Glimpses of Cancer & its Management by Ayurveda

In Ayurveda, Cancers are called as “Arbuda” & it is described that, Cancer is a low grade, inflammatory disease; which increases very slowly. Further, it is also mentioned that, unlike other inflammatory swellings, Arbuda (Cancer) does not ripen and swelling of Cancer is very stiff and hard on palpation.

The treatment protocol of cancer in Ayurveda is,

1. Debuling - first step is to reduce the swelling either by oral medications, Panchakarma & or coupled with certain local application of herbal paste on visible swelling. This reduces the hardness and size of the swelling, which is followed by next step of Surgery.

2. Surgery - If patient is not contra indicated for surgery, then the best way to get rid of cancer is, Surgery, by an expert Surgeon, who knows all about the anatomy of the body, & about the “Marma” (certain very vital parts of the body, damage to which can be fatal), disease and has undergone full training of surgery. The next step is-

3. Agnikarma - (Ancient radiotherapy)- local cauterization so that remnants of cancerous cells are also burnt and prevents its spread & relapse. Finally to give Rasayana treatment.

4. Rasayana - Rejuvenating medicines to improve the immunity and strength of the body.

How Ayurveda can be integrated with today’s conventional treatment of cancer:

- Ayurveda emphasizes a lot on the detoxification procedures, called Panchakarma. These are five processes like- induced vomiting, purgation, medicated enemas, bloodletting & nasal instillation of medicines. It is said that through these detoxification processes, all causative humors and toxins can be expelled from the body’s various system. Following panchakarma, body’s tissues / system become more perceptive & respond quickly to the medicines. Then finally, in order to render permanent immunity & for healthy longevity, Rasayan (Immunomodulators) herbs or herbal combinations are given in various forms like Decoction, medicated Ghee etc., So that, the disease is treated in totality with less or no chances of recurrence or relapse.

- Now, those who cannot undergo vigorous process of Panchakarma or those who are contradicted as per Ayurveda for panchakarma, for them next best option mentioned is “Controlled Fasting or Calorie restricted diet”. Eventually as per the articles published in various authentic journals like, Frontiers in Oncology, JAMA, BMJ etc. based on the number of clinical trials, it has proven possible effects of short term fasting, calorie restricted diet & Ketogenic (High fat) diet in the management of cancer, without abrogating the effects of chemotherapy. Thus, the outcome of this modern research corroborates Ayurveda’s Principle of fasting & Medicated Ghee (High Fat diet).

- Last but not the least, as we all know, today’s best of the chemotherapeutic drugs are indeed derived from the herbs. Now it is a time to evaluate & use Herbal Immunomodulators judiciously in the management of cancer as chemo preventive drugs.

- Herbs have pleotrophic effects means it can target multiple pathways and receptors to block the growth of cancer cells and at the same time it also improves an Immunity of a person.

- It has been observed that, those who have taken integrated treatment of Modern science along with traditional Ayurveda treatment under the supervision, they have better outcome than others in terms of relapse, recurrence, rate of metastasis and in improving quality of life.

- Herbs like, Ashwagandha, Turmeric, Giloy, Moringo, Trigonella, have been found very effective when used as an adjuvant to chemotherapy. They reduce chances of relapse or recurrence and prevent the spread (metastasis) of the disease when started in early stages.

Conclusion-
Considering the increase in the number of cancer cases due to early detection, it would be definitely prudent to incorporate Ayurveda’s dietary principles along with herbal Immunomodulators as future roadmap so that person can have a disease free, healthy longevity.

- Dr. Nitin Kochar
M.D. (Ayurveda)
CERVICAL CANCER & PREVENTION

Cervical cancer is the second most common cancer among women worldwide with an estimated 5,29,409 new cases and 2,74,883 deaths in 2008. About 86% of the cases occur in developing countries and may constitute up to 25% of all female cancers. Worldwide, mortality rates of cervical cancer are substantially lower than its incidence with a ratio of mortality to incidence being 52%. According to WHO: Human Papillomavirus and Related Cancers Summary Report (2010), in India, cervical cancer is reported to be responsible for almost 20 percent of all female deaths and takes the lives of 8 women in India every hour. India recorded 1,32,000 new cases out of these cases 74,000 cases lost their lives. In the early 1980s, Dr. Harald zur Hausen established the link between genital human papillomavirus (HPV) infections and cervical cancer. After that a number of molecular and epidemiological studies demonstrated a strong co-relation between HPV infection and cervical cancer. Human papillomaviruses are the primary etiologic agents of cervical cancer. Thus, cervical cancer and other Human papillomavirus associated malignancies might be prevented by Human papillomavirus vaccines. Currently, two Human papillomavirus L1 Virus -Like Particle vaccines namely Gardasil® - quadrivalent (Merck) and Cervarix™ - bivalent (GlucoSmithKline) are widely marketed internationally. These HPV vaccines are commercially available. Indian regulatory licensed this bivalent & quadrivalent HPV vaccine in 2008 for use in females. The bivalent vaccine is given at baseline and repeated at 1st and 6th months & quadrivalent vaccine is given at baseline and repeated at 2nd and 6th months. Advisable period of Human papillomavirus vaccination is before the onset of sexual activity. Human papillomavirus vaccines should not be given to people who have experienced severe allergic reactions after a previous vaccine dose or to a component of the vaccine. These vaccines are not recommended for use in pregnant females. The mechanisms by which these vaccines induce protections are not fully defined but involve both cellular immunity and neutralizing immunoglobulin G antibodies.

FREE CANCER INFORMATION LEAFLETS & POSTERS

If you wish to avail of these leaflets and posters, please call us at the numbers given below and we will be glad to send them to you
Contact : 2300 5000 / 7000, 2301 6000 / 2305 3602/3607, 2306 4441 / 4442

Times of India - January 11, 2018
Cancer risk from mobile? Studies say no need to hang up

Do cellphones cause cancer? Despite years of research, there is still no clear answer. But two government studies released on Friday, one in rats and one in mice, suggest that if there is any risk, it is small, health officials said. Safety questions about cellphones have drawn intense interest and debate for years as the devices have become integral to most people’s lives. Even a minute risk could harm millions of people. These two studies on the effects of the type of radiation the phones emit, conducted over 10 years and costing $25 million, are considered the most extensive to date. In male rats, the studies linked tumors in the heart to high exposure to radiation from the phones. But that problem did not occur in female rats, or any mice. The rodents in the studies were exposed to radiation nine hours a day for two years, more than people experience even with a lot of cellphone use, so the results cannot be applied directly to humans, said John Bucher, a senior scientist at the National Toxicology Program. But he also noted that the heart tumors in rats — called malignant schwannomas — are similar to acoustic neuromas, a benign tumor in people involving the nerve that connects the ear to the brain, which some studies have linked to cellphone use. He said that nearly 20 animal studies on this subject have been done, “with the vast majority coming up negative with respect to cancer.” The Food and Drug Administration issued a statement saying it respected the research by the toxicology program, had reviewed many other studies on cellphone safety, and had “not found sufficient evidence that there are adverse health effects in humans caused by exposures at or under the current radiofrequency exposure limits.” The statement, from Dr. Jeffrey Shuren, director of the FDA’s center for devices and radiological health, said, “Even with frequent daily use by the vast majority of adults, we have not seen an increase in events like brain tumors.” Dr Bucher said the radiation emitted increases when users are in spots where the signal is poor or sporadic and the cellphone has to work harder to connect.

Times of India - February 5, 2018

Meals that are Ready to eat among those flagged
- Frozen ready-to-eat meals • Chicken nuggets • Pizza
- Mass-produced bread • Cakes • Sugary drinks • Instant noodles & soups • Sugar breakfast cereals • Sweet or savoury packaged snacks including crisps • Chocolate bars & sweets

Ultra-processed foods including sugary breakfast cereals, chicken nuggets, pizza and pre-sliced bread may increase the risk of cancer, a study has claimed.

Fast food and ready meals amount for 50% of the average person’s diet in some developed countries and could be contributing to rising cancer levels, researchers working in Brazil and France found. Teams from the Sorbonne in Paris and the University of Sao Paulo found that a 10% increase in ultra-processed food intake was associated with a 12% increased risk of overall cancer. The research also indicated an 11% increase in the risk of breast cancer.

However independent academics have raised questions about the classification, which seems to suggest home made bread, cheese and biscuits are safer, pointing out that the people who ate more ‘processed foods’ were also more likely to smoke and live a less active lifestyle. The findings, published in the ‘British Medical Journal’, were based on a survey of 1,04,980 healthy French adults with an average age of 43, measuring their intake of 3,300 different food items.

The foods were grouped according to the level of processing and researchers took into consideration factors such as age, gender, levels of education, whether the participant smoked and family history of cancer.

While a small rise in ultra-processed food intake was associated with an increased risk of cancer, there was no significant link between less processed foods — such as canned vegetables, cheese and fresh bread — and cancer.

Consumption of fresh or minimally processed foods including fruits, vegetables, pulses, rice, pasta and fresh meat, was associated with a lower risk of overall cancer.

The researchers emphasised that at this stage it was just an observational study, and no firm conclusions could be drawn about ultra-processed food consumption and risk of cancer.

Contaminants, some of which may be carcinogenic, have been found in heat-treated processed food products, and many contain legal but controversial additives such as sodium nitrite and titanium oxide. Some studies have indicated that these additives may be carcinogenic. The researchers said the study presented several challenges, such as identifying the specific elements in ultra-processed foods that could give you cancer.

Times of India - February 16, 2018

Health Tip
Kale leaves are full of antioxidants that may help your body fight cancer

Mumbai Mirror - February 14, 2018

Choco bars, sugary cereals ‘linked to cancer’

10% Increase in Consumption of Ultra-Processed Foods Hikes Risk By 12%, says Study

Times of India - February 16, 2018
Respected Sir,

I Hasanuddin from Khed Ratnapuri, I am thankful of your trust which you have given us a big help to which I am too thankful from bottom of my heart. I think that again I will be thankful if I need some help.

Yours well wisher
"Change is inevitable. Will you drive that change or be driven by it?"

Choice will always be yours. Cancer Aid & Research Foundation was founded by Late Prof. A.A. Kazi in 2001. He started with Corpus Funds and was later developed as trust in order to help more cancer patients all over the globe. With the same enthusiasm we started with our new journey at our new office in Vikhroli, Mumbai. CARF has been helping cancer patients from the past 17 years and will continue life-long. Inauguration of our new office was held on 28th February 2018. Office was inaugurated at the hands of Mr. Shamshi Mulla, Chairman of CARF. Mrs. Rashida Kazi, Chairperson Emeritus and Mrs. Savita Nathani, CEO also graced the occasion. It was a proud moment for all the CARFIANS. The Inauguration ceremony came to end with following few inspirational speeches delivered by our Chairperson Emeritus, Chairman, and CEO of CARF.

Sakhubai Shivaji Paikekar, 52 years

“It was the year 2014 when my wife used to suffer from continuous high grade fever. It went on for days and we approached our Doctor for help who advised us Blood tests. The blood tests detected Cancer as the cause. She has been suffering from Blood Cancer came as a horrific news to us. She was admitted in hospital and Doctor advised her chemotherapy medicine to be taken for at least 1 year. Our hospital suggested us to visit CARF in Mumbai for help as I could not afford to buy these medicines.

CARF provide us medicines every 4 months for more than 2 years and I am grateful to them that they have helped us providing this medical service throughout her treatment. She is responding well on her medication and her health is in good state”.

- Mr. Shivaji Paikekar, Husband

CARF wishes Happy Birthday to:

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<tr>
<td>Mr. Jayant Patil</td>
<td>16th Feb</td>
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<td>Mr. Sajid Nadiadwala</td>
<td>18th Feb</td>
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<td>Mr. Vaseem Shaikh</td>
<td>10th March</td>
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<td>Prin (Mrs.) Rashida Kazi</td>
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<td>Mr. Shamshi Mulla</td>
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<td>Mr. Hamid M. Ansari</td>
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<td>Mr. Narayan Rane</td>
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<td>Mr. Aziz Mulla</td>
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<td>Mr. Aslam M. Fakih</td>
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<td>Mr. Shams Dean</td>
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<td>Mr. Jayant Tipnis</td>
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On the occasion of "WORLD CANCER DAY" CARF team had organized a small field trip to Smart Eco Park, Panvel. With a group of 45 people, we started our journey. Our main motive was to make them realize to become responsible global citizens in future and be at peace with themselves and nature. The major activities like the Rainwater Harvesting, Soil Bio Technology, walk through the Maze, Immersion Bridge Area, and Information Centre was explained to them in detail. Pledge and interaction with Dr. Dioxide, along with the making of Eco city, Butterfly Park, Amazonia Forest with Rain Effects, Global Warming stimulator was also explained in detail. A special thanks to Mr. Shabhir Sapatwala (Academic Relation Manager – Smart Eco Park) and Mr. Nirav Mehta (COO – Smart Eco Park) for making small field trip into a memorable one with amazing food in the end. We thank to all the staff of Smart Eco Park for giving us such a wonderful experience.

Several Doctor’s talk takes place every month at CRC, Byculla. Every talk, we conduct has a different impact on every patient’s life. Life isn’t always fair; we just have to make the best of what we’re given. Through the various sessions we did try to offset the limitations caused by various cancer and cancer treatment for all the patients. The session is about explaining how a tumor can be benign or malignant, and the treatment for cancer is often successful if the cancer is detected in the early stages. The doctors also give a brief explanation of the most common types of cancer treatments which include surgery, chemotherapy and radiotherapy.

The list of different doctor’s talk that took place from the month of January to June 2018 are listed below.

- **Stress Management** – 16th March, 2018 by Dr. Milind Joshi, MBBS, D.P.M.
- **Cervical Cancer and HPV Vaccine** – 27th March, 2018 by Dr. Vikrant Sangar, BSc. Medical Pharmacology, MSC. Oncology
- **Cancer Overview-Prevention, Diagnosis and Treatment** – 17th April, 2018 by Dr. Dilip Nikam, MBBS, DNB, Radiotherapy, Professor & Head, Radiotherapy & Oncology Department, Grant Govt Medical College
- **Diet for Preventing and Treating cancer** – 18th May, 2018 by Dr. Nitin Kochar, M.D. Ayurveda - KEM Hospital

They are not just our Mother, sister, wives, girlfriends and fiancées and what would we ever do without them? Nobody can honestly say we don’t owe an enormous amount to the women in our lives. A woman has the power to create, mold and nurture. She may be soft, but her voice has a sense of determination. CARF on the occasion of World Women’s day celebrates by selecting a Women of CARF. Last year we started the procedure of appreciating all women staff of our organisation. The importance of women empowerment and advocacy of equality for women is mentioned through this appreciation. On behalf of the CARF team “The women of the year was selected as Mrs. Kokila Shah”. Before retiring from her previous job, she always wanted to work with a NGO for social cause. Her dream came true after joining CARF family. CARF appreciated her as ‘The woman of CARF – 2018’. CARF wishes Mrs. Kokila Shah for a bright future.

Mr. Shamshi Mulla - Chairman takes delight in felicitating Adv. Owais Pechkar, Associate advocate of Cancer Aid & Research Foundation. Adv. Pechkar had appeared for the case against BMC in regards to the room allocated to us at Byculla Municipal School Building, Byculla. It is with great pleasure we would like to announce that as per the court order passed on 5th June 2018 by Bombay High Court, BMC cannot evict CARF from BMC school without following due laws. This order has come because of the hard work and dedication of Adv. Owais Pechkar. CARF would like to congratulate Adv. Owais Pechkar for his tremendous work.
ANTI TOBACCO DAY

“Tobacco is the leading cause of cancer”
The true face of tobacco spreads disease, death and horror, and not the glamour and sophistication the pushers in the tobacco industry try to portray. Tobacco is the only industry that produces products to make huge profits and at the same time damage the health and kill their consumers. On the occasion of ‘World Anti-tobacco day’ CARF had organized a free ‘Medical Health and Blood Test Camp’ at the Vikhroli head office on 31st May, 2018. We had an overwhelming response from all those who participated in this health camp. Mr. Shamshi Mulla, Chairman and Mrs. Savita Nathani, CEO of CARF inaugurated the camp and motivated everyone for the success of the camp. The camp was further graced with a special presence of Mrs. Archana Patil, API and Ms. Tabassum Magdum, PSI from Chembur Police station. Their appreciation motivated us for doing good deed for the society and for all the cancer patients.

YOGA DAY

Yoga has an ability to calm us down from our own fear, sorrow, and loneliness...
Yoga helps us to bring back the hidden energy in us. It is not the abandonment of actions, but it is the correct performance in the correct spirit. It is not about running away from civilization. It is actually the shaping of one’s attitude to home and society at large with a new understanding. It is not avoiding life; but it is living life to its fullest.
Our main motive was to create awareness about the importance of Yoga in each one’s life. CARF had arranged “Yoga for Peace” event for CARFIAN in Vikhroli head office. The whole team participated in the event and enjoyed the International Yoga Day occasion. The session was held by Mr. Anup Alexander and everyone followed his instructions. The Chairman and CEO of CARF also graced the occasion with their presence during the session.

FOUNDATION DAY

Hunger is actually the worst weapon of mass destruction in today’s day!
Close to a billion people – one-eighth of the world’s population still live in hunger. Each year, 2 million people die through malnutrition. This is happening at a time when doctors from all over started warning about the high risk caused by obesity.
On the occasion of CARF’s “FOUNDATION DAY” and in the loving memory of our Late Prof. A. A. Kazi, Founder of CARF we had arranged a food grain distribution program for all the poor cancer patients at Noori Musafirkhana, Parel. The food grains were distributed to the poor cancer patients by the Chairman, Chairperson Emeritus and CEO of CARF along with the CARF team. More than 150 cancer patients and their family members were present during the event.

BLOOD DONATION CAMP

Every year, countries around the world celebrate World Blood Donor Day. In order to be able to meet their requirements, the blood bank need to collect at least 1500-2000 units of blood per month. CARF team rolled up their sleeves, and like every year we joined hands with a Blood Bank to save lives of many!!! Each unit of blood we collect will help them save up to three lives. Each donor is important so is the blood donation made by them.
The event was graced by the Chairman and CEO of CARF. The blood donation camp was conducted in association with the Blood bank of Sir J. J. Hospital Blood bank at CSMT railway station on 28, June 2018 with CARF team. Students from Kirti College also supported the camp by participating as volunteers. Everyone wished us for our good deed we do for the society and for all our cancer patients.
Rehabilitation is expected to become an important support that sustains the hopes of patients and their families. In our CRC our main approach is to focus on the simple pleasures that your loved one can enjoy in rehab. We perform simple, fun activities that are being enjoyed by all age groups, and all cancer patients did participate with great enthusiasm. Some of our simple activities which took place for all the cancer patients include “Newspaper bag making, DIY gift box, DIY dustbin box, DIY photo frame” and it did turn out to be as career planning for a few cancer patients. The sessions have been a big hit for all cancer participants as well as for us. They thoroughly enjoyed the experience and are gaining track back to their lives. Every activity that takes place at CRC, we always try to give our best to all the patients present during the rehab activity sessions. Each patient is grateful and thankful to CARF and are looking forward for more such activities in future.

The Govt. of India has also permitted us to receive overseas contributions under FC(R) Act, 1976 vide Registration No. 083780936. The same can be credited to ‘Cancer Aid & Research Foundation’ S.B. A/c. No. 02610400088372. IDBI Bank, Prabhadevi Branch, Mumbai- 400 025. INDIA.

Please draw your cheque in favour of Cancer Aid & Research Foundation and send it to its Head Office: Unit No. 103, Shivkrupa Industrial Estate, Vikhroli West, Mumbai - 400 083
Tel.: 022-2300 7000/2301 6000 / 2305 3602/3607 / 2306 4443/0088 / 2307 0088 • Telefax: 2300 8000
Adm. Office: Municipal School Bldg., Ground Floor, Near ‘S’ Bridge. N.M. Joshi Marg, Byculla (W), Mumbai - 400 011. Tel.: 022-2300 5000 / 2306 4441 / 4442

All views expressed in the CARF News Bulletin belong to the author. The Foundation need not necessarily subscribe to them.

Chief Editor: Mr. Shamshi Mulla, Chairman - CARF
Editor: Mrs. Savita Nathani, CEO - CARF
GM-Event Management: Mrs. Tabassum Khan

PLEASE DONATE GENEROUSLY and help CARF save lives of the poor and needy cancer patients

BOOK-POST

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To,