

Newsletter

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Use of Panchamruta in Cancer Treatment

Panchamruta is not a new food item to the Indians especially to the Maharashtrians. Generally it is served as Prasad (A devotional offering made to a god, typically consisting of food that is later shared among devotees). In Sanskrit, 'Panch' means five and 'Amrut' means immortal nectar. Panchamruta means combination of five immortal nectars that is considered sacred and used as offering to deities. In India most of the healthy dietary recipes are part of our rituals. Our ancestors tried to propagate inclusion of healthy recipes in our diet through our rituals.

Ingredients of Panchamruta:

- 1) Curd made from Cow's milk (1 Table spoon)
- 2) Organic Cow Milk (1 Bowl)
- 3) Candy Sugar (Khadisakhar)
- 4) Honey (1 Table spoon)
- 5) Cow Ghee (2 Table spoon)

Method of preparation: Take whipped curd in bowl then add milk and all other ingredients in the order as above, stirring each one gently to mix well as you add. One can garnish it with 2-3 sticks of saffron (Keshar).

It should be made fresh and consume immediately. According to region there are some changes in ingredients of Panchamruta. Some uses banana. But consuming banana with milk is not beneficial to health.

Health Benefits of Panchamruta:

- Some of the contents of Panchamruta has anti-cancerous properties while others works as immunity booster
- It provides general strength, boosts potency, improves immunity and vitalize the brain
- It pacifies Vaata and Pitta
- Its helps in reliving symptoms likes weakness, burning sensation, restlessness, giddiness, gastric discomfort, constipation, loss of taste, dry cough, mouth ulcer, body ache due to weakness
- It is useful in patient undergoing Chemotherapy or Radiotherapy
- It can be given to the cancer patients who are on semisolid or on liquid diet
- Beneficial for people having stress

It should be consume early morning with empty stomach. Start with one bowl per day. Servings of Panchamruta can be increased with the consultation of doctor.

Contraindication: Those who are suffering from fever, loose motions, vomiting and loss of appetite should consume Panchamruta after consultation with doctor.

Following table highlights health benefits of the contents of Panchamruta:

Ingredient	Health Benefits
Organic Cow's Curd	Omega-3 fatty acids, whey protein, calcium, magnesium, potassium, vitamin D, vitamin K2, enzymes. Protect against colorectal cancer
Organic Cow Milk	Higher levels of omega 3 fatty acids, Conjugated linoleic acid (CLA), Antioxidants, Vitamins. Recent studies have shown that conjugated linoleic acid (CLA) is beneficial in cancer treatment.
Candy Sugar	Candy sugar is the most natural form sugar. We eat more refined sugar today which has resulted in increasing obesity rates among adults and children. Obesity has been associated with certain cancers, including breast, prostate, uterine, colorectal and pancreatic. Hence candy sugar should be used instead of processed sugar.
Honey	It contains natural antioxidants, enzymes and minerals including iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found in honey include vitamin B6, thiamin, riboflavin, pantothenic acid and niacin. In addition, the nutraceuticals contained in honey help neutralize damaging free radical activity. Presence of flavonoids and phenolic acids in honey as the primary anti-cancer compounds involved in its beneficial properties.
Cow Ghee	Protect gastrointestinal system, balance cholesterol levels, provide additional energy, reduce inflammation in the joints, eliminates certain allergy concerns, protect from various chronic disease, improve eye health, strengthen immune system and even prevent certain types of cancer

.....Dr Ganesh Karajkhede

Rasayana helps to tolerate chemotherapy.

Rasayana therapy of Rasayu Cancer Clinic does not have any kind of cytotoxic effects and hence it does not produce any toxic manifestations like conventional anti-cancer therapies e.g. Chemotherapy. The adverse reactions due to chemotherapy causes side effects like low blood counts, alopecia, and gastro intestinal symptoms like nausea, vomiting, loss of appetite, constipation, etc. Such symptoms badly affect the quality of life of a patient. Rasayana shows excellent tolerability and safety profile. In fact there is noticeable reduction in the symptoms of our patients within a short period of about two weeks. The patients start feeling more energetic and it helps to boost a positive attitude in them. In the long term also Rasayana has demonstrated an absolute safety profile. Rasayanas are not only safe and free from side effects but in fact these also help in reducing side effects of conventional anticancer therapies. Hereby I would like to share a interesting case of Breast Cancer.

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Mrs. Neeta (Name changed to maintain confidentiality) a case of triple negative breast cancer was troubled due to the side effects caused due to chemotherapy. She had symptoms like vomiting, nausea, loss of appetite, weight loss, and generalized weakness.

Due to these adverse effects, she could complete only three cycles of chemotherapy. It was not advised to her to discontinue chemotherapy in between but her health was not allowing her to go for further cycles. So to get relief from all these side effects, to increase the tolerance of chemo drugs and to get free from her tumor she approached Rasayu Cancer Clinic. It was observed that within two weeks of treatment, all her side effects were reduced. Further while continuing Rasayana treatment she could complete her remaining three cycles of chemotherapy with very well tolerance. Finally the most interesting part was that Neeta was free from her tumor.....**Dr Vrushali Pawar**

Be Positive

What makes a successful treatment for cancer or any other serious disease? Ayurveda texts has a beautiful answer for the same. It says for any successful treatment there are four basic elements as follows: Bhishak (Physician), Dravya (Medicine), Upasthata (care taker) and Rogi (the patient). Ayurveda has also mentioned the what qualities does each of these element should have for a successful treatment. The physician, the medicine and the care taker are external factors whose qualities can even be selected and modified by the family members but one important factor is that what qualities does the patient should have so as to improve treatment outcomes. Ayurveda has mentioned four qualities a patient should have but in this article, I will emphasize more on one important quality of patient as mentioned in Ayurveda classics i.e *satva* (or the mental strength). Ayurveda says that patients with *pravarsatva* or with good mental strength shows better response to treatment as compared to those with less mental strength (*avara or madhyamsatva*). It is seen that patients with positive attitude develops less mental stress with diagnosis, symptoms and treatment of cancer. Moreover they use effective coping strategies to deal with stress such as Yoga and other stress management techniques. These patients have been shown to have lower levels of depression, anxiety and symptoms related to the cancer. Research studies suggests that psychological stress can affect a tumour's ability to grow and spread. Some research data also suggest that patients can develop a sense of helplessness or hopelessness when stress becomes overwhelming. This response is associated with higher rates of death in cancer patients.

In Rasayu cancer clinic we have seen several results which are not less than impossible considering the current knowledge and available survival statistics of that particular cancer. Patients with predicted survival of just few months are surviving disease free for more than six to eight years. When we properly study such successfully treated cases we can see that these patients does not received any special or different medicines from patients with similar cancer who does not responded much favourably. One of the main differences which we observed in these patients was their positive attitude and a true fighting spirit. These patients not only had a faith on doctors and medicines but they also had a strong faith on themselves.

They did not accepted defeat to the disease even in advanced stage of cancer when all the survival statistics were giving no hope to them. They had a belief that with the help of proper medical care they will overcome the disease.

Such patients are a real case studies not only for doctors but even for the patients. Ayurveda has rightly said that *satva* of patient does influence treatment outcome. Our medical team at Rasayu Cancer Clinic, our highly efficacious medicines and patients family and social support are always there for cancer patients. Along with this if a patient develops a strong positive attitude and a true fighting spirit against the disease, the treatment outcomes will certainly be very positive.
.....**Dr. Avinash Kadam**

Only 10-20 percent rural Indian women aware about cervical cancer

Only 10-20 percent of the Indian women in rural areas have awareness about cervical cancer, even if it is the fourth most common cause of death among women, said a survey.

The survey also states that among the reasons that triggers cervical cancers includes smoking, a weak immune system, birth control pills, starting sex at a young age and having many sexual partners. "Majority of the cases emerge because women do not undergo screening. Cervical cancer screening should be started at age of 21 years. How often you should have cervical cancer screening depends on your age and health history," said Nupur Gupta, Gynaecologist and Obstetrician at Well Women Clinic. She advised women aged 21-29 years should have a Pap test, used for screening of the disease, every three years, while women aged 30-65 should have this and HPV tests every five years. "HPV vaccines protect against between two and seven high-risk strains of this family of viruses and may prevent up to 90 per cent of cervical cancers," said Gupta. Gauri Mathur of All India Institute of Medical Sciences (AIIMS) said: "Today the situation of cervical cancer is such in India that they account for the largest proportion of women deaths in India apart from breast cancers. But still there is no awareness." "The government has been evaluating introduction of a cervical cancer vaccine as part of its immunisation drive to prevent the disease among women. At present, there are three vaccines that are available to prevent human papilloma virus (HPV) types that cause cervical cancer. However women are not entirely aware about it due to which they continue to suffer," she said.

(Source: Times of India, 1st June 2016).....**Dr Pravin Gund**

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