



## Critical Analysis of Malignancies in Ayurveda WSR to ENT Cancer

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### Research Article

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### Abstract

Cancer is one of the major causes of death across the globe accounting for nearly 10 million deaths in 2020. The commonest cancers are breast (11.6%), Lung (11.6%), colorectal (6.1%), and prostate cancer (7.1%). Every 6th death in the world is due to the cancer. According to the International Agency for Research on Cancer (ARC), by 2040, the global burden of Cancer is expected to grow by 27.5 million new cases. And it's going to increase further due to faulty dietary and lifestyle practices. Therefore, it is necessary to look for every possible solution including the ancient medical sciences such as in Ayurveda. Ayurveda is an ancient Indian medical science. There are references to various malignancies in Ayurveda. The tumour is referred as 'Arbuda' or 'Gulma' in Ayurveda. All the characteristics of tumour are very well mentioned in Ayurveda. Ayurvedic acharyas while suggesting the operation for these tumours, said that these tumours should be excised completely along with surrounding healthy tissue otherwise it recures soon indicating the malignant nature of the tumour. Most of the tumours are mentioned as incurable again indicating its malignant nature. In Ayurveda, tumour is classified based on doshas and structural appearance. There are references to Liver tumour, Nasal tumour, Ear tumour, Throat tumours, head tumour, muscle tumour. Liposarcoma and hemangiosarcoma. But there is no reference to breast malignancy which is common today. The less prevalence of breast malignancy during ancient time could be due to better infant feeding practices as compared to today's era or it could be have been included under Mansarbuda. Among the treatment modality for Cancer, apart from medicine and surgery, cauterization and application of Alkali is also suggested in Ayurveda to avoid the recurrence. It is observed and concluded that Cancers are very well documented in Ayurveda and the treatment suggested for treating the tumours need to be reexplored.

**Keywords:** Arbuda; Gulma; Tumour; Cancer

**Abbreviations:** ARC: International Agency for Research on Cancer; ENT: Ear Nose Throat.

## Introduction

Cancer is one of the major causes of death across the globe accounting for nearly 10 million deaths in 2020. According to GLOBACON database nearly 45% of new cases are diagnosed in Asia, 26% in Europe, 15% in North America and 6% in Africa. The commonest cancers are breast, Lung, colorectal and prostate cancer. According to the International Agency for Research on Cancer (ARC), by 2040, the global burden of Cancer is expected to grow by 27.5 million new cases. And it's going to increase further due to faulty dietary and lifestyle practices. Ayurveda is an ancient Indian medical science. There are references to various malignancies in Ayurveda. In the context of global burden of cancer, it becomes essential to explore the cancer literature in ancient medical science to find every possible cure. The tumour is referred as 'Arbuda' or 'Gulma' in Ayurveda. All the characteristics of tumour are very well mentioned in Ayurveda. Ayurvedic acharyas while suggesting the operation for these tumours, said that these tumours should be excised completely along with surrounding healthy tissue otherwise it recures soon indicating the malignant nature of the tumour. Most of the tumours are mentioned as incurable again indicating its malignant nature. In Ayurveda, tumour is classified based on doshas and structural appearance. There are references to Liver tumour, Nasal tumour, Ear tumour, Throat tumours, head tumour, muscle tumour. Liposarcoma and hemangiosarcoma.

## Materials & Methods

Literary descriptive method of research is adopted in the present study. Critical study of Ayurvedic literature with regard to cancer is done to come to logical conclusions.

## Review of Literature

**Concept of Oncologist in Ayurveda:** As per oncologists (Arbudagya), when tumour erupts over the tumour (Adhi-ARBUDA) then that stage is also incurable [1].

**Definition of Tumour as per Ayurveda:** The abnormal muscular growth which is circular, fixed, mild aching, broad based, slowly growing, big and non-suppurating is referred as Arbuda (Tumour) [2].

## Classification of Tumour as per Ayurveda

**Types of Tumours as per Ayurveda [3] (Table 1):**

- Vataj Arbuda
- Pittaj Arbuda
- Kaphaj Arbuda
- Raktaj Arbuda
- Mansaj Arbuda

- Medoj Arbuda

**Other Types of Tumours in Ayurveda [4]:** As per oncologists (Arbudgya), tumours could also be classified into following types

- Adhi-Arbuda – The tumour erupting over the tumour is called as Adhi-ARBUDA.
- Dwi-Arbuda – The tumour occurring in pair or after one another are called as Dwi-ARBUDA.

## Causes of Tumours as per Ayurveda

- The repeated trauma to muscles
- Excessive intake of meat

The cause no.1 leads to external tumours whereas cause no.2 may lead to internal malignant tumours [5].

**Pathogenesis of Muscle Tumour:** With above causes there is morbid vitiation of muscles and muscular built of organs leading to tumour development [5].

## Features of Muscle Tumour [5]

- Tumour features
- Painless mass
- Unctuous mass
- Colour like skin
- Non suppurating mass
- Stony hard mass
- Fixed immovable mass

**Cause for Non-Suppurating in Tumour:** Tumours usually does not suppurate due to predominance of Kapha and Meda in it and also due to stability of doshas owing to cohesive intermixing [6].

**Some Other Tumours:** As its root is deep seated and not visible like the tuber (kanda) and as it is rigidly entangled in itself (sanhat) like tendril (gulma) and have broad base, it is called as 'Gulma' [7]. The intermixing and consolidation of various tissues in the body is called as 'Gulma' [Bhela].

This definition of 'Gulma' given by acharya Bhela, indicates towards the development of benign or malignant growth in the body

**Cause for Recurrence of Tumour:** The left-over portion of excised tumour re-grow very fast. Hence it should be cauterized after excision [8].

## Definition & Classification of Tumours in Modern Science

Tumour is a mass of tissue formed as a result of abnormal, excessive, and inappropriate, uncontrolled growth of the cells which continues indefinitely. Basically, there are 2 types

of tumours.

**Benign Tumour:** It remain localized forming a single mass which is often symptomless and can be excised completely.

**Malignant Tumour:** It is also called as cancer. It invades the surrounding tissues and spread through lymphatics and blood to other parts of the body where it give rises to secondaries (metastasis).

### Oral Malignancies in Ayurveda

**Talu Kachhapa (Palatine Adenoma):** The disease in which there is gradually developing, hard, painless growth like elevated back of tortoise in the palate is referred as Talu Kachhapa [9].

- Treatment – Incurable

**Talu Arbuda (Palatine tumour):** The disease in which there is lotus like growth in the palate is referred as Arbuda [9].

- Treatment – Incurable

**Mansasanghat (Fibroma of Palate):** The disease in which there is fleshy painless growth in the palate is referred as Mansasangha [10].

- Treatment – Incurable

**Walaya (Pharyngeal/Oesophageal Malignancy):** The disease in which there is elevated and elongated edema in the throat associated with dysphagia is referred as Walaya [11].

- Treatment – Incurable

**Balas (Laryngopharyngeal Malignancy):** The disease in which aggravated Kapha along with Vata gives rise to edema in the throat associated with obstructive dyspnea and which is incurable is referred as Balas [12].

- Treatment – Incurable

**Swaraghna (Laryngeal Malignancy):** The disease in which aggravated Kapha gives rise to laryngeal growth associated with change of voice, dryness of throat and dyspnea is referred as Swaraghna [13].

- Treatment - incurable

**Shataghani (Throat papiloma):** The disease in which aggravated Kapha gives rise to laryngeal growth associated with change of voice, dryness of throat and dyspnea is referred as Swaraghna [14].

- Treatment – Incurable

**Nasa Arbuda (Nasal Tumour):** The big bag like growth in nasal cavity is Nasal tumour (Nasa Arbuda) [15].

**Karna Arbuda (Ear tumours):** There are 7 types of Ear tumours (Karna Arbudas) [16].

The earlier said features regarding tumours should be considered with regard to Ear tumours also and accordingly the treatment strategy should be planned [17].

### Diagnostic & Therapeutic Rhinoscopy

To remove the nasal tumour (Nasa Arbud Harnartham) [18].

**Treatment of Tumours External Tumour:** Apply the paste of sesame, kulthi, meat, and curd on the tumour. Allow the flies to drop eggs on it. When maggots eat the tumour significantly, scrap it little and then cauterize it. After regression in size, excise it [19].

**Treatment of Liposarcoma:** After fomentation, excise it completely and clean it. Ensure hemostasis and then ligate it For C & D, use Karanj taila mentioned for the t/t of abscess to prevent the recurrence of tumour. If not excised completely tumour re-cures [20].

**Prognosis of Tumours:** The tumour from which the blood oozes, which is developed in systems or in vital parts and which is very much fixed, is incurable and should not be treated.

When tumour erupts over the tumour (Adhi-arbuda) When tumour occurs in pair or after one another (Dwi-arbuda). The Mansarbuda and Raktajanya Arbuda are also incurable [21].

### Observations

Sr	Doshik Tumours	Dhatuj Tumours
1	Vataj Arbuda	Raktaj Arbuda
2	Pittaj Arbuda	Mansaj Arbuda
3	Kaphaj Arbuda	Medoj Arbuda

**Table 1:** Types of Tumours as per Ayurveda.

Sr	Ear Tumours	Oral Tumours
1	Vataj Karnarbuda	<b>Talu Kachhapa</b> (Palatine Adenoma tumour)
2	Pittaj Karnarbuda	<b>Talu Arbuda</b> (Palatine tumour)
3	Kaphaj Karnarbuda	<b>Mansasanghat</b> (Fibroma of Palate)
4	Tridoshaj Karnarbuda	<b>Walaya</b> (Pharyngo-Oesophageal CA)
5	Raktaj Karnarbuda	<b>Balas</b> (Laryngopharyngeal Malignancy)
6	Mansaj Karnarbuda	<b>Swaraghna</b> (Laryngeal CA)
7	Medoj Karnarbuda	<b>Shataghani</b> (Throat papilloma)

**Table 2:** Differentiate of tumours based on oral and ear.

## Discussion

Acharya Sushruta described oral malignancies in Nidansthana. Apart from oral malignancies, acharya Sushruta had also mentioned the nasal, aural and head malignancies. All the oral malignancies are said to be incurable by the Ayurvedic acharyas. The disease Talu Kachhapa mentioned in Ayurveda, appears to be the Palatine Adenoma tumour. The disease Talu Arbuda mentioned in Ayurveda, appears to be the Palatine tumour. The disease Mansasanghat mentioned in Ayurveda, appears to be the Fibroma of Palate. The disease Walaya mentioned in Ayurveda, appears to be the Pharyngo-Oesophageal carcinoma. The disease Swaraghna mentioned in Ayurveda, appears to be the Laryngeal carcinoma. The disease Shataghani mentioned in Ayurveda, appears to be the Throat papilloma from modern point of view.

Although Gulma refers to the tumour, features of Kaphaj Gulma are suggestive of malignancy. Whereas features of Sannipataj Gulma indicates the incurable stage of malignancy. The medoj Arbuda described by acharya Sushruta appears to be the Liposarcoma as the its treatment consist of complete excision of tumour with surrounding healthy tissue. Acharya Sushruta had mentioned that liposarcoma can recur if not completely removed. The Mansarbuda described by acharya Sushruta appears to be rhabdo-myosarcoma and the Raktarbuda appears to be the hemangiosarcoma as it affects the blood vessels and leads to the incurability.

## Conclusions

- Cancers is well described in Ayurvedic literature.
- Oral malignancies were commonly found in ancient times.
- Most of the oral malignancies are said to be incurable in Ayurveda.
- Recurrence was higher after operation of ENT cancers.
- To avoid recurrence, cauterization and alkalization of surrounding tissue was effective.

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