



Tumor regression with Ayurvedic Rasayana therapy on patient with Stage I NLPHL

A case Report

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Abstract

Ayurvedic Rasayana therapy can be helpful in the management of cancer in many ways and it is in practice since more than 5000 years. Rasayana compounds or drugs possess free radical scavenging activity, immunomodulatory and antioxidant, anti tumor activities. In the presented case chemotherapy was intolerable and therefore the patient was treated with Ayurveda.

Nodular Lymphocyte Predominant Hodgkin Lymphoma (NLPHL) is rare, consisting approximately 5% of all Hodgkin Lymphoma (HL) cases. Hodgkin lymphoma is a highly curative lymphoid malignancy, but some patients relapse or experience adverse event from treatment. Therefore it is needed to develop new treatment approach for such patients who would not be tolerating chemotherapy.

Here, we are presenting a case of a 77 year's old diabetic female patient who was presented with a five to six months history of slowly increasing, painless, right submandibular swelling and chronic intermittent fever. She was a diagnosed a case of Hodgkin's lymphoma on the basis of histopathology report and developed intolerability to chemotherapy. Hence, considering need of treatment we have started Ayurvedic Rasayana therapy with other Ayurvedic medicines. After having Ayurvedic treatment significant clinical improvement and complete reduction in tumor size was seen.

The present study clearly indicates that the selected Ayurvedic medicines were effective in the regression of tumor in Hodgkin's lymphoma.

Key Words: Hodgkin's Lymphoma, NLPHL, Rasayana therapy, Ayurveda, Cancer

Introduction

Nodular Lymphocyte Predominant Hodgkin Lymphoma (NLPHL) is rare, consisting approximately 5% of all Hodgkin Lymphoma (HL) cases. These patients tend to have good prognosis than those with classical Hodgkin Lymphoma.⁽¹⁾ Hodgkin Lymphoma is a highly curative lymphoid malignancy but some patients relapse or experience adverse event from treatment.⁽²⁾ Therefore it is needed to develop new treatment approach for such patients who would not be tolerating chemotherapy. NLPHL is B-cell malignancy likely of germinal center origin that have overall good prognosis.

Ayurvedic Rasayana therapy can be helpful in the management of cancer many ways .It has been used since several years for Adjuvant or co-therapy along with chemotherapy or radio therapy & Post surgery care in cancer to minimize the side effects of these therapies and can be helpful in targeting the specific tissues as in some studies on Nano-particles of gold⁽⁹⁾ Rasayana therapy has also shown results in increasing progression free period in cancer. Many experimental studies have proven the anti-tumor action of herbal/herbo-mineral compounds in cancer. It has also shown cell protective activity of drugs prescribed in Rasayana therapy to improve the quality of life for cancer patients^(3, 4, 5)

Rasayana therapy is one of the specialized branches in ayurveda.⁽⁶⁾ The word Rasayana means the pathway for essence of nutrition (Rasa) towards all body tissue elements to nourish and replenish them to help one attain longevity, memory, intelligence, health, youthfulness, excellence of luster, complexion & voice, optimum development of physique and sense organs, mastery over phonetics, respectability and brilliance.^(3, 4, 5, 6)

In Ayurveda, Rasayana therapy has been used since many years. There are number of classical Rasayana compounds from herbs, animals, minerals are available for prevention as well as treatment.⁽³⁾ Many recent research studies have proved free radical scavenging activity, immunomodulatory and antioxidant, anti tumor activities of Rasayana drugs or Rasayana formulations.⁽⁵⁾ Rasayana herbs and formulas are similar to adaptogens . Adaptogens are nontoxic herbs that work in a nonspecific way to balance the normal physiology of the body, by acting upon the HPA axis and the neuroendocrine system.⁽⁷⁾ The Central Drug Research Institute (CDRI) has found many herbs whose anti-cancer activity has been confirmed⁽⁸⁾

In our Rasayu Cancer clinic we successfully treated many cancer patients with Ayurvedic Rasayana therapy on the basis of basic Ayurvedic fundamentals and Arbud (cancer) pathology given in Ayurvedic texts.

The current study reports the case of a patient with stage I NLPHL treated with multiple lines of treatment. This patient was treated by only Ayurveda after she had developed intolerance to chemotherapy. After starting Ayurvedic treatment she had showed favorable response to Ayurvedic therapy.

Case presentation

In November 2008, a 77 year's old diabetic female patient referred to Onco-surgeon for with a five to six months history of slowly increasing, painless, right submandibular swelling and chronic intermittent fever. She presented with cervical lymphadenopathy. On 11/11/2008 doctor advised her FNAC which reported reactive lymphadenitis. The patient was given a course of oral antibiotics and though her neck mass was persist. She subsequently underwent excisional biopsy of mass on 15/11/2008. Surgical dissection revealed a Hodgkin's disease nodular lymphocytic predominance type. Her Hemogram report was showed mild leucopenia with anisocytosis with no abnormal WBC. Her Hemoglobin was 9.9 gm%.only. On 29/12/2008 she underwent for Bone marrow report and Triphine biopsy.

Bone Marrow Aspiration which showed normal cellularity .In differential count Blasts were 03 %

Erythroid and myeloid series show progressive maturation and no Reed Sternberg cells (RS cells) were seen. Trepine Biopsy revealed normocellular marrow spaces.

Her CT Chest dated 16-12-2008 showed homogenously enhancing lymph nodes in axilla, small mediastinal lymph nodes, larger right axillary lymph node size 2.1x1.3 cm and small precarinal lymph nodes. Her Right hemi thorax remained deformed due to multiple old rib fractures. Final interpretation from all reports was NLPHL.

After that Chemotherapy was started on 29/12/08. Patient took 3 cycles of Chemotherapy –Inj Vincristine 2 mg +Inj Endoxan 900 mg) but developed intolerance for it. Patient was hospitalized for general weakness, burning micturition, burning sensations all over body. She was suffering from anorexia; loss of appetite, nausea. She was unable to walk. She was neutropenic and treated with conventional medicines but not got relief.

Hence, Patient refused to take further Chemotherapy and decided to start AMRUT (Anti malignanat Rasayana therapy) as an alternative approach. At her first visit she was having multiple complaints like general weakness, loss of appetite, nausea, cough, fatigue, chronic intermittent fever, Burning sensations all over body. Patient started AMRUT on 28/3/09 and started showing very significant clinical improvement and complete reduction in tumor size.

Follow up and Outcomes

Ultrasonography of abdomen and pelvis was done on 08/04/2010 which didn't show any abnormality. The ultrasonography of neck was also done on 08/04/2010 and there were no enlarged cervical lymph nodes on both sides .Follow up CT scan was performed on 22/02/11 showed partial regression in axillary lymph nodes. (1.6x 1vs 2.1 x 1.3 dated 16-12-2008).

At one month follow up the symptoms was seen to have reduced. Her appetite and energy levels improved significantly and her food intake was improved. And this reduction improved further at two to three months. At four month, the patient was totally asymptomatic and general condition was also excellent. Further repeated scan done in 2012 showed complete reduction in axillary lymph node size. During this six years treatment period she didn't experience any adverse effects of this Rasayana therapy. Patient is alive and healthy for more than 5 years after the diagnosis without any cytotoxic intervention. At age 82, patient is totally symptom free, healthy and active.

Table No-1 Treatment Details

DRUG NAME	DOSE	FRQUENCY	ANUPAN
Navjeevan Rasayan	250 mg	OD	Honey
Aarogyawardhini	250 MG	BD	WARM WATER
Tribhuvan Kirti Ras	250 MG	BD	WARM WATER
Shwaskuthar Ras	250 MG	BD	WARM WATER
Shrunga Bhasma	250 MG	BD	WARM WATER
Kanchanar Guggul	250 MG	BD	WARM WATER
Tapyadiloha	250 MG	BD	WARM WATER
Makardwajwati	250 MG	BD	Honey
Mahalaxmi Vilas Ras	125 MG	BD	Honey

Discussion

In India, traditional medicinal knowledge is very scientific and rich as it is in practice since more than 5000 years, where many natural products are used as medicine. In presented case chemotherapy was intolerable. Hence, considering need of treatment we have started Rasayana therapy with other Ayurvedic medicines. However, Ayurvedic literature has no direct reference for the diagnosis of Hodkins lymphoma. Some scholars have interpreted present day Hodkins lymphoma with *Medojgalgand*. Hence, on the basis of basic Ayurvedic fundamentals we treated this patient.

The Ayurvedic compounds were selected so as to support and restore the normal functions of the Lymphatic system and to relieve patient's symptoms and to regress patient's neck mass. It mainly includes Navjeevan Rasayana-a proprietary medicine (Swarna Bhasma – Bhasma (Calx) of Gold, Hirakbhasma-calcinoid diamond, Abhrak Bhasma, -calcined Mica ash, Mallasindur –(Somal Bhasma-processed arsenic), Triphala powder, with other medications as per Table no-1.

Rationale for Treatment

Swarna bhasma is helpful for cancer. It stops the growth of cancer cells and improves the immunity to fight off the unwanted growth of body tissues. Some research studies also prove the efficacy of anticancer effect of Swarnabhasma.(9) According to Ayurvedic classics text

Hirak bhasma has the property to increase immunity and longevity.(Rastarangini25/26) Many in-vivo and in vitro studies shown anti cancer effects of somal bhasma.(10) Abhrakbhasma is powerful cell rejuvenator and work on respiratory system and mind(11)Triphala (Haritaki, Bibitaki, Aamalki) has good Rasayana properties.(3)

In Ayurvedic text Kanchanarguggul is effective in curing benign and cancerous tumors.It is also beneficial in reducing swelling of lymph nodes. Kanchanar (BauhinaVariagata) has antitumour property. (kanchnar guggul Gutikaprakaran,Rastantrasaarvasidhprayogsangrah (voll). In present case patient was anaemic and since ages in AyurvedaTapyadiloha (Ayurvedicsarsangrah) is used in treatment of anaemia. For chronic fever, anorexia, digestion power and detoxification we selected Ayurvedic classical compound Aarogyawardhini, (Rasendrasarasangraha Jwara Rogadhikara 13 – 105) Mahalaxmivilas ras is used in the treatment of throat related disease such as lymphadenopathy. (Rasendra Sara Sangraha Kapharoga Chikitsa 17 – 29).Makardwaj wati is used to improve strength of heart, it is a good cell rejuvenator and it helps to improve immunity. (Bhaisajya Ratnavali, Vajikarana Adhikara 237 – 246) Tribhuvankirti ras is used in the treatment of all types of fever, spleen and liver diseases. It also improves digestion power. (Rasamrit Rasayoga Vijnaniya, 9/80 – 81) Shwas Kuthar Ras is used in the treatment of cough, cold, bronchitis, anorexia, indigestion.(Bhaishajya Ratnavali Grahani Rogadhikara 523 – 532) shring bhasma is used for cold, cough.

It is needed to find the exact scientific pathway of treatment relief by above given combination in Hodkins lymphoma. We didn't observe any major side effects in treatment duration and liver and kidney function tests were also kept normal.

Ayurvedic medicines plays important role in various cancers and it is also scientifically proven in many experimental *in -vivo-in vitro* studies .Many case studies also reported on leukemia, colon cancer, hepatic cell carcinoma etc. Hence, it is need to do clinical research to explore the anticancer effects of various Herbomineral compounds with regards to its clinical application of a being a novel anticancer compounds.

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