

## Chapter-17

# An Insight of Cancer/Arbuda and its Prevention through Ayurveda

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### Abstract

Cancer/Arbuda is a leading cause of death globally. In India, it is accounted for 9.16 million deaths in 2022. Majority of cancer are related with Lung, stomach, colorectal, liver, and breast. The cancer related death is more common in low- and middle-income countries. The death from cancer continues rising with an alarming rate world-wide with an estimated 11.5 million deaths in 2030. Genetic and environmental factors play significant role in the diathesis of cancer. These etiological factors change and alter the basic matrix of the group of normal cells within the body and lead to develop uncontrolled growth causing a lump called a tumour. Centuries old Ayurveda, advocates that etiological factor (Genetic & acquired in term of lifestyle changes) impaired the functioning of Agni, and generate Ama like biotoxins in the system, which alter the biomatrix of the three Doshas (Vata, Pitta, and Kapha), *Mamsa* & *Rakta* Dhatus and respective body channels and initiate the process pathogenesis within the body that may lead to develop diseases including cancer. A lot of factors (such as *Dinacharya*, *Ritucharya*, *Sadvritta*, *Achara Rasayana*, *Aushadha* etc.) have been described in Ayurveda, which are responsible for the vitiation/mitigation of these three Doshas. The oldest system of medicine Ayurveda, cancer was mentioned as a *Arbuda* in detail and incorporate lot of restorative and preventive measures to check the occurrence of diseases by using natural resources. In this way the classical diet, dietetics and lifestyle play a key role in cancer prevention & management the same is explored in this context.

**Keywords:** Ayurveda, *Arbuda*, Cancer, *Rasayana*, Ayurvedic Lifestyle, Etiological Factor.

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## 1. INTRODUCTION

Cancer is one of the deadliest challenges spreading drastically in 21<sup>st</sup> century, has now officially become the most dangerous killer in the world according to the World Health Organization. It is a generic term used for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms. On the basis of defining feature of cancer, it is the rapid creation of abnormal cells under the influence of genetic and environmental factors that grow beyond their usual boundaries. It can then invade adjoining parts of the body and spread to other organs via metastasis. Widespread metastases are the primary cause of debility, and death from cancer. Cancer deaths could be prevented by modifying or avoiding key risk factors are about 30-50% and implementing existing complementary and alternative strategies. The cancer burden can be minimized by early detection of cancer and management of patients who develop cancer [1] [2]. Recent year, Scientists have been laid down an emphasis towards alternative medicine for cancer prevention and management. Hartwell has collected data on about 3000 plants, those of which possess anticancer properties and subsequently been used as potent anticancer drugs [3] [4]. The word Cancer is derived from the Greek meaning ‘CRAB’ which was used in medical sciences for long time as mere technical term ‘CANKER applied to eroding ulcers. W. R. Belt suggested that the terminology of cancer is used for its adherence with such obstinacy to the part i.e., like a crab and cannot be separated from each other. Earliest and foremost record could be seen in Atharva Veda, where the disease was nomenclature as “*Apachit*”. In the later swelling at different places in the body. Later the Charak and Sushruta has described it as inflammatory (Sopha) and non-inflammatory swelling (Sotha) as as Sopha (inflammatory swelling), Apachi (cystic swelling), *Gandamala* (glandular swelling) ‘*Granthi*’ (minor neoplasm), ‘*Arbuda*’ (major neoplasm). Besides, *Dushtavrana* (non-healing ulcers) and *Gulma* (abdominal tumour) are also described in the classical text. Under the influence of genetic and acquired causes, functioning of *Agnis* (biofires) are hampered that may lead to develop biotoxins or reactive species (*Ama*) and disturbed the function of tissues (*Dhatus*). Collectively *Agnis* and *Amas* lead to deranged the functioning of three bio-forces such as Vata (bio

movement), Pitta (bio fire) and Kapha (bio strength), which may lead to develop variety of disorders including malignant tumours i.e, cancers. [5] [6] [7] [8] [9]. Cancer prevention requires smoking cessation, increased ingestion of fruits and vegetables, moderate use of alcohol, caloric restriction, exercise, avoidance of direct exposure to sunlight, minimal meat consumption, use of whole grains, use of vaccinations, and regular check-ups are the main tools in modern medicine [10]. In Ayurveda number of preventive strategies ranging from non-pharmacological to pharmacological measures are advocated to prevent and manage number of diseases [8].

### **Remembering Facts of Cancer**

- Globally, there were an estimated 20 million new cancer cases and 9.7 million deaths in 2022.
- The estimated number of people who were alive for five years after a cancer diagnosis was 53.5 million.
- About one in five people develop cancer in their lifetime, with approximately one in nine men and one in 12 women succumbing to the disease globally. The report also predicts over 35 million new cancer cases in 2050 – a 77 per cent increase from the estimated 20 million in 2022 [11].
- Breast, oral and cervical cancer accounted for 32 per cent of the new cases in India as per new estimates on February 1 by the Global Cancer Observatory for 2022.
- India reported over 14.13 lakh new cancer cases and 9.16 lakh deaths in 2022 according to latest estimates released by the World Health Organisation (WHO)'s cancer agency, the International Agency for Research on Cancer (IARC).
- The top five cancers among Indian women were found to be those of breast, cervix, ovary, mouth and colorectum. The top five cancers among men were those of the oral cavity, lung, oesophagus, colorectum and stomach [12].
- Breast cancer was the leading cancer among women with as many as 1,92,020 new cases (26.6 per cent), followed by 1,27,526 cervical cancer cases (17.7 per cent). The third most frequent cancer among women was ovarian (6.6 per cent) in 2022.
- Among men, oral cancer was the most-occurring with 1,07,812 new cases (15.6%) followed by lung cancer (58,970 new cases – 8.5%) and cancer of the oesophagus (45608- 6.6 %).
- Breast cancer was the leading cause of death (98,337 – 13.7 %) followed by oral cancer (79,979 – 5.6%) and cervical cancer (79,906 – 11.2 %) in the country in 2022 [13].

## Causative Factors of Cancer

Genesis of Cancer is initiated from the transformation of normal cells into tumour cells in a multi-stage process that generally progresses from a pre-cancerous lesion to a malignant tumour. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, which are described as below.

1. **Genetic Factors:** Only 5–10% of all cancer cases can be attributed to genetic defects. Genetic influence has long been suspected. For examples, retinoblastoma occurs in children of the same parent. Mongols are more likely to develop cancer (leukaemia) than normal children. Genetic factors are less conspicuous and more difficult to identify. There is probably a complex interrelationship between hereditary susceptibility and environmental carcinogenic stimuli in the causation of a number of cancers.
2. **Environmental and Lifestyle Factors:** It includes 90–95% causes of all cancer. Given environmental and lifestyle factors play a key role in the pathophysiology of cancer.
  - **Physical Carcinogens:** It includes ultraviolet and ionizing radiation.
  - **Chemical Carcinogens:** It include asbestos, components of tobacco smoke, alcohol, aflatoxin (a food contaminant), and arsenic (a drinking water contaminant).
  - **Biological Carcinogen:** It includes infections from certain viruses, bacteria, or parasites.

The incidence of cancer rises dramatically with age, most likely due to a build-up of risks for specific cancers that increase with age. The overall risk accumulation is combined with the tendency for cellular repair mechanisms to be less effective as a person grows older [14] [15]. [16].

## Risk Factors of Cancers

Followings are common risk factors for cancer and other noncommunicable diseases.

- Use of tobacco [17]
- Alcohol consumption [18]
- Intake of unhealthy diet [19] [20]
- Physical inactivity [21]
- Air pollution are risk factors for cancer and other noncommunicable diseases [22].
- Som chronic Diseases [23]

- Hepatitis B and C viruses and some types of human papillomavirus (HPV) increase the risk for liver and cervical cancer respectively [24] [25] [26].
- Infection with HIV increases the risk of developing cervical cancer six-fold and increases the risk of developing Kaposi sarcoma [27].

### **Ayurvedic View Point on Cancer**

The word ‘cancer’ may be new to the 5,000-year-old Indian system of medicine, Ayurveda, which relies on natural resources for the management. Acharya Charaka states that it is neither possible nor necessary to name every disease because every patient is unique in terms of the nature of his/her illness and its precise clinical presentation and thus the needed treatment. Therefore, the diagnosis in Ayurveda is not always in terms of the name of a disease but it is in terms of the nature or the phenomenon of the disease state. This phenomenon is to be depicted in terms of the Samprapti (pathogenesis) of the disease in each patient comprising of the *Dosha*, *Dushya*, and *Adhishthana* components. Classical Ayurvedic texts have a number of disorders such as *Apachi*, *granthi*, *gulma*, *arbuda*, *dushtavarna*, *kshudraroga* etc, which resemble up to some extent with cancer of contemporary science. The description of *Granthi* and *Arbuda* is closest to cancer than any other disease in order to achieve the malignancy of the condition. According to Ayurveda, cancer has been caused by mistakes in lifestyle, such as poor health, hygiene, bad behaviour or physical trauma, which all cause the imbalance of Vata, Pitta and *Kapha dosha*. Early *Granthi* or *Arbuda* may develop in the form of a glandular growth in the form of a bubble at this stage. *Granthi* has been described as a round, hard, and bulging swelling caused by the worsening of Vata, Pitta and Kapha in the muscles, blood, and fatty tissues. Both swellings, based on the Doshas in which they are involved, may be inflammatory or non-inflammatory that resulting in various signs and symptoms of cancer progression, such as anaemia, cachexia and loss of appetite, were details discussed [28] [29].

### **Aetiology of Cancer/Arbuda in Ayurveda**

The etiological factors of all type of *Arbudas* are not explained in the classical text of Ayurveda. However, some known causative factors of *Mamsarbuda* is described in the texts. Some of the important causative factors of *Arbuda* are enlisted as below.

- **Vata Prakopaka Cause:** Excessive intake of bitter, pungent & astringent foods, dry foods and associated with more stress, and strain.
- **Pitta Prakopaka Cause:** Excessive intake of sour, pungent and salty diet, fried foods items and fall in anger.

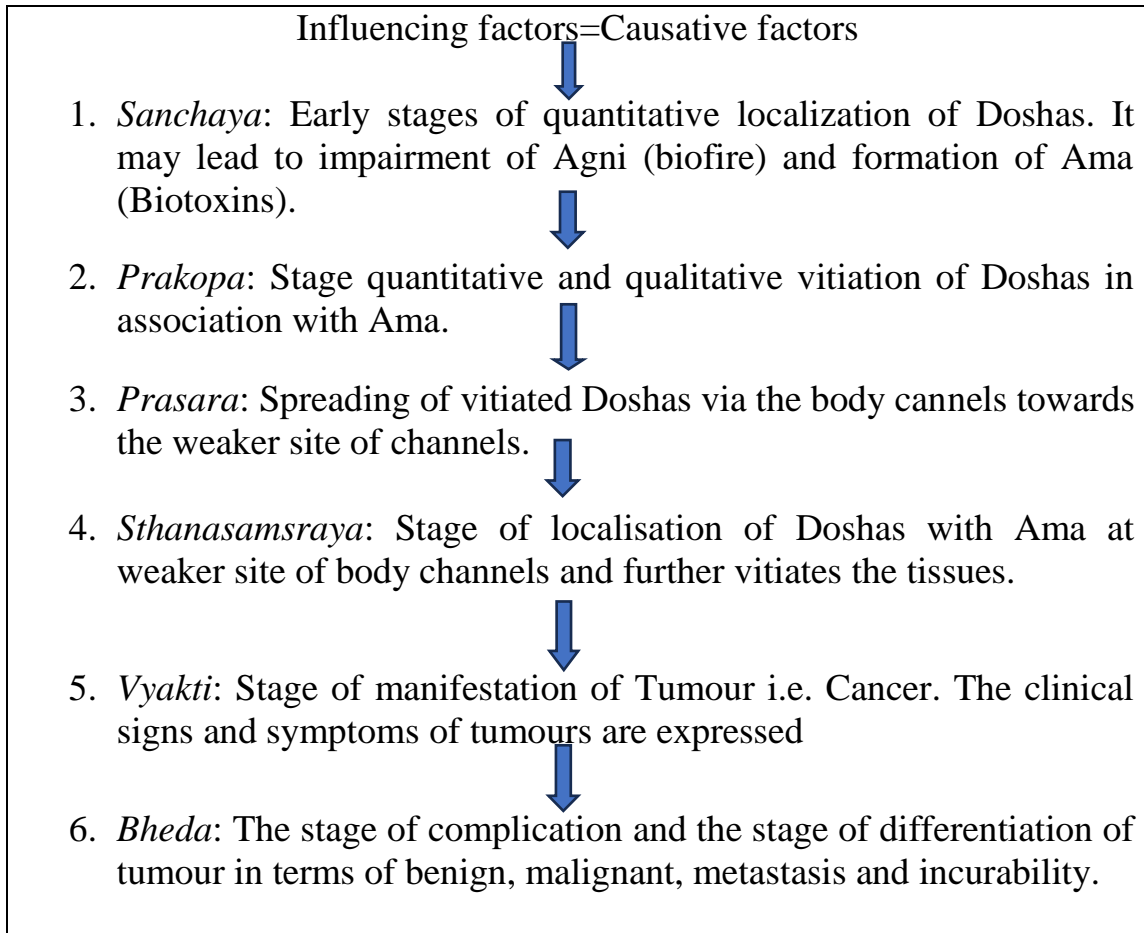
- **Kapha Prakopaka Cause:** Excessive intake of sweet, sour, salty diet, oily foods and associated with sedentary nature.
- Excessive intake of fast foods, dairy products, incompatible food items etc.
- **Mamsa Prakopaka Cause:** Excessive intake of meat fishes, repetitive injuries, irregular diet etc.
- **Medo Prakopaka Cause:** Excessive intake of oily foods, sweets, alcohol, physical inactivity [6] [8] [30].

### Pathogenesis of Cancer/Arbuda through Ayurveda

In Ayurveda the course of every disease is described in a general model. Such a model is based on the changes in the *Tridoshika* equilibrium and the subsequent sequence of the event take place in the system. The process of pathogenesis in Ayurveda is explained under the broad umbrella of *Agni*, *Ama*, *Dhatus*, *Srotas* and *Tridosha*. Sushruta in 700 BC stated that excessive intake of *Kaphavardhaka* diet in turn sluggish *Jatharagni* (GI biofire) leading hypo-functioning of Agni, which affects digestion and metabolism from GI to cellular level. It initiates the genesis of cascade of *Ama* (biotoxins) in the system. This *Ama* interacts with *Doshas* (bio-forces) and altering or vitiating the qualities of *Dhatus* (body tissues). Further, it may lead to systemic blocked and stagnation. Such a morbid situation affects the body circulation and transportation and may lead to all kind of pathologic process. Obstruction of the body channels (*Srotavarodha*) play pivotal role to the diversion of the flow and functions of tissues including cells (*Vimargamana*). Further, it starts bilateral damage to the tissues or cells. These morbid factors lead to malformation of tissues, if this sequence continues, it leads to the development of *Arbuda* or tumour. Its further advances as *Adhyarbuda*, *Dvirarbuda* (tumour grows over another tumour and/or a tumour recurs twice) and *Karakatarbuda* (hardened malignant tumour). After completion of pathogenesis of tumour, it may lead to growth tumour at one site (*Eka desha vriddhi*) and emaciation of body tissues to the other site (*Anyasthna kshya*)

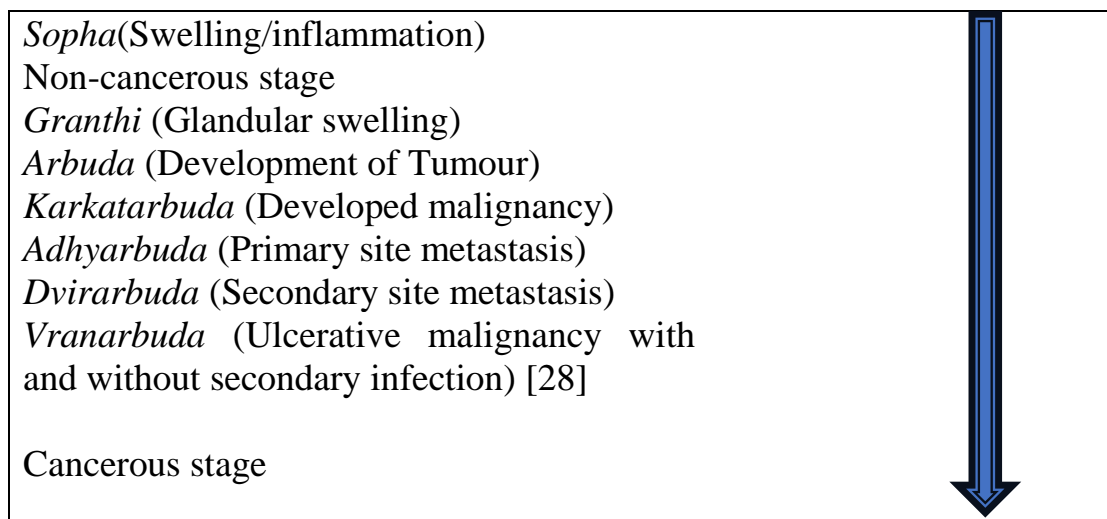
Acharya Sushruta has proposed six stages for the pathogenesis of diseases. These six stages are known as *Shadkriya kala* (six steps in disease process), which are described in relation to the pathophysiological rhythm of three *Doshas* under the influence of causative factors in following manner [6] [31].

**Table-1:** Sequential events of Pathogenesis in Ayurveda



Ayurveda since beginning identifies the pattern of development and progression of a Neoplasia to malignancy following intermediary changes occurs during the course of Pathogenesis.

**Table-2:** Stage of Development and Progression



**Signs and Symptoms of Cancer:** Sushruta has described the symptoms of Tumour are listed as below.

1. *Manda Rujam*- little bit pain
2. *Vrittam*- round in shape
3. *Sthiram*- immovable
4. *Mahantama*- big size
5. *Unalpamoolan*- deep seated
6. *Chiravridhi*- gradual growth
7. *Apakam*- not associated with suppuration

*Adhyabuda*, and *Dwiarbuda*, has been mentioned by Sushruta, which can be correlated with malignant cancer stage or cancer metastases of this type of *Arbuda* [6] [8].

## 2. CLASSIFICATION OF TUMOUR/ARBUDA IN AYURVED

### A. According to Doshic involvement

- *Vataja Arbuda*
- *Pittaja Arbuda*
- *Kaphaja Arbuda*
- *Tridoshaja Arbuda*

These variations in different types of *Arbuda* can be diagnosed or labelled as *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja*, based on their symptomatology. However, to establish or label the particular types or *Doshaja Arbuda* require detailed fundamental advancement in the field of Ayurvedic diagnostic.

**B. According to Dhatu (Tissue or Cells):** Ancient Indian seers were aware of the tissue involvement as the local factor, indicates in-depth knowledge. According to the description of Sushruta in *Nidanasthana* three types of Dhatus are involved in *Arbuda*.

- *Raktaja Arbuda* –Pitta predominance
- *Mamsaja Arbuda*- Vatika predominance, sarcoma is considered as Mamsaja Arbuda.
- *Medoja Arbuda*- kapha predominance (Fatty tissue)

However, there is also a clear description of where *Asthi* (Bone) also causes swelling like '*Adhyasthi*,' but not like *Asthyarbuda*. Further, *Asthikshaya* may also be included with *Asthyarbuda* if it is located in a specific portion similar to pathological fractures or bone destructive osteoclastic change.

**C. According to Sites:** The *Arbuda* may be present at any place or body tissue according to Sushruta. The common site of *Arbudas* is *Vartma-Arbuda* (eye



lid), *Karnarbuda* (ear), *Taluarbuda* (palate), *Ostharbuda* lip), *Mukharbuda* (buckling mucous) and *Sirarbuda* (head tumours). In addition to the above site, the genital organ was also included as "Shuka Dosha." This covers two *Arbuda* types, i.e. precepted by the misuse of various kinds of 'Linga Vriddhikara Yoga' by *Mamsarbuda* and *Shonitarbuda*.

**D. According to Prognosis:** Based on the prognosis of the different types of *Arbudas* described in Ayurvedic text books, they can be placed under two categories:

- *Sadhya* (curable)
- *Asadhya Asadhya* (incurable) are considered to be most of the *Arbudas*, including *Mamsarbuda*, *Raktarbuda*, and *Tridoshaja arbuda* from any location in ear, nose, throat etc. However, some *Arbudas* are also called *Sadhya*, the most likely cyst, lipoma, benign tumours or inflammation.

**Asadhya Vrana (Malignant Ulcers):** *Asadhya Vrana* may be due to a number of causes and malignancy cannot be ruled out as one of them. Almost all clinical presentation of different *Asadhya Vrana* described by Sushruta can be considered under malignant ulcers. According to Sushruta these ulcers are chronic in nature and depicts with raised or rolled edges, multiple firm fleshy masses similar to cauliflower type with various types of discharges. Sometimes these ulcers also present some general symptomatology i.e. painful respiration, anorexia, chronic cough, cachexia etc. suggesting the stage or spread of cancer to other places.

**Recurrence and Metastasis:** *Sadhya Arbuda* may evolve to *Asadhya Arbuda* in an interval may spread to other parts or organ that could be referred to as the metastatic stage. This pathogenesis has been described as "*Adhyarbuda*" or '*Dwiarbuda*' in Ayurvedic text books. This most likely indicates the recurrence and metastasis of tumors in a distal place. When *Arbuda* occurs in pre-existing sites, it is called *Adhyarbuda*, whereas if several similar growth types happen in various locations, one by one, it is called *Dwiarbuda*, i.e. metastasis [5] [6].

### **Ayurvedic way of Preventive Strategies of Cancer**

In the charaka Samhita, Charaka quoted as- '**Vikaranam akushalo na jihyat kadachana I Na hi sarva vikaranam namatoasti druva sthithaha II (Ch.S.Su. 18<sup>th</sup> chapter)**', it means all discomforts of the body are itself diseases, which are not always identified with name, but can be diagnosed and treated depending upon *Dosha –dushya samurchana* with their *adhishatana* and *vyakthasthana*. According to Acharya Sushrut, in the management of *Shopha*, *Supti*, *Angavikara*, *Arbuda*, *Vidradhi vikara*, are explained to adopt *Chaturvidha chikitsa* on the basis of prognosis of diseases and *Avastha* of

*vyadhi*. *Chaturvidha chikitsa* are *Oushadha*-medicines, *Shashtra*-operative procedures, *Agni* –cauterization and *Kshara*-applications of alkalis. Approximately between 30 and 50% of cancers can be prevented by the avoidance of risk factors and incorporating existing evidence-based prevention strategies. Acharya Charaka, described effective prevention for cancer. It includes maintain a healthy diet and lifestyle and avoiding exposure to known cancer causing substances. It is prevented with healthy lifestyle and dietary measures i.e., smoking cessation, increased ingestion of fruits and vegetables, exercise, avoidance of direct exposure to sunlight, minimal consumption of meat, use of whole grain, use of vaccination and regular check-up [32]. Ayurveda way of lifestyle focuses on all of these, under the following five headings;

- 1. Nidanaparvarjana (Avoidance of Causative Factors):** The causative factors to be avoided such as use of tobacco & smoking, consumption of alcohol, exposure to urban air pollution, exposure to ionizing & non-ionising radiation, contact with pesticide, being overweight or obese, unhealthy diet, use of red meat, physical inactivity, industrial smoke etc.
- 2. Samshodhana (Biopurificatory Measures):** Samshodhan imparts transmembrane purification of toxic metabolite accumulated in the system. In this context oleation, massage and fomentation are used for external purification. While Panchakarma are used for internal purification of the milieu-interior transmembrane.
- 3. Swasthahitakar Chikitsa (for the Maintenance of Health):** To follow the adoptive measures in terms of diet and lifestyle as mentioned in the context of Dinacharya, Ratricharay and Ritucharya. These lifestyle measures as mentioned in Ayurveda are specially designed to maintain the homeostasis of bodily bioforces such as Vata, Pitta & Kapha and mental forces such as Sattva, Raja & Tama [7] [8]
- 4. Vyadhiviparita Chikitsa (Curative Measures):** A number of studies from all over the world are pointing that some herbs have anti-cancer properties (Kaefer and milner, 2008). The scientist got these herbs which are used in Ayurveda help reduce cancer preventing herbs are discussed here.
  - Garlic (*Allium sativum*) [33]
  - Ashwagandha (*Withania somnifera*) [34]
  - Basil (*Ocimum basilium*) [35]
  - Ginger (*Zingiber officinalis*) [36]
  - Turmeric (*Curcuma longa*) [37]
  - Green tea (*Camellia sinensis*) [38]
  - Anti-cancer activity of cow urine [39]

- Alovera, saffron and tomatoes (*solanum lycopersicum*) [40] [41] [42]

**5. Rasayana (Neutraceutical) Therapy: It Imparts Better Nourishment by improving the** nutritional dynamics for rejuvenation of body and psyche. Recent studies indicate that Rasayana has a definite role in the restoration of health and its appropriate use can help to reducing the prevalence of many diseases including cancer and their health-care burden [43]. *Rasayana* helps in disease prevention and treatment by the *Rasayana* effect at the level of *Agni*, *Srotas*, and *Ras*. It has been believed to be achieved by increasing the status of *Ojas* i.e. immune strength and it imparts longevity, immunity, vitality, strength, vigour, anabolic effects, improved lustre, mental competence, antioxidant effects and antiaging effect in the system. Following *rasayana* drugs are recommended to used daily basis in cancer patient.

- **Guduchi:** It contains alkaloid and polyphenols which offer antioxidant Potential. Zinc and copper which protect cells from oxidative damage due to their antioxidant's potential.
- **Aswagandha:** It believed to maintain oxidation process by pacifying Tridoshik balance. It helps to prevent premature aging due to their strong antioxidant potential. Y
- **Yastiamdhu:** It contains phenolic compounds, flavanones and iso-flavones, which imparts cytotoxic activity and may be indicated for tumour. Free radical scavenging and antioxidant capacity of *Yashtimadhu* towards LDL oxidation established by various researchers.
- **Amalaki:** It is mentioned as best one to arrest aging process and indicated for daily use. It is rich source of Vitamin C, which offer prominent antioxidant potential
- **Vacha:** The ethyl acetate extract of *Acorus calamus* was found to be potent antioxidant by inhibition of 1,1- diphenyl-2-picrylhydrazyl (DPPH).
- **Shatavari:** Antioxidant compound racemofuran moderate antidiabetic activity, but it exhibits potent antioxidant potential in diabetic conditions [44].

**6. Sadvritta/Achara Rasayana Chikitsa (good conduct measures):** It is behavioural conduct i.e., *Sadvritta* following it acts as *Rasayana* on our body & mind. In *Charaka Samhita Chikitsasthana Rasayanadhyaya*, *Aachar Rasayana* has been explained which is nothing but the mental hygiene to be followed by definite methods to lead an ideal ethical way of living. Such physical & behavioural conduct definitely leads to a life with *Rasayana* effect. *Achara Rasayana* may act as a *Rasayana* by 4 ways

- It improves the human personality and behaviour.
- It improves personal and social being

- It improves physical, mental health
- It improves spiritual component [7] [8]

**7. Naishthiki Chikitsa (Spiritual Approach):** Absolute eradication of miseries is obtained by the elimination of desires. Desires are the root cause of all miseries [45]. A silk worm provides for itself suicidal threads. So does an ignorant person. Bound by worldly miseries, he provides for himself desires arising out of the various objects. A wise person, who obtains from the objects of sense, considering them as dangerous as burning fire, does not subject himself to any wishful acts and attachments with the result the miseries never overcome him [46]

## **Holistic Preventive Measures for Cancer Patients**

### **Dietary Changes**

- Abstinence from etiological factors that vitiate *Tridosha*.
- Cleans the toxins from the body channels through Panchakarma measures.
- Restoration of functions of *Jatharagni* (GI biofire), *Dhatvagni* (tissue biofire) and *Bhutagni* (cellular biofire).
- Restoration of optimal health through *Rasayanas* measures.
- Prescribe diet according to body constitution.
- Eat sattvic diet and biological fresh fruit, vegetables, and cereals.
- Consumes milk, fruit juices, butter and fresh cheese, fresh nuts and seeds, sprouts, honey and herbal tea.
- Avoid intake of snacks, fast food and ready to eat food.
- Consumes less meat especially red meat.
- Reduce intake of meat in growth phase.
- Consumes fresh meat and alternative source of meat.
- Vitamin D exerts a protective effect on the development of tumours. Fatty fish, eggs and vegetable oils are natural sources of vitamin D.
- Cow urine with a cup of water daily in the morning.

### **Lifestyle Changes**

- Make sure enough exercise, take (long) walks outside or relax in nature.
- Practice meditation and yoga for mental and physical relaxation [47].
- Enjoy listening to harmonious music is soothing, calming and healing for the mind, thoughts and nervous system

### 3. DISCUSSION

Cancer as such is not described in the Ayurvedic lexicons but concept of *Arbuda* is very near to the pathophysiology of cancer, which is recognised as second major killer in the world. It is caused by genetic factors and variety of environmental factors. *Arbuda* is the very special term for malignant cancer and the metastasis or spread of cancer between parts of the body is indicated as *Adhyarbuda* and *Dwiarbuda*. It is considered as *Tridoshika vyadhi* with involvement of *Raka*, *Mamsa* and *Meda Dhatus*. The etiological factors such as *Viruddhahara* (fish and milk), *Vishmashana* (irregular time and unbalanced food), *Adhyashana* (eating food when before meal is undigested), frozen food and irregular food habits, excessive fall in hurry, hurry and burry are responsible for vitiation of *Doshas*, *Dhatus* and *Srotas* at a time. Besides, these factors also hamper the functioning of *Agnis*. *Agnimandya* and *Ama* are the outcome of abnormal *Agnis*, which initiate the pathogenetic cascade in the system. These two factors directly are indirectly hampering the homeostatic mechanism of Tridosha, which get afflicted in many ways in sequential manner and ultimately lead to develop cancer. Scientists are making their best efforts to prevent and fight with cancer by utilising conventional preventive strategies. *Ahar* (diet), *Dincharya* (diurnal regimens), *Ritucharya* (seasonal regimens), *Achara rasayana* are important pillars of Ayurveda to maintain a healthy body, which can itself reduce the risk of many cancers. With the changing life style try to include vegetables, fruits, organic, grass-fed meats and reduce uses of processed food in day-to-day life. In addition, adequate amount of sleep, yoga, meditation, reduces stress, *Sadvritta* (good habits) and quality supplements are all good practices for cancer care and management. Multiple herbs have great potential to be incorporated in daily life for cancer care, which can use as a medicine as well as in food i.e., tomatoes, aloe vera, ginger, cow urine, basil, garlic, turmeric [6] [7] [9].

### 4. CONCLUSION

The review shows that cancer as such not mentioned in Ayurveda, but the insight of cancer presented in this context are quite comparable to *Arbuda*. The pathogenesis of tumour and its stage of progression are very useful for contemporary researchers. It is well known fact that dietary and lifestyle changes are played an important role in the prevention and minimization of the risk of cancer. We concluded that Ayurvedic insight of cancer and its prevention through dietary and lifestyle measures open a new vista in the understanding and prevention of cancer.

**Conflict of Interest:** Nil

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