Bharatiya Sanskriti Darshan Trust's

INTEGRATED CANCER TREATMENT AND RESEARCH CENTRE

Ayurved Hospital and Research Centre
Wagholi, Pune, India

www.ayurved-for-cancer.org

- ‘Centre of Excellence’ of Department of AYUSH, Govt. of India
- Affiliated to ‘INDIAN CANCER SOCIETY’
- Funded by Ministry of AYUSH, Govt. of India
  - Department of Atomic Energy (DAE), Govt. of India for Radiotherapy Department
  - TATA TRUSTS
- Scientific Industrial Research Organization (SIRO) Approved by Department of Science & Technology (DST)
- CGHS approved Ayurved Hospital & Research Centre for Panchakarma Treatment
Highlights

- Integration of Chemotherapy, Radiotherapy & Surgery along with Ayurvedic treatment to improve the Quality of life of Cancer patients.

- Imparting Ayurvedic treatment like Shaman (Oral Ayurvedic Treatment), Rasayana (Immunomodulatory Treatment) and Panchakarma (Body Detoxification Treatment) for controlling progression of the disease, minimizing side effects of Chemotherapy and Radiotherapy & increasing resistance against the disease.

- Availability of Cancer detection & treatment facilities under the guidance of experts in respective fields.

- Palliative and Pain Management Department to minimize sufferings of Cancer Patients.

- Identifying risk factors of Cancer from Ayurvedic point of view and thus emphasizing awareness on lifestyle modification for prevention of Cancer in the society.

- Scientific Research on effectiveness of Ayurvedic treatment in various types of cancer at various stages using yardsticks of Ayurvedic as well as modern medical science.
Shamana Chikitsa (Oral Ayurvedic Treatment)

Oral Ayurvedic Treatment is beneficial for controlling disease, reducing side effects of Chemotherapy & Radiotherapy, minimizing sufferings and thus improving quality of life of Cancer patients.

Most of the experience-based Ayurvedic medicines are prepared in Atharva Nature Healthcare Pvt. Ltd. of Trust, which manufactures natural, effective and safe medicines with appropriate precautions of Quality of Control.

Atharva Nature Healthcare Pvt. Ltd. is approved by FDA (MS) & complies norms of GMP. A state-of-art drug standardization laboratory of ICTRC is established for Quality Control of Ayurvedic medicines.

Raw materials for Atharva Nature Healthcare Pvt. Ltd. are supplied by Trust’s Sanjeevani Plantation Department, which cultivates medicinal plants with the use of organic fertilizers. Vegetables & fruits cultivated in our Plantation Department are used for the patients in the hospital.

Cattle breeding is one of the activities undertaken by the Trust. Milk products of Indian Cows, Goats etc. reared & sheltered in our Dairy are used for Cancer patients in our hospital.

Panchakarma

Aim of Panchakarma treatment is to cleanse & detoxify body, increase immunity & thus to restore health. In many Cancer patients, it helps to reduce sufferings, minimize side effects of Chemotherapy & Radiotherapy. Ultimately it helps to prevent recurrence of Cancer to certain extent.
**Dietary Consultation**

*Healthy Ayurvedic diet* is an essential aspect of Cancer treatment. Indian food prepared by Wheat, Rice, Vegetables, Beans, Fruits, Spices & Milk products provides nourishment to body. Specific diet recipes prepared by following Ayurvedic dietetic principles are light for digestion & rich in nourishment. Such Dietary consultation is given to all Cancer patients considering patient’s condition and disease status.

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**Mind Body Therapy**

Positive mind plays an important role in Cancer control. Cancer patients & their relatives are under tremendous stress, which should be relieved by *proper counseling*. Counseling by Doctors, Medical Social Workers as well as by patients, is the unique feature of our counseling department.

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**Yoga**

*Yoga* Therapy helps to keep mind & body in balanced state. Relaxation of mind, which can be achieved with the regular practice of *Yoga*, facilitates regularization of normal body functions like appetite, digestion, sleep & metabolism. It in turn controls progression of the disease & imparts feeling of well being. In our center, we recommend specific Yoga practices beneficial for Cancer patients in specific conditions.

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**Indian Music Therapy**

*Classical Music* is one of the elements of Indian traditions & is derived from immortal Samaveda. Many dreadful diseases like Cancer are mainly caused by stress & strain, which can be effectively balanced & healed through Indian Music Therapy. Indian Classical Music relaxes mind & initiates proper functioning of various body organs. We recommend & implement Music Therapy to our patients, which helps to minimize their sufferings.
**Onco - Surgery**

Onco-Surgery plays an important role in curative & palliative Cancer Management. Expert Onco-Surgeons impart their services in our Cancer hospital.

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**Radiotherapy**

Radiotherapy treatment destructs the malignant cells, by their repeated & controlled exposure to Radioactive emissions.

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**Chemotherapy**

Chemotherapy, rightly called as Cytotoxic Therapy, destroys the malignant cells or prevents its cell division, thereby restricting the tumour growth.

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**Palliative Care Department**

Palliative care is a specialized medical treatment to reduce pain and symptoms of patients. Cancer patients need palliative care at various stages, especially at the end of life. Counseling is also a part and parcel palliative care to boost moral of patients and relatives.

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**Intensive Care Unit (ICU)**

Emergency management of Cancer patients and other diseases is done at ICU under the supervision of expert intensivists.

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Radiotherapy & Chemotherapy are the effective conventional treatment for Cancer. Integration of Ayurvedic treatment & these conventional treatment helps to control Cancer & to minimize side – effects of Chemotherapy & Radiotherapy.
FACILITIES at ICTRC
Cancer Diagnostics

Onco - Pathology & Biochemistry
Cancer detection facilities like FNAC, Biopsy & Histopathology as well as routine Biochemistry, Tumour markers are available in Diagnostic Centre of ICTRC.

Diagnostic Radiology
Facilities of Digital X-Ray and Sonography are available at our diagnostic center for cancer patients.

Research Wing

Molecular & Cell Biology Laboratory
Molecular & Cell Biology Laboratory is established in our center to assess efficacy of Ayurvedic treatment using modern yardsticks.
Started in 1994 by Revert Prabhakar Keshav Sardeshmukh Maharaj, Dr. Sadanand P. Sardeshmukh and Dr. Arvind Kulkarni (Radiation Oncologist) with the inspiration of Respected Late Balasaheb Bharade (Ex-Speaker of Maharashtra State Assembly) & Late Mrs. Indumati Bharade

- Co-ordinated by Dr. Arvind Kulkarni, Director, Radiation Oncology Department, Lady Ratan Tata Hospital & Ex-HOD, Radiation Oncology Department, Bombay Hospital, Mumbai and Dr. Shirish Kumathekar, Well-known Onco-Surgeon at Solapur.

- A team of more than 50 dedicated Ayurvedic and Allopathic Physicians expert in the field of Oncology is contributing towards the betterment of Cancer patients through their expertise.

- Multi centric Project with centres at various parts of India namely Mumbai, Solapur, Kolhapur, Nashik, Aurangabad & New Delhi - Gurgaon.

- More than 11,000 Cancer patients suffering from various types of Cancer at various stages have been treated in the project till 2017.

- Personalized treatment to each cancer patient is given with individual assessment.

- Research on Cancer epidemiology and Cancer Treatment is the integral part of the project.

- Findings on usefulness of adjunct Ayurvedic treatment are published in National and International journals.
Social Awareness of Cancer through Camps & Exhibitions

- Free Cancer Consultation Camps, Breast, Cervical and Oral Cavity Cancer detection camps. Panchakarma Camps are held regularly in Mumbai, Pune, Solapur, Kolhapur, Nashik and Aurangabad.
- Workshops for Breast & Oral Cavity Cancer patients are organized regularly for their health awareness.
- Cancer Genomic Camps are organized in collaboration with Advanced Centre for Treatment, Research and Education in Cancer (ACTREC), Tata Memorial Centre.

Exhibitions on 'Cancer & Ayurved' are organised regularly for briefing the common man about -
- Risk factors
- Signs & Symptoms of Cancer
- Investigations to be done
- Integrated Cancer Treatment
- Lifestyle modifications
- Nutritious diet
- Psychological boosting of patient
- Care to be taken by family and friends.

Publications on Cancer

Cancer - Ayurved, Cancersathi Lokopayogi Ayurved and Handbook on Cancer & Ayurved - Books highlighting risk factors, signs & symptoms, treatment, diet recommendations, importance of Panchakarma in treatment of various types of cancers & prevention of Cancer from Ayurvedic perspective are published by the trust in English and Marathi languages.

Scientific papers presented at International Conferences are published in the form of “Ashwasan - I, II, III & IV”.
International conferences on “Ayurved for Cancer” are held which are attended by many Ayurvedic and Allopathic experts from India and abroad every five years since 1997. Research papers of Integrated Cancer Treatment and Research Centre are presented in the conference. These conferences have proved to be common platform for bringing research on cancer in various pathways to be shared for betterment of Cancer patients.

1st International Conference - 1997, Pune

2nd International Conference - 2002, Pune

3rd International Conference - 2007, Mahabaleshwar

4th International Conference - 2012, Pune

Participation in International Conferences

Presentation of workshop on Results of Ayurvedic Treatment in Cancer patients by Dr. Arvind Kulkarni & Dr. Vineeta Deshmukh at International Conference 9th SIO, Albuquerque, New Mexico, USA

Dr. Sudha Gangal, an Eminent immunologist presenting research paper of ITRC at Immunology Summit - 2014, Baltimore, USA

Dr. Shweta Gujar presenting research papers of ITRC at 17th International Ayurveda Symposium, September 2015, Bristein, Germany

Dr. Vineeta Deshmukh & Dr. Sukumar Sardeshmukh at 2nd European World Ayurveda Congress, Oct. 2015, Germany
- Integrated approach of Cancer treatment is highly effective to improve quality of life and survival rate.
- Ayurvedic treatment, healthy diet, lifestyle modification and mind-body treatment are beneficial for Cancer patients to improve immunity.
- Immunomodulatory treatment and Panchakarma treatment have proved to be effective in preventing recurrence/metastasis and in improving quality of life.
- Side effects of Radiotherapy and Chemotherapy are remarkably reduced with complimentary Ayurvedic Treatment.

**PROUD MOMENTS**

- Inauguration of Integrated Cancer Treatment & Research Centre by Hon. President of India, Smt. Pratibha Devi Singh Patil
  Dt. 29/05/2011

- Visit & Guidance of Respected Padma Vibhushan Mr. Ratan Tata Sir to Integrated Cancer Treatment & Research Center
  Dt. 1/04/2011

- Visit & Guidance of renowned Nuclear Scientist Honorable Padma Vibhushan Dr. Anil Kakodkar to Integrated Cancer Treatment & Research Centre
  Dt. 3/11/2012
TEAM OF CLINICIANS AND RESEARCHERS

**Director**
Dr. S. P. Sardeshmukh  
A.V.P., Ph.D. (Ayurved)

**Director, Oncology**
Dr. Arvind Kulkarni  

**Co-ordinator**
Dr. Shirish Kumthekar  
M.S. (General Surgery)

**Research Advisor**
Dr. Sudha Gangal  
M.Sc., Ph.D.

**Deputy Director**
Dr. Vineeta V. Deshmukh  
M.D. (Ayurved), Ph.D.,  
PGDCR, Diploma Diet,  
M.A. (Sanskrit)

**Assistant Director**
Dr. Vasanti Godse  
B.A.M.S., Ph.D.,  
Diploma Diet,  
M.A. (Sanskrit)

**Assistant Director**
Dr. Shrinivas Datar  
M.B. (Ayurved),  
Ph.D.

**Assistant Director**
Dr. Shweta Gujar  
M.D. (Ayurved),  
Ph.D.

**Assistant Director**
Dr. Vijay Ramdas  
M.B.B.S., D.O.M.S.

**Research Associate**
Dr. Swapna Kulkarni  
B.A.M.S., Ph.D.,  
Diploma Diet

**Honorary Physician**
Dr. Sameer Gore  
M.D. (Ayurved)

**Onco - Surgeon**
Dr. Anil Sanghaneria  
M.S., F.I.C.S.

**Onco - Surgeon**
Dr. Keyur Gutte  
M.S.

**Oncologist**
Dr. Tushar Patil  
D.M., M.D. (Onc)

**Radiation Oncologist**
Dr. Jagdish Shinde  
M.B.B.S., D.M.R.T.  
M.D. (Radiotherapy)

**Onco - Pathologist**
Dr. Deepak Laddha  
M.D. (Path.)

**RESEARCH FELLOWS**

Dr. Bhagyashree S. Sardeshmukh - M.D. (Kayachikitsa), Ph.D.  
Dr. Abhishek Salunkhe - B.A.M.S., M.Phil

Dr. Nilambari S. Sardeshmukh - M.D. (Rasashastra), Ph.D.  
Dr. Amruta Salunkhe - B.A.M.S., M.Phil

Dr. Vinita Awalkante - M.D. (Kayachikitsa)  
Dr. Anita Shingte - B.A.M.S., M.Phil

Dr. Sanjog Awalkante - M.D. (Rasashastra)  
Dr. Bhuvnesh Sharma - B.A.M.S.

Dr. Pradnya Tilekar - M.D. (Dravya Guna)  
Dr. Dhananjay Deshpande - B.A.M.S.

Dr. Sandeep Chavan - M.D. (Rasashastra)  
Dr. Suchita Vaidya - B.A.M.S.

Dr. Sushma Bhuvad - B.A.M.S., M.D., Ph.D.  
Dr. Vijay Radye - B.A.M.S.

**HONORARY PHYSICIANS**

Dr. Avadhoot Patwardhan - B.A.M.&S., L.C.P.S.  
Dr. Anjali Deshpande - M.D. (Kayachikitsa), Ph.D.
Join hands with us in Fight against Cancer.

Donations are exempted u/s 35(1)(ii), 80G and FCRA of I.T. Act.

Total Project Cost : INR.150,00,00,000/- Indian Rupees One Billion Five Hundred Million only.

This project will aim at providing preventive, curative and rehabilitative services under one roof by combined efforts of Ayurvedic and Allopathic experts.