

Bharatiya Sanskriti Darshan Trust's

# **INTEGRATED CANCER TREATMENT AND RESEARCH CENTRE**

## **Ayurved Hospital and Research Centre**

**Wagholi, Pune, India**

[www.ayurved-for-cancer.org](http://www.ayurved-for-cancer.org)



- 'Centre of Excellence' of Department of AYUSH, Govt. of India

- Affiliated to 'INDIAN CANCER SOCIETY'

- Funded by
    - Ministry of AYUSH, Govt. of India

- Department of Atomic Energy (DAE), Govt. of India for Radiotherapy Department

- TATA TRUSTS

- Scientific Industrial Research Organization (SIRO) Approved by Department of Science & Technology (DST)

# INTEGRATED CANCER TREATMENT & RESEARCH CENTRE (ICTRC)

## THE FOUNDATION OF CANCER RESEARCH PROJECT



Cancer Research Project started by Revert Prabhakar K. Sardeshmukh Maharaj, Dr. Sadanand P. Sardeshmukh (Ayurvedic Consultant) and Dr. Arvind Kulkarni (Radiation Oncologist) in 1994



Dr. Arvind Kulkarni, Director-Oncology and  
Dr. S.P. Sardeshmukh, Director, ICTRC

## HIGHLIGHTS

- Co-ordinated by Dr. Arvind Kulkarni, Director, Radiation Oncology Department, Lady Ratan Tata Hospital & Ex-HOD, Radiation Oncology Department, Bombay Hospital, Mumbai and Dr. Shirish Kumathekar, well-known Onco-Surgeon at Solapur.
- A team of more than 50 dedicated Ayurvedic and Allopathic Physicians and Scientists expert in the field of Oncology is contributing towards the betterment of Cancer patients through their expertise.
- Multi centric Project with centres at various parts of India namely Mumbai, Solapur, Kolhapur, Nashik, Aurangabad and New Delhi - Gurgaon.
- Integration of Chemotherapy, Radiotherapy & Surgery along with Ayurvedic treatment to improve the Quality of life of Cancer patients.
- Imparting Ayurvedic treatment like Shaman (Oral Ayurvedic Treatment), Rasayana (Immunomodulatory Treatment) and Panchakarma (Body Detoxification Treatment) for controlling progression of the disease, minimizing side effects of Chemotherapy and Radiotherapy and boosting immune system.
- Personalized treatment to each cancer patient is given with individual assessment.
- Availability of Cancer detection and treatment facilities under the guidance of experts in respective fields.
- More than 13,000 Cancer patients suffering from various types of Cancer at various stages have been treated in the project till 2019.
- Identifying risk factors of Cancer from Ayurvedic perspective and thus emphasizing awareness on diet and lifestyle modification for prevention of Cancer in the society.
- Scientific Research on effectiveness of Ayurvedic treatment in various types of cancer at various stages using yardsticks of Ayurvedic as well as modern medical science.
- Findings on usefulness of adjunct Ayurvedic treatment are presented and published in National and International conferences and journals.





# FACILITIES at ICTRC

## Ayurvedic Cancer Treatment



### Shamana Chikitsa (Oral Ayurvedic Treatment)

**Oral Ayurvedic Treatment** is beneficial for controlling disease, reducing side effects of Chemotherapy and Radiotherapy, minimizing sufferings and thus improving Quality of Life of Cancer patients.

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



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



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



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



### Panchakarma

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







## FACILITIES at ICTRC

### Ayurvedic Cancer Treatment



#### Dietary Consultation

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



#### Mind Body Therapy

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



#### Yoga

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



#### Indian Music Therapy

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



## FACILITIES at ICTRC

### Allopathic Cancer Treatment



#### Onco-Surgery

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



#### Radiotherapy

Radiotherapy treatment destroys the malignant cells, by their repeated and controlled exposure to Radioactive emissions.



#### Chemotherapy

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



#### Intensive Care Unit (ICU)

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

Surgery, Radiotherapy and Chemotherapy are the effective conventional treatment for Cancer. Integration of Ayurvedic treatment and these conventional treatment help to control Cancer and to minimize side-effects of Chemotherapy and Radiotherapy.

## SIGNIFICANT FINDINGS OF CANCER RESEARCH PROJECT

- Integrated approach of Cancer treatment is highly effective to improve quality of life and survival rate of Cancer patients.
- Ayurvedic treatment, healthy diet, lifestyle modification and mind-body treatment are beneficial for Cancer patients to improve immunity.
- Immunomodulatory treatment and Panchakarma treatment have proved to be effective in preventing recurrence / metastasis and in improving quality of life.
- Side effects of Radiotherapy and Chemotherapy are remarkably reduced with adjunct Ayurvedic Treatment.

## FACILITIES at ICTRC

### Cancer Diagnostics

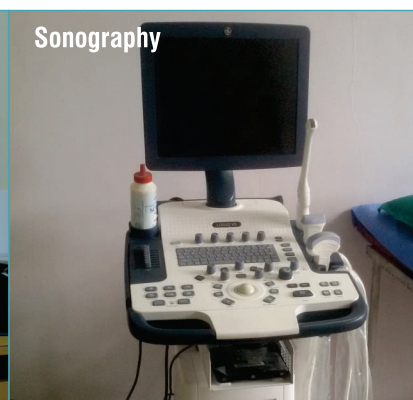


#### Onco-Pathology and Biochemistry

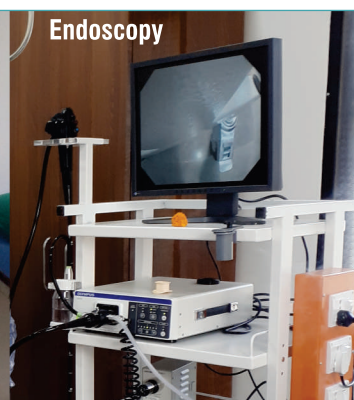
Cancer detection facilities like FNAC, Biopsy and Histopathology as well as routine Biochemistry, Tumour markers are available in Diagnostic Centre of ICTRC.



Digital X-Ray



Sonography



Endoscopy

#### Diagnostic Radiology

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

## RESEARCH WING



#### Molecular and Cell Biology Laboratory

Molecular and Cell Biology Laboratory is established in our center to assess efficacy of Ayurvedic treatment using modern yardsticks.



#### Drug Standardization Laboratory

Drug Standardization Laboratory is developed to monitor safety and assess efficacy of Ayurvedic medicines used for the treatment of cancer patients.



# SOCIAL AWARENESS OF CANCER THROUGH CAMPS & EXHIBITIONS

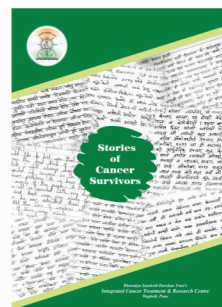
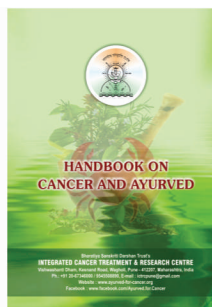
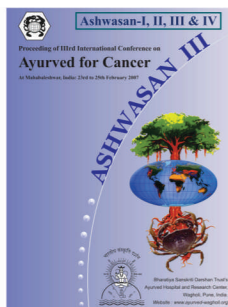
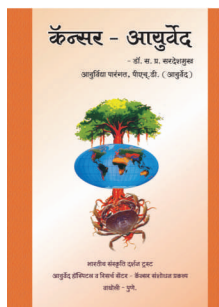
- Free Cancer Consultation Camps; Breast, Cervical and Oral Cavity Cancer detection camps; Panchakarma Camps are held regularly in Mumbai, Pune, Solapur, Kolhapur, Nashik and Aurangabad.
- Workshops for Breast and Oral Cavity Cancer patients are organized regularly for their health awareness.
- Cancer Genomic Camps are organized in collaboration with Advanced Centre for Treatment, Research and Education in Cancer (ACTREC), Tata Memorial Centre
- Cancer Days including Cancer Survivor Day are organised regularly by ICTRC, where cancer survivors share their experiences about adjunct Ayurvedic treatment to improve Quality of Life.



**Exhibitions on 'Cancer and Ayurved'** are organised regularly for briefing the common man about -

- Risk factors of Cancer
- Signs and Symptoms of Cancer
- Investigations to be done
- Integrated Cancer Treatment
- Lifestyle modifications
- Nutritious diet
- Psychological boosting of patient
- Care to be taken by family and friends

## PUBLICATIONS ON CANCER



**'Cancer - Ayurved', 'Cancersathi Lokopayogi Ayurved', 'Handbook on Cancer and Ayurved', 'Stories of Cancer Survivors' and 'Cancer Prevention and Ayurved'** - Books highlighting risk factors, signs and symptoms, treatment, diet recommendations, importance of Panchakarma in treatment of various types of cancers, prevention of Cancer from Ayurvedic perspective and experiences of cancer survivors about adjunct Ayurvedic treatment at ICTRC are published by the trust in English and Marathi languages.

Scientific papers presented at International Conferences are published in the form of **"Ashwasan - I, II, III, IV and V"**.



# INTERNATIONAL CONFERENCES ON 'AYURVED FOR CANCER'

International conferences on “**Ayurved for Cancer**” are organised by ICTRC which are attended by many Ayurvedic and Allopathic experts from India and abroad every five years since 1997. Research papers of Integrated Cancer Treatment and Research Centre are presented in the conference. These conferences have proved to be a common platform for bringing research on cancer in various pathies, which is utilized for the betterment of Cancer patients.



1<sup>st</sup> International Conference - 1997, Pune



3<sup>rd</sup> International Conference - 2007, Mahabaleshwar



5<sup>th</sup> International Conference - 2017, Pune



2<sup>nd</sup> International Conference - 2002, Pune



4<sup>th</sup> International Conference - 2012, Pune



# PARTICIPATION IN INTERNATIONAL CONFERENCES



Workshop on **Results of Ayurvedic Treatment in Cancer patients** by Dr. Arvind Kulkarni, Dr. Vineeta Deshmukh and Dr. Prafullata Suru International Conference 9<sup>th</sup> SIO, Albuquerque, New Mexico, USA



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



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



Dr. Vineeta Deshmukh and Dr. Sukumar Sardeshmukh at **2nd European World Ayurveda Congress**, Oct. 2015, Germany

## PROUD MOMENTS



Inauguration of Integrated Cancer Treatment and Research Centre by Hon. President of India, **Smt. Pratibhatai Devisingh Patil**, on 29/05/2011



Visit and Guidance of Respected **Padma Vibhushan Mr. Ratan Tata Sir** to Integrated Cancer Treatment and Research Center, on 1/04/2011



Visit and Guidance of renowned Nuclear Scientist **Honorable Padma Vibhushan Dr. Anil Kakodkar** to Integrated Cancer Treatment and Research Centre, on 3/11/2012

# TEAM OF CLINICIANS AND RESEARCHERS



## Director

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



## Director, Oncology

**Dr. Arvind Kulkarni**  
M.D., D.M.R.D.(Eng.), D.A.B.R.(USA)



## Co-ordinator

**Dr. Shirish Kumthekar**  
M.S. (General Surgery)



## Research Adviser

**Dr. Vidya Gupta**  
B.Sc.(Chemistry), M.Sc.(Biochemistry),  
Ph.D.(Chemistry),  
CSIR Emeritus Scientist and  
Former Chief Scientist, NCL



## Deputy Director

**Dr. Vineeta V. Deshmukh**  
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## Assistant Director

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## Research Associate

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## Honorary Physicians

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



## Assistant Director

**Dr. Shrinivas Datar**  
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## Onco - Surgeon

**Dr. Keyur Gutte**  
M.S.



## Onco - Surgeon

**Dr. Shrikant Ankolikar**  
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## Medical Oncologist

**Dr. Tushar Patil**  
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## Radiation Oncologist

**Dr. Jagdish Shinde**  
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## Gastroenterologist

**Dr. Nikhil Hulyalkar**  
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## Onco - Pathologist

**Dr. Deepak Ladda**  
M.D.(Path.)



## Onco - Pathologist

**Dr. Sujit Joshi**  
M.B.B.S., M.D.(Path.)



## Radiologist

**Dr. Chandrashekhar Bhawe**  
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## Radiologist

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**Medical Officer**  
**Dr. Devidas Karade**  
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## SCIENTISTS



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**Ms. Radhika Kavathe**  
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## RADIOTHERAPY DEPARTMENT



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# TRUSTEES



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**Dr. Sukumar S. Sardeshmukh**  
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## EXECUTIVE COMMITTEE



**Dr. Sunil U. Pathak**  
Ph.D., I.R.S.(Retd.)



**Dr. Arvind Kulkarni**  
M.D., D.M.R.D.(Eng.), D.A.B.R.(U.S.A.)

## DONATION APPEAL

We sincerely request you to visit our centre at Wagholi and give your valuable suggestions. Our dream is to give healthier, happier and longer life to Cancer patients. Your contribution in any form will certainly enable us to fulfill our mission. Considering increasing needs of patients we need to expand each and every department under Integrated Cancer Treatment and Research Centre as well as to start new Departments viz. fully equipped Cancer Diagnostic Department, Onco-Surgery Department, State of art Radiotherapy Department, Terminal Care Unit, Dormitory for Cancer patients, Preventive and Community Education Program etc.

### Join hands with us in Fight against Cancer.

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

Donation in cheque or draft is accepted in the name of **"Bharatiya Sanskriti Darshan Trust"**

**Total Project Cost : Approx INR.900,00,00,000/- Indian Rupees Nine Billion only.**

This project will aim at providing preventive, curative and rehabilitative services to cancer patients under one roof by combined efforts of Ayurved and Allopathy.

## CONTACT DETAILS

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**Ayurved for Cancer**