



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“ AGADATANTRA IN CANCER PREVENTION (VISHA AND DOOSHI VISHA AS CARCINOGENS)”

Dr. Shraddha Sandip Yadav¹ Dr. Ashwini A. Patil² Dr. Houserao A. Patil³ Dr. Shruti Bhokare⁴, Dr. Dipali Mane⁵ Dr. Archana Dhole⁶

1. PG Scholar Department Of Agadatantra, LRP Ayurvedic Medical College, Hospital, PG Institute And Research Centre Urun Islampur.415409
2. Professor , Department Of Agadatantra LRP Ayurvedic Medical College, Hospital, PG Institute And Research Centre Urun Islampur.415409
- 3.H.O.D. Professor Department Of Agadatantra LRP Ayurvedic Medical College, Hospital, PG Institute And Research Centre
4. Professor Department Of Agadatantra LRP Ayurvedic Medical College, Hospital, PG Institute And Research Centre
- 5:Assistant Professor Department Of Agadatantra LRP Ayurvedic Medical College, Hospital, PG Institute And Research Centre
6. Assistant Professor Department Of Agadatantra LRP Ayurvedic Medical College, Hospital, PG Institute And Research Centre

Abstract

Cancer refers to a collection of diseases characterized by the abnormal or uncontrolled proliferation of cells, which can invade or spread to other areas of the body. Each year, approximately 8,00,000 new cancer patients are registered with India's national cancer registry program. While genetics contribute to the development of cancer, accounting for only 5% of cases, non-genetic factors such as lifestyle choices, diet, physical activity levels, personal hygiene, and environmental pollution are the primary contributors. Cancer imposes a significant financial strain on both individuals and society as a whole. The prevention of cancer presents the most considerable public health opportunity and serves as the most cost-effective long-term strategy for cancer management. Minimizing exposure to carcinogenic substances is the most efficient method of prevention, although it is not always feasible in our daily lives.

This lack of awareness heightens the risk of developing conditions such as cancer, stroke, heart disease, skin problems, and more. Ayurveda provides a comprehensive perspective on this subject by detailing the definition, symptoms, methods of administration, and treatments for conditions resulting from toxic exposures. Cancer by emphasizing the removal and avoidance of toxins (Visha) that can disrupt bodily tissues. Through detoxification practices, anti-toxic herbs, and lifestyle measures, it helps reduce the toxic load and supports immunity. Thus, Agadatantra offers a natural, preventive approach to cancer by minimizing chronic exposure to environmental and dietary carcinogens.

Keywords – Dooshivisha, Garavisha, Prevention of cancer, Agadatantra.

Introduction

Agadatantra, a traditional Indian medical system, provides a distinctive viewpoint on well-being and health. Its foundational ideas and methods emphasize the importance of achieving harmony in physical, mental, and spiritual aspects to avert illnesses, such as cancer.¹ Cancer, being a complicated and multifaceted condition, is one of the foremost causes of illness and death globally. While standard treatments frequently have their limitations, there is an increasing curiosity in investigating complementary and alternative methods. Agadatantra's comprehensive approach, which focuses on detoxification, dietary changes, and lifestyle adjustments, may assist in lowering cancer risk factors.² Certain herbs and formulations used in Agadatantra have demonstrated potential in cancer prevention, exhibiting possible anti-cancer effects.³ This introduction lays the groundwork for investigating Agadatantra's involvement in cancer prevention, emphasizing its potential advantages and limitations. By analyzing Agadatantra's principles and practices, we

can gain a clearer understanding of its **role** in cancer prevention and how it might be integrated with conventional treatment methods.

Material And Method

1.The classic texts of Agadatantra as well as recent studies on its tenets

and methods were thoroughly examined.

2.Studies on the anti-cancer effects of Agadatantra formulations and herbs were examined.

Carcinogenes

All substances that encourage the development of cancer are considered carcinogens. This could be because it can harm the genome or because it can interfere with the metabolic activities of cells. There are two different categories of carcinogenic mechanisms. Genotoxic substances change genes by interacting with DNA, while epigenetic substances cause cancer without directly affecting genetic material.⁴Cancer As A Manifestation Of Dooshivisha

Ayurveda considers cancer a result of prolonged dosha imbalance and dhatu

vitiation. Acharya Charak highlights that toxins disrupt dhatwagni, leading to abnormal tissue growth (Charak Samhita, Nidana Sthana).⁵ This pathological process correlates with the Ayurvedic understanding of Dooshivisha, where toxins accumulate in tissues, triggering chronic

conditions and mutations. Modern carcinogenic processes, including exposure to environmental toxins and radiation, mirror the impact of Dooshivisha.⁶

Principles Of Agadatantra

The intention of using Agadatantra in Ayurveda is to prevent and neutralize harmful toxins (Visha) that can disturb bodily functions, weaken immunity, and contribute to chronic diseases like cancer. It supports health preservation by promoting detoxification, toxin avoidance, and restoration of balance in the body.

1. Detoxification : Removing toxins from the body to prevent cancer Causing Mutations.⁷ In Ayurveda, toxins (Visha or Ama) from poor diet, pollution, or digestion can damage tissues and cause mutations leading to cancer (Arbuda). Agadatantra helps prevent this by using detox methods like Panchakarma, anti-toxic herbs (e.g., Neem, Guduchi), and lifestyle changes to cleanse the body and boost immunity.

2. Diet and Lifestyle : Consuming a balanced diet and maintaining a Healthy lifestyle to reduce cancer risk.⁸ A wholesome diet and disciplined lifestyle in

Ayurveda strengthen immunity and maintain balance. Eating fresh, natural foods and following healthy habits like good sleep, exercise, and stress control help reduce the risk of cancer.

3. Herbal Remedies : Utilizing herbs like Turmeric, Guduchi, and Neem for their anti cancer properties.⁹

Anti Cancer Properties Of Agadatantra Herbs

1. Turmeric :¹⁰ (Curcuma longa)

Anti-inflammatory and antioxidant properties.

2. Guduchi :¹¹ (Tinospora cordifolia)

Immunomodulatory and antioxidant effects.

3. Neem :¹² (Azadirachta indica)

Anti inflammatory and antioxidant properties.

Fighting Dushivisha 13

- These's herbs may help mitigate the effects of Dushivisha by supporting the body's natural detoxification processes , reducing oxidative stress , and promoting overall well- being .

- Their anti – inflammatory and antimicrobial properties can also help combat infections and inflammation caused by toxins.

General Concept Of Management⁶

The general management of cancer ¹⁴

Agada administration in conjunction with general management produces better results than agada administration alone.

Visha in the form of Ama is present in all cancer types. Ama nirharana is hence the primary line of treatment for all cancer types. Prabhuta madhyama, alpa doshas, and langhanam are treated with sodhanam, langhanapachanam, and langhanam, respectively. However, cancer sufferers are quite weak because of the illness. Therefore, it is not suggested to use sodhanam and langhanam. We can perform both pachana and mrudulanghana; hence, mild pachana oushadhas such as Drakshadi Kashayam are given together with sasundilaja peya. Strong amapachana medications, such as Panchanamrutham Kashayam, Saphthasaran Kashayam, etc., can be administered once the patient has received some bala. It is necessary to adhere to the pathyakrama mentioned in Visha Chikitsa. For non-vegetarian cuisine, guru ahara, fatty foods, etc., will raise the ama and so aid in the disease's progression. All protein diets should be avoided because amino acids are essential for the development and growth of tumor cells as well as for neovascularization (Angiogenesis). Peyadi is merely suggested. This therapy program is administered with a specific agada preparation.

Cancer Prevention Strategies¹⁵

1. Primordial Prevention : Discouraging risk factors in children through education.
2. Primary Prevention : Reducing incidence through health promotion and education on modifiable risk factors.
3. Secondary Prevention : Early detection and screening.

4. Tertiary Prevention : Managing cancer symptoms and improving Quality of life.

Benefits And Limitations

- Benefits : Emphasis on prevention, possible anti-cancer effects, and a holistic approach.
- Limitations : Standardization of herbal preparations, additional research, and integration with conventional treatment are all necessary.

Results

Agadatantra's focus on nutrition, lifestyle, and purification can help lower risk factors for cancer. Through a variety of methods, including immunomodulation and immune system strengthening, antioxidant and anti-inflammatory actions, and suppression of cancer cell development and proliferation, many agadatantra plants, such as neem, turmeric, and guduchi, demonstrate anti-cancer capabilities. Dooshivisha, a chronic latent toxin in Ayurveda, disrupts tissue balance and weakens immunity, contributing to cancer development. Agadatantra prevents cancer by identifying and eliminating Dooshivisha through detoxification, anti-toxic herbs, and lifestyle changes, thereby restoring balance and strengthening the body's defenses.

Discussion

Agadatantra's all-encompassing approach to health and well-being can support traditional methods of cancer prevention. More research should be done on the anti-cancer effects of agadatantra formulations and herbs. New approaches to lowering the incidence of cancer and enhancing patient outcomes may be provided by

incorporating agadatantra ideas into standard cancer prevention procedures.

Conclusions

Through the use of anti-cancer herbs and formulations, detoxification, and dietary and lifestyle changes, Agadatantra presents a viable strategy for preventing cancer. The potential of agadatantra in

cancer prevention must be further investigated, and its tenets must be included into conventional cancer treatment.

References

1. Charak S. Charaka Samhita. Shastri K, editor. Varanasi: Chaukhamba Bharati Academy ;2004.
2. Sushruta S. Sushruta Samhita. Tripathi B. editor. Varanasi: Chaukhamba Surbharti Prakashan ;2008.
3. Gupta PD, Pushkala K. Ayurveda and cancer . J Ayurveda Integr Med. 2012;3(1):12-5.
4. WWW.Sciencedirect.Com.
5. Mukherjee PK, Venkatesh M , Kumar V. Integrating herbal medicine in modern cancer therapy: Challenges and perspectives. J. Pharmacother .2007;7(3-4): 31-50.
6. Thass JJ. Ayurvedic principle of cancer treatment . Int J Res Ayurveda pharm. 2010;1(1): 82-6
7. Chopra A, Doiphode VV. Ayurvedic medicine :Core concept , therapeutic principles and current relevance. Med Clin North Am. 2002;86(1):75-89
8. Internatinal Agency for Research on cancer (IARC). Mobile Phone use and cancer risk. Lyon: WHO Press;2014.
9. Warriar PK , Nambiar VP. Indian medicinal plants : A Compendium of 500 species. Orient Longman ; 1994.
10. Goel A, Kunnumakkara AB , Aggarwal BB. Curcumin as “Curecumin” , From kitchen to clinic. Biochem Pharmacol 2008;75(4):787-809.
11. Mahapatra S, Bhattacharjee A. Antioxidative role of Guduchi in Carcinogenesis. J Ayurveda Integr Med.2012; 3(2);111-7.
12. Sharma SK, Singh G. Medicinal use of Azadirachta indica in cancer management . AYU.2013; 34(1):15-9.
13. Chattopadhyay D, Nandi S. Herbal drugs and their role in immune modulation in cancer. Phytomedicine . 2016;23(6):589-600.
14. www.wjpmr.com.
15. <https://www.ncbi.nlm.nih.gov>.