## INVITATION

Bharatiya Sanskriti Darshan Trust’s
AYURVED HOSPITAL AND RESEARCH CENTER
INTEGRATED CANCER TREATMENT AND RESEARCH CENTER
Wagholi, Pune

Organizes

Camp for ‘CANCER PREVENTION BY AYURVEDA’

Glimpses of the Camp

- Promotion of healthy way of life by adopting proper day to day and seasonal regimen
- Guidance regarding the rules of healthy and balanced dietary habits
- Guidance for Panchkarma treatment for detoxification and purification of body
- Guidance for regular consumption of oral Ayurvedic medicines and some special Rasayan (rejuvenating) medicines
- Psychological counseling
- Periodic diagnostic tests for early detection of cancer

**DATE** : Tuesday, 04/06/2019 (9 am to 12 pm)

**VENUE** : Bharatiya Sanskriti Darshan Trust’s INTEGRATED CANCER TREATMENT & RESEARCH CENTRE
Vishwashanti Dham, Kesnand Road, Wagholi, Pune – 412207.

interested participants should register their names on following address

**CONTACT FOR PRE-REGISTRATION**
Bharatiya Sanskriti Darshan Trust’s
INTEGRATED CANCER TREATMENT & RESEARCH CENTRE
Vishwashanti Dham, Kesnand Road, Wagholi, Pune – 412207.
Ph.: 020-67346000 / 9545508890
**Email**: ictrcpune@gmail.com
**Website**: www.ayurved-for-cancer.org
"Prevention is better than cure" is one of the most popular proverbs related to our health and healthy life. As per the meaning of this proverb, Ayurveda which is a science of life can help us to achieve Cancer prevention.

CANCER SURVEY –
1. According to GLOBOCAN 2018 data, in 2018 there were 11, 57,294 new cancer cases in India in both men and women, 7, 84,821 deaths and 22,58,208 people living with cancer.
2. The top cancers that affect Indian population are breast, oral cavity, cervix, stomach and lung cancers.
3. Cancers of breast, cervix, colon, stomach and lungs are more prevalent in women whereas cancers of lungs, prostate, stomach, liver and colon are commonly found in men.
4. Cancer is the second leading cause of death globally, and is responsible for an estimated 9.6 million deaths in 2018.
5. Improper eating habits, lifestyle and addictions are the major factors responsible for manifestation of the disease - Cancer.

Over the past two decades, Integrated Cancer Treatment and Research Centre has been striving continuously to provide effective Ayurvedic treatment to the cancer patients and do extensive research in it.

Considering our efforts and experiences, we have newly undertaken the project “Cancer Prevention by Ayurveda” with a social objective to bring awareness about cancer in the common masses.

Rationale behind initiating the Project – “AYURVEDA FOR CANCER PREVENTION”

1. Building a healthy Immune System –
   It is a well known fact that a good immune system protects an individual against diseases. We mainly focus on boosting the immune system to prevent Cancer. There are some factors for building a healthy immune system, as per Ayurvedic concepts and they are as follows –
   • Detoxification of the body in various seasons through Panchakarma therapy.
   • Use of special herbs and supplements for strengthening our body and as a tonic to improvise the vital functions of the body viz. appetite, digestion, sleep, etc. This has to be done under a guidance of the Vaidya.
   • A balanced healthy diet.
   • To have a proper and healthy daily schedule and lifestyle.
   • To prevent any adverse effects of seasonal variations on the body.
   • To maintain a positive and peaceful state of mind.

2. To avoid the Probable Risk Factors leading to a diseased condition.
   One of the important principles of Ayurvedic treatment is to avoid the probable risk factors which leads to a diseased condition. This project, “Cancer Prevention by Ayurveda” mainly aims at detail assessment of individual’s way of life and accordingly guide him/her.
Probable Risk Factors of cancer –
After going through the data of the day to day diet and lifestyle of cancer patients being treated at ICTRC, we have specifically observed some risk factors as per Ayurvedic concepts which may cause cancer. These are as follows –

- Probable risk factors observed in Specific Cancers –
  Green chillies and Yoghurt in colon cancer; daytime sleeping after meal and eating incompatible food in prostate cancer; mental stress, hereditary and non-vegetarian food in breast cancer; history of worm manifestation in lymphomas and leukemia and in the same way chronic problem of hyperacidity may lead to the cancer of stomach and oesophagus.

- Probable risk factors of all types of Cancers -
  × Dietary factors: Excessive and regular intake of improper foods like Spicy food, sour and fermented food, food which is heavy to digest, non-vegetarian food, leftover food, bakery products, foods containing preservatives, etc. Also food which is taken at irregular time and not in accordance with the seasonal changes should be considered as risk factors of cancer.
  × Lifestyle factors: Lack of exercise, daytime sleep after meal, late night sleep, excessive suppression or expression of natural urges like hunger—thirst—defecation—urine.
  × Occupational factors: Excessive exposure to cotton dust, chemical irritants and harmful radiation, etc.
  × Hereditary factor: Mainly found in cancers of breast, rectum and ovaries.
  × Psychological factors: Mental stress

3. Diagnosis of cancer in prodromal / early stage –
There is a fair chance for curing cancer if diagnosed at early stage. For this, one should be aware about the early signs and symptoms of cancer and accordingly as per the guidance of the concerned doctor must regularly do the necessary diagnostic tests.

- Early signs of cancer: unusual appearance of any lump in the body; non-healing wounds / ulcers; loss of appetite; unexplained generalized weakness, change in bowel and urination habits; unexplained per vaginal bleeding; indigestion / difficulty in swallowing food; obvious change in a wart or mole on the body; persistent throat irritation or hoarseness of voice; unexpected weight loss; etc are the early signs of cancer. If these are persistent for a longer duration then it is advisable to seek immediate guidance from the concerned doctors.

- Diagnostic tests for cancer should be done periodically: All the people and especially those whose family have inheritance of cancer are advisable to undergo diagnostic tests for cancer at regular interval as per the guidance of concerned doctors. This is very important aspect of cancer prevention.

Salient features of the project “Cancer Prevention by Ayurveda”

- Promotion of healthy way of life by adopting proper day to day and seasonal regimen
- Guidance regarding the rules of healthy and balanced dietary habits
- Guidance for Panchkarma treatment for detoxification and purification of body
- Guidance for regular consumption of oral Ayurvedic medicines and some special Rasayan (rejuvenating) medicines
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