



A REVIEW ARTICLE ON THE ROLE OF MANASIKA BHAVA IN ARBUDA VIS-À-VIS KARKINOS !

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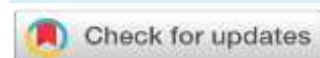
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ABSTRACT

Karkinos is the Greek term for crab, applied to the disease (masses of cancerous cells) by Hippocrates in 400 B.C because the finger-like spreading projections from a Cancer cell called to mind the shape of a crab. The Roman Physician Celsus later changed the Greek term into a Latin word and called it CANCER. It is considered one of the most dreaded diseases of the 21st Century, and when diagnosed leaves a marked impact on the emotional health of patients, families, and care givers as well. Classical texts have several references to Cancer, and "Arbuda" can be taken as the most specific terminology. Vata dosha is the prime factor for Cell Division. Vata aggravation and Kapha suppression or Conglomeration of both doshas with each other will land up into Cell Escalation. In Arbuda based on the properties of dhatu aggravation, the imbalance is caused and the main reason is the imbalance of Jatharagni, Dhatwagni, and Bhutagni. Both the internal and external factors affect the Agni which disrupts the mind too. The role of stress in the etiology of several diseases is well recognized and cancer is one among them. Several other significant experiments and scientific efforts are ongoing to logically explain the role of stress or Manasika Bhava in cancer patients.

Keywords: Karkinos ,Cancer ,Arbuda ,Agni ,Dosha ,Stress ,Manasika Bhava.

INTRODUCTION

Globally non-communicable diseases accounted for 71% of total deaths. In India, NCDs were estimated to account for 63% of all deaths and cancer was one of the leading causes (9%)⁽¹⁾. It is considered a major disease of this civilization. Every day in all persons malignant cells are formed and keep circulating. In a healthy person, these cells are destroyed by the body's immune system, but for people with cancer body's ability to deal with these cells fails. These cells then start to multiply out of control or invade other tissues causing the disease "Cancer"⁽²⁾. According to the analysis done by the Washington University, School of medicine published in JAMA Journal as many as 1,392,179 people in India had Cancer in 2020. Among men, the projected incidence was 94.1 per 100000 individuals and for women, it was 103.6 per 100000 individuals in 2020⁽³⁾. According to *Acharya Shushruta*, the aggravated *Doshas*(bioelements) are accumulated in a particular localized area of the body. There, they cause excess aberration in muscular tissue(*mamsa pradushana*), and hence in that area, stable non painful, broad-based, non-suppurative growths are caused which are gradually maturing in nature. Such growths with a wider base and unidentifiable site of origin are termed *Arbuda*(tumor)⁽⁴⁾.

ARBUDA-

It is a disease entity involving abnormal cell growth with the potential to invade or spread to other parts of the body. A vicious cycle of aggravation of *Doshas* and *Ama*(Undigested food particles) formation coupled with deformation of *Srotas*(channels), triggering abnormal cell growth and causing a tumor. Possible signs and symptoms include a lump, abnormal bleeding, prolonged cough, unexplained weight loss, and a change in bowel movement⁽⁵⁾. *Vata*, *Pitta*, and *Kapha Dosh* form the basics of *Ayurveda* and are very important for normal body functions⁽⁶⁾. In malignancy, the *Tridosha* lose their balance and get vitiated leading to tissue damage and further causing excessive metabolic crises and stimulating proliferation⁽⁷⁾. *Vata* is mainly responsible for the proliferation of cells "*Vayurvibhajayati*". **Nidana-** No specific *ni-*

dana/etiology could be elicited but a most ignored aspect i.e. *Purva Janma krita Karma*(deeds of previous birth) can be taken into consideration. Few common risk factors can be listed as follows- Tobacco chewing - Ageing -Over Exposure to sun ,radiation ,chemicals -Family history -Alcohol ,poor diet - Suppressing emotions

Samprapti-All risk factors when practiced for prolonged time it will lead to *Vatadi Dosh* *Prakopa* leading to *Rakta*(blood) and *Mamsa Dhatu*(muscular tissue) *Dushana* further leading to *Mandagni*(reduced digestive fire) and *Ama* formation. It creates *Avarodha*(obstruction) in *Srotas* giving rise to swelling, which is circular, deep rooted ,mild painful, keeps spreading to deeper tissues and which doesn't undergo *Paka* (suppuration)⁽⁸⁾. The most important factor, uncontrolled proliferation of cells and tissues, these cells then spread all over the body through *Rasavaha Srotas*(nutrient carrying channels) and gets lodged into various organs and system producing different symptoms. *Vata* is mainly predominant in *Pranavaha*(Life) and *Asthivaha srotas*(bone tissue), different types of pain, unexplained weight loss , fatigue, etc are due to *Vata*. Its aggravation makes cancer cells abnormal. Tumor proliferates rapidly due to *Vata* and leads to disruption of bodily structures. Whereas *Pitta* Produces inflammation and disturbs the nutrition to the tissues making the cell anerobic. *Pitta* is mainly predominant in *Raktavaha srotas*. Fever and unusual bleeding are due to *Pitta*. *Kapha* is dominant in *Mamsa*(muscular) and *Medavaha Srotas*(adipose tissue) leading to an uncontrolled increase in the cell mass. *Kapha* inundates all *Dhatu*s(*tissue*) with *Ama*.

The similarity between Arbuda and Cancer-

The nearest correlation of *Arbuda* is done with cancer and the signs and symptoms can be enlisted as⁽⁹⁾-

1. *Gatra Pradeshe kvacchideva*- Any part or tissue of the body can be damaged.
2. *Mamsamabhi Pradushyam*- It is a disease of *Mamsa* i.e., damage of the muscular, connective, and epithelial tissue.
3. *Vruttam Sthiram*-Growth is circular and stony hard.

4. *Manda Rujam*-Pain is not present except in the final stage.
5. *Mahantam*-It spreads and is deeply rooted.
6. *Chira Vruddhi*-It is chronic in nature and gradual in progress.
7. *Apakam*-It is non-suppurative.
8. *Mamsopachaya*-Tumor is formed by unnecessary and uncontrolled abnormal proliferation of tissues.

Manasika Bhava

According to *Acharya Vagbhata Mandagni* (reduced digestive fire) is the cause of all diseases⁽¹⁰⁾. *Acharya Charaka* quoted that if food taken is even though wholesome but taken in appropriate quantity leads to *Ajirna* due to the influence of *Manasika Bhavas* (mental factors) like *Krodha* (anger), *Chinta* (worry), *Shoka* (sorrow), *Bhaya* (fear) etc. *Arbuda Samprapti* involves all *Tridosha* which further vitiates all *Dhatus* starting from *Rasa*. On looking at the *Nidana for Rasa Dhatu Pradushana*-“*Chintyanam Cha Atichintanam*”⁽¹¹⁾. Here *Rasa dhatu* is not properly nourished leading to *Uttarottara Dhatu Pradushana* (successive tissue formation). *Shareerika* (physical) and *Mansika Doshas* (mental factor) affect each other i.e. vitiated *Vata*, *Pitta* and *Kapha* vitiate *Rajas* and *Tamas* and vice versa. When the body is restricted from its development it shows imbalance in the mind as well and depicts symptoms like hyperactivity, lethargy, indifference, or even depression. The last 3 are mental attitudes attributed to “*Tamasic*” the negative aspect of *Tamas*. It has a strong resemblance to *Kapha Dosh*. When a chronic disease like cancer develops *Tamas* and *Kapha* can reinforce each other. A Cancer diagnosis leaves a person in a very stressful situation with changes in body image and self-esteem, alterations in day-to-day living, a mind set of denial and despair, insomniac, loss of appetite, anxiety, or worry. The body is considered a psychosomatic entity, apart from *Shareerika* and *Mansika Vyadhi* there is another entity called *Shareera Mansika Vyadhi* i.e. those presenting with physical problems associated with psychological factors. In cancer, the disease affecting the body rapidly influences the mind associated with emotional disturbance and distress. The Increased distress in Can-

cer worsens the *Vyadhikshamatva* (immunity) and, hence worsens the condition. “*Vishado Roga Vardhananam*”⁽¹²⁾ All the mental afflictions lead to the depletion of *Ojas* which in turn affects the *Vyadhikshamatva* /immunity of the patient, which plays a very important role in fighting out cancer.

Modern Preview

Any type of change that causes physical, emotional, or psychological strain is called Stress⁽¹³⁾. The body responds to external stressors by releasing stress hormones (epinephrine and norepinephrine) that increase blood pressure, heart rate, blood sugar levels, breathing rate, etc. This is referred to as the flight and fight response. Helps a person with greater strength and speed to escape a perceived threat. But if this cycle is prolonged then leads to chronic stress can be harmful. Studies on animals suggest that chronic stress may cause Cancer to get worse and metastasize. Norepinephrine, released as a part of the body's fight or flight response, stimulates angiogenesis and metastasis. This hormone may also activate neutrophils which shield them from the body's immune system, help them grow, and also awaken the dormant cancer cells⁽¹⁴⁾. Chronic stress also leads to the release of a class of steroid hormones called Glucocorticoids. It may inhibit apoptosis and increase metastasis and resistance to chemotherapy. It may also prevent the body's immune system from recognizing and fighting cancer cells. A study was conducted where dormant cells were created in the laboratory by genetically engineering methods and treatment with common chemotherapy drugs, the dormant cells survived but didn't grow. When mixed with B cells or T cells they didn't grow. But when mixed with the so-called “Pro-tumor” neutrophils it started growing. Stress hormones set off a chain reaction involving neutrophils and dormant cancer cells. Stress hormones caused neutrophils to spit out a protein duo known as S100 A8/A9. These proteins made neutrophils produce certain lipids that in turn awakened dormant cancer cells

CONCLUSION

Cancer is no longer a disease that afflicts only a few people. It is life-altering for the patient and family in many ways. It becomes a very important part to address the psychological aspect while the diagnosis and treatment of cancer. Cancer patient and their family undergo a lot of physical, social, emotional, and economic ups and downs. Furthermore, research work is needed to determine the exact role of stress in cancer etiology as of now only the link between stress and cancer is been established.

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