

Ayurvedic Treatments for Cancer

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1. Introduction

Literature review - Background

A comprehensive health system is a practice that is generally based on the standards of biomedicine (Hassannia, et al., 2020). They have their own diagnostic and treatment systems that are not dependent on biomedicine. Biomedicine is the study field that emphasizes on the domain of chemistry and biology that are related to healthcare. The discipline is broad ranging and there are three general domains of specialty that comprise of life sciences, bioengineering, and physiological sciences (Lock and Gordon, 2012). Ayurveda and Traditional Chinese Medicine, for example, offer a comprehensive therapeutic strategy that is suited to both the patient and the ailment (Hassannia, et al., 2020). Ayurveda, which means "the science of survival" in Sanskrit, has a thousand - year history in the Indian subcontinent. With over 400, 000 Ayurvedic practitioners, it has evolved through time and is now a recognized medical system in India. Ayurveda is a holistic health approach that stresses the mind - body connection and preserves natural human equilibrium (Khoobchandani, et al., 2020).

Each person has a unique blend of bioenergetic principles known as doshas, according to Ayurvedic theory. Vata (principle of movement), pita (principle of transformation), and kappa (principle of kappa) are the three doshas (or tridoshas) that each reflect a distinct physiological process (principle of structure). Kappa is focused on water and earth. It is explained as stable, steady, slow, heavy, soft, and cold. Spring is witnessed as kappa season and many portions of the world slightly exit hibernation (Farooque et al.2016).

There are three doshas at all times, although their proportions vary from person to person (Dhruva, et al., 2014). The natural proportions of the three doshas, known as prakriti or nature, and the imbalance of these doshas, known as vicrities, impact each person's health (i. e. the current imbalance of the doshas). Ayurvedic diagnosis is based on a thorough examination of physical and psychological features as well as a review of the patient's medical history (Dhruva, et al., 2014). Based on therapy decisions, each patient is diagnosed with prakriti and vicrity. Diet, lifestyle, exercise (such as yoga postures), exercise (such as yoga breathing exercises), and herbs are all part of Ayurvedic therapy. In most cases, a multimodal approach based on Ayurvedic diagnosis is applied (Dhruva, et al., 2014).

The nature of Ayurveda's overall healthcare system creates significant obstacles for cancer therapy. Appropriate research methods are necessary, taking into consideration the entire system's properties of Ayurveda (Baliga, 2010; and Patel, and Mansoori, 2012). Researchers must first describe Ayurveda's point of view on cancer and maintenance therapy in order to investigate its utility for cancer maintenance therapy (Khoobchandani, et al., 2020).

Ayurvedic doctors and their patients are well - versed in biomedical cancer diagnosis, as they live in a pluralistic healthcare system. To completely comprehend the role Ayurveda may play in cancer therapy, one must first understand the Ayurvedic perspective (Khoobchandani, et al., 2020).

The study's ultimate objective is to explore effects of Ayurveda medicines of cancers in human body as well as to explore the treatment that Ayurveda doctors use to treat cancer patients.

Ayurvedic literature is being updated

Regulators and the scientific community continue to place constraints on Ayurveda's ability to treat cancer, making it difficult for it to achieve worldwide acceptance. The extant material on Ayurveda's usage in cancer therapy is not yet evidence - based. To make the literature relevant, more evidence - based research is needed in this area (Baliga, 2010; and Patel, and Mansoori, 2012). In this regard, the Digital Ayurveda Research Papers Hotline is the one - stop shop for finding Ayurveda research articles that need to be updated or improved. Regrettably, the authoritative PubMed indexes over 1, 000 general publications on different topics every year, with just a handful of them concerned about Ayurvedic research (Chauhan, et al., 2017). Documents based on eastern medicine, on the other hand, account for around 12% of all published publications. As a result, the Ayurvedic literature in PubMed should help it gain international respect (Naik, et al., 2020).

Clinical studies on rehabilitation

By enhancing scientific techniques, formulations, and side effects of specific pharmaceuticals, ayurvedic drug investigations can be repaired to uncover more effective cancer therapies (Naik, et al., 2020). The development of cancer medications that can be individualised and personalised using placebo controls is a critical step toward creating the framework for valid comparisons with classical Ayurveda and other traditional health systems, such as allopathic cancer therapy. By Western norms, this is permissible (Naik, et al., 2020). This method also demonstrates that when comparing symptomatic treatment to classical Ayurvedic medicine, a randomised, double - blind, placebo - controlled experiment is achievable. To treat cancer, larger and more obviously possible investigations are required. To be globally acknowledged, Ayurvedic clinical studies must fulfil traceability reporting criteria (Chauhan, et al., 2017).

Treatment of cancer with a combination of Ayurveda and Western medicine

There is little denying that the Indian healthcare system has gotten a lot of academic attention. Ayurveda's appeal stems from its therapeutic efficacy for the majority of chronic disorders, such as cancer, for which Western medicine has no impact (Baliga, et al., 2013). Meanwhile, when travellers

from the West established and began to come into closer touch with indigenous peoples in the early 16th century, Western medicine was brought to Asian countries (Chauhan, et al., 2017). Due to its speedy effect over traditional medical systems, this cancer treatment technique has garnered a lot of popularity in a short period of time (Baliga, et al., 2013).

There are various instances where Ayurveda and Western medicine complement one other. Modern Western treatment may not be effective against cancers that produce pain and inflammation, for example (Baliga, et al., 2013). Currently, 40 to 60 percent of patients on methotrexate have an unsatisfactory response. Methotrexate has also been linked to a number of unpleasant and even life - threatening adverse effects (Deshmukh, et al., 2014). As a result, 68 - 94 percent of cancer patients seek treatment from complementary and alternative medicine, such as Ayurveda. As a result, Ayurveda and Western medicine must be viewed as two sides of the same coin, and they must collaborate for the greater benefit (Deshmukh, et al., 2014).

Resolving the debate regarding the use of Ayurvedic medicine in cancer therapy

Cancer therapy with Ayurvedic medicine may not always come without side effects. Detectable quantities of lead, mercury, and arsenic can be found in almost 21% of Ayurvedic medicinal samples sold commercially on the internet (Aphale, et al., 2018). Rasa Shastra medications are more than twice as likely as non - Rasa Shastra pharmaceuticals to contain measurable quantities of metals that can be extremely hazardous to the body. These reports must be handled properly in order to guarantee that the situation is addressed quickly and that the estate is not harmed further (Aphale, et al., 2018). Before being commercialized, these Ayurvedic remedies must be thoroughly standardized.

Modern technologies can help improve personal health.

The term "cure" in Ayurveda is comprehensive and encompasses the entire person, whereas Western medicine has generally followed a therapeutic approach. It's time to build a new health - care system by combining therapeutic and therapeutic cancer - care concepts (Pal, 2014). Personalized drugs that can forecast cancer risk, prevent cancer progression, and treat cancer more effectively can boost the value of health care significantly (Pal, 2014). Advances in pharmacogenetics and pharmacogenomics can also assist clinicians in achieving customised cancer therapy goals. Personalized medicine entails not only finding the appropriate medicines for the right individual, but also finding the correct cancer treatment for the right person (Pal, 2014). This notion will surely improve the efficiency of clinical trials by lowering overall adverse effects and raising the cost of giving medications that are unsuccessful for a specific genotype.

Hypothesis

The effects of Ayurveda herbs are positive in cancer treatment.

Overview of materials and methods

The study would be conducted using a secondary technique. The secondary technique is being used to extract reliable and

confirmed information about Ayurveda treatment and the human body's response to Ayurveda treatment. Furthermore, we would use our university library's web resources to obtain vital information for our research. Case control studies would be the best clinical trials for determining cancer response after Ayurveda and therapeutic medicines have been used.

2. Material and Methods

Research philosophy

A research philosophy is developed in the first phase of the study to define the methods and approaches that can be used to obtain useful data. There are three main types of research philosophy; realism, interpretivism, and pragmatism (Pereira, et al., 2022). Since, the method of Ayurveda treatment for cancer is related to in - depth knowledge, interpretivism research philosophy is suitable here. The freedom of the researcher to gather real facts and observations is central to interpretivism research philosophy. The philosophy of interpretivism makes it easier for researchers to locate real - world events and case studies. The information gathered is utilized to develop a set of theories and conclusions. Pereira, et al., (2022) mentioned that Ayurveda treatment is an old method and hence interpretivism philosophy will help interpreting the traditional approaches used to treat chronic diseases like cancer. The interpretation is heavily influenced by earlier articles and reviews (Suar, 2021). Researchers are good observers who idealize and comprehend past study notions and ideas. Because of its relevance and practical applicability, the philosophy of interpretation was chosen for this study as a suitable material and method. The interpretative philosophy also has the advantage of being based on a naturalistic approach capable of collecting data in the form of observations and then transforming them into reading and evaluating data in the environment (Suar, 2021). As a result, for proper application, this study will use an interpretative philosophy.

Research strategy

The inductive and deductive approaches to scientific research are the two most well - known approaches. The differences between the two approaches should be investigated by researchers. In this situation, inductive studies have yielded some ambiguous results. According to Raha, (2013); and Pelto, (2015) the main purpose of inductive reasoning is to develop hypotheses, predictions, and assumptions that aid in making future predictions. This is where inductive reasoning can help. These investigations will help to improve the data and research in the future. Furthermore, according to Aravindakshan, and Thangavel, (2021) an inductive technique is beneficial since it allows the researcher to begin with a series of observations and progress from unique experiences to more general claims. To put it another way, it is desired to use conclusions from theory regarding Ayurveda treatment. As a result, an inductive approach aids in the comprehension of Ayurveda treatment, concepts and ideas, as well as current medical practices (Raha, 2013; and Pelto, 2015). The inductive approach also has the advantage of starting with theories and observations towards the conclusion of the research observation process.

Strategic researches

The necessity to demonstrate an exploratory strategy is a valid way to improve research efficiency. Indeed Niemi, and Ståhle, (2016) found that researchers collect data in both qualitative and quantitative formats. However, Rioux, (2012) distinguishes between qualitative and quantitative research, emphasizing the importance of researchers' ability to choose how to support a topic. Since qualitative research offers various advantages, this study will be taking a qualitative method (Niemi, and Ståhle, 2016). Qualitative research can assist reader's better grasp an issue. In regard to Ayurveda treatment for cancer, it can be outlined that qualitative and descriptive data, especially on the various aspects of medicines, will help develop better and deep insights. As a result, qualitative research focuses on the comprehension and interpretation of intimately interrelated social processes (Rioux, 2012). Therefore, the usable material for this study will be qualitative research data.

3. Data Collecting Methods

Because researchers choose a data technique between primary and secondary data, exploratory strategies are an important aspect of exploratory research. In order to conduct secondary data collection methods, researchers usually use various existing libraries and databases that necessitate direct interaction with materials (Adihetti, and Dissanayake, 2017). Secondary data collection is based on reviews from other researchers and scientists working in the same field as prior research publications' analyses. Secondary data regarding Ayurveda treatment for cancer can be extracted and obtained from multiple research papers, journals, newspapers, and articles (Adihetti, and Dissanayake, 2017). Secondary data is more likely to contain real data than simple surveys since researchers draw conclusions after extracting and filtering the data. Secondary data gives researchers accurate information and helps them avoid mistakes. Accurate and relevant data improves the trustworthiness of search results and allows readers to get unique and up - to - date results (Adihetti, and Dissanayake, 2017). Given the activity's objective, it's safe to presume that secondary data is the best data gathering approach for this study.

Some of the secondary internet search databases are Springer, Google Scholar, Emeralds, and JSTOR. These are all credible websites that include accurate information gathered by reputable researchers. On a wide range of topics, there are thousands of reviews, articles, articles, and peer - reviewed studies (Kumar, 2018). This document will be used to collect data for the survey. Official websites and reports were used to acquire information for this work. When extracting the data, source dependability was a major factor.

Keyword selection for advanced search

Selecting the most relevant, useful, and effective keywords for the search is a crucial effort. In reality, many journals and papers on Ayurveda treatment for cancer are published in selected libraries and online research centers. This article contains extensive content to help better understand the subject (Kumar, 2018). Studying keyword methods, on the other hand, looks to be more appropriate, efficient, and

quicker. Researchers can use a keyword strategy to write just terms that are important to the issue, while making the rest more valuable. These keywords make it easier for scholars to locate and generate the most relevant sections of relevant material. As a result, one can utilize these search strategy terms to conduct a more in - depth and thorough study of findings (Kumar, 2018). For instance, the keywords used in this study as a means of materials are "Ayurveda treatment", "Ayurveda and cancer", "Ayurveda treatment for cancer", and "Ayurveda medication".

4. Methodology and Sample Size

In the scientific research issues, the sampling approach proved to be the most crucial phase. The creation of a series of documents and reports that can be employed in the construction of a research has been a common difficulty for methodology development. Reports that are overly extensive or contain data from too many sources can be confusing and unneeded in some circumstances. As a result, after filtering and deleting irrelevant data, the amount of missing data that has to be studied is reduced. It is more necessary to acquire data from trusted sources by centralizing the appropriate sample size to increase the quality of documents. For this study, it is desired to undertake few scientific research papers that talk about Ayurvedic treatment for cancer.

5. Data Analysis

While each component of your research is significant and aids in the completion of your project, data analysis is the most crucial phase in the approach. Researchers choose the data analysis method they want to apply based on the data and the type of data, such as whether the data is primary or secondary data (Rioux, and Howerter, 2019). Because the data gathering format is secondary in this study, the most appropriate and widely used method for filtering data into secondary data is content and document analysis. Content analysis necessitates the use of a variety of datasets from various factual and statistical researchers (Rioux, and Howerter, 2019). The data obtained by earlier researchers will be more valuable to the organization and easier to integrate after a series of filters and rigorous evaluations.

Ethical Considerations

Ethical issues should be a primary priority for researchers who want to conduct research in an open and transparent manner. Before including any sources or material, investigators should evaluate the facts on a personal level with other reputable sources. Furthermore, there must be no references or false material in the paper. Participants in the study endeavor should be cautious when making assertions and references (Rioux, and Howerter, 2019). They should also avoid providing misleading information based on human language, and researchers should plan their studies with uniqueness in mind. All the ethical values and norms should be strictly followed when performing materials and methods.

6. Results and Discussion

In the present study, the Ayurvedic treatment of selected medicinal disciplines and articles were evaluated for their anticancer and antimicrobial potential. At this stage, it will be quite earlier to demonstrate any kind of judgment regarding Ayurvedic treatment. However, there are certain research papers and journals that are being currently reviewed and assessed in order to obtain the targeted information. Currently Ayurvedic treatment is regarded as one of the most efficient cancer treatment approaches (Devpura, et al., 2021). Although Ayurvedic treatment significantly improves symptoms and the quality of life of patients with cancer, however, only modest increase in survival rate can be achieved which might not be sufficient. Faced with palliative care, many cancer patients use alternative medicines, including herbal therapies like Ayurvedic treatment (Devpura, et al., 2021). In this regard medicinal herbs like Ayurvedic treatment are well known for their immunomodulatory and antioxidant properties, leading to anticancer activities. They are known to have versatile immunomodulatory activity by stimulating both nonspecific and specific immunity. Ayurvedic treatment contains several phytochemicals, which possess strong antioxidant activities. The antioxidants may prevent and cure cancer and other diseases by protecting the cells (Devpura, et al., 2021).

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