

Newsletter

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The Potential of Ayurvedic Therapy in Tumor Regression

Mrs. DJ, was diagnosed with follicular lymphoma (type of NHL) in October 2015. She had weakness in her lower limbs and had difficulty in walking. Her PET SCAN revealed lesions in different regions of body. Also, she was a known case of chronic atrial fibrillation (cardiac disease). She was given a maximum life span of two months and was advised only palliative treatment for this condition.

Her family was completely collapsed and almost lost all hopes. But she decided to take Rasayana therapy along with chemotherapy. Her health improved a lot and she became clinically stable within a month of our treatment. Her appetite improved and pain and swelling reduced remarkably. But she had severe side effects like myelosuppression, anaemia, severe weakness and recurrent lung infection. So she was advised to stop her chemotherapy and continue only Rasayana therapy.

Gradually she started showing all the signs of clinical improvement and was happy that she did not have to get hospitalized again and again. After seven months of exclusive Ayurvedic treatment, she was advised to get a PET scan again which revealed complete regression of her tumor. The patient is still taking our treatment regularly and is living a healthy and tumor free life. Rasayana therapy has once again proved its potential in advanced stages of cancer.

Dr.Vrushali Pawar

Challenges in Non-Hodgkin's Lymphoma (NHL)

Lymphoma is a cancer of the lymphatic system. There are more than 67 different types of Lymphomas. A significant fraction of patients get a relapse or are refractory to these treatments despite the treatment advances in the last three decades, with the use of combination immunotherapy.

Challenges in Non-Hodgkin's Lymphoma:

Challenges can be categorized as symptoms of the disease itself and the adverse effects of treatment modalities. Patients suffering from Lymphoma may experience swelling of the Lymph nodes, fever, weight loss and lack of energy. Chemotherapeutic agents have various adverse effects like nausea, vomiting, low red and white blood cell count, change in taste, fatigue, diarrhoea etc. Other major challenges are resistance to chemotherapy and relapse of disease. Overall, it hampers the quality of life of the patient. So, symptoms of lymphomas, side effects of conventional therapy, resistance to conventional therapy and relapse are current major challenges in treating Lymphoma.

How can Rasayana Therapy help in overcoming such challenges?

Rasayanas are a combination of Nano herbo-mineral compounds. Their absorption in the body is easy and effective as they are derived from natural sources. These compounds act on various systems of the body such as the digestive system, circulatory system and lymphatic system without causing side effects. This helps in restoring the immunity of the body which ultimately helps patients to fight against the disease and also improves their tolerance against chemotherapy. This further improves the quality of life of patients who are on chemotherapy. Rasayanas give relief from symptoms and the patient starts feeling better within couple of weeks. Improved metabolism and improved immunity also helps in tolerating the toxicity related to Chemotherapy.

Another advantage of Rasayana Therapy is its effectiveness in Chemotherapy resistant patients.

In short we can say that Rasayanas take care of the body as a whole and not only of a particular organ or the disease.

Dr.Anand Patil

How Are Rasayanas Helpful in NHL?

Non-Hodgkin's lymphoma (NHL) is the type of Cancer that develops from lymphocytes which is a subtype of white blood cells. As lymphocytes play an important role in the immune system (disease fighting mechanism), poor immune function is a major risk factor in NHL. Immunosuppression may lead to NHL or it may help in the growth in pre-diagnosed cases or it may lead to recurrence of lymphoma in the treated cases.

So by looking at these factors it is easy to understand that developing strong immunity is the key to control NHL.

According to Ayurveda, blood is considered to be a major factor in the immune system. There are so many special Rasayanas which directly act on blood. These Rasayanas not only helps in maintaining the quality of blood but also helps in increasing the strength of body tissues and also strength in the terms of disease fighting mechanisms.

Rasayanas also nourish the tissues which helps in 'weight gain' and reduces the tendency of fatigue which are major health concerns of a lot of patients. So by acting on immunity, Rasayana improves the Quality of Life.

Why one should go for Rasayanas Therapy?

For NHL patients: to decrease risk factor and to improve Quality of Life, NHL Survivors: for prevention of recurrence of Cancer.

Vd. Parth P. Kale

NHL and Diet

Patients suffering from Cancer always look for anticancer diet. As per Ayurveda, diet which restores and maintains the balance of the body and also improves immunity can be called as anticancer diet.

Diet plays an important role for NHL patients in achieving the following:

- Controlling symptoms like unexplained weight loss, constant fatigue, nausea, constipation, fever, night sweats, feeling full after only a small amount of food etc.
 - Managing side effects like weight loss, fatigue, nausea, diarrhoea, constipation, low blood counts and increased risk of infection
 - Restores balance of body
 - Improves immunity
 - Vitamin D is important for NHL patients. Hence maintaining optimum level of Vitamin D
 - Restores digestive health, prevent malnutrition
 - Promoting healthy eating habits and healthy lifestyle
- The effects of vegetable and fruit intake on prognosis and survival might be different among NHL subtypes. Eating more vegetables and citrus fruits could be useful in improving prognosis and survival in patients with NHL.

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The risk of NHL increased by 5% and 6% for each 200 g/day increment of total dairy products and milk consumption, respectively.

Following table covers guidelines about diet according to symptoms:

Symptom	Good for you	Not for you
Unexplained Weight Loss	Ragi, Dates, Eggs, Daliya, Dry fruits, Petha, Cow ghee, Butter, Chicken soup, Butter, Apple, Soybean	High intake of animal protein, Saturated fat, Bitter food items (Bitter gourd), Toor Dal, Black Gram/Urad Dal, Bengal gram, Sago, Cabbage, Cauliflower, Poha/Flattened Rice, Buffalo milk, Paneer, Cheese, Mutton, Pork, Fish, Crab, Basundi, Shrikhand, Ice-cream, Tea, Coffee, Cold Drinks, Tomato, Potato, Excess Salt, Jujube, Banana, Guava
Constant Fatigue	Cow's Milk, Cow's ghee, Green Tea, Broccoli soup	Avoid: Alcohol, Wine, Beetle Nut, Tobacco, Smoking... Lifestyle: Fear, Grief, Anger, Excess exercise, Avoid heat
Nausea	Parched rice, Moravala (Awala Murabba), Ginger Murabba	
Constipation	Black Raisins, Citrus fruits (Lemon, Orange)	
Fever	Green Gram soup, Red Lentil Soup	
Night Sweats	Moravala (Awala Murabba), Gulkand	
Feeling full after only a small amount of food	Chew Ginger + Rock Salt before 30 minutes, Lemon juice + Rock candy (Khadisakhar)	
Diarrhoea	Buttermilk, Pomegranate	
Burning sensation	Moravala (Awala Murabba), Gulkand, Water + Khus	
Thirst	Water + Khus, Coriander seeds + Cumin Seeds + Water, Water + Honey	

Following habits helps to maintain immunity:

- Always take fresh food. Avoid stale food
- Avoid fried food items.
- Avoid sweet, sour, salty, spicy food items in excess quantity
- Avoid Maida and bakery items like bread, biscuits, toasts, Khari
- Avoid all types of junk food
- Avoid following after food: Late night sleep, Sleep, Exercise, Intercourse, Travelling
- Avoid holding natural urges like appetite, bowels, urination, etc.

Dr. Ganesh Karajkhede

Importance of Quality of Life in Non Hodgkin's Lymphoma (NHL)

Recently, we have seen a paradigm shift in the field of Oncology. Clinicians have accepted that while survival and disease-free survival are critical factors for cancer patients, overall Quality-of-Life is also of fundamental concern. Considering this, the recent advances in Oncology are focused towards improving patients' Quality of Life. It is now considered that it is not only important to see how many years a patient survives but at the same time it is also important how the patient survives.

Quality of Life is of much more important in certain types of cancers where patient survival period is very long. NHL is a disorder where the survival

period is very good. Because of this the number of survivors with NHL is very high. According to a study there are approximately 502,940 individuals in the United States living with a history of NHL. Thus it is seen that there is a great need to maintain good Quality of Life in such patients. The treatment Aim should be to maintain healthy Quality of Life and long term survival.

Studies suggest that NHL survivors present with co-morbidity or symptom burden. But unfortunately there are very few interventions in conventional oncology which are meant to improve patients' Quality of Life. Rasayana therapy plays a very important role in improving patients' Quality of Life. In fact, one of the most important indications of Rasayana therapy is to improve persons' Quality of Life. Rasayana therapy reduces symptoms in patients with NHL and at the same time it also helps them to effectively cope up with psychological stress. The patient regains functional independence and gets effectively involved in their professional life. We have conducted a systematic Quality of Life analysis in patients of NHL taking Rasayana therapy. It is seen that Rasayana therapy significantly improves Quality of Life in NHL patients in a span of just 15 days. Our results suggest significant improvement in functional, emotional and the physical domains of Quality of Life.

To summarise, we can say that Rasayana therapy is a very important therapy for long term maintenance of health and improving health related Quality of Life in patients with NHL.

Dr Avinash Kadam

Is Listening to Music Beneficial for Cancer Patients?

Listening to music can be beneficial for cancer patients as it leaves a positive impact not just psychologically but physically as well by alleviating symptoms of anxiety, pain, fatigue and boosting the Quality of Life, a new study has suggested.

As per the database of Cochrane Library, the study examined the impact of music therapy (a personalised music experience offered by trained music therapists) and music medicine (listening to pre-recorded music provided by a doctor or nurse) on psychological and physical outcomes in people with cancer.

According to the researchers it was seen that music therapy interventions specifically help improve patients' quality of life. These are important findings as these outcomes play an important role in patients' overall well-being. A total of 52 trials were examined in the review, constituting of 3,731 participants with cancer where 23 of the trials were categorised as music therapy and the remaining 29 were classified as music medicine interventions. Overall, one of the most impactful findings was that music interventions of all kinds resulted in a moderate-to-strong effect in reducing patients' anxiety. There was a large treatment benefit for pain reduction while for fatigue, a small-to-moderate treatment effect was noted. Small reductions in heart and respiratory rates, as well as lowered blood pressure were also linked to music interventions.

The results of single studies suggest that music listening may reduce the need for anaesthetics and analgesics, as well as decreased recovery time and duration of hospitalisation but more research is needed for these outcomes.

Source- Times of India. (<http://timesofindia.indiatimes.com/life-style-landing/health-fitness/de-stress/Listening-to-music-beneficial-for-cancer-patients/articleshow/53755322.cms>)

Dr. Pravin Gund

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