

1 Joel Morris

2 *Received: 3 February 2021 Accepted: 1 March 2021 Published: 15 March 2021*

3

4 **Abstract**

5 Amysterious and severe disease, has also become a leading cause of death worldwide. It
6 accounted for around one crore deaths in 2020. Medical sciences worldwide are still trying to
7 figure out the permanent cure and exact cause of the disease. From an Ayurvedic perspective,
8 the management and prevention of the disease are highly effective. Ayurveda takes an
9 integrated approach to treat cancer patients and minimize the spread and growth of cancer
10 cells. To know how, please read this blog.

11

12 *Index terms—*

13 **1 Joel Morris**

14 **2 I.**

15 Cancer mysterious and severe disease, has also become a leading cause of death worldwide. It accounted for
16 around one crore deaths in 2020. Medical sciences worldwide are still trying to figure out the permanent cure
17 and exact cause of the disease. From an Ayurvedic perspective, the management and prevention of the disease
18 are highly effective. Ayurveda takes an integrated approach to treat cancer patients and minimize the spread
19 and growth of cancer cells. To know how, please read this blog.

20 **3 II.**

21 **4 Ayurveda and Cancer**

22 In simple terms, cancer is described as the multiplication of the cells abnormally. During the normal cell
23 multiplication process, the cells stop growing when they infringe on nearby tissues. This is not the case with
24 cancerous cells. They start to grow abnormally and grow in large numbers creating a tumor. When these
25 cells move to other parts of the body, they cause a secondary tumor known as a malignant tumor or reach the
26 metastasis stage, where cancer cells enter the bloodstream.

27 In ancient Ayurvedic texts, various terms have been mentioned defining cancer, e.g., granthi (benign tumor),
28 referring to the initial stage of cancer, if not treated properly, can turn into arbuda (malignant tumor) and
29 adhyarbuda (recurrence of the disease). Specifically, there is also the term 'karkatarbuda', which means a tumor
30 that grows like a scorpion in different directions.

31 In the Ayurvedic perspective, the doctors always try to identify which dosha is out of balance, causing an
32 imbalance or disease in the body. Cancer is considered a tridoshic disease that means all three doshas -Vata,
33 Pitta, and Kapha are involved in this disease. Besides, rasa dhatu and rakta dhatu are primarily involved in
34 carrying the infected cells, which are involved in causing cancer from one place in the body to another.

35 **5 a) Factors that lead to cancer as per Ayurveda**

36 Modern science has found out different causes for cancer -faulty DNA and genes are responsible for the abnormal
37 growth of cells. But why the DNA behaves abnormally is still a mystery to be solved or identified. According
38 to Ayurveda, a person with insufficient Prana (life energy), Ojas (immunity), and Tejas are more susceptible to
39 cancer. Toxins or chemical deposition in

40 Author: e-mail: seo@liqvd.asia the body causes imbalance and disease in the body. Toxins formation and
41 deposit lead to cancer, not only at the physical level but also at the mental level.

62 6 b) Ayurvedic treatment for cancer

43 If cancer is not detected in the early stage, it becomes very difficult to treat it. It has been observed that when
44 people come to know about cancer, it is already at an advanced stage. However, with an integrated approach, it
45 is possible to treat cancer or minimize the spread and growth of cancerous cells.

46 The Ayurvedic approach towards cancer is twofold a) Shodhana-Through this treatment process, the Ayurvedic
47 doctor focuses on strotas shuddhicleansing of the body channels through various techniques and medicines b)
48 Ojas building-The focus remains on increasing the Ojas, which is enhancing the immunity of the person affected
49 by cancer In Ayurvedic treatment for cancer, shodhana cleans toxins (ama) and all those factors responsible
50 for blocking the strotas (channel). At the same time, Ojas building helps enhance the immunity levels both at
51 the physical and mental levels of the person. Through this treatment approach, Ayurveda works effectively on
52 limiting the growth of cancer cells.

53 Along with Ayurveda, other treatment methods including modern medicines, naturopathy and cleansing
54 (detoxification) methods, meditation, breathing exercises (pranayama), and yoga are used to suppress or alleviate
55 the symptoms. This integrative treatment approach is taken to stop/ suppress the growth of cancer cells in the
56 body and increase immunity so that the person responds well to the medication and treatment. With increased
57 immunity power, the patient's body can overtake the growing cancerous cells. Otherwise, the cancerous cells can
58 further decrease the immunity levels of the patient.

59 Ayurvedic treatment for cancer can also be taken by the patients who underwent radiation ther-
60 apy/chemotherapy to deal with its side effects like tiredness, sore mouth, loss of appetite, feeling and being
61 sick, anemia, sleep issues, emotional problems. Interestingly, Ayurveda has a separate branch of rejuvenation
62 (Rasayana) that helps increase the Ojas of the patient. Ayurvedic medicine for cancer also helps improve the
63 overall quality of life, healthy lifestyle practices, panchakarma therapies, and psychological counseling sessions.

64 7 A

65 Once diagnosed with cancer, getting a permanent cure is difficult, painful, time-consuming, and expensive.
66 Therefore, we can shift our focus on preventing ourselves from getting exposed to this deadly disease as much
67 as possible by practicing the Ayurvedic lifestyle -following dincharya-ke-niyam as per Ayurveda for healthy and
68 balanced living. It will not only help keep our body healthy but also relaxes our mind. You can consult Jiva
69 Ayurveda specialists to know more about Ayurveda for cancer, its prevention plan, and treatment. They will
70 provide you with a detailed guideline that is personalized for you as per your Prakriti. c) Few simple tips that
71 can be followed for healthy living-

72 ? Switch on to an alkaline diet. Acidic foods trigger the growth of cancerous cells. ? Detox and nourish your
73 mind and body with panchakarma therapies. ? Focus on increasing your immunity (Ojas) levels.

74 ? Don't suppress the natural urges like urine, burp, flatus, feces, sneeze, and yawn. ? Reduce mental stress
75 by practicing breathing exercises, yoga, and meditation. ¹

¹© 2021 Global Journals Is it Possible to Cure Cancer Permanently?