

Newsletter

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Disease Free Survival Exclusively With Rasayana Therapy

A 35 years old female patient (Mrs MD) had a complain of intermittent vaginal bleeding with abnormal vaginal discharge. She went to her Gynaecologist for check up as the problem was persistent.

Sonography was done after physical examination that showed a cyst in the cervix region. So she was advised to do a PAP smear. Report of PAP smear was suggestive of Cervical Cancer (High grade Carcinoma- Grade 3). On the basis of these investigations, she was further advised to undergo surgery. So she underwent surgery where her uterus and both the ovaries along with local nodes were removed (Warthin's Hysterectomy). As the cancer spread to her pelvic area as well she was advised to opt for chemotherapy and radiation. But she refused to take the conventional therapy because of the known side effects.

She started looking for various different options and started treatment at Rasayu Cancer Clinic. She opted for Rasayana Therapy and medicated douches. She showed improvements in her condition, especially in her abnormal discharge and now she is leading a disease free life.

She repeated a PAP smear after 6 years which came out negative for any Malignancy. This case shows a Disease Free Survival without a conventional therapy. Now she is living a very good life only because of Rasayana Therapy.

Dr. Anand Patil

Prevention of Cervical Cancer

Background:

GLOBOCAN labels Global Cervical Cancer as the fourth most common cancer in women.

- The peak incidence of Cervical Cancer is most frequently diagnosed among women aged 35-45. Median age of diagnosis is 47.
- The incidence of Cervical Cancer is 14 per 100,000 inhabitants and a mortality rate of 6.8 per 100,000 inhabitants; 87% of these deaths occur in developing countries.
- 5-year survival rate for people with stage I Cervical Cancer is 93%.

Can Cervical Cancer be prevented?

A well-proven way to prevent Cervix Cancer is to have testing (screening) to find precancerous before they can turn into an invasive cancer. The Pap test (or Pap smear) and the Human Papilloma Virus (HPV) test are used for screening. If a pre-cancer is found it can be treated, stopping Cervical Cancer before it really starts.

Role of Ayurveda in preventing Cervical Cancer

Ayurveda has a potential to prevent as well as cure Cervical Cancer. But prevention is need of the hour.

The high risk individuals once identified can be treated only at early stages. The infection and inflammation can be treated with various Rasayanas, which directly act on Cervical Mucosa.

Different Panchakarma treatments like Yoni Dhawan, Yoni Pichu, Basti etc helps in maintaining the Cervical Mucosa healthy.

1.Yoni Dhawan: This procedure helps to remove the chronic and recurrent inflammation and infection. Thus keeping the cervical and vaginal mucosa healthy and arrests the reoccurrence of infections. This treatment is very helpful in high risk individuals and also in females with family history of Cervical Cancer.

2.Yoni Pichu: This procedure is used in vaginal dryness, strengthening of uterine musculature. Further, it reverts the cervical mucosal change and thus is very helpful in prevention of Cervical Cancer

3.Basti: It is used to treat all chronic Gynaecological disorders. Thus, regular use of these treatments in chronic inflammations and infections reduces the risk of HPV infections. This in turn finally reduces the risk of Cervical Cancer.

Dr Vineeta Bendale

Ayurvedic Therapies in Diseases of Cervix

Ayurveda has an efficient basket of different treatment modalities. These therapeutic procedures are designed in such a way that some of these procedures have good effects, shows systemic changes on whole body while some locally applicable procedures are effective on local organs. Aim of these procedures is to cure, treat the disease patients' conditions and discomforts. Some of the important objectives of these Ayurvedic therapies are:

- **Removal of vitiated Dosha (Vaata, Pitta and Kapha)**
- **To break disease environment and control infection**
- **Control symptoms (Pain, Discharge, Bleeding, Itching etc...)**
- **Prevent disease with further complications and improve quality of life**
- **Improve overall health of body (including tissues, organs, muscles, bones...)**

Focusing on above mentioned objectives, Ayurveda advocates following therapies in diseases of female reproductive system including cervix:

1.Abhyanga: Massaging the whole body gently after applying medicated oil is termed as Abhyanga. It also covers abdominal massage.

2.Basti: The procedure in which medicine is administered inside the rectum is termed as Basti. The type of Basti in which the medicine is predominantly decoction is termed as Nirooha Basti. Since this procedure helps expulsion of Dosha out of the body it is termed as Nirooha Basti and since it gives relief from diseases and prolongs life and stabilizes all the Dhaatus, it is termed as Aasthaapana Basti. The Basti which is administered through Apatyapatha (cervical os) is termed as Uttara Basti.

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3. Anuvaasana Basti: The medicated enema which can be administered daily and which does not harm the body if retained inside the body is termed as Anuvaasana Basti. The medicated enema is administered with medicine in the form of oil.

4. Lepa: External application of a medicine in a paste form is termed as Lepa. It covers various types of medicated pastes on abdomen.

5. Parisheka: The procedure in which sprinkling of liquids is done over the whole body or the affected part of the body is termed as Parisheka. It covers sprinkling of medicated oil, ghee, milk, buttermilk and decoction.

6. Snehana: The procedure in which moistening, breaking away of the bonds between Dosha and Dhaatu, and liquefaction is achieved with the help of external and internal application of unctuous medicines is termed as Snehana.

7. Svedana (Fomentation): The procedure which relieves body stiffness, heaviness, coldness and which induces sweating is called as Svedana.

8. Virechana (Purgation): The process of expulsion of precipitated and vitiated Dosha through the lower parts of the body (G.I. tract {Anus}) by induction of drug is called Virechana.

9. Yoni Dhaarana: Placing a medicated paste or pulp inside the vagina is termed as Yoni Dhaarana.

10. Yoni Dhaavana: The procedure of cleaning the female genital organs (Yoni) is termed as Yoni Dhaavana. The procedure has local action on vagina and cervical external os.

11. Yoni Dhoopana: Fumigation at the vaginal end is termed as Yoni Dhoopana.

12. Yoni Lepana: Coating the vagina in inner side of vagina with the indicated medicine is termed as Yoni Lepana.

13. Yoni Pichu: Placing a medicated cotton swab / roll of cloth inside the vagina is termed as Yoni Pichu.

14. Yoni Varti: Placing a Varti (tablet / pessary) inside the vagina is termed as Yoni Varti.

Dr. Ganesh Karajkhede

Facts about Human Papilloma Virus (HPV) vaccines

Human Papilloma Virus:

HPV are a group of more than 200 related viruses. More than 40 HPV types can be easily spread through direct sexual contact from skin and mucous membranes of infected people to the skin and mucous membranes of their partners.

Route of spread:

Spreads by vaginal, anal and oral sex.

Low risk HPVs:

Do not cause cancer but causes skin warts on or around genital and anus HPV type 6 and 11 are responsible for this.

High risk HPVs:

This causes cancer. Out of dozens 2 have been identified to cause Cervical Cancer i.e. HPV Type 16 and 18

Most high-risk HPV infections occur without any symptoms, go away within 1 to 2 years and do not cause cancer.

Persistent infections with high-risk HPV types can lead to cell changes that if untreated, may progress to cancer.

Which Cancers are caused By HPV?

1. Cervical Cancer: All cases of Cervical Cancer are caused by HPV and just 2 types, Type 16 and 18 are responsible for 70 % of cases.

2. Anal Cancer: About 95% of anal cancers are caused by HPV. Most of these are caused by HPV type 16.

3. Oropharyngeal Cancer: 70 % caused by HPV and linked to type 16.

4. Rarer Cancer: Vaginal Ca -65 % , Vulvar Cancers 50 % , Penile Cancer 35 % all linked to type 16.

Ref : American Cancer Society

Dr Vrushali Pawar

Cervical Cancer

WHO states that the cervical cancer ranks 4th as the most frequent cancer seen in women. It is also 4th among cancer related death seen in women. According to the Statistics provided by Indian Council of Medical Research, in the year 2015, 62000 women died due to Cervical Cancer. It amounted to 24% of cancer related deaths seen in women. Out of every 100000 women, 30 in rural area and 17 in urban area are affected by Cervical Cancer. The main cause of these numbers /statistics is lack of awareness. Before being actually diagnosed with Cervical Cancer, it remains in initial stage for nearly 10-20 years. Excessive vaginal bleeding, vaginal leucorrhoea and pain in lower abdomen are the most commonly ignored symptoms in women, especially of rural area. This is the main cause of high incidence of Cervical Cancer in those areas. Earlier the diagnosis better is the prognosis for Cervical Cancer. Treatment procedures that are given in Ayurveda such as Yonidhavan, Yonipichu along with oral medication can be used in the treatment plan for Cervical Cancer.

Dr. Pravin Gund

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