

NEED OF INTEGRATION, AYURVEDA WITH RADIATION TECHNOLOGY IN PRESENT ERA

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Prakriti (Psycho-somatic constitution of the body) is specific composition of humors (dosha) that is permanent throughout the life. The psycho-somatic type of an individual depends on the tribasic functional factor (vata, pitta, or kapha) that dominates in the reproductive elements sperm and ovum (sukillam and sonitam) during conception. A good knowledge of prakriti is essential for the treatment and management. Therefore, in the present study was developing the standard tool for Prakriti assessment based on considering several aspects of the body constitutions in Indigenous Medicine. Prakriti is defined as the state of an individual in its natural form. Ayurveda classifies people on the basis of Prakriti as every person is supposed to have a fixed Prakriti that is formulated by the condition of Tridosha at the time of union of sperm and ovum inside the uterus. Predominance of any one, two, or all the three Dosha (body humors- Vata, Pitta and Kapha) determines the Prakriti of an individual. So Prakriti refers to genetically determined anatomical, physiological and psychological constitution of an individual. Prakriti also determines the response of an individual to environmental factors, drugs and susceptibility to diseases making it one of the earliest known concepts of preventive and personalized or genomic medicine. Opposite to the Prakriti is Vikriti which means diseased state of an individual. Until the normal is not known, abnormality cannot be found, so Prakriti plays an important role in determining Vikriti. Acharya Charaka has mentioned Dashavidha Pariksha.

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Introduction

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.

Cancer is a major illness and a leading cause of death world over, causing suffering of large population and global economic loss worldwide .There were 12.7 million cancer cases and 7.2 million deaths due to cancer worldwide in the year 2008 .In the last few decades though there has been tremendous advancement in the diagnostic modalities and treatment of cancer which has increased cancer survival rates, the long term effects of these treatment modalities on the quality of life of the cancer survivors have attracted the attention .

Radiotherapy Side Effects

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 whereas disease manifests itself as a by-product 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.

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

Ayurveda principles describe that to reduce pittadosha 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 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), Ikhsuras (saccharum officinarum or sugar cane juice) and trivrutta (operculinaturpethum) 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(adatodavasika), Chandana (santalum album or sandal wood), ushir (vtiveria zizanioides) preparation containing rose and honey (gulkand), milk and ghee (clarified butter) etc.

Method and material

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.

Aim and objects

To study Impact of radiation therapy on perception related to Prakrit (physicals constitution).

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. Various types of chemotherapeutic drugs are used for the management of cancer. According to a study, in cancer patients treated with chemotherapy, 20% may be cured, and 20% may experience significant prolongation of life, while the remaining 60% may have minimal or no benefit from cytostatic treatment and suffer from its toxic and adverse reactions. Chemotherapeutic agents can be considered as Vishadravya (toxins) as per Ayurveda. These agents are UshnaVeerya (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

Observation

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.

Result

A balanced prakruti is the key of health. Ayurvedic therapy includes shidhan ,shamana and rasayana. Ayurvedic therapeutic modalities can be used foegenral wellness ,which may lead prevention of cancer and prevention of recurrence. Ayurvedic therapy may serve as a valuable form of supportive cancer care.

Conclusion

This standard Prakriti assessment tool developed in this present study to be confirming the

correct Prakriti. 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. Prakriti is Vikriti which means diseased state of an individual. Until the normal is not known, abnormality cannot be found, so Prakriti plays an important role in determining Vikriti. Acharya Charaka has mentioned Dashavidha Pariksha

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