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Role of Ayurvedic Formulation in Preventing the Complications of Chemo and Radiotherapy in the Management of Cancer – A Case Study w.s.r. to Ovarian Cancer (Stage 4)

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ABSTRACT

The major conventional therapy in modern medicine includes chemotherapy and radiotherapy with or without surgery. It is well known that these therapies apart from their therapeutic effects are not devoid of side effects and complications. Further these side effects and complications may not allow the patients to complete the required cycles of radio/chemotherapies or may lead to life threatening conditions. Also it is found that there is considerable reduction in the quality of life during the course of these therapies. Ayurveda gives a promising result in reducing the side effects during these therapies and also helps to continue and complete further required cycles of chemo/radio therapy with minimal sufferings. A diagnosed case of ovarian cancer (stage4) with ongoing radiotherapy developed Hepatitis B was referred to hospital for the management of Hepatitis. The patient was treated with Ayurvedic formulations – Arogyavardhini Vati, Tab. Nirocil, NABB swarasa and Tab. Liv- 52 which completely relieved Hepatitis and also found effective in reducing the side effects in the further course of radio and chemotherapies.

KEYWORDS

Ovarian cancer, Hepatitis B, Arogyavardhini vati, NABB swarasa, Nirocil, Liv-52



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INTRODUCTION

Cancer is a dreadful disease which afflicts all communities worldwide. Today it is the second leading cause of death. The present modern treatment modalities like Surgery, Chemotherapy and Radiation therapy are complex, unpleasant for patients and relatives, as it requires long period of treatment with the risk of relapse. There was an attempt to manage the stage 4 patients with Ayurvedic formulation as a part of my PG studies where it showed a promising result in reduction of signs and symptoms, improvement in the quality of life, helped in arresting the growth of tumor, also in extending the life span. Few patients (terminally ill) are being managed in our hospital to improve quality of life, pain management, and extended life span when managed with Ayurvedic formulation. During this period I had an opportunity to treat a case of Caovary (stage 4) having developed Hepatitis B and undergoing radiotherapy.

Ovarian cancer:

It is the fifth most common cause of cancer death in women. Among the gynaecologic cancer – those affecting the uterus, cervix and ovaries, ovarian cancer has the highest rate of death¹.

Risk factors: Around 22,000 women are diagnosed of ovarian cancer yearly; risk factors developing ovarian cancer include

family history, old age, reproductive history and obesity. If it is diagnosed in the early stages there is 94% chance of surviving for at least 5 more years².

Family history – The risk of developing ovarian cancer is about 5% in those who have near relatives suffering from such conditions.

Age–As age advances the chances of getting ovarian cancer is more as most of the cases occur after menopause

Reproductive history – women who had one or more full term pregnancies especially before the age of 26 years have a low risk of developing ovarian cancer and breast feeding may also decrease that risk. There is higher incidence of ovarian cancer in unmarried women and married women with low or no parity.

Obesity– Both obesity and overweight appear to increase the risk of developing ovarian cancer

Signs and symptoms: In early stages, there may be few or no symptoms, symptoms may resemble those of other conditions such as premenstrual syndrome, irritable bowel syndrome or temporary bladder problem when the tumour grows sufficiently bigger to cause compression³. The early symptoms include pain in the pelvis, lower abdomen or lower part of the body, back pain, indigestion or heart



burn, more frequent and urgent urination , pain during sexual intercourse , changes in bowel habits such as constipation . As cancer progresses there may also be nausea, weight loss, breathlessness, tiredness, loss of appetite and development of ascitis.

Diagnosis: Pelvic examination, blood test- ca-125, USG Abdomen, MRI, CT scan and Biopsy

CASE STUDY

A female patient aged 49 yrs with diagnosis of Ca ovary (stage 4) since December 2013; underwent surgery & chemotherapy. She was admitted to our hospital on 06.March 2014 with complaints of -yellowish discolouration of sclera (*Netra*), urine (*mutra*) & skin (*twak*), itching all over the body (*kandu*), whitish sticky stool (*tilapishtanibhavarcha*), fever (*jwara*), loss of appetite (*kshudhanasha*), frequent vomiting (*chardi*) and generalized weakness (*saada*) since one week.

Investigations - Routine Blood investigations, LFT & HbSAg

Treatment given in our hospital

Swarasa (juice extract) of *Kumari* (Aloe vera), *Nimba* (*Azadiractaindica*), *Amrita* (*Tinosporacordifolia*), *Bringaraja* (*Eclipta alba*), *Bhumyamalaki* (*Phyllanthusniruri*) 15 ml bd along with

*Katukichurna*⁴(*Picrorhizakurroa*) ¼th tsp for 7 days, Tab. Liv – 52 DS (Himalaya Drug Company)1bd before food , Tab. Nirocil (solumiks) 1 tid, after food,*Arogyavardhinivati*⁵ 1tidafter food during the hospital stay, later patient was asked to continue the above medications for 40 days except *swarasa*.

Table1 Results before and after treatment

Investigations	Before Treatment	After Treatment
LFT- Total bilirubin	8.11 mg/dl (3.3.14)	4.92 mg/dl(27.3.14) 2.23 (10.4.14) 0.44 (10.9.14)
S.G.O.T.	339 IU/L (3.3.14)	156.00 IU/L (27.3.14) 31 IU/L (10.4.14)
S.G.P.T.	249 IU/L (3.3.14)	144 IU/L (27.3.14) 37 IU/L (10.4.14)
Alkaline phosphatase	64 U/L (3.3.14)	63 U/L
HBsAg	Positive (5.3.14)	Negative (10.9.14)

Table2 Signs and Symptoms before and after treatment

Signs & Symptoms	Before Treatment	After treatment
Loss of appetite	++	---
Tastelessness	++	---
Nausea	+++	---
Vomiting	+++	---
Fatigue	+++	+

The patient also completed 2nd and 3rd line of chemo by the end of Dec. 2015

RESULTS AND DISCUSSION

After receiving the Ayurvedic medication it was noticed that the medicines not only relieved hepatitis (Table no1) and also helped her in completing the second line of



chemo (6 cycles) very much comfortably and successfully. The usual weakness, loss of appetite, tastelessness, nausea and vomiting etc. of chemo was not found (Table no.2). In her words, she tells – *“this time it was very much comfortable for me as I did not experienced the tough time during my first chemo”*. The combination of hepatoprotective and anticancerous drugs used in this condition might be helped her in receiving the chemotherapy comfortably.

CONCLUSION

- The formulation was very much effective in the management of Hepatitis B.
- The result showed the effect of Ayurvedic formulation in the prevention of complications of chemo and radiotherapy and also helped in completing further rounds of chemotherapy with minimum tolerable complications.

Further studies on large sample size are needed to prove the efficacy of Ayurvedic formulation statistically and scientifically.



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