

Introduction:

Gastric adeno carcinoma is a dreadful disease. It carries bad prognosis despite of available conservative treatments and new surgical techniques. Although surgical resection with clear margins is considered the definitive treatment, rates of loco-regional or distant recurrences are still high. ⁽¹⁾ Hence, considering the need of adjuvant therapy we have been started using rasayan therapy in cancer cases since many years and got excellent results in various types of cancer patients. Here, we describe one of the cases of gastric cancer who had post chemotherapy metastasis in lungs and lymph nodes. This case responded well to combination of rasayan therapy with chemotherapy. Response was seen in clinical as well as radiological parameters. Patient got good quality of life with complete regression of his Mets in lungs and also regression of lymph nodes was seen. He had tolerated chemotherapy without any known side effects.

Ayurvedic rasayana compounds are substances which decreases the aging process, increases the longevity and increases the mental as well as physical strength and which destroys disease process . It has been used in Ayurveda for ages in many disease stages including cancer. Rasayana compounds have properties like antioxidant, immune modulatory, hemopoietic, adaptogenic, anabolic, Nutritive; neuroprotective functions. Several in-vitro and in -vivo studies also proved the actions of Rasayana drugs or compounds in many cancers like leukemia, colon cancer, hepatic carcinoma etc.^(2,3,4) On this basis by using ayurvedic patho-physiological parameters we used Navjeevan Rasayana (a herbo-mineral formulation containing Suvarna Bhasma, RajatBhasma, TamraBhasma, AbhrakBhasma, YasahadBhasma, Aamalki, Pippali, Yashtimadhu) with other Ayurvedic compounds for symptomatic relief.

Case Presentation:-

A 55 yrs old diabetic patient of invasive well differentiated adenocarcinoma with stage IV (N1M1) of patient came to our Pune based Ayurved treatment center on 16/11/11. He was initially diagnosed with stage III a (T3N2MO) malignancy in September 2009. After that he took chemotherapy before and after surgical resection. His tumor was complete regressed but in November 2011 he was suffering from cough and shortness in breath so he consulted with his

primary oncologist. He advised CT scan which revealed pulmonary Mets with enlarged aortocaval lymph nodes. His Oncologist then started chemotherapy for him. After one cycle of chemotherapy he had complaints like acidity, bloating, nausea and general weakness. His cough and breathing problem was also not reduced. Hence, he decided to start complementary therapy and came to us. On examination we had started treatment according to Ayurvedic parameters to restore and support the functioning of Respiratory system and digestive system. It mainly includes Navjeevan Rasayan (AbhrakaBhasma – Bhasma (calx) of Mica – Shuddha Gandhaka – Purified and processed Sulphur, Shuddha Parada – Purified and processed Mercury, Tamra Bhasma – Bhasma (calx) of Copper, Swarna Bhasma – Bhasma (Calx) of Gold, Rajat Bhasma – Bhasma (Calx) of Silver, Yashad Bhasma, Hirak bhasma-calcinoid diamond, Powder form of Aamalki-*Embelica officinalis*, Powder form of Bilwa, Powder form of Yashti madhu, Powder of Pippali-Piper longum,) with supportive Ayurvedic classic formulations like Tribhuvankirti, Shwaskuthar Ras, Powder form of Kantakari, Powder form of Uplet (*Saussurea lappa*), Tankan, Sitopaladichurna, Aarogyawardhini, Suvarnabhupati Ras, Mrungank Ras, Prawalpancharut, Vatgajankush, Kamdudha Ras, Mahalaxmivilas Ras.

After three cycles of chemotherapy and two cycle of Rasayana therapy his repeated PET scan showed marked decreased in pulmonary lesions. Further after complete chemotherapy cycles with Rasayana complete regression of pulmonary Mets and enlarged lymph nodes was seen in his PET scan with excellent symptomatic relief. Further patient took three more cycles of Rasayana therapy to avoid recurrence and to improve his general health. Patient started treatment with above medications on 16/11/11. After starting treatment his cough and breathlessness gradually reduced. Within 4 weeks of treatment his appetite became normal and he retained his physical fitness during chemotherapy.

By seeing good response of patient long term treatment was planned with regular follow ups. After chemotherapy patient was extensively on Ayurvedic rasayana therapy. He had taken seven cycles (14 months) of rasayana therapy. Patient felt physically and mentally better after starting rasayana. He gave regular follow ups and had not any complaints. His appetite was also good. He was living good quality of life till his last follow up period.

Again after six months of treatment PET scan was repeated which showed total clearance of the tumor and he was asymptomatic, healthy and had good quality of life.

Discussion:-

Cancer is a serious health problem leading to increased mortality. Gastric cancer is one of the most common cancers in Asian countries. Patients with advanced gastric cancer have a poor prognosis; however, the prognosis of early gastric cancer (EGC) is good and the 5-year gastric cancer specific survival rate was reportedly 99% in cases that lacked concomitant lymph node metastasis⁽⁵⁾. Here, in gastric adenocarcinoma, we had used Rasayana therapy with other supportive therapies by keeping aimed at the suppression of metastases process at cellular level to achieve complete regression of earlier tumors with reduction of recurrence rate and prolong survival with maintaining quality of life.

In this case we used Navjeevan rasayana. Main ingredients of navjeevan Rasayana are known to have anti-cancer, anti-oxidant, chemoprotective action and it has been proved in many clinical studies also.^(2,3,4) Suvarna bhasma and Rajat Bhasma is proved to be good rejuvenator. Abhrak bhasma, pippali has role in respiratory system, Hirakbhasma is a cardiotoxic drug and has action on circulatory system. Yashad bhasma had been used for diabetes. Aamalki has possessed a good antioxidant property.^(2, 3, 4) All other supportive medicines were used according to Ayurvedic principles.

In Ayurvedic classics there are several rasayana compounds to restore functions of various body systems. Ayurvedic rasayana therapy would be helpful in the management of cancer in many ways, as prophylactic, palliative, curative and supportive and helps to improve quality of life. Rasayana have effects such as immune-stimulation, antistress, antioxidant, enhancing cellular detoxification mechanisms, repair damaged non-proliferating cells, inducing cell proliferation and self-renewal of damaged proliferating tissues, and replenishing them by eliminating damaged or mutated cells with fresh cells. Modification and balancing such immune responses with immune modulatory, antioxidant, all actions offer a huge potential for the development of health promotion in cancer patients.^(2,3,4)

The present case study clearly demonstrates the beneficial role of Ayurvedic Rasayana therapies in treating cancers along with conventional anticancer therapies. In this case Ayurveda therapy

showed improvement in quality of life, tolerability to chemotherapy and also in getting Tumor response. Further studies are however required to systematically evaluate the beneficial role of Rasayana therapy as a complimentary approach with conventional anticancer therapies in treating cancers.

References:-

- 1) Shum H et al .Multimodality management of resectable gastric cancer: A Review World J Gastrointest Oncol 2014 October 15; 6(10): 393-402
- 2) Bagde B.A et al. Rasayanchikitsa: antiaging therapy of ayurveda .Int. Res. J. Pharm, 2013 ,4(4):64-69.
- 3) Prachi Garodia et al. From Ancient Medicine to Modern Medicine: Ayurvedic Concepts of Health and Their Role in Inflammation and Cancer Journal of the Society for Integrative Oncology, Vol 5, No 1 (Winter), 2007: pp 000–000
- 4) Divya Ravindran, K. Ramadas. Potential role of Ayurveda in integrative Oncology Health Sciences 2013;4(2):1-10
- 5) Nishida T et al . ESD for elderly and comorbid patient's .World J Gastrointest Endosc 2015 May 16; 7(5): 524-531