

A Literally Review on Arbuda

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ABSTRACT

Lifestyle diseases pose a significant challenge to our society today, and they are mainly caused by unhealthy dietary habits, poor food choices, and lack of physical activity. Arbuda is the Ayurvedic term used to describe cancer and other malignancies. In Ayurveda, lifestyle diseases are attributed to Viruddha “Ahara” and “Vihara” (food and lifestyle). The concept of Arbuda is based on the understanding that cancer is a result of an imbalance in the body's doshas that disrupts the normal functioning of the body's tissues and organs. Ayurveda can offer additional curative steps for cancers that bear similarities with clinical entities of Arbuda and Granthi mentioned in Sushruta Samhita. Ayurvedic medicine has a long history of treating cancer, and its approach is based on a holistic understanding of the body, mind, and spirit. Cancers of the prostate, breast, lung, and colon are more common in the Western world and less prevalent in the Eastern world. Ayurvedic therapies for cancer focus on restoring balance and harmony to the body, boosting immunity, and eliminating the underlying causes of the disease. In this article, we provide an overview of the concept of Arbuda in Ayurveda and the various treatment options available in Ayurvedic medicine.

KEYWORDS: *Arbuda, ayurvedic management, granthi, cancer*

INTRODUCTION

Cancer is widely regarded as the most significant disease of our time. Although modern science has made remarkable strides in understanding the molecular basis of cancer, knowledge about preventing and treating the disease still lags behind. Unlike the critical analytical approach of Western modern medicine, Ayurveda takes a holistic approach that represents a comprehensive understanding of life, health, and disease. Holistic treatment is the hallmark of Ayurvedic therapy, which incorporates universal principles that are adapted to each individual's needs. This unique feature ensures that Ayurvedic principles can be used sustainably to provide healthcare universally. In Ayurveda, cancer is compared to a condition called Arbuda, which is described in Ayurvedic texts. Pre-cancerous and post-cancerous states may present signs and symptoms under different conditions such as Gulma (cystic growth), Apachi (benign growth), Gandmala (lymphatic growth), and others. Charak's chapter on Sopha (inflammatory and non-inflammatory swellings) describes Arbuda, and Sushruta provides more

information on Arbuda, Granthi, Apachi, Gandmala, among others. Vagbhata mentions Arbuda of the lips, tongue, nose, breast, and other areas.^[1]

Definition

According to vagbhat acharya, when granthi becomes too large, it is called arbuda and nidhana, lakshana, chikitsa etc, are considered as same as that of granthi.^[2] Charaka says, because as there is no difference between the cause, lakshana, involved doshas etc, the physician has to treat arbuda as per instruction in the granthi chikitsa.^[3] As per Acharya sushruta, it is rightly pointed as a mamsopachaya sophia which can manifest anywhere in the body and presents a hard knotted swelling termed as arbuda.^[4]

Nidhana

Cancer in each person differs according to the person's prakruti, desha, kaala, bala and so many factors. According to principle of Ayurveda, there is no disease without the derangement of Doshas, so there are different causes for vitiation of different doshas, those are as follows

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Vata prakopaka karanas:- Excessive intake of Tikta (bitter), Katu (pungent) and Kashaya (astringent) foods; Ruksha Padartha (dry foods); more stress and strain.

Pitta prakopaka karans:- Excessive intake of Amla (sour), Katu (pungent), and Lavana (salty) diet; Vidahi Padarth (fried food); Krodha (more anger).

Kapha prakopaka karanas:- Excessive intake of Madhura (sweet), Amla (sour), Lavana (salty) diet; Snigdha Padartha (oily foods), sedentary nature.

Rakta prakopaka karanas:- Excessive intake of Vidahi (fast food etc.), Amla (sour), Ushna (hot) etc.

Mamsa prakopaka karanas:- Excessive intake of Mamsa (meat), injuries, irregular diet etc.

Medo prakopaka karanas:- Excessive intake of oily foods, sweets, alcohol; lazy attitude. ^[5]

Samprapti:

Tridosha with predominance of kapha vardhaka

nidanas



Tridosha vridhi with kapha predominance



Agnimandhya



Dushti of rasa, mamsa and medas



Sthana samsraya at the site of kha vaigunya



Vyana vayu vitiation due to margavarodha



Arbuda

Lakshanas/Roopa ^[6]

Samanya lakshanas

Aggravated doshas causing vitiation of the dhatus like mamsa etc produce mamsa shophya and the following symptoms anywhere in the body

Vritham- Round shape

Sthiram- Fixed to the surrounding tissue

Mandarujam- Less painful in the initial stage or pain is conspicuously absent in initial stage

Mahantham- Very large size or rapid growth

Analpamoolam- Deep rooted due to infiltration to the surrounding tissues

Chiravidhi- Chronic in nature

Apakam- Fewer tendencies towards ulceration

Visesha lakshanas

Vataja arbuda

In vathaja arbuda, there are different types of pain such as stretching, pricking, cutting and tearing in

nature. The swelling is black in colour, rough in nature, and enlarged like bladder. It secretes clear bloody discharge if busted

Pittaja arbuda

Pittaja arbuda produces severe burning sensations along with symptoms like fuming, sucking, throbbing, churning in nature etc. and red or yellow coloured discharge or warm blood if it is busted

Kaphaja arbuda

It is a stone like cold swelling same as that of body colour. It is associated with mild pain and excessive itching. It develops slowly and discharges white thick pus like material if busted

Raktaja arbuda

Due to mityaahara viharas, vitiated vathadi doshas associating with blood contracts the blood vessels and siras and develops a non-suppurating bleeding mass. This mass is projected with fleshy buds, which increase in size rapidly and bleeds excessively. This rakta arbuda is incurable, panduroga and its associated complications may occur due to severe blood loss

Medoja Arbuda

Smooth, large, itching and painless. Tumour increases and decreases with the body weight.

Mamsaja Arbuda

Skin coloured, immobile swelling, Stony hard, Glistening, Painless.

List of different *Arbuda* mentioned in the ancient classics are:

1. Vataja arbuda
2. Pittaja arbuda
3. Kaphaja arbuda
4. Medoja arbuda
5. Raktaja arbuda
6. Mamsaja arbuda
7. Sthanarbuda (Agantuja sthana roga)
8. Karnarbuda
9. Nasarbuda
10. Osthurbuda
11. Jihwarbuda

Sadhya- Asadhyata

It depends on underlying pathology. It depends on several factors like, age of patient, prakriti of patient, kala, severity of nidana, severity of lakshana, doshas involved etc. Also depends on the site and nature of arbuda.

1. According to doshic involvement – Vataja, Pittaja, Kaphaja and medhoja arbuda are sadhya. Raktarbuda and mamsarbuda are asadhyata

2. According to nature of arbuda – Arbuda which got suppurated or arbuda with discharge, hard, fixed, big sized are incurable
3. According to site – those which arise on marma pradesha

Modern concept of cancer

Tumours

A tumour is a new growth consisting of cells of independent growth arranged atypically and serves no function. Any new and abnormal growth, specifically one in which cell multiplication is uncontrolled and progressive

Types^[7]

1. Benign- Papilloma, Fibroma, Lipoma, Neuroma, Neurofibroma, Chordoma
2. Malignant- Carcinoma, Sarcoma

Mode of Spread:

Local spread, lymphatic spread, haematogenous spread, seeding, transcoelomic spread

Aetiology of carcinoma.^[8]

1. Tobacco is the most important factor in the development of lung cancer, upper respiratory tract cancer, gastrointestinal tract cancer and genitourinary tract cancer. Carcinoma of pancreas is found more commonly in smokers. Passive smokers also have increased incidence of development of cancers.
2. Alcohol: Smoking with alcohol increases the permeability of the upper digestive tract mucosa and respiratory mucosa to the carcinogens. Thus, they increase the incidence of cancer. Hepatocellular cancer is commonly found in alcoholic cirrhotic liver.
3. Ionising radiation: Atomic bomb blasts in Japan have definitely resulted in increased number of cases of breast cancer in premenopausal women and leukaemia in children.
4. Ultraviolet radiation: Causes all types of skin cancers.
5. Genetic causes: Acute leukaemia, venous cancers, squamous cell carcinoma, hepatoma, lymphoma, breast cancer.
6. Hereditary causes: MEN syndrome, FPC
7. Dietary factors: red meat, fat, smoked charred fish
8. Chemicals: Benzo pyrenes, Asbestos.
9. Viral factors: HPV, T Cell Leukaemia, Cancer of cervix

TNM Classification^[9]

Categories of T

Tx Primary cannot be assessed

To No evidence of primary tumour

T is Carcinoma in situ

T1 Tumour < 2cm

T2 Tumour >2cm

T3 Tumour > 4cm

T4 Massive tumour with deep invasion

Categories of N

N0 regional lymph node metastasis

N1 Metastasis in a single ipsilateral node < 3cm

N2A Metastasis in single ipsilateral node > 3cm, <6cm.

N2B Metastasis in multiple ipsilateral node > 6cm.

N2C Metastasis in bilateral or contralateral node > 6cm.

N3 Fixation is complete extends to blood vessels, skin or nerves >6cm

Categories of M

Mx Presence of distant metastasis can't be assessed

M0 No evident metastasis

M1 Metastasis present

T- Tumour size

N- Degree of lymph node

M- Presence or absence of blood born metastasis

Investigations:

CBC, Urea and electrolytes, LFT, CT, BT, and Lung function test, Urine analysis.

Management

The main treatment modalities include surgery, Radiotherapy, Chemotherapy, other new techniques like laser, immune therapy, gene therapy etc.

Ayurvedic management

According to vagbhata^[10]:

In apakwa:

- The granthi which are apakwa the treatment is like that of sophia
- Snehapana with ghrita made with bhruhati, chitraka, vyaghri and kana followed by virechana
- Kalka application with tishna dravyas
- Swedhana and vimardhana should be done again and again mainly for vataja type
- Jaloukacharana followed by sheeta veerya dravya application
- For kaphaja treatment is same as that of vataja

In pakwa:

- Should be removed
- After raktasthambana, cauterization has to be done
- Should not leave any remnant

According to sushruta ^[11]

Vataja granthi chikitsa

- Granthi produced by vatha should be fermented by applying warm poulties, prepared from seeds of karkaruka, ervaruka, narikela, priyala and panchagula
- Nadi sweda, raktamokshana with shrunga
- Virechana with trivrit sneha

Pittaja granthi chikitsa

- Swedana with warm poulties, virechana should be given mildly
- Mardhana with leaves of udumbara, saka and gojihva and apply kalka of sarjarasa, priyangu, pattanga, lodhra, anjana, yastika, aragvada, gojihva, soma, shyama mixed with honey

Kaphaja granthi chikitsa

- Virechana followed by raktamokshana
- Application of paulties prepared from excreta of dove and pigeon, kamsya nila, suka and langalaka, lack of kakadani and gomutra should be applied over the tumour
- Nispava, pinyaka and paste of kulattha added with more of meat and water of dadhi made as a nice paste and applied on the tumour so that flies will eat away the tumour
- Should be scraped and cauterized

Medhaja arbuda chikitsa

- Swedana, cut open and clean the blood and sutured. Then sprinkle with powder of haridra, grihadhuma, lodra, pattanga, manashila and ala, then karanja taila mixed with honey applied to clean the wound

Discussion

In conclusion cancer is a complex and devastating disease that continue to be a major global health challenge. Throughout this article, we have examined various aspects of cancer, including its causes, treatments, and impact on individuals and society.

We have explored the diverse factors that contribute to the development of cancer, including genetic mutations, lifestyle choices, environmental exposures, and infectious agents. Understanding these risk factors is crucial for prevention strategies and early detection, as many cancers are preventable or can be detected at an early stage when treatments are more effective.

We have also discussed the advancements in cancer research and treatment options. From surgery and

radiation therapy to chemotherapy, immunotherapy, and targeted therapies, significant progress has been made in the fight against cancer. New treatment modalities, such as precision medicine and immunotherapies, offer hope for improved outcomes and increased survival rates.

However, despite these advancements, cancer remains a formidable challenge. It continues to claim millions of lives each year and has a profound impact on patients, their families, and society as a whole. The physical, emotional, and financial burden of cancer is immense, underscoring the need for comprehensive support systems, access to quality healthcare, and ongoing research efforts.

Conclusion

In conclusion, while the battle against cancer is far from over, there is reason for optimism. Advances in research, early detection, and treatment options provide hope for better outcomes and improved quality of life for those affected by cancer. By continuing to invest in research, raising awareness, promoting healthy lifestyles, and ensuring equitable access to care, we can make progress in reducing the burden of cancer and ultimately work towards a future where cancer is no longer a widespread threat.

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