- Curd at night.
- Ice water, squash, soft drinks, black tea, black coffee, green tea- These may cause hyperacidity.

Warning signs of cancer

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in the breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in a wart or mole
- Nagging cough or hoarseness

Diagnostic strategies

- History taking
- Inspection
- Palpation
- Blood investigations including tumour markers

- USG
- Endoscopy
- Colonoscopy
- X ray (normal, barium meal)
- MRI
- CT
- PET scan
- Modern diagnostic tools help for accurate diagnosis

Tricky presentations

- Cancer shows tricky presentations for which accurate diagnosis is necessary.
- Limping of leg may be the presentation of lung CA.
- Swelling in legs, 40 kilogram increased weight in seven months, exertional dyspnoea may be the presentation of adrenocortico cancer.
- Acute myeloid leukemia (AML) sometimes present as abdominal pain with very low Hb, low platelet count and high WBC.

Some prescriptions

Prostate CA

- Poornachandrodaya Rasa
- Siva Gulika
- Rasa Sindooram
- Rasa Gandhi Mezhuku
- Silajathu capsule

CA breast

- Aswagandha Choornam
- Poorna chandrodaya Rasa
- Rasa Sindooram

For unbearable pain in CA cervix and in retro peritoneal sarcoma

- Sudarsanam gulika
- Hinguvachadi tablets

Homeopathic pain killers also work

For CA rectum

- Dried Aloe vera

Some common medicines

Rasa Sindooram

- Reduces pain
- Study show normal LFT and RFT even after 8 months of continues intake of Rasa Sindooram in CA breast with skeletal metastasis.

Aswagandha Choornam

- It is a must in cancer treatment

Arsenic/ Madhurkam (10 drops)

Navapashanam

Sidhamakaradhwaja

Brahma Rasayana 'Ayushyam'

Regularly used AYUSH list

- Ashwagandha
- Amalaki
- Aloe vera

Role of Cannabis in cancer

- Pain killing effect
- Anti- cancerous effect
- Only under medical supervision
- Hallucinations, lethargy, dizziness, black out , extreme sleepiness are possible side effects.

Integrated approach

- AYUSH and Allopathy has specific role to play in cancer. Judicious stream has to be selected in each stage.
- Integrated AYUSH protocol show promising impact in seven days in breast CA.
- In some cases allopathic treatment can provide easy relief as in situations like pleural tapping in breathlessness and stenting in obstructive jaundice. AYUSH has to be avoided in such cases.
- Psychology is also important in treating CA.
- Daivavyapasraya Chikithsa also advised.