



**RASAOUSHADHIS AND
BHASMAS IN THE
MANAGEMENT OF ARBUDA**

**DR. SANTHOSH B
DEPT. OF RASASHASTRA**



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B

Objectives

- To understand the samprapti of Arbuda
- To know different treatment modalities
- To know where we can use rasoushadhis

Derivation

- ❖ Derived from the root *Arb* with suffix *Ena* and along with '*Nd*'
- ❖ Destroy particularly the Mamsa Dhatu.
- ❖ Denotes the fleshy out growths

Cancer

- Derived from Greek word
 - *'Karkinos'* meaning Crab.
- Appearance of large prominent veins surrounding the growth, encircled the mass like claws of a crab.



Definition

- Large Glandular enlargement
- A growth of new cells which proliferate without relation to needs of body - Tumour
- Types - Benign
 - Malignant

Mechanism of Carcinogenesis

- **Initiation**

- ✓ A single brief exposure to a **carcinogen** induces changes in the tissue
- ✓ The nature of the structural alterations in initiated cell is diverse
- ✓ Chemicals and ultra violet radiations directly alter DNA structure

- **Promotion**

- ✓ Ability of a compound to induce an area of proliferation in initiated tissue and stimulate tumour formation
- ✓ Dietary fat has been implicated as a tumour promoter in the development of colon cancer

- **Progression**

- ✓ Usually refers to the later stage of tumour cell evolution that are irreversible
- ✓ Once the tumour develops, individual traits such as hormone responsiveness, growth rate, histologic type and invasiveness, function as independent variables capable of progression

- **Metastasis**
- ✓ Active process consisting of 3 stages
 - ❖ attachment of cells to extra-cellular matrix
 - ❖ local degradation of extra-cellular matrix
 - ❖ locomotion through the locally degraded matrix
- ✓ The spread of tumour from a primary lesion to a distant site is a major cause of morbidity and mortality
- ✓ Once the tumour cell has migrated to a metastatic site, additional metastatic foci may occur by repetition of these types

Mechanism of Invasion & Metastasis

- Metastasis, the establishment of tumour cells at distant sites in the body, is the hallmark of cancer
- Tumour cells must acquire the ability to :
 - ✓ Invade stroma
 - ✓ Stimulate neoangiogenesis
 - ✓ Transgress stroma
 - ✓ Invade vessel walls
 - ✓ Extravasate into the extra vascular environment
 - ✓ Grow in a new microenvironment to establish metastasis

Initiation event



Stem Cell



Initiated Cell

Promotion event



Pre – Cancer Cell

Conversion event



Cancer Cell

Progression event



Metastatic Cell

Sushruta

वातादयो मांसमसृक् च दुष्टाः ।
सन्दूष्य मेदश्च कफानुविद्धम् ॥
वृत्तोन्नतं विग्रथितं तु शोफं ।
कुर्वन्त्यतो ग्रन्थिरिति प्रदिष्टः ॥

Su. Ni. 11

Charaka

विपात्य चोद्धृत्य भिषक्
सकोशं शस्त्रेण दग्ध्वा व्रणवच्चिकित्सेत्

shotha chikitsa

Su. Ni. 11 / 13-15

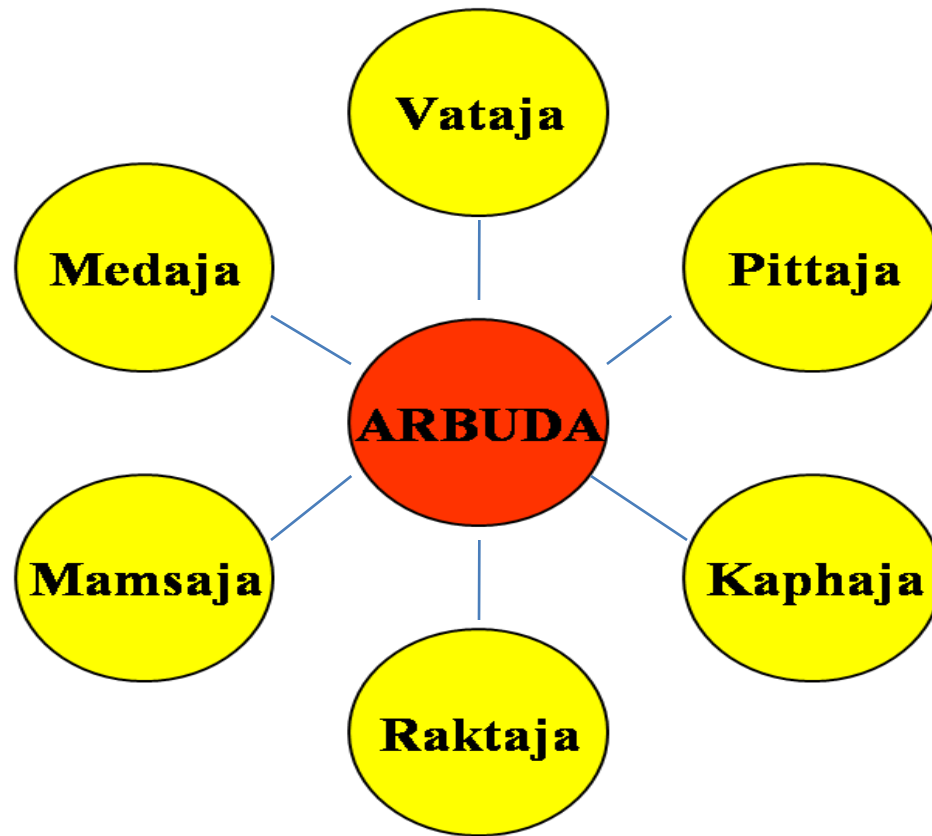
गात्रप्रदेशे क्वचिदेव दोषाः सम्मूर्च्छिता मांसमभिप्रदूष्य
वृत्तं स्थिरं मन्दरुजं महान्तमनल्पमूलं चिरवृद्ध्यपाकम्
कुर्वन्ति मांसोपचयं तु शोफं तदर्बुदं शास्त्रविदो वदन्ति

वातेन पित्तेन कफेन चापि
रक्तेन मांसेन च मेदसा च
तज्जायते तस्य च लक्षणानि ग्रन्थेः समानानि सदा भवन्ति

दोषः प्रदुष्टो रुधिरं सिरास्तु सम्पीड्य सङ्कोच्य गतस्तुपाकम्
सास्रावमुन्नहति मांसपिण्डं मांसाङ्कुरैराचितमाशु वृद्धिम्
स्रवत्यजस्रं रुधिरं प्रदुष्टमसध्यमेतद्रुधिरात्मकं स्यात्
रक्तक्षयोपद्रवपीडितत्वात् पाण्डुर्भवेदर्बुदपीडितस्तु

मुष्टिप्रहारादिभिरर्दितेऽङ्गे मांसं प्रदुष्टं प्रकरोति शोफम्
अवेदनं स्निग्धमनन्यवर्णमपाकमश्मोपममप्रचाल्यम्
प्रदुष्टमांसस्य नरस्य बाढमेतद्भवेन्मांसपरायणस्य
मांसार्बुदं त्वेतदसाध्यमुक्तं

CLASSIFICATION OF ARBUDA



अपाक ?

- कफाधिकत्व
- मेदोऽधिकत्व
- दोषस्थिरत्व
- ग्रथनाच्च तेषां

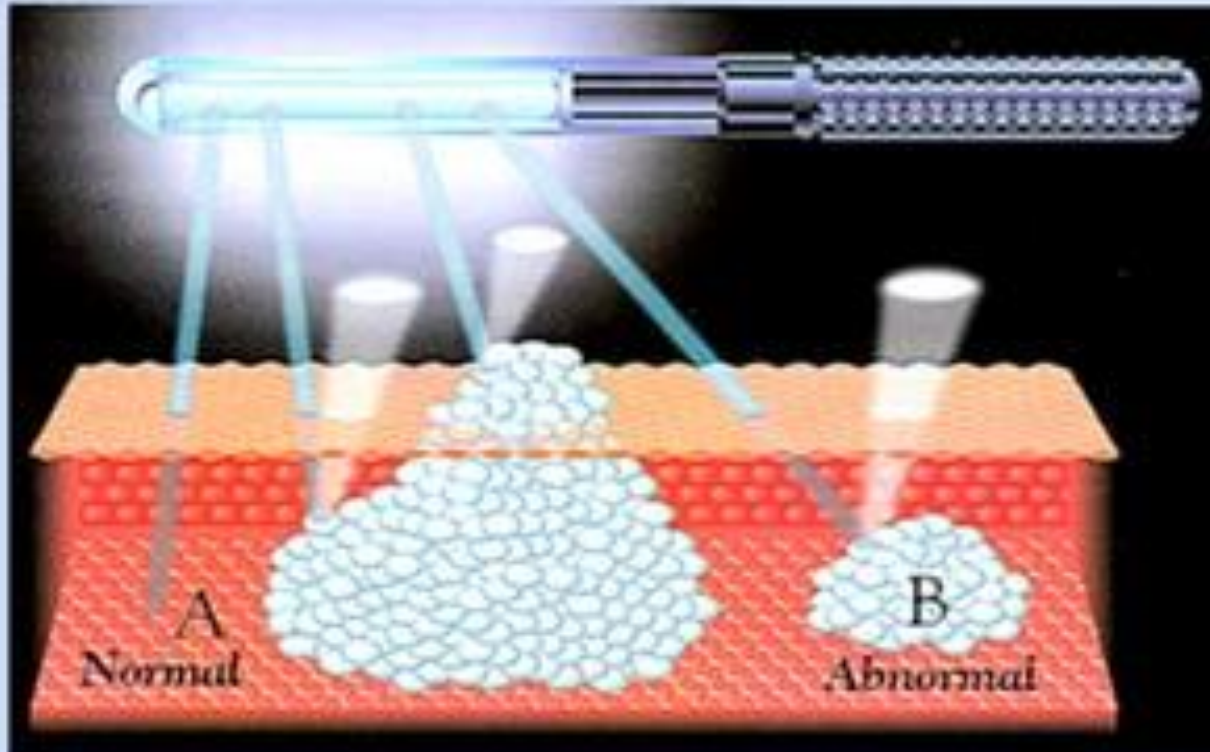
Normal



Abnormal

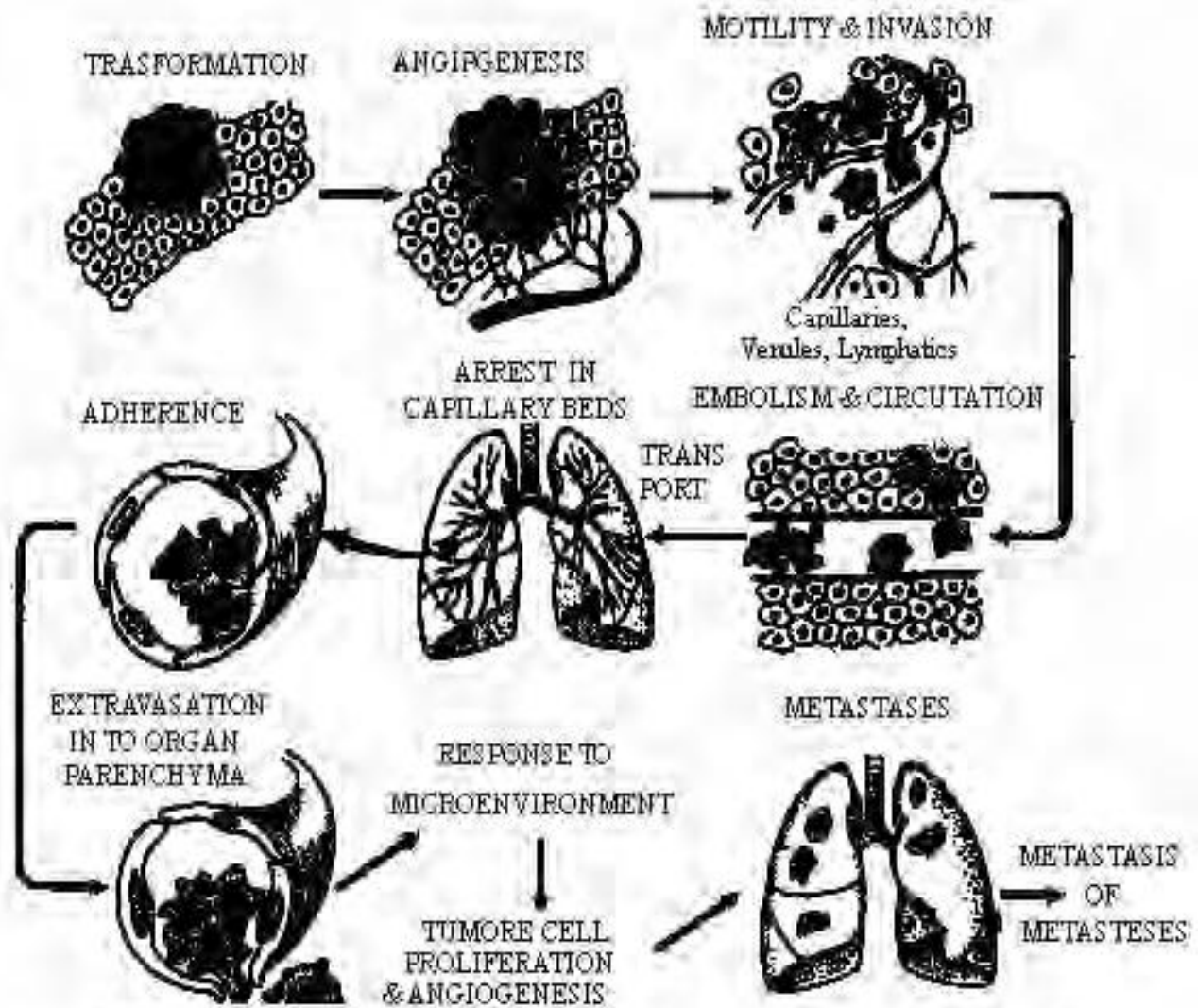


Precancer



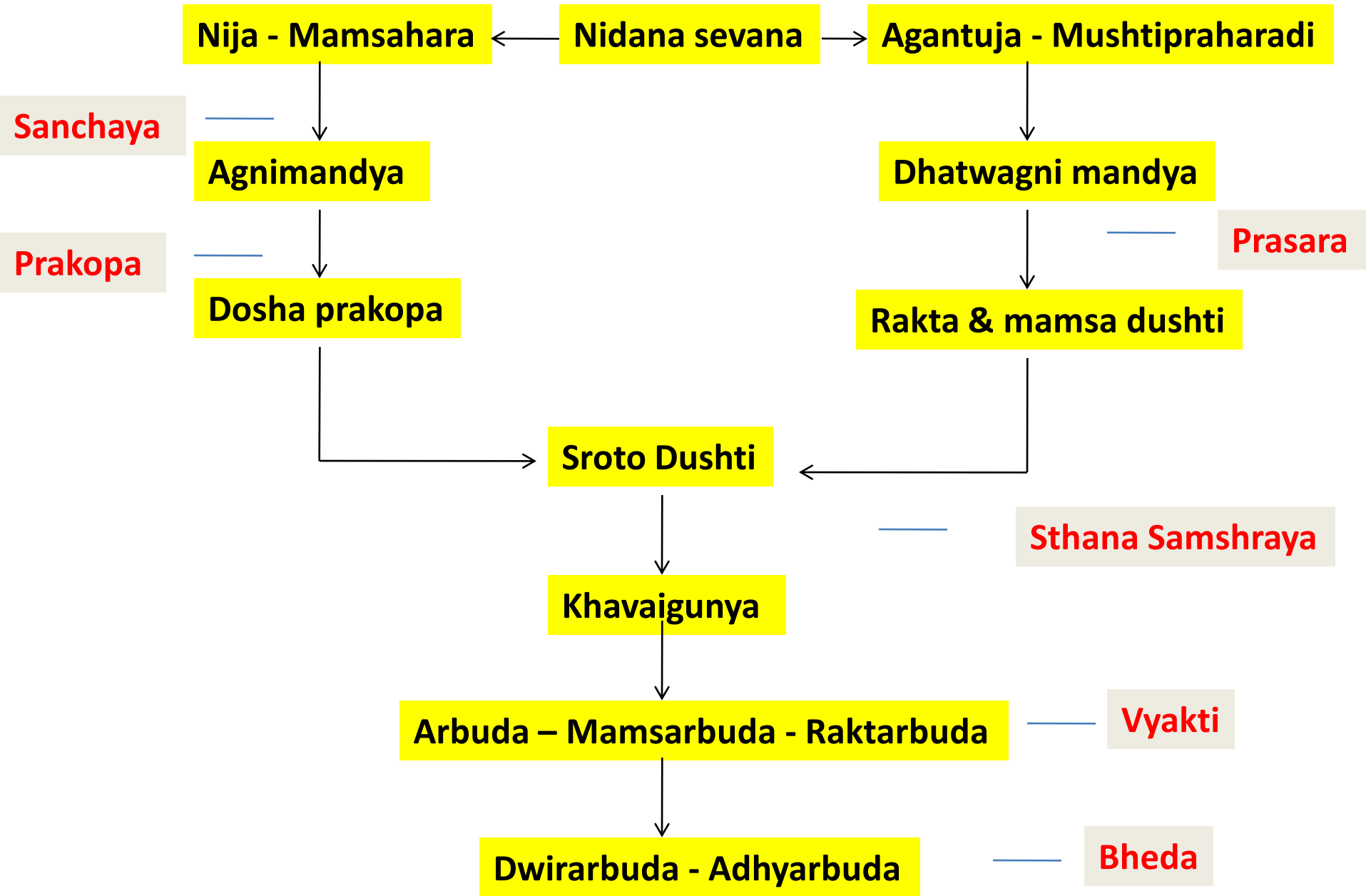
A. Normal epithelium absorbs ViziLite illumination and appears dark.

B. Abnormal epithelium reflects ViziLite illumination and appears white.



The pathogenesis of cancer metastasis.

SAMPRAPTI OF ARBUDA



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B

SAMPRAPTI GHATAKA

Dosha : Kapha and Vata predominant

Dushya :Mamsa, Meda and Rakta

Srotas :Mamsa, Meda and Raktavaha

Sroto dushti : Sanga and Sira granthi

Agni : Jatharagni & Dhatwagni

Rogamarga :Bahya

Udbhavsthana : Anywhere in the body

Adhithana : Sixth layer of the Skin - Rohini

Pratyatma Linga: Mamso Pachaya Tu Shopham

Lung Cancer

A coronal CT scan
Showing malignant
cancer of the lung.

→ tumor ←

central pleural effusion

1 & 3 lungs

2 spine

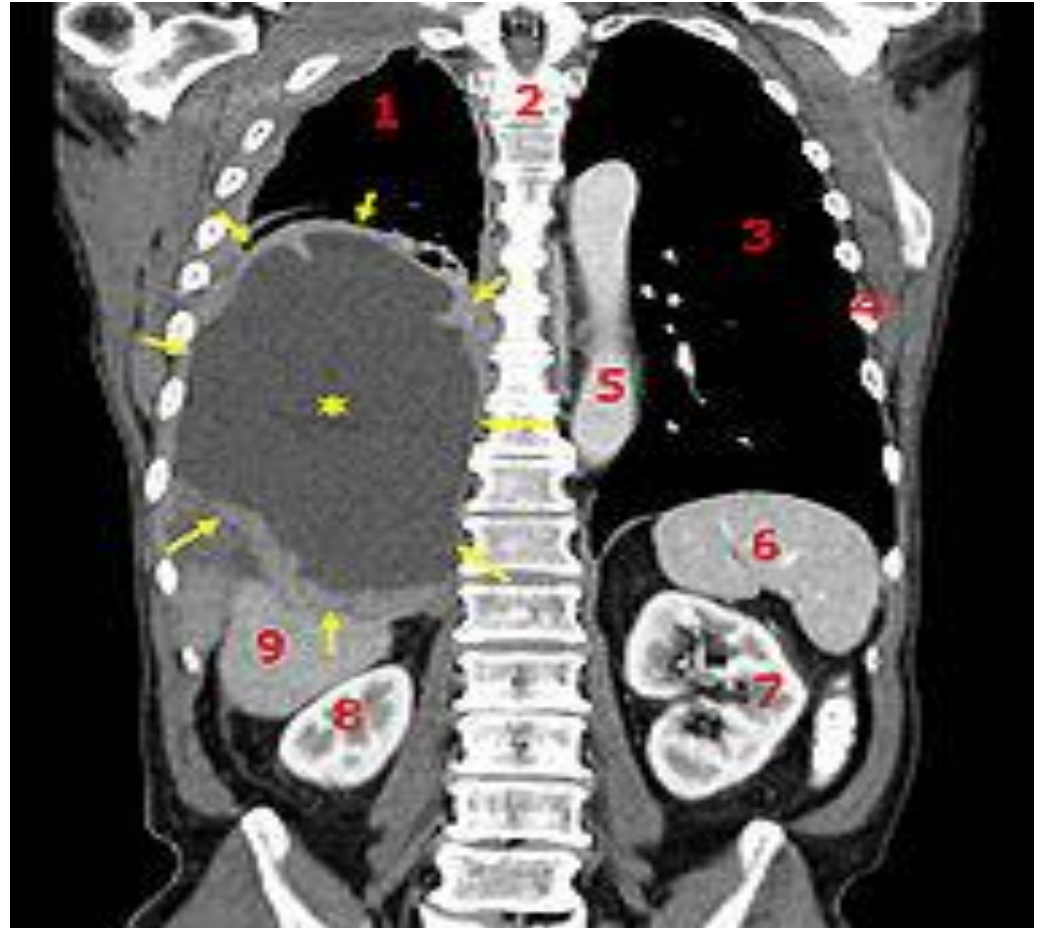
4 ribs

5 aorta

6 spleen

7 & 8 kidneys

9 liver



LUNGS OF

NON-SMOKER

SMOKER



**IT'S YOUR CHOICE
LIFE OR DEATH**

ALIVE AT 70

DEAD AT 50

Rasoushadhis and bhasmas used in Arbuda

- Dr. Santhosh B

AETIOLOGY

- Genetics
- Changes in lifestyle especially in diet and regimen
- Highly polluted environment

COMMON SITES

➤ T – THYROID

➤ O – ORAL

➤ P – PROSTATE

➤ U – UTERUS

➤ B – BREAST

➤ L – LUNGS

➤ I – GIT

➤ K – KIDNEY

BENIGN

MALIGNANT

- **BOUNDARIES**—
encapsulated or well
circumscribed
- **SIZE**—usually small
- **SECONDARY
CHANGES**— occur less
often
- **PATTERN**—usually
resembles the tissue
of origin closely

- Poorly circumscribed &
irregular
- Often large
- More often
- Often poor
resemblance

- **NUCLEOCYTOPLASMIC RATIO**—normal
- **FUNCTION**—usually well maintained
- **GROWTH RATE**—slow
- **LOCAL INVASION**—often compresses the surrounding tissues without invading or infiltrating them
- **METASTASIS**—absent
- Increased
- May be retained, lost or abnormal
- Rapid
- Usually infiltrates the adjacent tissues
- Frequently present

STAGING IN CANCER

- TNM staging

T – tumour

N – lymph node involvement

M – metastasis

TNM CLASSIFICATION

| | |
|----------------|--|
| T ₁ | < OR = to 2 cm |
| T ₂ | > Than 2 & = to 4 cm |
| T ₃ | > Than 4 cm |
| T ₄ | Adjacent structures involved |
| N ₁ | Unilateral single node > than 3 to 6 cm |

| | |
|-----------------|---|
| N _{2a} | bilateral single node >than 3 to 6 cm |
| N _{2b} | unilateral multiple nodes < or = to 6 cm |
| N _{2c} | Bilateral or contralateral nodes < or = to 6cm |
| N ₃ | Any node (s) > than 6cm |
| M ₀ | No detectable distant metastasis |
| M ₁ | Distant metastasis present |

Prognosis

- **Susrutha**

Sadhya

Vataja

Pittaja

Kaphaja

Medoja

Asadhya

Mamsaja

Adyarbuda

Dvirarbuda

Raktaja

Treatment of Cancer

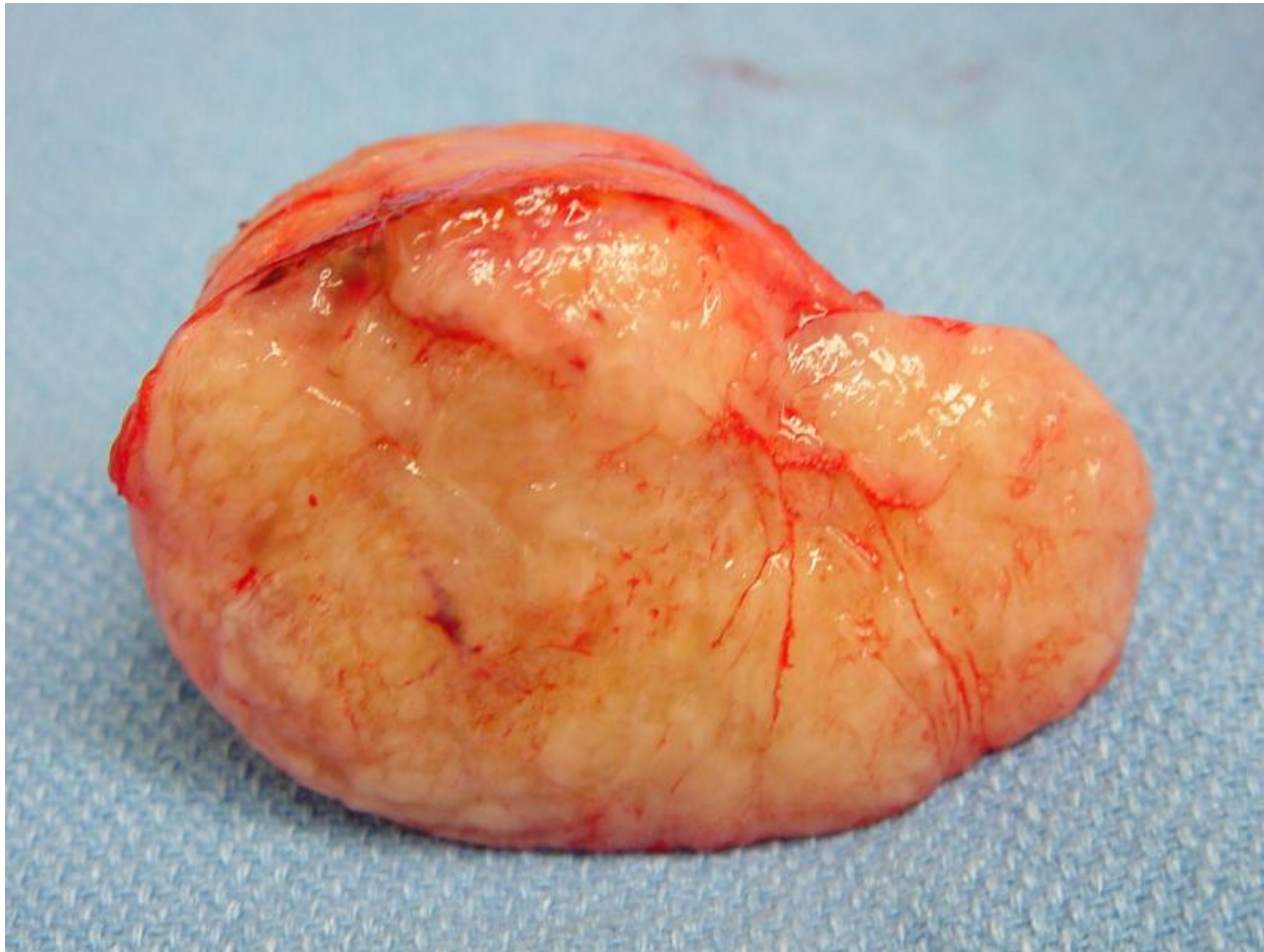
- **Specific**

- ✓ Surgical Removal
- ✓ Radiation Therapy
- ✓ Chemotherapy

- **Supportive**

- ✓ Blood Product Transfusions
- ✓ Indwelling Central Catheters
- ✓ Enteral And Para-enteral Nutrition

Liposarcoma – Medo arbuda



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B

योगरत्नाकर

ग्रन्थिष्वामेषु कुर्वीत भिषक्शोथप्रतिक्रियाम् ।
पक्वानाम् पात्य संशोध्यरोपयेद्ब्रण भेषजैः ॥

- यवक्षार + विडङ्ग बीज + गन्धक → मर्दन →
गिरगिट का रक्त → लेप

गन्धशिलाविश्वौषधविडाङ्गनागभस्मभिः समैश्चूर्णम् ।
कृकलासरक्तयुतं लेपात्साद्योऽर्बुदध्वंसि ॥

- शिलाजतु → पथ्य

Vanagasena – Arbuda chikitsa

जयेद्विद्रधिवत्पूर्वमर्बुदं प्रच्छनादिभिः ।
क्षाराग्निभ्यां दहेच्चापि प्रदेहैर्विविधैर्जयेत् ॥

हरिद्रा लोध्र पतङ्ग गृहधूम मनःशिला ।
मधु प्रगाढो लेपोऽयं मेदोऽर्बुदहरः परः ॥
एतामेव क्रियां कुर्यादशेषां शर्करार्बुदे ।

Frequently Used Rasoushadhis

- अभ्रक भस्म
- शंखविष भस्म
- तुथ भस्म
- हीरक भस्म
- सुवर्ण भस्म
- ताम्र भस्म
- रौद्र रस
- अर्बुदहरो रस

Rasendra sara sangraha

- रामबाणादिकान् योगवाहिनोऽत्र प्रयोजयेत् ।

भारत भैषज्य रत्नाकर

• योगवाहि प्रयोग :

- ✓ अगन्धखर्पर पर्पटि
- ✓ अग्निकुमर रस (३१)
- ✓ अमर सुन्दर रस
- ✓ अश्वकंचुकी रस
- ✓ अश्विनी कुमर रस
- ✓ आरोग्य सागर रस
- ✓ उदय भास्कर रस
- ✓ उमाशम्भु रस
- ✓ कान्तलोह रस

Main Drugs

- पारद
- गन्धक
- वत्सनाभ

Roudra Rasa

- **References :**
 - ✓ Rasendra sara sangrah
 - ✓ Rasa chandamshu
 - ✓ Rasa raja sundara
 - ✓ Bhruhannighantu ratnakara
 - ✓ Rasa kamadhenu

शुद्ध सूतं समं गन्धं मर्द्यं यामचतुष्टयं ।
नागवल्लीरसैर्युक्तं मेघनाद पुनर्नवैः ॥
गोमूत्रपिप्पलीयुक्तं मर्द्यं रुद्ध्वा पुटेल्लघु ।
लिह्यात् क्षौद्रैः रसो रौद्रो गुन्जामात्रोऽर्बुदं जयेत् ॥

अर्बुदहरो रस

तण्डुलीयकवर्षाभूनागकन्याबलारसे ।
गोमूत्रं च रसः पिष्टः पुटपक्वोऽर्बुदादिजित् ॥

(र. र. स. २४/१३६)

अभ्रक भस्म

- Puta – 1 – 1000 (अधिकस्याधिकं फलम्)
- गौरीतेजः परमममृतं वातपित्तक्षयघ्नं प्रघ्नाबोधि
प्रशमितरुजं वृष्यमायुष्यमग्र्यम्
- बल्यं स्निग्धं रुचिदमकफं दीपनं शीतवीर्यं तत्तद्योगैः
सकलगदहृद्व्योम सूतेन्द्रबन्धि (र. र. स.)

- सर्वव्याधिहरं त्रिदोषशामनं वह्नेश्च सन्दीपनं....
....सद्यः प्राणविवर्धनं(र. प्र. सु.)
- मृत्योर्भीति हरति सततं सेव्यमानं मृताभ्रकम् (आ. प्र)
- सर्वरोगहरं व्योम जायते योगवाहकम् (र. चिं)
- Dose : 1 to 2 Ratti (1 ratti = 125 mg)

शंखविष भस्म

- कफवातामयहरो , बल्य , वृष्य , रसायन –(रसामृत)
- रसबन्धकर , स्निग्ध , दोषघ्नो , रसवीर्यकृत्
(र. र. स. ३/ १२६)
- Dose : **1/120 to 1/30** ratti

तुत्थ भस्म

- लेखन, भेदन, रसायन, बल्य, चक्षुष्य, मेहमेदोहरं परं
- संकोचनकरं नाडीनां बलकृत् परम्

(र. त. २१/१२९)

हीरक भस्म

- आयुष्यप्रदम् दोषत्रयप्रशमनं **सकलामयघ्नम्** सूतेन्द्रबन्ध
मृत्युञ्जयं अमृतोपममेव वज्रं (र. र. स. ४/३२)
- सुमृतं हीरकं....**षड्रसान्वितम्**
योगवाहि.... **सर्वोत्कृष्टं रसायनम्**
....मेहमेदोविनाशनम्... **पाण्डुशोथोदरहरं**.....
वृष्यं महायुष्यम्..... बल्यं त्रिदोषघ्नम्....
(र. त. २३/२७)
- Dose : 1/32 to 1/16 ratti

सुवर्ण भस्म

- रस – मधुर कषाय तिक्त
 - वीर्य – शीत
 - विपाक – मधुर
 - गुण – स्रंसन , गुरु , लेखन , योगवाहि ,
रसायन , त्रिदोषनाशनं , आयुष्यम् ,
बल्यं
-
- Dose : ¼ to ½ ratti

(आ. क. २/४८)

ताम्र भस्म

- रस – तिक्त कषाय
- वीर्य – उष्ण
- विपाक – मधुर
- गुण – लेखन, पित्त कफापहं
- रोगघ्नता – दुर्नाम, क्षय, पाण्डु, कुष्ठ,

(र. र. स. ५/४६)

Maggotification

- Paste of Nishpava, Pinyaka, Kulatha, Mamsa, Takra etc. are applied over arbuda to attract flies. So that worms & parasites may be produced and will consume the tissues of Arbuda. (Su. Chi. 18 / 37-39)
- Remnant unconsumed Arbuda should be done Lekhana & Agnikarma.



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B



Rasoushadhis and bhasmas used in Rasada
- Dr. Santhosh B



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B



Rasoushadhis and bhasmas used in Arbuda
- Dr. Santhosh B

Effect of rasayana :-

- **It effects the genesis of proper rasadi dhatus**
- **It acts as an immuno-modulator**
- **It acts at the physical and mental levels**

Some important Rasayana prayogas

- **Bhallataka rasayana**
- **Chitraka rasayana**
- **Silajatu rasayana**
- **Lashuna rasayana**
- **Pippali rasayana**
- **Hareetaki rasayana**
- **Guggulu rasayana**

Drugs having anti cancerous action

- **Aswagandha**
- **Ananthamoola**
- **Amalaki**
- **Triphala**
- **Guduchi**
- **Bhallataka**
- **Haridra**
- **Vinca rosea**
- **Lashuna**
- **Silajatu**
- **Guggulu**
- **Kumari**
- **Chitraka**
- **Yavani**

Discussion

- Can we manage Arbuda without surgery, only on Rasoushadhis ?

Conclusion

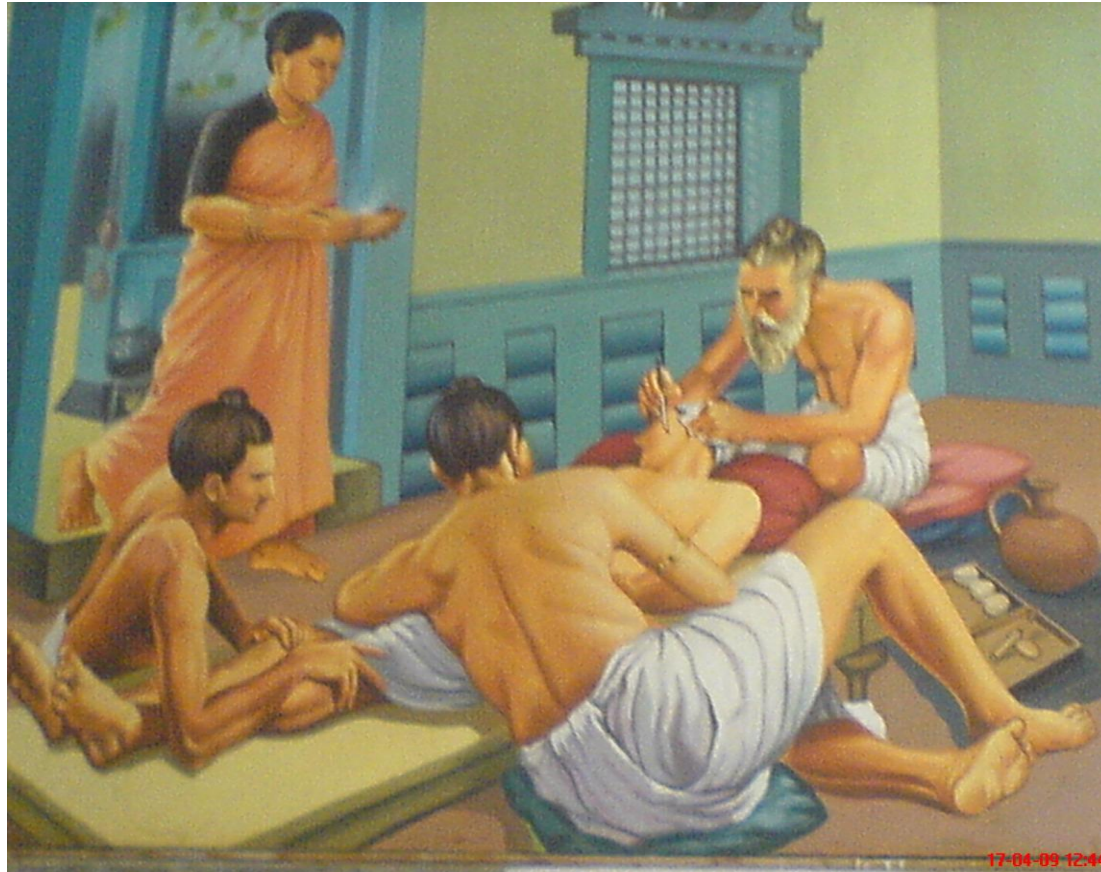
- Understanding the samprapti of Arbuda is prime requirement for planning the treatment
- Granthi – Arbuda are Chedyā Vyādhi. So Surgery is the best line of treatment
- Chemotherapy and Radiation therapy cause lot of side effects. So Rasayana therapy should be adjoined

**Better to Screen &
prevent
Than, to Diagnose
and cure**

References

- A. P. I. Text book of Medicine
- Sushruta Samhita
- Charaka Samhita
- Rasa Ratna Samuchaya
- Rasa Tarangini
- Yogaratnakara
- Bruhannighantu Ratnakara
- Rasendra Sara Sangraha
- Dr. Pradeep Shinde sir's collection of PPT
- Jamnagar dissertation
- Internet

Its just the beginning...



Thank you