I am happy to see that due to increasing awareness of cancer problem in public, there is more demand for information on cancer in print media as well as electronic media. In the past decade, modern medicine has discovered many new drugs to destroy cancer cells. Targeted Chemotherapy, which is supposed to selectively destroy cancer cells, is getting more popular. Although the claims for effectiveness are great, this does not always appear to be true in clinical practice. After few months of reduction of tumor size seen on scans and X-rays, cancer cells usually grow back in body which has become weak due to toxic side reactions of aggressive chemotherapy and radiotherapy. Natural immunity is also compromised in most of the cancer patients due these advanced techniques. Besides most of these new medicines, which do not guarantee cure, are very expensive and beyond the reach of average Indian patient who has to fend for his/her own medical costs.

In spite of all these advances and aggressive treatments, there has been no definite cure found in any pathy. The conclusion remains still same: “Cancer is a complex disease affecting Body as well as Mind. Only destroying tumor cells does not help. Mental profile is of paramount importance in the final outcome of cancer treatment. Modern medicine should adopt a HOLISTIC ATTITUDE for medical care and take due help from other complementary medical sciences. About 80% cancers are due to faulty unhealthy life styles and pollutions in food, air, water and mind. These cancers can be prevented if we are determined to prevent cancer before it starts or to fight and uproot cancer after it starts. Fighting cancer is a joint responsibility of patient, family and sympathetic medical team. More money spent does not always guarantee better results.”

In this edition, I have added some new chapters and updated my earlier views and observations. An average cancer patient and the family gets shocked and confused on the diagnosis of cancer. He/she does not know the best way for dealing with cancer and usually helplessly follow the advise given by the doctors or relatives. Cancer is in making silently over many years and few days more spent to get more information about various options is helpful to take right decision, rather than rushing for surgery, radiotherapy, chemotherapy etc out of panic. I hope this book will be of some use for public to understand internal working of cancer and get new directions to explore various options and choose the best line of treatment suitable for your special needs.
I am thankful to Mr. Prabhakar Rao and his colleagues at JASCAP, Mumbai, whose mission is to help cancer patients in India. This book could be printed because of the encouragement and support from JASCAP.

Dr. Arvind Kulkarni, M.D.
Director, Oncology, Integrated Cancer Hospital,
Wagholi Pune. www.ayurved-for-cancer.org
24th June 2015
FOREWORD

The time has come to take another leap forward and establish Holistic Cancer Care Program in various cancer hospitals addressing the whole patient and not only direct our attack against cancer tumor. Doctors all over the world have become aware that treatment should take care of the body and mind of the patient as well as the cancer tumor. One has to treat the root cause of cancer to successfully treat the disease.

Dr. Arvind Kulkarni is well-known radiation oncologist who has practiced in New York in early 1970s. After his return to India in 1973, Dr. Kulkarni has been attached to Jaslok Hospital and Bombay Hospital in Mumbai for over 25 years. Since 1996, he has been a visiting consultant in radiotherapy at Ruby Hall Clinic in Pune. Originally from Pune, Dr. Kulkarni had his postgraduate training in oncology at Liverpool University and New York University. For past few years he was again invited in USA to do more research on alternative medicine and cancer at Allegheny University Hospital in Pittsburgh.

Dr. Kulkarni is now practicing in Mumbai-Pune area. Obviously, Dr. Kulkarni is the right person to guide the development of our Cancer Control Program. Dr. Kulkarni has wide research experience in cancer. He has conducted several clinical trials on role of complementary medicine such as Ayurved and Homeopathy in cancer treatment. Dr. Kulkarni recently published his book “War Against Cancer”. The book, written for lay public in simple language has been very well received by patients, relatives, and public as well as by many medical doctors.

In the current book titled “Prevent Cancer”, Dr. Kulkarni has explained in simple language the cancer problem, its’ causes and what can be done to prevent cancer. The book also gives the outline of the work done by Lokmanya Hospital in the past and our new plans for establishing a Cancer Control Center in Chinchwad-Pimpri area. Cancer management needs a holistic approach addressing the root causes as well as treating the patient as a whole, his mind and body included together, rather than narrow focus on the cancer tumor alone. In addition to modern cancer treatment like surgery, chemotherapy and radiotherapy, we propose to start a wing of alternative medicine covering Ayurved, Homeopathy, Yoga, Herbal Therapy, Oxygen Therapy, Acupuncture, Acupressure, Mind-Body Medicine etc to
supplement the main treatments for better results. Our Center is planning to integrate all these alternative medical methods to help patients of cancer and many other chronic diseases.

I am sure this small booklet would be of great help to obtain factual and unbiased information about cancer and give useful guidance for cancer prevention for the public. I am sure this information will help all for improving health and for prevention of cancer and other chronic diseases.

Dr. V. G Vaidya, M.S.
Lokmanya Hospitals, PUNE
CHAPTER 1

TERRORISM OF CANCER

SEPTEMBER 11th:
In the beginning of the 21st Century and especially after the September 11th it would be necessary to take a second look at our approach to Cancer Problem. Cancer problem can very well be compared to “Terrorist Problem”. Terrorist problem affects the whole world while the Cancer Problem affects the whole body. Both the problems are in the making for several years before the actual explosive diagnosis. Both the problems have tremendous physical, psychological as well as spiritual implications.

The Vedas (ancient Hindu Scriptures) state that human body is miniature world! “Whatever is in pinda, the same is in brahmanda”! A dosha (disturbances) in one part of the world eventually affect the whole world. Persistent dosha in one part of the body, if not corrected, can eventually affect the whole body. In the outer world as well as within the body, disturbances can manifest either as acute or chronic problems in different parts.

Terrorist mentality was in the making over the past many years. The nations of the world, preoccupied with own welfare, usually ignored the remote disturbances. A local problem was thought to be an insignificant symptom, which would somehow go away. When the World Trade Center in New York crumpled on 9-11, it was then a confirmed diagnosis of terrorist cancer affecting the whole world.

Human body has more than 100 Trillion cells. Carcinogens are external chemical, physical and biological influences, which are known to promote cancer. Under the influences of persistent unhealthy life styles and exposures to carcinogens, some groups of body cells start their “malignant” covert activities. If the soil is ready, the disturbance takes root and a visible cancer tumor is soon noticed.
Why Cancer?
Unhealthy life styles and exposures to cancer causing chemicals are important, but not the exclusive causes of cancer. There are many other known and unknown factors initiating the cancer process. Cancer is sometimes seen in very young children who obviously could not have had any bad habits. On the other hand, we see many people full of so called bad habits apparently enjoying good health. This compels us to consider some other factors in childhood cancer. Pregnant mothers, who are exposed to carcinogens, may be transmitting such influences to the fetus in the womb. A baby might be born with susceptibility to cancer. This susceptibility may be genetic in origin. Hindu philosophy has concept of repeated cycles of birth and death. Vedas stress consequences of karma, good and bad deeds performed in this and earlier life. As you sow, so shall you reap. Could these karma in the past lives manifest through genes in this life bringing us to various good or bad experiences?

There are special genes called oncogenes in our body cells. Protective Oncogenes can resist cancer. However, when “turned on” or “altered” or “corrupted”, the same genes could promote cancer. What turns these oncogenes “on”? What causes a cell either to fight cancer or to join cancer? Carcinogens are outside substances, which can trigger oncogenes and develop cancer. Carcinogens are external things such as tobacco, pollution, pesticides, chemicals, drugs, radiation, x-rays, ultra-violet rays, old or chronic injuries to the body, chronic infections etc. The internal factors are host factors. A person may be born with genetic susceptibility to develop a cancer more easily than others. Such susceptible persons, if exposed to carcinogens, can easily develop cancer. On the other hand, if such persons carefully avoid exposure to carcinogens, they can reduce the risk of getting cancer. Recent medical research suggests that under the persistent influence of carcinogens, oncogenes can become activated and start cancer. It has been shown in the research laboratories that persistent exposure to carcinogens can reduce immunity, which is the natural disease fighting power. With reduced immunity, various diseases can take hold of the body. Mental depression and anxiety can reduce immunity. Fortunately it has been also proved in laboratories that good healthy natural food, exercise, regular habits,
relaxation, meditation, yoga, cheerful attitude and even good sleep can improve immunity. Such measures would help one to fight many diseases.

Focus of Allopathy:
Allopathic medicine usually considers only physical aspects of a disease. With few exceptions, allopathy treats diseases on a physical level alone. Although we all are aware of the existence of mind and spirit behind the body, these entities cannot be shown in the test tubes. These subtle realities are discounted when an allopathic doctor treats physical diseases such as infection, diabetes, blood pressure, cancer etc. Allopathic medicine is like a fire fighter. When there is an actual fire, the fire brigade will rush and extinguish the fire quickly by whatever means available. However, fire prevention is more important in the long run.

Human Body:
When body develops an acute disease, a medical doctor will prescribe the required antibiotic, anti-fever, anti-diarrhea, anti-acid, anti-pain, anti-sleep, anti-bleeding, anti-tension, anti-convulsion, anti-cancer pills etc. No doubt this quick fixing medicines work wonders and immediately arrests the symptoms of a disease. However, we should remember that human body is a miraculous machine, which is usually able to heal itself. Many of the symptoms such as fever, diarrhea, cough, sweating, pain etc could reflect natural healing process. Undue interference with such processes might lead to other chronic health problems in the long run. In modern age, in spite of more hospitals, more doctors, more drugs and more advances, there seem to be more ill health. Modern medicine is becoming more and more mechanical, complicated and less affordable for an average individual. Modern medicine has no satisfactory answers to many chronic diseases. Indulgence in bad habits, unhealthy food, impure water, polluted air, and mental stresses may be responsible for ill health on large scale. That is why Alternative Medicine is getting more and more popular all over the world.

Alternative Medicine:
Alternative medicine is not one specific medical science. It is a basket of different systems prevalent in various parts of the world. Most of these systems are time tested old methods. Some are new and are being explored. The common approach of these methods is to attend to the whole body, including mind. Treat the body and mind together. “Empower your own mind and body to fight your own disease” is the common basis for various alternative medical systems. These methods not only treat the symptoms or laboratory findings of a disease but also try to go at the root cause of the disease. These systems emphasize disease prevention. Modern medicine has made lot of important advances and some of these are life saving in acute medical emergencies and accidents. Alternative medicine many times tries to complement modern medicine. Hence, alternative medicine is also known by other names such as Complementary Alternative Medicine, Integrated Medicine, and Holistic Medicine. Ayurved figures prominently in the list of alternative medical sciences.

There is worldwide interest in Ayurveda and other alternative medical sciences. National Institutes of Health in USA has recently established a special division called National Center for Complementary and Alternative Medicine in Washington, DC. This center promotes research in various alternative medical systems. The center has published a list of various alternative medical sciences prevalent in different parts of the world. The list includes Ayurveda, Yoga, Meditation, Homeopathy, Energy Medicine, Mind-Body Medicine, Acupuncture, Chinese Medicine, Herbal Medicine, Naturopathy, Nutritional Medicine, Reiki and many more. National Cancer Institute, another branch of NIH, has a special section to do research on cancer treatment with alternative medicine. There is keen interest in Ayurveda all over the world. In a latest study by Dr. Eisenberg, published in the Journal of American Medical Association in 1998, it was shown that almost 40 % of all the Americans take some help from Alternative Medical Practitioners every year. The same is true in other parts of the world.

We are fortunate to have Ayurveda as our heritage. However, we have to do medical research with modern methods to study Ayurveda and learn the exact scope of Ayurveda in various chronic diseases. We should not be prejudiced, either for or against Ayurveda.
Research based evidence can guide us about proper scope of Ayurveda. Ayurveda is not a
dead science but it is a dynamic science. We could take help of other medical sciences, if
needed, to understand ayurveda better. Whatever is written in old textbooks should be
verified by our own experience. Blind faith is as dangerous as blind logic.

**War Against Cancer:**

War Against Cancer is similar to the War Against Terrorism. Terrorists are the members
of the society who have taken a wrong turn. Cancer cells are formed from our own cells,
which have gone out of control. They serve no useful purpose but attack other peace
loving hard working parts of our body. Like terrorists, cancer cells can spread from one
area to another, causing pain and suffering. Terrorists may hide within civilian
population. Cancer tumor is present within body surrounded by normal cells. Bombardment
of terrorist camps may destroy some terrorist if you can get them precisely. Some collateral
civilian damage is unavoidable! Similarly, with chemotherapy and radiation, some damage to surrounding normal organs is unavoidable. After
destruction of cancer, re-building of body is more important. Ayurveda and other
Alternative Medical Sciences can enable your own body to prevent cancer cells from
conducting terrorist activity. Individual terrorists can be killed but as long as terror
mentality persists in the society, more terrorists will come. Similarly, we can destroy
cancer tumor, but as long as the root disturbances are not corrected, cancer can come
back. Rehabilitation of body and empowerment of immunity is critical for eradication of
cancer.

Prevention is much better and easier than cure. In this book some of the parts of my
larger book “War Against Cancer” that emphasize cancer prevention and health
protection have been included. There may not be any guarantee of 100% success with
any of these methods. The advice given in this booklet is for general information only. If
you have a specific health problem, you should take help of a competent medical
professional in the treatment of your disease. You should be the soldier in your war
against cancer, but you still need a competent commanding officer to call the shots in
your War Against Cancer.
CHAPTER 2

WHAT CAUSES CANCER?

Cancer is a complex disease. It does not happen overnight. Usually it is silently progressing in the body for years before it manifests as an outside tumor or ulcer. A brief explanation about causes of cancer, according to my personal observations is given below. I am aware that some doctors and medical scientists might have different opinions in this matter. I respect their views also since we do not still fully know one single basic cause for cancer.

Cancer is due to chaos in the natural body function. Cancer happens when healthy cells stop functioning and maturing properly. A mishap occurs within the cells. It probably begins with a genetic change (mutation) of the DNA, which is the part of nucleus of the cell. DNA is the material out of which chromosomes and genes are made.

Mutations do occur even normally but very rarely. Ordinarily, normal immune forces repair such genetic mutations and the life goes on. Due to persistent exposure of the tissues to abnormal irritation over long period, either internally or externally, rate of mutation goes beyond control. Following are some theories about cancer. These are still theories and may not explain each and every case of cancer.

1. **Wish Theory**: This is a fundamental assumption to analyze the personality of an individual that might invite cancer, unknowingly! Here a person’s attitude towards life is a critical factor. A person may subconsciously feel that the life is not worth living. Cancer might be one of the escape routes. A person might sincerely feel that “Life has become purposeless”, “Life has become miserable”, “Life has become a burden”, “There is no hope”, “Nobody loves me”, “No one wants me”, “Its no use” etc. Psychological distress can find a physical outlet such as cancer or some other chronic disease. About 20% of all the cancer patients fall in this group. There are various shades of negative feelings about one’s own life. After retirement a person, unable to switch to other hobbies or occupations, might feel life as purposeless. An elderly woman might feel that she is no longer needed by her family and might loose
interest in own life. Death of spouse or loved ones sometimes produces long lasting unresolved grief. In old age, death of husband or wife is especially traumatic. Neglect by own children in old age is very stressful. Life becomes miserable and worthless. Unexpected losses in business and reversal of fortune are another events hard to cope up with. This may be one reason why cancer is common in old age, when one has weathered many a storms in life. Not everyone who experiences such bad events would have health problems. It is not the event itself but how a person reacts to it is more important.

2. **“Diet Theory”:** Nutrition is critical. Certain nutrients in natural foods can prevent cancer and conversely poor nutrition can invite cancer. In the past 10 years, a lot of research has been done on various minerals, vitamins, amino acids, fatty acids, polysaccharides, enzymes and other natural substances, which have cancer preventive properties.

3. **Genetic Theory:** Inborn weakness in certain genes, called oncogenes, can make some people prone to get certain types of cancers more frequently than average. Cancer of breast, colon and ovary appears to be more common in blood relatives. It is estimated that less than 10% of cancers are due to inborn genetic weakness. In a way this is good news, which means that more than 90% cancers are not due to hereditary cancer risk genes. Even such cancer risk can be greatly reduced by healthy life style and proper nutrition, even if one is born with cancer prone genes.

4. **“Chemical, Physical and Biological Carcinogens”:** Carcinogen is any outside matter that can trigger cancer process. Numerous pollutants, chemicals, toxins that are so common in the environment can trigger cancer in some people. Smoking and chewing tobacco are most widely publicized hazards. Certain drugs are also known to cause cancer. X-rays, gamma rays and ultraviolet rays are known to cause certain types of cancers. Geopathic radiations from earth at certain locations, adverse magnetic and electrical fields, and noise pollution are some other physical causes, which could increase the risk of cancer. Biological materials such as certain viruses
are associated with cancer. Some viruses are linked with certain types of lymph node cancers, warts and cancer of uterus.

5. **“Toxic Dump Theory”**: As a house needs cleaning, the body needs a safe disposal system for waste products and toxins. In good health, organs like liver, intestines, kidneys, skin and lungs are doing the function of the waste disposal. If these organs are not efficient or if the waste products are too much to handle, there is accumulation of toxic waste products in the body. Some doctors believe that body creates tumors as a dumping ground for toxic wastes.

6. **“Rebellion Theory”**: After chronic abuse of our own body with unhealthy habits and improper lifestyles, certain organs in body might feel neglected. Our mind ignores all the warning signals by such organs. The miracle machine, that is our body, which was given to us free of charge with lifetime warranty, starts deteriorating. Eventually, some cells, tissues and organs declare the war, overthrowing all the central controls. The cells start growing in chaos and soon cancer tumor is formed.

7. **Childhood Cancer**: This is a very special subject these children never had time to smoke, develop bad lifestyles or indulge in any other unhealthy activities. Why then the God is giving such punishment to an innocent little human? Apart from the theory of inherited genetic weakness, it is possible that pregnant mothers might have been exposed to carcinogens and toxins during the pregnancy, which have caused bad effects on the growing fetus before the birth. That is why a pregnant woman’s behavior, diet, medication and moods are so important for the unborn baby. Women subjected to drugs, smoking, toxic medications, domestic quarrels, stress etc are known to give birth to babies who later on develop various diseases.

8. **Metaphysical Influence Theory**: Although not yet accepted by current scientific logic, certain locations in some houses are observed to cause to chronic ill health to the occupants of such locations. This could be due to certain negative elements
influencing certain locations. Changing the houses or changing positions of sleeping etc have resolved chronic health problems in certain people. Current scientific instruments cannot measure these subtle influences. However many spiritual healers, vastu-shastris, saints and yogis can perceive these subtle influences. Astrological predictions about health problems would come in the same category.

9. “Karma Theory”: When nothing else explains a disease, one has to go to Hindu concept of *Karma*, deeds performed either in this life or in past lives. “As you sow, so shall you reap” is the thought not only of Hindu religion but many other religions have similar concepts

**LIST OF SOME COMMONLY KNOWN CARCINOGENS**

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>CHEMICAL</th>
<th>NUTRITIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.Sunlight- Ultraviolet rays</td>
<td>1.Polluted Water</td>
<td>1.Diet deficiencies</td>
</tr>
<tr>
<td>2.Electro-magnetic Fields</td>
<td>2.Chlorinated Water</td>
<td>2.Toxins due to metabolism</td>
</tr>
<tr>
<td></td>
<td>5.Pesticides</td>
<td></td>
</tr>
<tr>
<td><strong>BIOLOGICAL</strong></td>
<td><strong>6.Food Additives</strong></td>
<td><strong>EMOTIONAL</strong></td>
</tr>
<tr>
<td>2.Parasites</td>
<td>8.Certain drugs</td>
<td>2.Toxic negative emotions</td>
</tr>
</tbody>
</table>

Chapter 2
CHAPTER 4

CANCER DETECTION

For dealing with any problem, accurate diagnosis is very important. If the diagnosis is accurate, then there is better chance of taking right steps. This chapter deals with some standard approaches and some novel diagnostic tools for very early detection of cancer.

Invisible Cancer:
Cancer like cells are circulating in body most of the time. These cells are effectively caught and destroyed by our healthy immune system. Hence it is much better to strengthen our immune system so that cancer cells, even if present in our body, will not grow and lead to cancer disease. Mere presence of few cancer like cells in the body is not clinically the cancer disease. Only when such cells establish, spread and grow unchallenged, cancer makes its foothold and then becomes a disease. These stages may take from few months to many years. In some patients, small microscopic cancer may remain unchanged for many years. A person may die naturally or due to some other disease at a mature age and only at autopsy such tumors are accidentally discovered. This is especially true in cancer of prostate, a disease of old age. Here the cancer could be looked at as a co-existing, unwanted companion tumor. Careful thoughts must be given to various natural therapies for small microscopic tumors that are not causing any symptoms. Obviously, such tumors need a close watch under medical supervision. Heroic aggressive treatments are not necessary. We have to make sure that the treatment is not worse than the disease.

Cancer Check-ups:
Cancer check-ups, as conducted in various clinics and hospitals, usually involve clinical examination by a doctor in addition to routine blood tests and X-ray of chest. Additional tests are ordered by the doctor as per the specific complaints of the patient. These methods are helpful to some extent but are not 100% guarantee against cancer. These tests provide some sense of security. Sometimes, check-ups may lead to more testing in
Chapter 4

the persons, if cancer is suspected. As stated before, cancer is a disease of cells. A cell is a very small microscopic structure. When only few cells are affected in cancer, there may be very few symptoms and signs for the diagnosis of cancer. It is nearly impossible to diagnose cancer in very early stage at cellular level. Even in a cubic millimeter tumor, which is like a pinch-size tumor, there might be as many as 1 million (10 lacs) cancer cells. Unless the tumor becomes at least 2-3 millimeters in diameter, it cannot be seen on any X-rays or modern scanning methods such as CT scan or MR scan. Cytology or biopsy, which is the study of cells under microscope, is much more sensitive technique but it cannot be routinely practiced on wide scale on healthy people routinely. Furthermore, even if such a routine cytology/ biopsy/ X-ray/ Scan were performed and the reports were found to be normal, there would be no guarantee that the same test few months later would come normal. The currently invisible cancer may become visible within the next 6 months, after one year or at any later time. We have to consider these facts before we can understand about the early detection of cancer. The currently available laboratory tests have these obvious limitations. This does not mean that such tests should be avoided. These tests should be done for early detection in people who have got some reason to undergo such testing.

When a tumor or an ulcer becomes visible, biopsy is the most reliable test for cancer diagnosis. Before we go into this further, let us review some other tests, which might be useful in early detection of cancer. Cancer cells, unlike normal cells, sometimes cause immune activation through antigen-antibody reactions. Antigen could be any biological substance (virus, toxin, fungus, bacteria, parasite, protein molecule) that the body comes to regard as a foreigner not belonging to the body. In cancer, antigen is a small protein molecule on the surface of a cancer cell. This enemy is sensed by the immune system especially by lymphocytes, our white blood cells. These sensor cells go near the antigen and react with it to form what is known as an antibody. Antibody gets attached to antigen and thus destroys the antigen. Thus a disease-causing antigen is neutralized. If the production of antibodies is deficient or slow compared to production of antigens, the immune system cannot cope and the disease progresses. These antigens and antibodies,
even if present in very small quantity, can be detected in the blood of the patient. Sometimes, cancer cells produce certain chemicals that are called tumor markers.

Few important tests are mentioned below for the information of the reader. It is strongly advised that the reader himself or herself should consult own doctors before considering any of these tests.

**PAP Test:**
A technique such as PAP smear, which examines secretions from vagina, is advocated for screening of cancer of uterus in women. The PAP test would be able to detect very early changes in the cells appearing suspicious. However, for majority of solid tumors, which are hidden deep within the body, needle cytology or biopsies are the only methods for accurate diagnosis. Obviously, these techniques, which need attending a specialized medical clinic, and which might involve a cost to the patient, would not be feasible for screening of cancer in majority of the population. PAP test is also performed for oral cancer, esophageal cancer and gastric cancer, where secretions from the tumor can be collected on a swab.

**PSA:**
PSA is a test used for detection of cancer of prostate. PSA stands for Prostate-Specific-Antigen. This is a blood test. Raised PSA is suspicious for cancer of prostate. PSA is marginally raised even in non-cancerous enlarged prostate or in infection of prostate. The test has some false positive and false negative results. It has to be considered together with medical examination by a physician. PSA testing is more important to monitor the progress of the patient of prostate cancer. The test is available in all the modern laboratories, although it is somewhat expensive.

**AMAS:**
This test is not readily available even in developed countries. The test claims to diagnose most of the cancers in early stage, when there are no other signs to suggest cancer. This test was developed by a Harvard trained physician, Dr. Sam Bogoch in 1990s after 20
years work in laboratory. AMAS stands for “Anti-Malignin-Antibody-Screen”. It assumes that all the cancer cells have a common surface antigen on the cancer cell wall. This antigen produces a common antibody in most of the cancers. The antibody level is measured in AMAS. If raised, there is a high probability of some type of cancer in the body. The physician then can order more specific tests for cancer location. When the cancer tumor is obvious, this test is not necessary. This test is available through Dr. Bogoch’s Oncolab at 36 The Fenway, Boston, MA 02215. (USA phone: 1-800-922-8387). The test is expensive and not easy to order from abroad.

**Tumor Markers:**

Many cancer growths secrete certain chemicals, which are called tumor markers. CEA, CA-15, CA-125, Beta-HCG, Alfa-feto-proteins are names of some of such tests for tumor markers. These tests are usually employed after the diagnosis of cancer to see the extent of cancer and to monitor the progress of cancer. These are not routinely used for early detection of cancer. Besides these common tumor markers, many other tumor marker tests are being developed. In breast cancer, ER (estrogen receptor) and PR (progesterone receptor) tests serve important role in planning the treatment of the patient.

**Mammography:**

This is a test with special X-Ray technique to highlight the internal structure of the breast. The most basic way to detect breast tumor is by self-examination or by the examination done by a doctor. Majority of the breast lumps are benign. Only a small proportion is cancerous. Mammography may serve some purpose for women at high risk for developing breast cancer. The mammography is somewhat painful and involves use of X-rays, which in turn could have some minimal hazards. Although being promoted as routine screening test for large sections of population, the cost-benefit ratio of this technique is controversial. Besides being controversial, recommendation for routine periodic mammography in all women above say 40 years of age could lead to anxiety and cancer-panic. Screening with mammography in every woman might not be cost effective and may be counter-productive. There is a suggestion that mammography may detect a large number of slow growing tumors which may not be highly malignant. Such tumors,
although cancerous under microscope, might not lead to the usual aggressive breast cancer, which takes the toll of the patient in a short time. Such slow growing tumors might need only periodic observation rather than any prompt surgery, chemotherapy, radiotherapy etc.

**Hemoccult Test:**
Testing stools for trace of blood is a simple but an important test. Tumors in colon and rectum usually bleed and the blood passes in the stool. If the amount of the blood is large, a person can notice the bleeding for himself. However, early cancer in colon may pass only very small amount of blood, which cannot be seen by eyes. The test for occult blood in the stool can detect small traces of blood. This test could be done as an initial screening in patients with high risk of colon cancer.

**Endoscopy:**
Passing special fiber-optic tubes with lights and camera to study various cavities of body is known as Endoscopy- inner viewing. Routine use of these tests for mass screening is not feasible. These tests serve very useful purpose for early detection in the patients at risk of cancer. Laryngoscopy, Bronchoscopy, Gastroscopy, Colonoscopy, Proctoscopy, Peritonoscopy are some names of the endoscopies related to different areas of body.

**X-Rays:**
Since the discovery of X-Rays by Wilhelm Roentgen of Germany in 1895, X-rays became an important part of the modern medical science. With X-rays, it was possible to see and photograph internal organs of body! X-rays were used for diagnosis and treatment of countless medical conditions. In an X-ray tube, invisible rays are produced when very high voltage electrical current is applied. These rays can go through the body and take a picture of internal structures; much like a camera takes pictures of the outside world. With use of various contrast media, the x-ray machines can take precise pictures.
of the internal organs like stomach, kidneys, gall bladder, blood vessels, heart, lungs, brain etc. This is the science of radiology.

**Scans:**

In the past few decades, very sophisticated techniques were developed to take pictures of internal organs. CT Scan machines (Computed Tomography) use a large number of simultaneous X-ray beams penetrating through body. Computer then develops a composite radiographic picture of a particular slice of any body part. Nuclear medicine has various techniques to see internal organs concentrating the radioactive isotopes injected into the body. These are called isotope scans. Isotope scans for bone, liver, brain and other organs are being used for medical diagnosis. MR (Magnetic Resonance) scan, a recent addition, use strong magnetic pulses to cause transient changes in the orientation of water molecules, which are present in every cell and tissue. By changing patterns of such water molecules (specifically the protons of the hydrogen atoms in water molecule), internal organs become visible on Magnetic Resonance (MR) scan. Ultrasound scans, called sonography, use high frequency sound waves to traverse through body parts and take pictures of internal organs. PET scan and SPECT scans are names of some other rarely used scanning techniques for imaging of internal organs. As a rule, these scans will see any tumor only when it is at least a few millimeters in size. As stated earlier, a cubic millimeter of tumor might contain about 1 million cancer cells! These scans cannot see individual cancer cells. X-rays and scans can see small tumors, but at this stage cancer cells have already established a foothold in the body. Again, these tests will point out to small tumors but would be unable to tell if it is a cancer or some other type of shadow. Compared to these imaging x-rays and scans, the tests for tumor markers and tumor antigens are much more precise and helpful for early detection of cancer. X-rays and nuclear radiations used for medical diagnosis and medical treatment are known to cause cancer in exposed people. Hence the use of X-rays and other radiations has to be done with great caution.
Biopsy:
Biopsy is the Mother of All Tests for Cancer. Without biopsy, cancer diagnosis is not complete. In biopsy, a small portion of tumor is removed and seen under microscope. An experienced pathologist can very easily see the signs of cancer in the slide under microscope. Cancer cell is larger, irregular and has darkly staining large nucleus within cell. Signs of disorder, invasion and encroachment are abundant. Cancer can be classified to exact type as per the microscopic appearance. Carcinoma is name given to malignancy arising from linings of the internal organs or skin surface. Squamous cell carcinoma arises from the mucous lining or skin surface. Adeno-carcinoma arises from the lining of glandular tissue such as stomach, colon, breast etc. Carcinoma could be of high grade or low grade. Higher the grade, more aggressive and dangerous the spread of cancer. Sarcoma is term used for malignant tumors arising from connective tissues such as bones, fats, muscles, cartilage etc, which are not communicating with outer surfaces or with inner cavities in the body. Leukemia is name used for cancer of blood, which is the liquid of life constantly on the move through veins and arteries. Initially, leukemia does not form any localized solid tumors, although when advanced, secondary tumors are seen in various parts of body. Lymphoma is the term used for tumors originating in lymph nodes and organs connected with the lymphatic system of body. Myeloma is a special type of tumor primarily starting in bone marrow without involving any other organs, at least in the beginning.

FNAC, Needle Biopsy, Punch Biopsy, Excision Biopsy, Incision Biopsy, Endoscopic Biopsy are various terms used to describe different techniques of biopsy. FNAC stands for Fine Needle Aspiration Cytology. With a very thin needle, a drop is aspirated from the suspected tumor area. Some tumor cells come in the drop, which can be studied under microscope. Needle biopsy tries to remove a little larger length of tumor tissue, which is easier to study and which can provide more precise diagnosis. Punch biopsy uses even larger forceps to punch out a part of tumor.

When the tumor is large, it is incised and only a part of tumor is removed for study. This is called incision biopsy as opposed to excision biopsy where the whole tumor is removed.
in one piece for pathological study. Biopsy is usually done before any major surgical operation to confirm the diagnosis of cancer and to see the exact type of cancer. This information helps a great deal to plan the operation. Before planning major operation, in addition to the biopsy, x-rays, scans and blood tests are performed to rule out the spread of cancer to other organs. If cancer is widespread, major operations are of little use to control the cancer.

After the biopsy the chunk of tumor is treated with certain chemicals and then embedded in a paraffin wax to make a small paraffin block. Very thin sections of such blocks can be sliced, put on glass slides and made ready for examination under microscope. An expert pathologist can study such slides and give his/ her opinion about cancer. After a major operation to remove the cancer, the entire tumor together with surrounding tissue is sent to the surgical pathologist for detailed examination of the whole specimen. Lymph nodes, small glands around the tumor, are also removed to see if the tumor cells have already gone into these areas. The lymph nodes are like police stations, which are supposed to screen the flow of the lymph and arrest any unwanted cells, germs or toxins. When the tumor is aggressive, it goes through the lymph nodes and spreads in distant areas of the body. This is then called the advanced stage of tumor. Sometimes, tumor cells, bypassing lymph nodes, travel through blood circulation and land in distant organs. This is called distant metastasis. When the cancer tumor spreads to lymph nodes, it is called as 2\textsuperscript{nd} or 3\textsuperscript{rd} stage. When the distant organs show metastasis of cancer, it is very advanced 4\textsuperscript{th} stage.

**Conclusion:**

In summary, cancer diagnosis is difficult in very early stage. The symptoms are vague and can simulate many other disease conditions. Initially, doctors usually may not order all the tests to rule out all the types of cancer. Many times this intensive medical testing is not feasible. Furthermore, patients are also reluctant for so many tests because of economical difficulties, psychological fear and inconvenience of such medical tests. Normal tests at any particular time do not guarantee that the patient will never have cancer. Since the cancer cells are very small and since these cells grow slowly, mostly
unnoticed by our immune system, cancer can become visible at any later date. Therefore, such tests for cancer detection should be undertaken with understanding of their scope and limitations.
CHAPTER 5

CANCER PREVENTION

Modern Treatments For Cancer

The details of modern cancer treatments are out of the scope of this book, since this book is written mainly for cancer prevention. Surgery, Radiation Therapy and Chemotherapy are currently the mainline treatments to deal with actual cancer tumor once it is diagnosed. The details of these treatments and other alternative cancer treatments are fully described my previous book “War Against Cancer”. We will now discuss the basic approach for cancer prevention and health maintenance.

Core Of Cancer Prevention

The core of cancer prevention and treatment lies in emotional make-up of a person. Personality of the individual can greatly influence the outcome of any treatment. Negative emotions, conflicts and thoughts hinder the recovery. Positive emotions, thoughts and will to get better help the recovery. It is usually difficult to radically change patterns of emotions and thoughts to support a healthier way of living. However, awareness of the importance of the power of own mind to overcome disease might provide a new direction for many people. This applies not only to cancer patients, but also to any ill person and even to all those who wish to prevent possible ill health. For healthy persons, tuning up the mind with positive thoughts might make life happier. A patient needs self-motivation as well as support from the family, friends and professionals in this matter. Mind-body medical techniques would help greatly for attending to the inner core. After attending the core, one should lay a good foundation for healthy life.
Foundation of cancer prevention and treatment deals with:

1. Nutrition
2. Detoxification
3. Exercise, Deep Breathing, Massage, Yoga, Sleep
4. Social Support & Group Support

All these approaches are interlinked and sometimes overlap. Hence there is going to be repetition of some suggestions. It is best to attend to the foundation simultaneously with the main treatment for cancer. These methods are not directed against cancer cells, but aim at enabling your body to fight own battle. Following discussion pertains mainly to the nutrition. The other strategies viz. Detoxification, Exercise, Deep Breathing, Massage, Yoga, Sleep, Social Support and Group Therapies are dealt with in details in my book “War Against Cancer”.

NUTRITION:

Nutrition is much more than eating high protein diet with lots of vitamins. It is not enough to make a lot of goodies available. One has to be sure that all this nutrition can be properly consumed. It can be compared with a lot of pocket money given by a father to his school going child. Unless the child knows how to use the money properly, the generosity might prove worthless and even dangerous. A child with lot of money and little wisdom about how to spend it is more likely to end up in trouble. Same thing can happen with body. If the body is not able to digest, assimilate and convert all those nutrients, the effects of rich diet can be to produce more internal toxins and metabolic waste products. It is very important therefore to assess digestive capacity and assimilation powers of a person.

Digestion:

If digestion is weak, there is no use forcing good foods. Ayurved deals with concept of Agni in great details. Literally, agni means fire. In ayurvedic context, agni is the measure
of digestive power of various organs, tissues and individual cells. Ayurved describes 13
sub-types of Agni. The main one is jathar-agni; jathar in Sanskrit stands for stomach.
Agni in stomach is responsible for the appetite and for the digestion of the food. Good
appetite at right time is the measure of jathar-agni. A person with normal agni would feel
good hunger at mealtimes and will be satisfied after a normal meal. Lack of appetite
indicates poor agni. Irregular appetite, variable from time to time, indicates imbalance in
agni. False appetite, eating too much at a time and then developing acidity, flatulence and
indigestion soon after meals are an indication of false agni. Besides the main jatharagni,
other 12 agnis relate to functions of tissues and elements in the body. Poor appetite,
flatulence, acidity, daytime napping, lack of enthusiasm are some of the pointers to the
disturbed agni function. You need to see an Ayurvedic physician for medical
management of this problem. However, following few simple instructions could be tried
initially at home.

1. Do not overeat. Do not force food unless appetite improves. Too much food
smothers agni, as too much wet wood smothers a fire.
2. If you can tolerate, skipping a meal might help to tune up agni. Weekly fasting
may be another way of combining health benefits and rituals for the religiously
oriented.
3. Take fruit juices, soups and light meals; rice, moong dal soup, boiled vegetables
etc till appetite improves. You have to supplement such light diet with adequate
vitamins and minerals. Avoid ice cold drinks, cold foods and stale foods.
4. Take a teaspoonful of a mixture of equal amounts of shredded fresh ginger, honey
and lemon juice every morning. This could be repeated before each meal to
stimulate agni.
5. Take a mild herbal laxative once in a while.
6. Vegetarian diet is preferable.

**Assimilation & Elimination:**

Once Agni is improved, assimilation of what you eat improves automatically. After
absorption, the nourishment would be passed on to other tissue systems to be processed
by their individual Agni. Slowly, you may start adding rich high protein diet. If
assimilation were proper, the possibility of metabolic toxins accumulating in your system would be reduced. You would start feeling light, bright and cheerful.

A factory needs proper disposal of the waste products, which are generated during the process of manufacture. The body needs efficient elimination of waste products, which can become toxic if accumulated in body. Intestines, kidneys, skin, lungs and liver are the main organs for disposal. Keep them functioning properly. Unless advised by your doctor otherwise, drink lot of plain water, about 2 liters or more daily. This keeps body flushed and blood thin, which helps circulation. Kidneys can dispose some waste products better if more water is available. Moreover, cells can function better when adequate water is available. Remember, water constitutes more than 65% of body weight. Use of mild herbal laxatives and eating good quantity vegetables helps your bowel function well.

**Nutrients to Protect Against Cancer:**
Recent research has confirmed that nutrition plays a critical role in the causation as well as prevention of many diseases. Micronutrients are substances like vitamins, minerals, and enzymes etc, which are required in minute quantity for proper functioning of the cells. Modern food habits encourage over-consumption of empty calories that are high in fats and refined sugars but low in micronutrients. Such food habits impair natural immunity to diseases and lead to premature ageing. A diet should not be considered only as calories from fats, proteins and carbohydrates. Empty calories, devoid of any essential nutrients, could lead to many diseases apart from the apparent obesity! Modern agricultural techniques of liberal use of synthetic fertilizers, pesticides and other chemicals to increase the yield might reduce the quality of foods. Moreover, chemicals used in canning and other preservative techniques might introduce toxic products into our foods. Unable to deal with such foreign matter, body may store such toxins in various internal tissues. This would invite chronic ill health. Plant foods are richer sources of micronutrients. Ideally, all the calories and essential micronutrients should be obtained from fresh food, vegetables and fruits. In olden days, there was no awareness of vitamins, minerals and other supplements. People used to obtain all these nutrients, without
knowing about the individual components, from traditional natural foods peculiar for their domiciles.

Vitamins and minerals help conversion of food to energy. Vitamin B complex and magnesium are “energy micronutrients” that activate enzymes. Enzymes are conductors of all biochemical reactions within cells. Vitamins A, C, E and minerals like zinc, copper, selenium, manganese are protector micronutrients that act together as a team to assist energy nutrients and to clear the cells of free radicals. Free radicals are liberated during all the metabolic activities of cells. Although needed for normal tissue functions, excessive free radicals can damage other molecules of cells and disturb their functions. This can lead to degenerative changes like heart disease, memory impairment, arthritis, cancer, premature ageing etc.

The quantity of unhealthy fats should be reduced from diet. However, it should be noted that good fats are essential for formation of cell walls and to help proper cell function. Essential fatty acids, like omega-3 and omega-6, AA, EPA, ALA, DHA should be taken in adequate amount to maintain good health. Flaxseed oil (linseed oil) is a good source of omega-3 fatty acids. Use of butter and pure ghee (clarified butter) in moderate quantities is recommended by Ayurveda for rejuvenation of cells, luster and energy. Similarly, proteins and essential amino acids are important for good health. Following is a list of some cancer preventive micronutrients:

1. Vitamin A: strengthens immune system. Essential for mineral metabolism and hormonal function. Helps detoxification of cells. This fat-soluble vitamin is found in fish oils, cod liver oil, butter and eggs.
2. Vitamin C: Important antioxidant that prevents damage from free radicals. Helps absorption of Vit A, iron and other micronutrients. Found in citrus fruits like oranges, apples, and lemons.
4. Vitamin D: required for strong bones. Protects against breast and colon cancer. Found in animal foods, butter, fish etc.
7. Minerals: All minerals are needed for biochemical activities. Zinc, Selenium, magnesium and manganese are components of enzymes that help body fight cancer-producing toxins (carcinogens) and repair the damaged genes.

Foods To Avoid:
It is advisable to avoid foods made from white refined flour, white sugar, bakery products made from white flour, vanaspati ghee (hydrogenated vegetable oils), pop drinks, canned foods, foods containing artificial colors and chemical preservatives. Such processing techniques remove essential natural health promoting factors from the food. Cancer cells grow faster in acidic condition of cells. The above foods produce lot of acidity and indigestion. On the other hand, consumption of vegetables and fruits reduces the acidity in the body. That is why large amounts of vegetables and seasonal fruits in diet are very important for prevention and treatment of cancer.

General Advice:
It is difficult and probably unnecessary to focus the attention on individual micronutrients. A well-balanced natural diet containing seasonally available fresh
vegetables, fruits and dairy products usually prevent many health problems including cancer. In certain specific situations, however, one may need to take high doses of individual cancer fighting micronutrients. Some doctors might advise against taking any vitamins and minerals during the course of chemotherapy and radiotherapy treatments. They might fear that such nutrients would promote growth of cancer cells, which they are trying to destroy. There are also fears that antioxidant supplements would counteract the free radicals liberated by radiotherapy and chemotherapy treatments, thereby reducing the effects of these anti-cancer treatments. Such fears are unfounded. Research done by Kedar Prasad at the University of Colorado and other scientists in USA, Japan and France has amply demonstrated that supplements of micronutrients and antioxidants do not promote growth of cancer cells during radiotherapy and chemotherapy treatments. On the contrary, there are many reports indicating enhancement of action of chemotherapy drugs when additional vitamins and micronutrients are given simultaneously. Anyway, a doctor could not advise a patient not to eat fresh fruits, vegetables and healthy diet, which naturally contains all such micronutrients, antioxidants and vitamins. Hence, there should be no objection to supplement patient’s diet with such micronutrients.
Once a rare disease, cancer is now widespread, affecting large numbers in all the nations. The rise in cancer has paralleled the rise in factory farming and use of processed foods containing vegetable oils, artificial preservatives and food additives. The best approach to cancer is prevention. Bad foods can increase the risk of the cancer. Good foods can reduce the risk of cancer and even reverse the cancer process.

Traditional diets containing natural fresh farm products produced organically by nontoxic methods are rich in factors that protect against cancer. Consumption of generous quantities of seasonal fresh vegetables, fruits and whole grain foods would provide protection against cancer. When possible, prefer organically grown foods to commercially grown agricultural products that use pesticides, insecticides, antibiotics, hormones and chemical fertilizers.

It is probably unnecessary to focus the attention on individual micronutrients. A well-balanced natural diet containing seasonally available fresh fruits, vegetables, whole grains, dairy products, proteins and fats would help reduce cancer risk and promote general health. The diet should be light and easy to digest. In some cases, high doses of vitamins and nutritional supplements might be necessary for a short period of time until a proper diet can be assimilated naturally. These supplements might be especially helpful during the courses of radiotherapy, chemotherapy and convalescence. Please consult a physician for appropriate supplements and vitamins for you.

You should include following health promoting items in your daily diet. This list not exclusive and there might be many more items helpful for good health.

1. A small quantity (10 to 20 gm) of dry fruits: Almonds, cashews, pistachio, walnuts, raisins, dates, figs, black raisins etc
2. A small quantity of good quality fats, ghee, flaxseeds (linseeds),
3. Daily intake of one or two fruits (between 50 to 100 gm): apples, oranges, pineapple, papaya, guava and any other seasonal fruits
4. Vegetables: fresh green leafy vegetables, cabbage, sweat potatoes, carrots, tomatoes, beet, radish, pumpkin, cauliflower etc
5. Sprouted beans (moong, mutki), Wheatgrass,
6. Fresh buttermilk promotes digestion, provides nutrients and acidophilus (friendly bacteria) for improvement in intestinal health. Some fermented foods also provide friendly bacteria.
7. If appetite and digestion are poor, take 1 teaspoon of freshly shredded ginger, honey and lemon juice in equal parts for a few days before mealtime and repeat when necessary.
8. Use spices like turmeric, cumin, coriander (dhania), cinnamon, cloves etc in cooking to make food tasty and to improve digestion.

It is advisable to avoid foods made from white refined flour, white sugar, bakery products made out of white flour, vanaspati ghee, saturated fats, pop drinks, canned foods, foods containing artificial flavors and colors and foods containing chemical preservatives. Avoid deep fried foods. All these items are detrimental to the health. These items are hard to digest and could lead to toxic wastes in the body.
<table>
<thead>
<tr>
<th>Micronutrient</th>
<th>Found In</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta Carotene</td>
<td>Carrots, yellow and green vegetables, sweet potatoes, Spinach and leafy green vegetables</td>
<td>Protects against all cancers, especially Cancers of cervix uterus and lung</td>
</tr>
<tr>
<td>Vitamin B-6</td>
<td>Bananas, leafy green vegetables, apples, Sweet potatoes</td>
<td>Maintain immunity, health of mucus membranes, barrier to pollution, protect against infection, Help detoxification</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Citrus fruits, lemons, oranges, Apples, cantaloupes, green peppers</td>
<td>Maintenance of healthy immune function, Protects against cancers,</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Dark green vegetables, eggs, wheat germ, unrefined vegetable oils, nuts, wheat grass</td>
<td>Powerful antioxidant, reduces free radical damage, acts against damage done by ozone and smog</td>
</tr>
<tr>
<td>Selenium</td>
<td>Fruits and vegetables,</td>
<td>A trace element that helps production of Glutathione, an enzyme essential for detoxification, fights cancer</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>Beet roots, cabbage, leafy vegetables, eggs, dairy products, citrus fruits, fish</td>
<td>Synthesis of DNA and RNA, constituent of the genes and chromosomes of nucleus of cells</td>
</tr>
<tr>
<td>Calcium</td>
<td>Dark green vegetables, nuts, seeds, grains, milk products, fish</td>
<td>Formation of healthy bones and teeth, blood clotting, cellular metabolism, protects against colon cancer</td>
</tr>
<tr>
<td>Iodine</td>
<td>Seafood, sea vegetables as kelp, spirulina, algae,</td>
<td>Growth and repair of all tissues, thyroid function, energy metabolism, protects against breast cancer</td>
</tr>
<tr>
<td>Magnesium</td>
<td>Nuts, fish, green vegetables, whole grains, brown rice</td>
<td>Protects against cancer, maintains blood pH, Synthesis of RNA and DNA, nerve function,</td>
</tr>
<tr>
<td>Zinc</td>
<td>Whole grains, seafood, sunflower seeds, soybeans, onions</td>
<td>Protects against prostate cancer, needed for RNA and DNA synthesis, immune function,</td>
</tr>
<tr>
<td>Allicin &amp; Alliin</td>
<td>Garlic (fresh or aged) and garlic</td>
<td>Protects against cancers of stomach,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>esophagus, colon and lung. Helps immune enhancement</td>
</tr>
<tr>
<td>----------------------</td>
<td>----------------------</td>
<td>-----------------------------------------------------</td>
</tr>
<tr>
<td>Omega-3 Fatty acids</td>
<td>Flaxseeds, Linseeds, nuts, dry fruits, fish, vegetable oils,</td>
<td>Essential for formation and function of all the cells and tissues, Protect against breast cancer, arthritis, inflammations,</td>
</tr>
<tr>
<td>Fiber</td>
<td>Whole grains, fiber rich foods, vegetables, legumes, beans</td>
<td>Helps detoxification of colon, protects against cancer of colon,</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Butter, Eggs, Dairy products, fish, nuts,</td>
<td>Essential proteins, fats and vitamins</td>
</tr>
</tbody>
</table>
CHAPTER 7

GENERAL INSTRUCTIONS

These general instructions are written for attending the core and fundamentals of health maintenance. Implementing these directions is expected to improve general health, immunity and feeling of well being. Acting on these instruction would reduce risk of cancer for an average person. This would also help reverse the cancer process in a patient.

Attitude:
Cultivate positive attitude. Count your blessings rather than brooding over problems. Be concerned about your health but not worried about it. Affirm daily that you love yourself as you are. Respect and love others. Do not blame others and do not find faults with others for your predicaments. Accept responsibility for whatever happens in your life. You are the creator of your own destiny. Be confidant that you are going to overcome any and all the problems with your own will, determination and efforts.

Belief:
Analyze your belief systems. Belief and faith are what make life progressive and worthwhile. If you believe in God, pray for direction and help for your battle. If you do not believe in God, ponder over what you believe in. All the knowledge and logic is supported by the basic belief in your own existence. Try to find who you really are. Meditation is the tool to explore the inner universe. Dry logic and arguments do not lead you to the goal of your life. Look at your illness as an opportunity to find new meaning, new directions in your life.

Goal:
Fix up a material goal that you would really like to achieve in a time bound manner. Abstract goals like “I want to be happy”, “I want to reach Nirvana”, “I want to help people”, “I want to get detached” etc are not adequate to give your mind the incentive to be positively occupied. Focused cheerful mind can be a great tool for regaining health. A goal could be any specific material achievement, which might add to your self-esteem.
Relaxation:
Develop some hobbies like music, debating, reading, photography, travel, sightseeing, dancing, games etc that could make your life more pleasurable. Seek company of good friends and develop social circles. Attend performances of drama, dances, music and other cultural arts to uplift your mind.

Nutrition:
Nutrition is not only about eating good foods. Digestion, assimilation and elimination are the three processes, which should be efficient for proper nutrition. Appetite must be good to digest the foods properly. If appetite is poor, any good food will be of little use. Overloading the system with food could create metabolic toxins to hamper your health further. Following are some ways to improve the appetite, digestion and overall nutrition.

1. Do not overeat; always stop eating just before the stomach is very full. You should develop the habit of listening to your stomach rather than following your tongue.
2. Do not eat until you are hungry. Follow a schedule for regular mealtimes.
3. Periodic fasting can stimulate Agni (digestive fire) and appetite. You may skip a meal once in a while to tune up the stomach fire- jatharangni.
4. Take a teaspoonful of mixture of fresh shredded ginger, lemon juice and pure honey before mealtimes.
5. Develop regular habits for exercise, work, relaxation and sleep schedules.
6. Avoid or reduce non-vegetarian food intake.
7. Eat plenty of seasonal vegetables and fruits. Prefer organically grown farm products if available. Organically grown food products avoid use of chemical fertilizers, pesticides and insecticides that can contaminate food chains and enter your body. Eventually, these can accumulate in tissues.
8. For proper colonic cleansing, take mild herbal laxatives periodically. Even if you are not constipated, herbal laxatives can help your body detoxify. Stools sitting in colon for long time often putrefy and produce internal toxins. However, do not overuse laxatives, which can produce dehydration and weakness. Consult an Ayurvedic physician for proper guidance. Triphala, Haritaki, Sukh-sarak Churna are some of the herbal laxatives recommended in Ayurved.
9. Drink large quantities of plain pure water, 2 to 3 liters daily. This can help disposal of waste products from body.
Nutrition For Mind:
Good thoughts, healthy emotions and company of good people are important for mental health. We are very careful to provide good food for the body. Many of us would even go searching five star hotels for “Good Food”! We should be even more careful to provide good food for the mind. Try to analyze your own mind and strive to become a better person. Mental negativity is one of the fundamental causes of many chronic illnesses. A person who feels internally happy rarely develops chronic health problems. Develop sincere love and respect for others so that you could get same thing in return. Try to help others whenever you can. Sincerely serving others without pride is a sure way to subdue personal ego.

Breathing:
Learn and practice the techniques of deep abdominal breathing. This can improve the oxygen supply of the cells. Cancer does not grow in well-oxygenated tissues. Learn other techniques of Pranayama if you are interested. Focused breathing can greatly help concentration and calming of the mind.

Exercise:
Exercise is very important for circulation, immunity, function, strength, vigor and overall health. Find your own level of exercise, with which you would be comfortable. At the least, develop habit of daily brisk walking for about 30 minutes.

Immunity:
Attention to all the above points will improve your immunity that is the disease fighting power. Make healthy changes to your life-style. You are the architect of your own health and happiness.

Finally, remember, the body has to eventually die. Death is Not a Failure. Not accepting challenge of life is the real failure. Death is not the end-all. Life is for learning, experiencing, achieving and progressing. Live life fully, cheerfully.
CHAPTER 12

AYURVED FOR CANCER

Ayurved is the medical science developed in India more than 5000 years ago. Earliest available textbook, Sushrut Samhita, dates back to 700 B.C. Even in these early texts, references are given about still earlier texts, which are no longer available. As the tradition goes, Dhanwantari, The God of Medicine, is the originator of Ayurved, which is considered as the Fifth Veda. Ayurved is the science of health rather than science of disease. It stresses the preventive maintenance for good health, although it also suggests ways to overcome a disease. Ayurved is based on some fundamental concepts viz. Dosha, Agni, Dhatu, Mala and Ojas.

Hindu scriptures, The Vedas, state that the universe was created out of five elements called pancha-maha-bhoota. These elements are Akash (space), Vayu (air), Tej (fire), Apa (water) and Prithvi (earth). Before the creation, these elements were in a subtle invisible form. At the time of creation, first the Word (cosmic vibration) manifested. Other elements became sequentially manifest by process of panchikaran (inter-mixtures) of the invisible elements. The description about the creation of the universe is given in Vedas and other Hindu scriptures. Human body, which is miniature image of the universe, is also made out of the same five elements.

Dosha:
Combinations of panch-mahabhoota elements in a certain way produce what Ayurved calls as Tridosha, three constituents of the body. These three are Vata, Pitta and Kapha. When these three are in a proper balance, a person remains in good health. A disturbed dosha, when out of balance due to improper diet, habits and emotions, leads to ill health. The concept of dosha, although difficult to explain, is very important in understanding Ayurved. There is no synonym in English for dosha.

Kapha reflects qualities of earth and water and is responsible for stability of the body. It is the chief material constituent of the body. Kapha, whose constitution ranges from dense, unctous shlesha kapha to liquid state of tarpaka kapha, provides the basic building blocks for formation of new cells. It is the building material of the body. Kapha provides adhesive and
cohesive forces to keep the body tissues together and in good condition. It is an anabolic factor. Technically, anabolic part of metabolism is responsible for building up the tissues, while the opposite catabolic part (catabolism) is responsible for cellular death and recycling of organic constituents. When Kapha is excessively disturbed, diseases like allergies, colds, coughs etc.

Pitta, which reflects the element Tejas- fire, is responsible for all the chemical activities of cells, heat in the body and bio-chemical activities. Pitta is responsible for intellect and for recycling of worn out cells. It is catabolic factor. Fever, heat, burning, ulcerations, infections are some of the manifestations of excessive pitta.

Vata, which reflects qualities of air and space, is responsible for all the movements and mobility of the body. Even movements of thoughts and emotions are controlled by vata. Vata also carries out all the commands for cell division and cell growth as well as for their recycling. Responsible for the functions of various organ systems, vata regulates the entire mind/ body apparatus. When Vata is disturbed, diseases affecting movements, such as arthritis, paralysis, loss of balance etc occur.

Above is a very simplistic explanation about only few common conditions arising out of dosha disturbances. In practice, dosha disturbance is a very complex subject leading to almost all the disease conditions. It is interesting to note that each of the dosha reflects the qualities of the parent elements from which it is made.

Agni:
Agni literally means fire and it represents Tejas Mahabhoota. In body, agni is responsible for digestion, assimilation and all the cellular biochemical activities. Agnis are thirteen in number, which work at three levels. Jatharagni is the primary- first level Agni, which digests food in stomach and intestines at a gross level. Good appetite expresses normal jathar- agni. Disturbed Agni could cause either too much or too poor appetite or appetite for wrong unhealthy foods. If food is not digested at this primary level due to disturbed Agni, a toxin termed Aama is formed. Undigested aama can disturb the doshas causing various diseases. Besides the main jatharagni, there are five mahabhootagni, each associated with each mahabhoota and seven dhatu-agni, one each with the seven dhatus. Mahabhootagni work at intermediate level and help convert food to more subtle nutrients for five sense organs associated with individual mahabhoota. Senses associated with panch mahabhoota
respectively are: sound, touch, vision, taste and smell. Ears, skin, eyes, tongue and nose perceive these five senses, respectively. Finally, seven dhatu-agni help in metabolism of the nutrients at the cellular level.

**Dhatu:**
From the food we eat tissues are made. These tissues are named as *Dhatu* in Ayurved. Dhatu are seven in number and made up sequentially, each one from the preceding one. These seven dhatu are Rasa, Rakta, Mansa, Meda Asthi, Majja and Shukra. There are no exact anatomical equivalent terms for these seven dhatu. Grossly, rasa represents the digested fluid from which rakta (blood) is formed. Rasa also stands for lymph, a fluid circulating around all the cells. From blood, mansa (flesh) and from flesh meda (fat tissue) is formed. Further, from meda; asthi (bones), from asthi; majja (bone marrow) and from majja; shukra (fluid of vitality responsible for cellular rejuvenation and also for human reproduction) is formed. When all the dhatu are in pure healthy condition, body stays in good health. If disturbances in dosha persist over a long period of time, dhatu get contaminated with persistent dosha disturbances. Dhatu are also called as dooshya, since these are liable to get contaminated.

**Mala:**
Mala are waste products like stools, urine, sweat, menstrual discharge in women etc. Due to proper digestion and all the other processes related to metabolism, proper quantities of mala are formed. These need to be discharged from the body. This is a detoxification process.

**Ojus:**
Ojus is the subtle principle that reflects vitality, intelligence and strength. Ojus cannot be shown in any material form, although it expresses in all the life activities.

**Ayurvedic Concept of Cancer:**
According to ayurved, there is no specific single disease termed as cancer. Cancer is a group of chronic disorders related to long term uncorrected disturbance affecting various dhatu and dosha. Cancer could manifest as a predominantly local disease in the form of an arbuda or granthi, the Sanskrit terms for tumor. Cancer can manifest even as a non-healing ulcer, dushta vrana. Cancer could have additional symptoms of a systemic disease such as loss of weight, weakness, chronic fever and other disturbances. Ayurvedic diagnosis of cancer may differ in different patients diagnosed to have same histological type of cancer confirmed by modern
medical techniques. Assessment of dosha, dhatu and Agni are important for establishing ayurvedic diagnosis. Ayurved recommends the treatment according to the patient’s constitution and as per the specific disturbances in dosha and dhatu found on ayurvedic assessment of the patient.

**Ayurvedic Diagnosis:**
Ayurvedic methods of diagnosis are 1. Trividha Pariksha: Inspection, Palpation and Questioning about the disease history. 2. Ashtavidha (eight fold examination) of which examination of tongue and nadi (pulse) is important. 3. Indriya Pariksha: examination of individual organs, 4. Srotasa Pariksha: Examination of various systems and channels, and finally 5. Nidan Panchak: five fold final deliberations to decide the exact cause, progress, prognosis and treatment of disease.

In earlier times, modern tests like blood test, X-rays, scan etc were not known. However, modern day Ayurvedic physician takes all the help from these tests for diagnosis and treatment of a patient.

**Ayurvedic Treatment:**
For disease prevention, Ayurved outlines appropriate Ahara (foods), Vihara (life style) and Vichara (thought process). These recommendations vary from person to person and from season to season. Detailed recommendations are given in ayurvedic texts on this subject. The emphasis is on prevention of the disease. However, if a disease starts, ayurvedic treatment is based on following methods:

These treatment methods are:

1. **SHODHAN, Panch Karma:** Detoxification and purifications of various tissues and organs. Panch-Karma are five-fold methods employed for Shodhan. These are preceded by Poorva-Karma Snehan and Swedan (i.e. medicated oil massage and steam baths). One or more of the 5 Pancha-Karmas then follow in a daily session, which goes on for 1 or 2 weeks.

2. **SHAMAN:** Pacification and re-balancing of your defective dosha, usually with some herbal and mineral remedies.
3. RASAAYAN: Rejuvenation of body tissues for maintenance of youth and increasing immunity.

Ayurvedic medicines are prepared from natural substances like herbs, minerals, metals and animal products. There are elaborate guidelines to prepare various products, which are usually made from multiple constituents.

Modern medical scientists often wonder about the “Active Principle” in ayurvedic products. We cannot apply the same yardsticks to ayurvedic products as applied to modern pharmaceutical products, which are mostly manufactured as synthetic molecules in a laboratory. Each herb might have a variety of active molecules working synergistically on various levels. We have to believe in Nature’s intelligence in producing a medicinal herb, which might have many “active principles” mutually enhancing beneficial effects while keeping away toxic effects of individual alkaloids, polypeptides, polysaccharides or whatever name pharmaceutical industry discovers for such “Active Principles”! It is neither possible nor advisable to subject each herb to a series of chemical analytical tests, which would decrease the holistic effect of any natural product. Besides being ecologically dangerous, such practices would skyrocket the cost of herbal medicines making them unaffordable to a common man. Most of these herbal products, being used over many centuries, have been found to be safe and effective. The benefits of such herbal products could always be reconfirmed by well-designed limited clinical trials on actual patients. Unlike modern pharmaceuticals, these natural products have a wide safety margin. The real test of the pudding is in eating. New medicines based on personal experiences of leading Ayurvedic consultants are also being added from time to time.

Ayurvedic Research at Wagholi:

Since early 1980s, I was studying complementary medicine with a view to reduce radiation reactions and to improve quality of life of my patients. My mother Dr. Laxmibai Kulkarni was a well-known ayurvedic practitioner in Pune in 1930s and 40s. Securing a gold medal, she ranked first in her final examination for the Ayurvedic medical degree. In my childhood, I naturally got exposed to various herbs and ayurvedic preparations. Sometimes I used to accompany her when she visited patients. My father, Mr. Nanasaheb Kulkarni, had a shop in Pune to sell medicinal herbs and chemicals. Since my early childhood, I had decided to
become a doctor. During my allopathic medical training, I almost forgot about ayurved. Later on after many years into my practice as radiation oncologist in Mumbai, Vaidya Bhave rekindled my latent interest as mentioned in the preface of this book.

In early 1980s, I came into contact with Sardeshmukh Maharaj and his family. Maharaj was a saintly figure, whose mission was to promote ancient Indian sciences and arts. It was very inspiring and interesting to spend time with Maharaj, who was always eager to instruct us about Ayurved. Previous seven generations in Sardeshmukh family were well known for practicing Ayurved in Maharashtra. Sardeshmukh Maharaj, who himself excelled in Nadi-Pariksha (Ayurvedic pulse analysis), passed on this rare skill to his children, especially to the oldest son Dr. Sadanand Sardeshmukh. Maharaj established the Bharatiya Sanskriti Darshan Trust in early 1960s to promote the Indian Sciences and Arts. A spacious 60 acres of land was acquired at Wagholi, 15 miles east of Pune in foothills of Maharashtra, for the work of this institution.

I often met with Maharaj and Dr. Sardeshmukh to discuss about utility of ayurved in cancer. I referred some of my cancer patients to Dr. Sardeshmukh for complementary ayurvedic treatment, which seem to help a significantly for symptomatic relief and improving general condition. In 1986, Maharaj directed us to develop a Cancer Project with Ayurvedic line of treatment. Further trials on individual patients were conducted over the next few years. Finally in April 1994, the Cancer Research Project was launched at Ayurvedic Hospital and Research Center at Wagholi and soon extended to Mumbai and Solapur with help of Dr Shirish Kumthekar, a cancer surgeon.

Sardeshmukh Maharaj left this world in 1996. His vision is now unfolding and the mission expanding. With ceaseless efforts of Sardeshmukh family and help from dedicated staff and friends, various projects are blooming as envisaged by Sardeshmukh Maharaj. Besides the Ayurvedic Hospital and Research Center, magnificent Panch-karma Cottages, an Ayurvedic Medical College and an Ayurvedic Pharmacy are providing many unique services in this holy location. Standing at distance, Maharaj Sardeshmukh’s Samadhi Shrine provides constant blessings and inspiration to the visitors. Recently, a beautiful Matha (monastery) building has been added to promote Spiritual Practices, Yoga and Indian Classical Music.
The Cancer Research Project:

Started in 1994, this project has enrolled about 1200 cancer patients between 1994 and 2001. Cancer patients with biopsy confirmed diagnosis of cancer are accepted to join this project. Patients are initially given the detailed idea about the project with possible scope and possible limitations of Ayurvedic treatment for cancer. A patient is required to sign written consent showing his acceptance to join the project. A patient can withdraw from the project anytime for any reason. A dedicated team of ayurvedic and allopathic doctors working in this project record detailed history and all the reports of the patient. Patient with any type of cancer is accepted in the project as long as he can attend regular follow-ups. History and progress reports are recorded in ayurvedic as well as allopathic format. Patients are then divided in four groups as follows:

Group A: Freshly diagnosed cancer patients who wish to try only Ayurvedic treatment initially.
Group B: Patients who have already tried major surgery, radiotherapy, chemotherapy as first treatment of the cancer, but treatment failed.
Group C: The patients, currently undergoing chemotherapy and/or radiotherapy, who wish to take complementary ayurvedic treatment.
Group D: The patients, whose cancers have been controlled due to allopathic treatment for more than 6 months, wishing to take complementary ayurvedic treatment in addition.

Initially, a detailed medical examination is performed on each patient to decide the extent of cancer. Ayurvedic pulse diagnosis, nadi pariksha forms an important part of the examination. Ayurvedic line of treatment is decided for each patient, who is reviewed once a month or more frequently if needed. Patients who need panch-karma treatments are instructed accordingly. All the patients receive oral medicines for daily consumption. The medicines are periodically changed as per the progress of the case. Every year, all the case records are subjected to statistical analysis, after which yearly reports are published about the observations and results. Common ayurvedic medicines used in this project are as follows:

Churna: (Herbal powders, either single or mixtures): Ashwagandha, Shatavari, Gokshura, Ananta, Vasa, Yashtimadhu, Kankole, Haridra, Lodhra, Arjuna, Pushkarmul, Raktarohitaka, Sharapunkha, Triphala, Sitopaladi, Talisadi, Hingvashtak churna.
Vati/ Guti- (Tablets): Arogyavardhini, Chandraprabha, Laxmivilas, Shankhavati, Pravalpishti, Praval Panchamrut, Kamadudha, Asthiposhak, Triphalvati

Avaleha (Syrup): Vasavaleha, Dadimavaleha, Bilvavaleha.

Guggul Kalpa (Tablets): Guggul, Lakshadi guggul, Gokshuradi guggul, Kanchanar guggul, Triphala guggul, and Mahayogaraj guggul.

Asava-Arishta (Liquids, Decoctions): Kumari asav, Varunadi kwath,

Siddha Ghrut: (Medicated ghee-clarified butter): Yashtimadhu ghrut, Dadimadi ghrut, Padmakadi ghrut

Siddha Taila- (Medicated oils): Anu taila, Yashtimadhu taila, Irimedadi taila, Nimba taila, Durvadi taila, Chandan-bala-lakshadi taila, Karanja taila, Bahubija taila,

Kalpa (Powders): Shatavari kalpa, Badam pak, Anant kalpa

Suvarna Kalpa (Tablets/Powders): Raupya suvarna sootashekhar, Suvarna sootashekhar, Suvarna malini vasant, Brihat vata chintamani

Patient is instructed about specific diet regimes (Pathya) to avoid dosha-disturbing foods in each particular case. No guarantee is given for any cure. Mental stress, an important factor in cancer, is assessed and ways to reduce this stress are discussed. In acute cases, follow up is done at weekly interval. Thereafter, patients are called once a month. X-rays, blood tests and scans are repeated frequently to confirm the progress of the case. This treatment is continued for about three years. Thereafter, maintenance treatment with Rasayana (rejuvenation) anti-ageing medicines is prescribed on long-term basis as per the needs of each case.

Observations:

Ayurvedic line of supportive treatment is highly beneficial for improving general condition, for pain relief and for reducing side reactions of chemotherapy and radiotherapy. More than
80% of the patients in this trial had very advanced stage cancer, which were not controlled by prior allopathic treatments. Ayurvedic treatment, although not found curative on its’ own, was helpful to give good symptomatic relief in a great majority of cases. Chemotherapy / radiotherapy reactions in patients of C group were reduced by 40% to 60%. Conventional treatments as surgery, radiotherapy and chemotherapy should be used as the primary treatment for removing or reducing cancer tumor and Ayurvedic treatment should be used as a supplement to improve quality of life and to give better symptomatic relief.

For more information of this center at Wagholi, please log on www.ayurved-wagholi.org

**Conclusion:**

I have described one of the cancer projects with which I am associated. We have found that Ayurved is a very important line of complementary treatment for cancer. This natural science analyses the individual’s prakriti (constitution) and dosha disturbances, which are at the root of any disease process. Ayurved emphasizes on disease prevention through restoration of healthy life styles and food habits. It balances the internal environments in the body enabling it to resist disease process. It has important methods for body purification, detoxification, restoration of disturbed dosha and for cellular rejuvenation. Using mostly natural time tested products, ayurvedic treatments are safe, effective and affordable. Ayurvedic treatments are directed not so much against the cancer tumor but for strengthening the immune system.

There are many more ayurvedic practitioners and ayurvedic research centers actively involved in cancer research. The views from various centers would certainly add more to the understanding of ayurvedic treatment in cancer. You should consult an experienced ayurvedic practitioner before undertaking any supplementary ayurvedic treatment for your cancer problem.
HOLISTIC APPROACH TO CANCER TREATMENT

Holistic medicine does not exclude any evidence based medical methods. These methods may be from various lands and from various times. These are developed to help to maintain health and to fight diseases. Holistic medicine also includes allopathic and all the modern medical scientific developments. Ayurveda is a dynamic science and adaptable to the needs of health care in modern age. Ayurveda forms an integral part of holistic medicine.

I am a Radiation Oncologist. I have been working with cancer patients over the past 40 odd years. In our Cancer Project, which was started in 1994, we have made analysis and observations on more than 6000 cancer patients. This is a huge computerized data base, ready to be accessed for current and future research projects. We have developed a very dedicated team, which includes more than 40 Ayurvedic as well as Allopathic specialists, who work as research fellows, consultants and oncologists at various branches of our centres in Pune, Mumbai, Solapur, and Kolhapur and now in New Delhi. In our experience, Ayurveda has a very significant role to play at various stages of healthcare. This conference proposes to highlight our achievements during our extensive work over the past 18 years, as well as to provide a platform for doctors from all the fields of medicine to exchange their understanding about Cancer.

We have found out, more than ever, that the outcome of cancer treatment is related to mental positivity, courage and the attitude of patients. This needs to be combined with reassurance to the patient and to the family. Any undue fears and anxieties must be removed by sympathetic medical team. All the unbiased facts should be made available to the patients and their families to select optimum treatment.

We have found that the Ayurvedic care can definitely reduce, to a great extent, the side reactions associated with radiotherapy and chemotherapy. Ayurved should not be looked as the last resort of terminal cancer care after other things have failed. Ayurveda should be resorted to right from the beginning. We do not claim that “Cancer can be cured by
Ayurveda alone”. However, Ayurveda surely helps to improve quality of life and reduce suffering at every stage of cancer.

In the pursuit of modern advances and expensive therapies, cost benefit ratio seems to have been ignored by modern medicos. Patients should not be compelled to spend exorbitant amounts and suffer financial ruins. To make life worth living, at certain stage, one has to accept the co-existence with cancer, rather than endless pursuit of eradicating the last remaining microscopic cell of cancer. Costs of radiation and chemotherapy treatments have skyrocketed all over the world. The actual benefits of these aggressive treatments in cancer are questionable. It is the responsibility of the medical team to discuss various options and suggest an individualized treatment strategy for each patient. Finally, the patient needs to have all valid and unbiased information to make his or her own choice.

Billions and billions of dollars are spent on laboratory animal research for cancer. This type of research may be good for reductionist pharmacological study models. However, besides being unduly time consuming and expensive, very few have translated into real help to the suffering due to cancer. Laboratory pursuit of The Active Molecule is unnecessary when we are dealing with a holistic treatment model. Herbs and phytochemicals have multiple constituents acting synergistically to produce a benefit. Many are time tested therapies which have been found to work over the ages. While asking for “Evidence Based Medicine” we should not be rigid to pre-empt our pharmacological yardsticks of our own acceptable criteria. The round sticks of common-sense evidence may not fit perfectly into the current square holes of scientific compartments. As Dr. Bhooshan Patwardhan has rightly said “Absence of evidence is not necessarily mean Evidence of absence.!”

Last month, we were able to send our medical team to the International Conference in USA, held by The Society of Integrative Oncology. It was well attended by over 400 delegates from across the world. We were encouraged to find increasing acceptance of holistic supportive medical therapies, by modern medical researchers. Ours was the only team, directly from India, presenting our scientific data covering 5000 cancer patients. Our presentations, comments and workshop on Ayurveda were very well received by most of the
delegates. It was heartening to find that many advanced university medical centres in USA, Europe, Canada and other parts of the world are now confirming the beneficial effects of lifestyle changes and herbal medicines.

The world now needs a healthcare system which is more balanced, safer, integrative, cost effective and tolerable. I am sure Ayurveda will greatly help in fulfilling this need.

Dr. Arvind Kulkarni
CHAPTER 10

PSYCHOLOGY OF CANCER

Modern medicine is now becoming increasingly aware about the connection between mind and body in health as well as in disease. Symptoms are what a patient expresses about his suffering. Signs are what doctors find on medical examination or by means of medical tests. There may not be a consistent relationship between findings on the reports and patient’s perceived suffering. Symptoms may vary greatly for a specific finding on the report. For example, a patient might be experiencing severe chest pains but the chest x-ray and cardiogram may be normal. Conversely, having an abnormal cardiogram and a big spot on chest x-ray, the patient may be without any symptoms. Experience of pain, depression, anxiety, fear etc is mostly subjective feeling.

Psychosomatic Illness:
Psyche means mental make-up, emotional profile. Soma means physical body. Psychosomatic illnesses express suffering on both levels. One cannot separate body from mind. Both are interconnected. If mind suffers, it would express in some physical illness. Physical disease can make mind fearful, depressed and anxious. It is difficult to decide whether an illness first starts in body and affects the mind later on, or whether it is the mental suffering that is reflected in the physical disease process. It would be safer to assume that any illness is the mixture of disturbance of the mind and the body, although the severity of mental and physical components could vary greatly. In psychosomatic illness, mind plays primary role in causation of physical disease. Disease affects whole person who has the mind as well as the body. Unless the mind and body are attended, the disease would not be controlled.

During my practice, I came across many cancer patients where I noticed unusual emotional distress. Later on, I realized that a majority of the patients had some emotional stresses. Cancer is not a psychological disease. However, many times there is undercurrent of mental distress due to unresolved conflicts. If doctors could search and try to help such issues, management of the disease becomes easier.
Giving adequate time to a patient and make him feel free to talk is the most important initial step. A sympathetic doctor, who can wisely spare adequate time to listen to the patient, wins half the battle even before actual treatment starts. Such doctors comprehend much more about the disease process than from mere recording of test findings, routine history and medical examination. “Look and thou shall find” is the famous saying from the Holy Bible. When a patient trusts the doctor, he will, knowingly or unknowingly, give a lot of helpful information about himself and about his disease.

Painful life events often trigger diseases, even a cancer process. Cancer is usually a disease of old age, by which time a man or woman has faced various stressful situations in life. Death of spouse, sudden death of a loved one, loss of job, retirement, financial ruins, rejection by own children or relatives, insults, worries about future of children are some practical problems, which create a lot of anxiety. Many people resolve the mental turmoil associated with such events. However, not everyone can cope up with such situation and such persons might express the mental suffering on a physical level in the form of a disease. Sometimes physical disease provides a subconscious escape route. Many life situations are practically hard to cope with while some others may be painful on subjective level. Many persons get delusions, illusions and distorted perceptions of situations, which may not have a realistic basis. The perceptions, however, are very real for the person who is experiencing such emotions and mental images.

It is my observation that homeopathic remedies work very well on many emotional problems and stressful situations. Homeopathy is a vast science. Chapters on “Mind” in homeopathy deal with various mental problems, which may be root causes of many illnesses. Homeopathy is a type of energy medicine. A homeopathic remedy may not have any actual material molecule to explain its’ action on physical level but such a remedy carries an energy signature, a latent vibration, which might bring about the desired effect on the mental and physical levels. This chapter gives true stories of some of my cancer patients where we found significant interplay between mind and body. Treating the mind helped greatly in relief of symptoms. I do not suggest that homeopathy cures cancer. I know that homeopathic remedies can help greatly for symptomatic relief in certain psychosomatic situations. I will discuss my views on homeopathy for cancer in a later chapter.
This chapter gives some actual case histories. The names of the patients have been changed for the sake of confidentiality. All these patients were receiving conventional cancer therapy at Bombay Hospital in Mumbai. Homeopathic remedies were used only as a supplemental therapy after taking the consent from the patient or the relatives. During history taking, each patient was encouraged to come out with all his physical problems, emotional stress and painful life events if any. It was amazing to notice that given the sympathetic hearing and ample time, most of the patients could come out with significant incidents and peculiar feelings. After careful analysis of these symptoms by our homeopathic colleagues, appropriate remedies were quickly found with the help of a homeopathic software computer program. Selected remedies were given to the patients, who showed unusually rapid symptomatic improvement for each particular problem.

**Case No. 1:**
Vijaya, a 35 years old female patient developed headaches, vertigo, loss of appetite, drowsiness and stupor progressive over the previous 6 months. The patient was diagnosed to have Glioma of right thalamus, a brain tumor at the base of brain. The malignant nature of the tumor was confirmed by biopsy. The tumor, due to its’ critical location could not be removed by operation. The patient was referred to me for radiation treatment, which was stared on Oct. 5\(^{th}\), 1993. She had persistent headaches and the speech was disturbed. She did not show signs of improvement under radiation treatments.

Homeopathic assessment was done after two weeks. Patient was unmarried. She had an angry and haughty nature. She had developed headaches soon after her mother died in December 1992. In September 1993, 9 months after her mother’s death, she was diagnosed to have brain tumor seen on CT scan. Considering the totality of symptoms, Staphysagria-30 C was administered the homeopathic remedy. Within the next two weeks, there was more than 75\% decrease in her headache, her speech improved markedly and her angry spells reduced markedly, as noticed by her relatives at home.

**Case No. 2:**
D.P. a 60-year-old male patient, who was a shopkeeper, was diagnosed to have prostate cancer in May 1991. This was treated with local radiation in an outside hospital in May/June 1991. Patient responded well to this treatment and was free of pain till June 1993, when he suddenly developed severe pain in back and knees. He also complained of loss of weight, loss
of appetite and he was depressed. The cancer had spread to bones as seen on bone scan. Hormone and chemotherapy did not help. Pain got worse in Oct. 1993, when he was referred to us at Bombay Hospital for radiation treatment for pain relief. His pain was not relieved in the first 2 weeks of radiation treatments.

During a personal conversation, when asked about his family, he almost broke down and said that his married daughter was murdered by a household servant in January 1993, after which he started getting backache and knee pains. Homeopathic assessment pointed to Ignatia 30 C, which was given mid-way during radiotherapy course. Within one week of getting Ignatia, patient showed more than 50% relief in pain and other symptoms.

Case No. 3:
This 69-year-old government officer had retired 10 years ago. He was doing part time consulting work. He slowly developed backache in 1991, which became worse and lead to severe sciatica type pain in Sept. 1993. Investigations at this time revealed a cancer tumor in lung, which has spread to bones in lower spine, pelvis and left hip. Unable to turn in bed, he was miserable with pain. He was referred to me for radiation treatment for pain relief.

Homeopathic history revealed that this man was active, cheerful and enjoyed his consulting work till sudden accidental death of his married son in a car accident in 1990. Patient’s illness started after this incident. He was also anxious about his wife, who had some chronic health problems. Radiotherapy was started in Oct. 1993. Simultaneously, he was given Ignatia 30-C, a homeopathic remedy for grief reaction. There was dramatic return of cheerfulness within 4 days. His sadness decreased greatly. The backache, although still present, did not seem to bother him much.

Case No. 4:
Shabana, a 12 years old girl, had undergone partial removal of her brain tumor, parietal lobe astrocytoma, in August 1993. She was referred to me for post-operative radiotherapy, which was started on August 31st, 1993. She was depressed, fearful and complained of frequent headaches.

During a personal talk, Shabana disclosed that she was seeing a fierce looking black fakir following her on and off. She was greatly afraid of this man following her. She was getting
scared and used to scream in sleep. This was a delusion well documented in homeopathic repertory. Stramonium 30-C s given to her on 13th Sept 1993, resulted in excellent improvement within one week. She became cheerful and headaches had gone. With a smile on her face, she told me in confidence that the black fakir had left chasing her.

Case No. 5:
Madhu, an eight-year-old little rowdy girl, developed sudden double vision, loss of balance and shaking of hands in August 1993. A CT scan revealed a tumor in the brain stem, which could not be operated because of its’ critical location. Radiotherapy was started in Sept. 1993. This girl was uncooperative, crying, screaming and restless. She used to throw temper tantrums.

Personal talk to her revealed that she lived outside Bombay and was brought to Bombay for medical treatment. She was homesick and irritable. She wept often when anything was refused to her. She told that she dreamt of ghosts often. Belladonna 30 was given as the chosen homeopathic remedy on 25th Sept 1993. On medical check up 2 weeks later, she was found to be cheerful and smiling. Her gait and coordination had improved greatly. She could now walk on her own without any support from others. She told that the ghost had almost stopped her visiting in dreams and anyway she was no longer scared of the ghosts!

Case number 1, 2 and 3 demonstrate unresolved grief reaction at the basis of physical suffering. Case number 4 and 5 reveal that delusions, fear of being persecuted and frightful visions play a significant role in the symptoms. There are many more cases on our record where such approach has worked well. Successfully addressing emotional turmoil goes a long way in the management of cancer. Homeopathy is able to play a significant complementary role in relieving underlying emotional disturbances.
FREQUENTLY ASKED QUESTIONS

Q. 1. Can you cure cancer?
A: If you ask me whether I can cure YOUR cancer, the answer is NO. The cure of any disease has to come from within the patient. Doctors and medicines only help the patient to fight his own battle. Hence, the modified answer to your question is: “Yes, together we two can reverse the process of cancer hopefully leading to a cure.” One should however remember that cancer is a complex disease process caused by a variety of factors as explained in earlier chapters of this book. Sometimes, patients have negative attitude, hopelessness and mental blocks in the process of healing. In cancer, modern medicine states 5-year survival rate, rather than call it a cure. This generally means that if a cancer is controlled for 5 years, the chances of it coming back are very remote (although not impossible). Further a cancer patient could develop other diseases also, which could take the toll. Death is the other side of the coin we call life. We should make all the efforts to accept the challenge of cancer and do everything to improve the quality of life.

Q. 2. Doctors told me that my 2 years old son probably has leukemia. It has come as a shock to the whole family. What can we do now?
A: This is a very tragic situation, especially for the parents and family members. Doctors will conduct some more tests to determine the type of leukemia and its stage. Leukemia is a disease of white blood cells. The usual treatment for childhood leukemia is intensive chemotherapy for a few months followed by low dose chemotherapy for a couple more years. Some children are given radiation treatments to brain to minimize chances of leukemia spreading to brain. All these treatments are very toxic and produce a lot of side effects. In more than 80% patients, such treatments produce what we call a remission, which means no evidence of leukemic cells in the blood or body. You have to consider taking complementary treatment to support the general condition of the child during these trying times. If you refuse to undergo chemotherapy treatment for whatever reasons, you should consider complementary treatments with Ayurved, Herbs, and Nutrition etc. Complementary treatments do not guarantee any definite cure but these could be safer and less toxic to the patient. Some Ayurvedic practitioners claim good results in leukemia but the mainline oncologists might not agree with this view. Finally, you have to decide for yourself what treatment options you wish to try.
Q. 3. My father has got a cancer of food-pipe diagnosed recently. He is 70 years old and he does not wish to take any treatment. We are forcing him to get admitted to a cancer hospital for operation. Please advise how we can handle this situation.

A: Cancer of esophagus (food-pipe) is usually diagnosed at late stage since the symptoms are vague and not attended to promptly. If the cancer is in early stage, which has not spread to lymph nodes or distant organs, major operation to remove the cancer has a fair chance of controlling the disease. Many times, during the operation, the surgeon finds that the cancer is too advanced and cannot be removed. Careful examination and medical tests should guide the surgeon to decide about the operation. Even after a successful operation, a course of chemotherapy and/or radiotherapy would be usually recommended. Five-year survival rates for this type of cancer after conventional treatments are reported to be less than 10%. Please feel free to discuss with your doctors about chances of cure, side effects, expenses etc. beforehand. You should consider all these factors before making up your mind. However, the choice to either accept the operative treatment or decline it is entirely with the patient and his family. Your father is 70 years old and must have gone through a lot of experiences in his life. I can understand your anxiety to see your father get all the treatments recommended by your doctors. I suggest you do not force your father in making a decision he does not like in his heart. Let him decide what he wishes to do, after considering all the pros and cons of various options. I am not aware of your economic conditions to withstand all these expensive treatments. That should also be a factor in your decision-making.

Q. 4. My 56 years old brother developed pain in abdomen 2 months ago. A CT scan was recently taken and the doctors say it could be cancer of pancreas. Will operation cure this cancer?

A: Cancer of pancreas is a dangerous disease and usually inoperable. If the tests show that it can be completely removed by operation, this would help. Discuss all your questions about chances of cure, other treatments, expenses etc with your surgeon. You need also to take nutritional and other complementary therapies to support the patient during his illness. These are discussed at length in earlier chapters.

Q. 5. What is your opinion about Auto-urine therapy? Does it work?

A: Auto-urine therapy means drinking your own urine for treatment of your illness. The idea of auto-urine therapy could be repulsive for majority of the patients. I personally would not recommend it to my patients. However, if a patient is keen to try this, I have no objection. I
have seen many patients who undertake such treatments and have subjectively reported good benefits. When a patient is on many medications, their breakdown products are excreted in urine. I do not know whether drinking such urine would be harmful or helpful. There are many books written on this subject in local languages as well as in English, which might give you more information. Mentioned in ancient Indian medical books as Shivambu Chikitsa, urine therapy was advocated by many prominent persons, including the former Prime Minister of India, Mr. Morarji Desai. Recently, Dr. Burzinski from Texas has discovered some polypeptides in human urine, which he termed as antineoplaston. Antineoplastons apparently help to shrink some cancer tumors. Other workers are giving urea, a substance found in urine, to treat liver cancer. This is a controversial topic. I would not be able to say whether or not urine therapy works in cancer treatment.

Q. 6. My mother is under cycles of chemotherapy for breast cancer. She is getting a lot of nausea and vomiting. Her skin and nails have got black spots. She gets burning sensation in body and feet. She is worried about loss of hair. Should she continue chemotherapy?

A: Without knowing all the details of the patients, especially stage and type of cancer, her general condition and response to earlier treatments, it would be difficult for me to give you any definite answers. Is this a palliative chemotherapy for her recurrent cancer or is it a routine post-operative preventive chemotherapy? Has the cancer been earlier operated successfully? What is her general condition like? Are her reactions very severe or mild? Does she wish to continue chemotherapy? When there is persistent cancer spread in the body, chemotherapy usually does not help much. Chemotherapy might be able to produce some temporary shrinkage of tumor, which is likely to come back. You need to discuss all these issues with your doctors and then take a wise decision. Regardless of what decision you might take, I would suggest the patient should have supportive nutritional, herbal and ayurvedic treatments to reduce the side reactions and to improve the quality of life.

Q. 7. I am working as a teacher. My wife suffers from cancer of stomach for past 3 months. She was operated but they could not remove the cancer tumor. They have now advised chemotherapy and told me that I should be prepared to spend about Rs 10000 per month for the next 6 months. It is very hard for me to gather that kind of money.
Further the doctors say that there is no guarantee of any cure. I am scared. Please advice.

A: I am sorry to hear about the difficult situation you are facing. There is no effective chemotherapy for stomach cancer. At most, chemotherapy might produce temporary shrinkage of the tumor. You say that the stomach cancer could not be completely removed at the operation. Considering the nature of the disease, toxic effects of chemotherapy with no hope for cure and your economic hardship, it would be all right if you declined the chemotherapy. You should discuss this matter with your wife and give due consideration to her wishes. Please discuss all this aspects with the doctor who has recommended the chemotherapy treatments. Even if you decline chemotherapy, you should keep trying some of the complementary medical options, which might afford comparable or even better results. Please trust God and have faith. Miracles can happen. With positive attitude and all the support from the family, your wife can reverse the process of cancer.

Q. 8. Can you suggest any treatment for reducing reactions to chemotherapy?
A: Chemotherapy reactions are a common problem, dreaded by the patients. However, not everyone under chemotherapy gets severe reactions. Many patients tolerate chemotherapy complaining only mild side reactions. It depends mostly on the drugs and dosages used for chemotherapy and upon the constitution of the patient. Seen from Ayurvedic point of view, Pitta Prakriti (constitution) patients get more severe reactions than Kapha types. Lot of fluids and nutritional supplements with vitamins A, B-Complex, C, D and E would help reduce the degree of reactions. Praval-pishti, an organic calcium preparation from sea coral has a cooling effect, which reduces the intensity of reactions. Praval-pishti, two tablets twice daily can be taken during the course of chemotherapy. There are many more effective Ayurvedic medicines to help reduce reactions, for which you need to consult an Ayurvedic practitioner. Complaints like nausea, vomiting, pain etc can also be effectively controlled by some allopathic medications, which your doctors would prescribe.

Q. 10: Is there any certain treatment in Ayurved for cancer?
A: As far as I am aware, there is no certain treatment in Ayurved to cure cancer. Cancer is a complex disease resulting from long-term constitutional and genetic disturbances. Ayurved
tries to restore the normal functioning of organs and enable body to fight disease. It does not have any specific medicines to kill the cancer cells directly. Ayurved has a definite role to play as a supplemental therapy in overall management of cancer disease. Some traditional Ayurvedic practitioners report good results with Heerak Bhasma (made from diamond). There are many other claims associated with other formulae.

Q.11. The doctor giving radiation treatment to my father got angry with us since we were giving some Ayurvedic medicines side by side without the doctor’s knowledge. He says this has spoilt the case. My father is now worried. What can we do to please the doctor?
A: It would have been good if you had informed the doctor about the Ayurvedic medicines you are giving your father during radiation treatment. Open-minded doctors would try to get more information about other systems rather than get angry with the patients in such situations. In our experience, Ayurvedic medicines do not “spoil” the cases, rather if used properly, “help” the cases. Try to discuss this matter with the doctor without being worried. Do not be intimidated. After all, it is the health of your father, which is at stake. As a last resort, you may even look for a better doctor, who is open-minded and more sympathetic.

Q. 12. Should we take large doses of vitamin C and Vitamin E during chemotherapy cycles, as suggested by a friend who herself underwent chemotherapy cycles a few months ago?
A: As per the recent research, large doses of vitamin C (1000 to 2000 mg daily) and natural vitamin E (200 to 400 mg daily) during chemotherapy are found to be beneficial. These vitamins are effective in 1. Counteracting damaging free radicals that are liberated during chemotherapy. 2. Help maintain normal tissue function and oxygenation of cells. 3. Possibly enhance effects of chemotherapy. Linus Pauling, the Nobel Laureate, advocates very high doses of vitamin C to help cure many diseases. Vitamin C is given in very large doses (10000 to 15000 mg) through intravenous drips in some Alternative Medical Centers abroad. This has to be done under strict medical supervision. For an average patient, oral consumption of vitamins in doses given in the beginning should suffice.
Q. 13. We want to give best treatment to our father who has been diagnosed to have lung cancer. My sister lives in America. We want to know if taking him to America will help?

A: I am happy to note that you wish to do everything possible for your father. There are various points to consider for an Indian wishing to take treatment in USA. India is fortunate to have very well trained doctors and excellent hospitals with all the medical facilities. In fact, Indian doctors are highly regarded in USA, UK and other countries for their knowledge, intelligence and hard work. All the major cities in India offer excellent medical facilities and well-trained doctors, which are comparable to hospitals abroad.

The medical treatment in USA is very expensive. Without health insurance, even local Americans cannot afford to go to hospitals. What is your economic situation? Has your sister asked your father to come to America for treatment or is this your idea to send your father to your sister over there? What does your father wish to do? Would he be more comfortable with family and friends at home in India or in USA where he might feel isolated? What type of cancer does he have? Would he require a prolonged treatment or a short swift operation to cure his cancer? All these points are very important to consider before you take any decision. Generally speaking, I do not advise my patients to go abroad for medical treatment, unless the patient himself is very keen to go and financially capable. Moreover, even if a cancer patient takes treatment in USA, later on he is bound to need local Indian doctors and hospitals for the long-term management of his disease.

Q.14: What is Tibetan Medicine? Does it work for cancer?

A: Tibetan Medicine, TM, is a system of herbal medicine developed in Tibet long time ago. This system is similar to Ayurved emphasizing on mind-body connection in disease, life-style changes, dietary changes and lastly herbal formulae for various types of patients and their illnesses. Like Ayurved, TM also describes three humors (dosha), viz. Wind (Vata), Bile (Pitta) and Phlegm (Kapha). Diagnosis is made by history and examination. Pulse diagnosis and urine examination are an integral parts of TM. Different herbal formulae are dispensed to the patients depending upon the diagnosis. These tablets are to be taken three times a day with water. Periodic changes are made in the medicines as per the response of the patient. There is no simple Yes or No answer to your question whether TM works in cancer. Cancer is a complex disease. TM is aimed at restoration of the internal balance in body enabling it to
fight disease. These medicines do not kill cancer cells directly. As a complementary treatment, Tibetan Medicine is worth a trial.

Q.15. My father was operated for tongue cancer and then given radiation and chemotherapy 6 months ago. Now a new gland has appeared in the lower part of neck. Doctors want to give more radiation and possibly more chemotherapy later on. Please let us know if we should follow this advice.

A: Recurrence of tongue cancer and its’ spread to lymph nodes in spite of full allopathic treatment is not rare. Depending upon the details of previous radiotherapy, a short second course of radiation can be given; avoiding previously radiated area as far as possible. Whether this will control the cancer remains to be seen. Chemotherapy, which has not worked the first time, can probably be declined since it is bound to produce more toxic side reactions with a very slim chance for tumor control. A lot depends upon the patient’s condition and his readiness for further treatments. In any case, you should consider complementary therapy with Ayurvedic medicines to boost up his general condition and improve quality of life.

Q.16. Recently a friend of mine gave me some information about a mushroom product for treatment of cancer. We are thinking of trying it on my mother, who has got a cancer of uterus. Would it help?

A: Mushroom treatment, which originated in Japan, China and Korea, is now becoming popular all over the world. There are many thousand varieties of mushroom; only few have medicinal value. Maitake, Shiitake and Reishi are three important varieties of medicinal mushroom. Originally procured from forests as wild mushrooms, these are now being commercially cultivated in mushroom farms. Mushroom is considered more as a health restoring food supplement rather than a medicine. It does not act specifically against any disease. However, mushrooms are proved to improve cellular function, oxygenation, immunity and detoxification. Indirectly, mushrooms are known to help in many chronic diseases including cancer. In addition to the routine conventional cancer treatment, it might be worth trying mushroom supplements for your mother who has got cancer of uterus.
Q.17: My brother has got a gland size of a lemon in the axilla. Our family doctor insists that we should show my brother to a surgeon for biopsy. We have always taken Ayurvedic treatment for all our family members. Our Ayurvedic consultant says we should not operate. He feels confident that the gland will go away with Ayurvedic treatment. Whom should we follow?

A: We do not know what type of gland your brother has in axilla. It is important to know whether it is due to infection, benign tumor or cancer. The treatment will vary greatly in each case. I would suggest your brother should undergo a biopsy with pathological testing of the gland. Depending upon the report, further treatment can be considered.

Q.18. Can we refuse chemotherapy treatments advised to us by a specialist for the treatment of liver cancer in my father?

A: Accepting or refusing any treatment suggested by the doctors is entirely as per your choice. However, you should choose or refuse any treatment after getting detailed information about possible results of the treatment. A doctor should answer all your questions satisfactorily as far as possible. You may also get more information in this matter from the books, from the experiences of other patients who had such treatments and from other doctors. You have to weigh possible benefits against possible hardships. Chemotherapy is of temporary and marginal benefit in liver cancer. It does not cure liver cancer. Cost-benefit ratio, although considered a bad word in medical field, has to be assessed by the patient.

Q.19: What more can we do to help our mother recover from cancer of breast? She was operated and recently completed a course of chemotherapy. Her general condition has become very weak?

A: I assume that the cancer has been removed and at present she has no residual tumor. I do not know if any chemotherapy or radiotherapy was given to her. These therapies increase free oxidative radicals in body that lead to weakness and toxicity. Your mother would need a lot of supportive care now to recover her strength. Nutritional supplements with natural vitamins and minerals, anti-oxidant supplements, amino acids, essential fatty acids, fresh fruits and vegetables, light & easy to digest diet, Ayurvedic tonics such as Shatavari Kalpa, Badam Pak, Chyavan Prash etc would help. If she has got poor appetite or any other problems, it is better to consult an Ayurvedic physician. She might need additional herbal and ayurvedic medicine
Q. 20. We hear a lot about Aloe Vera these days? What is that? Does it help in Cancer treatment?
A: Aloe Vera is a thick leafy common green shrub. It grows wildly at many places and can be cultivated for commercial or home use. From the thick leaves, a clear paste like matter is taken out for medicinal use. In Sanskrit it is called Kumari and in Marathi- Koraphad. It is a great liver tonic. It improves liver function, which is essential for normal metabolism in body. It is also used for local applications in ulcers, burns and wounds. It helps digestion and stimulates immunity. The Ayurvedic medicine- Kumari Asav is made from Aloe Vera. Aloe Vera is also available as a dilute juice and as extract in a capsule form. It can be used as a nutritional supplement or herbal supplement for health maintenance. It can indirectly help as a supplementary treatment in cancer because of its’ above listed properties.

Q. 21. What is immunity? My father was in good health all his life. My mother died 1 year ago at age 67. My father has now been diagnosed to have cancer of prostate. A friend of mine said that my father does not have immunity that is why he developed cancer. Is it possible?
A: Immunity is a natural disease fighting power in the body. It is a system of special white blood cells and tissue cells that act as police force to detect and destroy any unhealthy activities in body. In health, immune system is very efficient and sensitive to detect any “terrorist” activities in any part of the body, instantly. T-lymphocytes, B-lymphocytes, Natural Killer Cells, Macrophages, Interleukins etc are the components of the immune system. As soon as an “Enemy” is detected, immune cells send signals to other cells for help. In short period of time, a whole police force can gather at the site for the fight. Fight against the enemy is won by capturing the enemy cells and germs, neutralizing the toxins, and ultimately by destroying the offenders. Immunity is of many types and could have many components. A person may be immune to some diseases but may not be immune to some other conditions. Vaccination is one of the methods to stimulate immunity against certain infections like tetanus, measles, small pox, chicken pox, diphtheria, influenza etc.
When a foreign substance is introduced in the body, immune cells react and form what is called anti-body. The initial offender is called antigen, since it initiates the creation of antibody. Antibody attacks the antigen and neutralizes it. Later on the captured and altered antigens are eliminated from the body.

If immune system is deficient, cancer cells somehow evade this weakened immune system and start growing and spreading. Immunity is not a constant force and it is liable to vary from time to time. Good nutrition, exercise, mental happiness, good sleep are known to improve immunity, while lack of these things would reduce the immunity. Mental shocks and painful life events also reduce the immunity.

In the case of your father, who was in good health, the death of your mother might have been a very painful event that affected the immunity and triggered the cancer process. Cancer like cells are all the time wandering in the body, but with efficient immunity, these are detected and destroyed before producing a disease. Depressed immunity, on the other hand, is not able to deal with such criminal cells, which grow unchallenged into a visible cancer tumor.

You have to understand that a person in good health could still have a weakness only in a part of immunity responsible for cancer. On the other hand, people who get frequent illnesses due to low general immunity may not necessarily get cancer. Low immunity can manifest in a variety of illnesses, cancer being only one disease.

Q.22. What is colostomy? Doctors are planning a colostomy on my father who has got cancer in rectum. Do we have to do it?
A: Colon is the large intestine that follows after the small intestine. At the lower end, colon becomes rectum through which the stools are discharged from the body. Colostomy means opening colon and bringing one end on the surface of abdomen. When a cancer tumor in the lower part of colon completely blocks the downward passage of the stools, a diversion is made for directing the stools. This is called as colostomy, which is a minor operation that can even be done under local anesthesia. Through a small incision in lower part of abdomen on the left side, a loop of colon is brought to the surface. Then the loop is opened and upper end of the loop is kept open and stitched on the surface of the abdomen. Through this portion, stools can be passed or removed daily by the patient. If this diversion is not done, the patient
will develop complete intestinal obstruction due to accumulation of stools in belly. This would be a very serious condition. Colostomy, by providing a diversion, relieves this problem. Colostomy is sometimes temporary, which can be closed later on after removal of the obstructing cancer lower down. If the cancer cannot be removed or if the lower colon has to be totally removed in an operation, then the colostomy becomes permanent, something the patient has to live with all his life. If your father were developing intestinal obstruction, then it would be necessary to do this operation. Please discuss the details with your surgeon.

**Q. 23. Does acupuncture help in treatment of cancer?**

A: Acupuncture is a part of Traditional Chinese Medicine, TCM. This system describes meridians, which are very subtle invisible channels traversing various parts of the body carrying vital energy to different organs. In Chinese, Chi means vital energy, which is Prana energy. Meridian system can be compared with the internal road system in a city, which is responsible for proper traffic of goods and persons in all the parts of the city. Energy supplied through the meridians help the normal function of all the internal organs. If a road is blocked, there would be slowdown and traffic congestion. Similarly, if a meridian were not functioning properly, there would be imbalance in the traffic of the energy within the body. If not corrected, this would cause various illnesses. A meridian out of balance can carry either too little or too much energy. Both the situations can lead to various symptoms and diseases. On the surface of human body, the actual path of meridians can be traced at certain points. These specific points are called acupuncture points. Inserting small needles at these points can restore the balance of circulation of Chi or Prana. Blockages in meridians can cause pain in related parts of the body. Acupuncture treatment usually helps to decrease pains. Acupuncture has been shown to relieve other symptoms like nausea, vomiting, fatigue, weakness, cramps, irritability etc. Whether acupuncture on its own can reduce cancer tumor is doubtful. Acupuncture can be used under a trained acupuncturist, as a complementary treatment for symptomatic relief.

**Q. 24. My mother always took homeopathic remedies for all her problems. Six months ago she developed a lump in her breast. The lump is increasing under homeopathic treatment, but she is otherwise quite comfortable. Nobody can tell from outside that she is ill. What should we do?**

A: Your mother had kept good health, which could be due to many factors; homeopathic medicine could be one of them. Homeopathic remedies at times, by the “law of similars ”, are
known to cause increase in the tumor size. However, you need not feel guilty about using homeopathy. All the systems have some good and some weak points. It is difficult to say which way the lump will progress. At present, you should consider operation to remove the lump and have it studied by a pathologist. Further treatment can be decided upon final diagnosis of the breast lump. With the help from your family doctor, you should explain various possibilities to your mother and let her take the final decision about her treatments.

Q.25. Is there any cure for cancer in Alternative Medicine?
A: There is no definite guaranteed cure for all the cancers in any system, either in Alternative Medicine or in the Conventional Medicine. A “cure” depends upon the patient, his mental attitudes, upon the efforts the patient would take to help himself, support from cooperative family and finally upon the proper guidance from doctors. At present, integrated approach combining conventional therapies with complementary alternative therapies would be the best course to follow.

Q.26. What can we do to reduce nausea and loss of appetite in my mother, who is under chemotherapy?
A: Nausea and vomiting are common problems experienced by the patients during the course of chemotherapy and radiotherapy treatments. Supplements of large doses of vitamins (especially A, C and E) and minerals should be taken to reduce the toxic free radicals liberated during these cancer treatments. These toxic radicals are partly responsible for many side reactions. Nausea is experienced due to irritability of stomach and intestines. A household remedy consisting of equal parts of shredded ginger, lemon juice and honey taken a teaspoonful at a time before mealtimes usually helps to reduce nausea and vomiting. A homeopathic remedy, Ipecac in 6X, 12 X or 12C taken 15 minutes before mealtime is also found to be helpful to reduce nausea and improve appetite. If these simple remedies do not work, you should use one of the allopathic medicine for nausea / vomiting in consultation with your doctors.

Q.27. My sister has lost all her hair after chemotherapy? Will the hair grow back?
A: Loss of hair is a common problem during chemotherapy. Some chemotherapy drugs routinely produce hair loss, while certain drugs may spare hair. Please discuss about this with
your chemotherapist. After completion of the chemotherapy cycles, hair will usually grow back within 2 to 4 months. Please consider application of a natural / Ayurvedic hair oil containing Brahmi, Awala etc. to the head daily.

Q. 28. My doctors insist that I should eat a lot of high protein food frequently during day. I do not have good appetite. I am recovering from radiation treatments for my prostate cancer. Eating heavy food bothers me. Is it essential that I force food on myself?

A: Unless your digestive power (Agni) is normal, eating a lot of heavy, high protein food would not help. The improper digestion of such foods may even cause other medical problems. First try to improve your appetite and eat food as per your appetite. It is better to eat a little less than to eat too much. Do not force food upon yourself. There are certain Ayurvedic herbs to stimulate your appetite, Agni and digestion. Consult an Ayurvedic physician in this matter.

Q.29. Do you believe in Spiritual Healing? Does it cure cancer?

A: I believe in any method that can help patient heal. Healing is a nature’s mystery, which probably depends equally upon innate mental strengths as well as external treatments for a disease. All the methods, conventional or alternative, are based on some assumptions and theories. When it works, that method is hailed as the right one. Obviously, sometimes deliberate frauds are performed by practitioners of various methods for monetary gains. This should be condemned. However, to dismiss any method out of ignorance is not very scientific, either.

Spiritual Healing is based on the principle that every living thing is enveloped in an energy sheath. Invisible to human eye, this subtle body can be called variously as an astral body, vital body, sookshma sharira, linga-deha, aura etc. The health and function of the physical body depend upon health of the subtle body. Most of the diseases start due to disturbances in this sheath. A spiritual healer can either feel or see these abnormalities. A successful spiritual healer can correct the defects and clear up the blocks in subtle sheath, thus helping the person to recover from his illnesses.
A successful spiritual healer can correct the defects and clear up the blocks in subtle sheath, thus helping the person to recover from his illnesses. Dr. Geoffrey Morell, a spiritual healer from Washington DC, has visited us in Mumbai several times and given demonstrations of the spiritual healing to our patients. He could correctly locate the disease process in the body by mere passing the hands around the body. His observations would tally with the findings on scans and x-rays, which we did not disclose to him earlier. Even without taking full history of the patient, Dr. Morell could often describe various problems the patient might have had in the past or is having currently.

Spiritual healing is a cleansing process of the subtle body. This is not a permanent cure for any disease. The patient has to work hard to keep his spirit, mind and emotions clean and healthy; otherwise the dirt can accumulate again. It is like house cleaning, which needs to be done periodically. We have noticed significant improvement in various common complaints after the sessions of spiritual healing. In my own case, painful arthritis of my left knee, which did not respond even to steroid injections into the joint 2 years ago, was greatly relieved by a session of spiritual healing from Dr. Morell. Previously unable to walk even for a 100 meters because of pain, I can now walk comfortably even for a couple of kilometers a day. The old bones and old joints are still there, but the pain is gone!

I would not suggest that you should rely on spiritual healing alone for cure of cancer, which needs a multi-pronged attack. Spiritual healing could help you in a complementary way to remove any blocks and negativities in your subtle body. The success depends upon ability of the healer as well as your faith and receptivity.

Q. 30. I am 50 years old man and work as a manager of a manufacturing company in Mumbai. I wish to go for cancer check-up. What will they do?
A: various hospitals and doctors offer routine medical check-ups to health conscious people, who may be in apparently good health. Many companies even pay for health check-ups for their employees. The Indian Cancer Society and some other private hospitals also offer Cancer check-ups. You should initially have a general medical check-up, which would include some basic blood tests, cardiogram and chest x-ray. Consultant physicians of each hospital will then examine you. You might be asked to undergo more tests if needed, depending upon your initial assessment.
In cancer check-up, you are given basic blood tests, X-rays and a detailed examination by cancer doctors to rule out any obvious tumor or ulcer process. Depending upon the findings, further tests might be ordered to clarify any doubts. If your cancer check-up comes normal, that means you do not have any obvious cancer clinically in the common cancer areas of the body. If you are above 50 years of age, you may consider having a medical check-up and cancer check-up. However, cancer is a slow growing process, which takes years to manifest as a visible tumor. One normal cancer check-up will not guarantee that you would be always free of cancer. You would need periodic check-ups, say once every 3 to 5 years. The best thing to prevent cancer, however, is to embark upon a healthy life-style, good nutrition with natural foods that fight cancer, regular exercise, positive mental attitude and above all a feeling of happiness about you, whatever you are.

Q. 32. There is history of cancer in my family. I am worried about cancer. Can I do anything to prevent cancer?
A: Cancer cells have abnormal genes. One could be born with susceptible genes, which are prone to develop cancer later on. This way, there is some increased risk of cancer if one has got many blood relatives with cancer. However, the good news is that most of the times, by avoiding exposure to cancer triggering factors called carcinogens, one can reduce the risk of cancer in spite of having abnormal genes. Healthy life-styles, proper nutrition with cancer fighting foods, regular exercise, good hobbies, positive mental attitude would go further to minimize the cancer risk. Remember, most of the times, your own bad habits have caused increased risk for cancer. Replacing improper habits with good ones will certainly help you prevent cancer. Such precaution might even keep your “faulty genes” from developing cancer. The details of causes of cancer and preventive steps are discussed at length in earlier chapters of this book.

Q.33. I hear a lot about mind-body medicine for cancer. What is it?
A: Mind-Body medicine is a recently coined term but it has been practiced, knowingly or unknowingly, by many complementary alternative medical sciences. Mind is what makes the physical body act. Mind cannot be seen but we know it is somewhere there. Diseases affect both the mind and body. Directing treatment only at pathological disease process, as is usually done by allopathic medicine, might not produce satisfactory results in chronic diseases, which might have deep roots in the emotional/ mental level. Mind-Body medicine advocates attention to both these inseparable components.
Yoga, meditation, visual imagery, biofeedback, reiki, spiritual healing, therapeutic touch etc are some of the techniques used in Mind-Body Medicine. The idea is to strengthen your own mind to improve your immunity, to remove negative feelings and instill healthy emotions to improve your health. Of course, you would also need actual physical therapies for the physical part of your disease process.

**Q.34. Does magnet therapy work in cancer?**
A: I have not seen magnet therapy alone curing cancer. Application of magnets in a particular way to body parts is supposed to align and energize iron containing organic molecules, especially hemoglobin in the blood. The practitioners of magnet therapies claim various benefits. I personally do not have any experience giving magnet therapy. Therefore I am not in a position to comment, either positively or negatively, about magnet therapy. It is probably harmless and possibly beneficial, if done under guidance of a practitioner having expertise in this area.

**Q.35. Why do patients get side reactions of radiation treatments? Is it true that radiation itself is a cause of cancer?**
A: Radiation is a beam of ionizing radiation energy that causes a variety of strong biochemical and physical changes in cells. It liberates toxic radicals, which in turn interfere with various normal cell functions. Cancer cell, due to rapid growth, are destroyed by the radiation energy more than the normal cells. After radiation, normal cells recover faster while cancer cells recover slowly, if at all. The toxic radicals as well as the products of cell destruction circulate in the blood and reach different organs. With high doses of radiation, the organs in direct beam of radiation develop reactions like burning, irritability, ulceration and even loss of function. Apart from these local reactions, there are general reactions like loss of appetite, weakness, fatigue, nausea, vomiting, heat etc. These reactions start appearing during the second week of radiation course and continue till end of radiation treatments, after which reactions subside within 4 to 6 weeks. However, some residual changes like hardening of skin, thickening of the part under radiation, reduced blood circulation etc are left for a long period. Some patients have to live with these changes for the rest of the life.

Radiation can cause genetic mutation, which alter the genes. Some of these mutations, if not repaired by the body, could cause cancer after a period of 7 to 10 years. This happens in less
than 5% of the patient undergoing radiation. However, this is a significant risk a patient has to accept for the treatment of his cancer with radiation.

Q. 36. **What kind of side effects can happen due to chemotherapy drugs? Is there any way to prevent side effects?**
A: Chemotherapy is administration of strong drugs, either by mouth or by injections, to destroy cancer cells. These drugs also destroy normal cells to a lesser extent. Chemotherapy drugs circulate through the whole body and therefore the side reactions are also more widespread than those in radiotherapy. Loss of appetite, weakness, burning sensation, loss of hair, nausea, vomiting, diarrhea, sores in mouth, pile-like symptoms etc are common side reactions of chemotherapy. Certain drugs produce specific toxicity to heart, lungs, bones, nerves, kidneys etc. That is why chemotherapy is given only by expert oncologist with frequent blood tests to avoid extreme reactions. Like radiation, chemotherapy drugs also can cause mutation in genes, which can possibly cause a cancer later on after a gap of some years.

Good nutrition, liberal supplements of vitamins and minerals, large amounts of liquids etc would reduce incidence of reactions. There are some specific allopathic medicines that your doctor could prescribe to reduce some of these reactions. There are effective medicines in Ayurved and Homeopathy to decrease the severity of side reactions. You should take these medicines with consulting appropriate practitioners.

Q: 37. **It is difficult for us to look after our father who is suffering from terminal cancer. Is there any hospital or nursing home we can admit him in?**
A: For a terminal cancer patient, when there is no other treatment possible, few special centers called hospices are available. These are routine in the developed nations. In Maharashtra, two such centers are doing wonderful job of making the life less painful and less miserable in the last days of the illness. Shanti Avedana Ashram in Bandra (Mumbai) and Cipla Cancer Aid Foundation, at Warje (Pune). There may be some more centers in other parts of India but I do not have details at present. These centers would help cancer patients and their relatives about the terminal care of cancer patients.
Q.38. My father is very angry in nature. He has developed a stomach cancer. He blames us that we are not taking good care of him. It is very difficult to cope up with him. Any advice?

A: It is very difficult task for relatives to take care of cancer patients, especially the angry ones. These are trying times for all. Patient should look at the cancer as an opportunity to discover new meaning to the life and resolve old conflicts. This is easier said than done. Relatives should learn to be more sympathetic, kind and helpful to the patient at such times. There is no use arguing with your father in this matter at this stage. You cannot change him. With patience and kindness, try to show that you all love him and are ready to do everything possible. Perhaps he is trying to take out his frustration and disappointment with life with the angry spells. His angry nature might have contributed to the development of cancer in the stomach, the organ closely affected by anger and insecurity.

Q.39. My 70 years old mother has developed cancer of throat. She is a very religious, pious and kind personality. She will go out of her way to help anyone in need. We wonder why God is so unjust to punish good persons with diseases like cancer.

A: God’s ways are strange. Human mind cannot logically explain many incidences in the world. We do get angry with God when we see a small baby suffering or when an innocent person a victim. In your mother’s case, there might be some suppressed emotional conflict or self-neglect in nutritional matters (so common of Indian housewife) that might have triggered the cancer. It could be the genes that underwent spontaneous mutations and caused the cancer. It could be some medicines she took earlier in her life or the injuries, mental and physical, she might have suffered earlier. It is hard to explain. Finally, we can always point our fingers to the FATE!

Q. 40. Why small babies, who never had any bad habits or cancer causing substances like tobacco etc, develop cancer? Is this not a paradox of Divine Justice?

A: In childhood cancer, there is more likely-hood of being born with abnormal cancer prone genes, which express to develop cancer in young age. The genetic mutations could be due to exposure to toxins in the womb of the mother during pregnancy. It could be due to some inherited genetic weakness. It could be even explained as Karma from past lives, if you believe in re-births. It is painful to see an innocent child in pain due to cancer. It is hard to understand divine justice. You can only have faith to be at peace.
Q. 41. What is Wagholi Project of Cancer Research?
A: Guided by Poojya Sardeshmukh Maharaj from Pune, his son Vaidya Sadanand Sardeshmukh and myself developed a protocol for cancer treatment at the Ayurved Hospital and Research Center at Wagholi, about 20 km east of Pune. This project has been running since 1994 and has enrolled more than 1200 cancer patients over the past 7 years. We have seen that Ayurvedic medicines can greatly help to reduce side reactions of cancer treatment, reduce pain and improve general condition of cancer patients. Ayurvedic treatment, which alone may not be able to cure cancer, is used as an addition to conventional cancer treatments as surgery, radiotherapy and chemotherapy. Detailed information of this project is given in earlier chapter “Ayurved For Cancer” in this book.

42. Is Bhallatak (Bilawa-Bibwa) good for cancer treatment?
A: Dr. B. G. Wad, a senior physician from Mumbai, did extensive research on use of Bhallatak, an herbal nut used frequently in Ayurved. Dr. Wad found it useful in treatment of certain types of cancers. A product called Anacarcin was developed by Bombay Pharmaceutical Company. This product is no longer available. Recently Ethichem Laboratory in Ahmedabad has come up with Anacarnex, a product made out of Bhallatak. Bhallatak has several properties and can be tried as a complementary treatment.

Q. 43. Can I try Heerak Bhasm (diamond bhasm) for my cancer?
Yes, you could try this under supervision of an expert ayurvedic physician experienced in the use of Heerak Bhasma. Ayurvedic texts have given many properties for Heerak Bhasma and it is possible that this might have some benefit as a complementary treatment. However, I would not rely only upon Heerak Bhasma, if I had a cancer.

Q.44. Should I continue heavy exercise, which I was doing before I was diagnosed of having cancer of bones?
A: If the cancer has affected your bones, you should refrain from any heavy exercise that may put on strain on your bones. Heavy exercise may produce fractures at the site of bone cancer, a very problematic and difficult situation to handle.
Q.45. I am a 15-year-old boy. I fell down from cycle and injured my right knee one year ago. For last few months I am slowly developing a hard painful swelling around the lower part of my right knee. Could this be bone cancer? What should I do?
A: Many times, old injuries leave weakness in the part involved in such injuries. Although apparently the injury heals, the area is at a risk of developing disease later on with minimal provocation or disturbances of dosha. Some chronic diseases are known to occur later on in athletes and boxers who suffer repeated injuries during the professional career. Falling off from the bike is a common incidence in teenagers. Not all the swellings are due to cancer, but it should be investigated. It would be a good idea to take an X-ray of the knees to rule out any serious problem. If there are any doubts, MRI scans can provide much better information than an X-ray film. You should consult an experienced orthopedic surgeon for examination and detailed advice.

Q.46. My 8 years old son suffered a head injury 3 years ago. He had a concussion at that time and was in hospital for 2 days for observation. There was no fracture seen on X rays. Last month he developed continuous headache. A CT scan shows a tumor in the left side of brain. Doctors have advised operation. Can tumors happen due to old injury?
A: Tumors can result from old injuries. Not every head injury results in brain tumor but in a significant number of brain tumors, there is history of old head injury. Brain tumors are commonly benign, which can be cured after surgery. A small number is due to malignant tumor, for which additional treatments might be needed. If your doctors advise operation, you should consider the same for your son.

Q.49. Is Pancha-karma Ayurvedic treatment good to treat cancer?
A: Pancha-Karma is a part of Ayurvedic treatment that is undertaken to extricate disturbed dosha out of body. It is a sort of body purification method that removes the toxic waste products and dosha, which are at root of a chronic disease process. Pancha-Karma are five fold purification methods, which should be done under proper supervision of an experienced ayurvedic physician.
Q.50. Should the doctors treating cancer worry about the expenditure of the costly cancer therapies?
A: Doctors should be concerned about the possible expenditure of costly therapies. Cost of the current medical treatments and investigations is beyond an average hard-working honest Indian salaried person. Health insurance, to reimburse the hospital bills, has not yet become common in India. Even in advanced countries like USA, a significant number of unemployed people are not able afford a personal health insurance.

A patient should openly ask and the doctor should freely discuss the cost benefit ratio of the long-term expensive medical care in a disease like cancer. Expensive treatments may not necessarily cure cancer. If there is a good chance of controlling the cancer in a patient, you should accept all the treatments you can afford. In advance stage of cancer, there is no use of subjecting the patient to costly treatments, which might prolong the life but by a few months only, unless patients and relatives are keen to go to such extent. At this stage, quality of life, peace and symptomatic pain relief is more important than trial of new radiotherapy or chemotherapy techniques. Relatives wish to do everything possible for the old parents to have all possible treatments regardless of the cost. Do not forget what a parent wishes. Do not force your wishes on the parents or elderly relatives. Respect the wishes of a terminal cancer patient who wants to avoid all those pains, side reactions, tubes and needles all over the body at the end. Sometimes expensive treatments are undertaken out of pressure from the relatives and friends. There might a “guilt complex” associated with saying NO to expensive treatments of doubtful benefits. The matter of the expenses, although a secondary issue, should be given careful thought when the outcome of such treatments is not certain.

Q.51: What is your opinion on Euthanasia (mercy killing)
A: Some medical and social activists in different parts of the world advocate euthanasia by allowing doctors to give large doses of sedatives to terminate life, if terminal patient is in severe pain and discomfort and if he so wishes to die. This is a very controversial topic. Although few European nations have legalized such procedure, laws of most nations do not permit active “mercy killing”. There are various ethical, legal and technical issues involved in euthanasia, which can be misused.
I am against the concept of active euthanasia. However, passive euthanasia, withdrawing all
the emergency life support systems, when a patient in misery expresses his consent is
acceptable. Withdrawal of all the tubes, needles and respirator support from a patient in
emergency ward might hasten the end. This might be preferable, rather than artificially
prolonging life for a short period, from the viewpoint of the patient and relatives. Discussions
about such issues should be openly done between relatives and the doctors. A patient can sign
in advance a “No Resuscitation Request” to indicate his wish under such circumstances.
CHAPTER 9

CONCLUSION

Each patient must fight the War Against Cancer, enthusiastically and fearlessly, with support from the family, friends and above all competent medical practitioners. Although a dreaded disease, cancer process can be reversed by proper attention to the core, the fundamentals and the therapies described in earlier chapters. The subject is vast and at times confusing. Faulty nutrition and bad life styles can trigger cancer. Good news is that correcting nutrition and life styles can reverse the process of cancer.

Cancer is getting commoner because of several factors, external as well as internal. Pollution, toxic wastes in environment, chemicals in food air and water, Tobacco, atmospheric radiations, are some of the external factors. The internal factors are mental stress, emotional conflicts, blocks due to negative attitudes, disappointments, frustrations and deranged internal metabolism of the body that forces the body to store the toxins in various organs. These external as well as internal factors interfere with normal immunity and can even lead to genetic mutations, which are at the basis of malignant transformation of cells. Human body has many natural defense and repair mechanisms. With persistent onslaught of the offending factors, there comes a flash point starting the process of cancer disease.

Many novel methods to detect cancer cells at a very early stage are available. When cancer tumor, even a small one, is seen on medical examination or X-rays it already a collection of millions of cancer cells! Blood tests based on detection of cancer antigens would be better than X-rays and scans for early detection of cancer.

Cancer affects Mind- Body apparatus and therefore has to be fought at both these levels. The core of cancer treatment lies in Mind/ Body medicine to resolve any emotional conflicts and to strengthen the mind to fight the battle. Foundation of cancer treatment rests on improvement in life styles, nutrition, exercise, relaxation and detoxification techniques to remove the accumulated toxins in the body. It is a sort of basic groundwork one needs to do before starting
any definitive anti-cancer treatments. In a hurry to start a treatment such as surgery, radiation or chemotherapy, attention to the core and foundation is often neglected. To get better results and long term control of cancer bordering on “cure”, addressing the core and foundation is essential.

Various Complementary Alternative Medical methods practiced by different doctors and scientists are mentioned separately in the chapter on Treatment Options. The proponents of each method have advocated most of these approaches. Confirmation of consistent benefits from most of these methods will need further scientific proof by more clinical research trials.

For details of specific CAM methods, especially Ayurved and Homeopathy, the reader may refer to my book “War Against Cancer”. Psychological trauma and negativities is an important factor in causation of cancer that needs adequate attention for a good outcome. Examples of some actual patients with unusual psychological disturbances and remedial actions are given in my above mentioned book.

I hope that this abridged work will provide a lot of information on cancer prevention. The information in the book should also help any reader to understand cancer and other chronic diseases in a holistic way. This work is for your information only and should not be taken as a suggestion of a specific cancer treatment or guarantee for cancer prevention. You will need to consult your doctors for specific path to follow. There are no guarantees of success implied in this book.

Let us end this presentation with the famous Prayer from Veda:

Let Everyone Here Be Happy and Healthy
Let Everyone Be Free From Disease
Let Everyone See Noble Things
Let No One Have Sorrows

Aum Shanti, Shanti, Shanti: PEACE