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RESEARCH ARTICLE**AYURVEDIC DIET AND NUTRITION IN CANCER****Dr Aiswariya Satheesh**

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Cancer cells lacking oxygen (Prana) represents a growth in the body outside the rule of the life- force. In Ayurveda, cancer is a disease that often involves all three bodily humor's (i.e. Vata, Pitta, and Kapha) though it typically starts with a predominance of one.

Ayurveda is a system of medicine that utilizes various therapies like diet, yoga, and herbal preparations to restore balance within the body. According to Ayurveda, our body is governed by three doshas, which determine our physiology, behavior and risk to diseases. It mainly emphasizes on an individual diet plan chosen according to the three primary body types. This relates to the philosophy that food can be the source of either healing or illness.

Ayurveda asserts that every root is a medicine so there is no good or bad food and provides a logical approach to designing balanced foods for optimal nutrition by formulating food groups that work in harmony, induce proper digestion and promote maximum absorption of essential nutrients.

Ayurveda believes that the plants and plant products that constitute our diet have a strong influence on the physical and mental states of the individual. In order to have proper digestion Ayurveda recommends not to consume too many raw foods and to avoid leftovers. Fresh homemade food is recommended for proper nutritional assimilation. Spices are used to make the food compatible and the balance its adverse actions. Eating warm food stimulates Agni and digestive enzymes therefore warm food is recommended.

A relaxed and calm mind is recommended to have optimal digestion. It is recommended not to eat with overpowering emotions such as stress, anger and grief etc. as these factors produce irregular and anomalous digestive process and have negative impact on the mind, the center for all sensory control and perceptions. A preventive approach to cancer can be put quite simply, the more we live in harmony with the natural laws of life, the more we are taking in the life, enhancing gifts of nature.

*Copy Right, IJAR, 2014,. All rights reserved***Introduction:**

The word cancer is derived from the Greek meaning "CRAB". Cancer known medically as a malignant neoplasm, is a broad group of disease involving unregulated cell growth. Cancer is a leading cause of death worldwide, accounting for 7.6 million deaths. About 30% of cancer deaths are due to the five leading behavioral and dietary risks; high body mass index, low fruits and vegetables intake, lack of physical activity, tobacco use and intake of alcohol.

In research studies, it is mentioned that one third of the cancer death of each year in the US can be attributed to nutrition and other lifestyle factors. Most of the cancers are due to improper intake of diet. Now a day's consumption

of fast foods, fried and spicy foods, incompatible and contaminated, color and preserved foods. These are source of carcinogen and produce free radicals in the body.

CANCER-AYURVEDIC CORELATION

Charaka and Sushruta Samhitha, two well-known Ayurvedic classics, describe cancer as inflammatory or non-inflammatory swelling and thus called Granthi (minor neoplasm) or Arbuda (major neoplasm).

In Ayurveda classics defines three body control systems, i.e. Vata, Pitta and Kapha which mutually coordinate to perform normal function of the body. According to Sushruta, the fundamental cause of major neoplasm is the pathogens that affect all part of the body. The sixth layer of the skin called as 'Rohini' (epithelium) and pathogenic injuries to the layer in muscular tissue and blood vessels caused by lifestyle errors, unhealthy foods, poor hygiene and bad habits results in the de-arrangement of doshas, which leads to the manifestation of tumors.

The factors responsible for the vitiation of doshas are as follows:

- Vata aggravating factors: excessive intake of bitter, pungent, astringent, dry foods and stressful conditions.
- Pitta aggravating factors: excessive intake of sour, salty, fried foods and excessive anger.
- Kapha aggravating factors: excessive intake of sweet, oily food.
- Rakta aggravating factors: excessive intake of acid or alkali containing foods, excessive anger, sunbath.
- Mamsa aggravating factors: excessive use of exudative foods like fish, meat, yogurt, milk, cream and sleeping in day time and overeating are some causes for pathogens invading the fatty tissues.
- Medo aggravating factors: excessive intake of oily foods, sweets, alcohol and lazy attitude.

IMPORTANCE OF AHARA IN AYURVEDA

In Ayurveda, food is considered as God Brahma .It is one of the Trayopastambha of healthy life via, Aahara, Nidra and Brahmacharya. Aahara can be considered as the greatest medicine for management of various diseases. The world today is eating a diet without having the slightest realization of the diet's positive or negative effects on both an individual and on society as a whole.

Ayurveda, the ancient science of life, give us the most detailed information on different diets and life styles to be followed in different diets and life styles to be followed in different situation, to acquire maximum health benefits. Ayurveda is probably the most ancient science to accept and emphasize that what we eat and how we live really matters that food consumed is probably as effective as pills gulped down. We need to realize that food is medicine, falling which we will be forced to accept the situation where medicines will be our food.

Precaution of food preparation:

Ayurveda emphasizes to take food in accordance with one's own Prakruti.

- Fruits and vegetables should be rinsed with water mixed with Hingu and salt in order to avoid agricultural contaminants like pesticides, like chlorodane etc. which accumulates, attaches many of enzymes, mitochondria and persists in fat tissue and is absorbed through skin, gut, and lings and produce various cancers.
- Deep frying in oils on high flame releases carcinogens in air and free radicals with in oil.
- Poly unsaturated oils like sunflower oil, corn oil should not be reused for frying. All these are Vidaahi and Atiushna which causes vitiation of Rakta dathu.
- Utensils with Teflon coating should be avoided. It will increases the risk of cancers of the blood like leukemia in children.
- Heating food using plastics containers in microwaves should be avoided because it released dioxins and synthetic glycoproteins into food which are carcinogenic and sticks to the lining of colon and leads to cancer.

APATHYA AHARA:

- Intake of Atiushna aahara and paana can vitiate Rakta dhatu has risk of esophageal cancer.
- Chira siddha, stale food, leftover food should be avoided as it causes Stambha, Agnimaandya and produce Aama.
- Intake of refined polished and possessed foods are avoided which leads to obesity has a risk of breast cancer.
- Preserved and packaged non vegetarian is avoided, red meat, pork and beef are limited (contains hormone residues which promote quick weigh gain and has a risk of cancer of breast, thyroid, uterus, prostate.
- Parishushka mamsa and Paridagdha mamsa are avoided because they are hard for digestion.

- Excessive intake of non-veg diet is major cause for Mamsaarbuda and sea food's will vitiate Pitta and Rakta causes Raktaja Arbuda.
- Too much of beverages should be avoided.
- Alcohol, chewing tobacco is avoided which increases the risk of cancers oral cavity, pharynx, esophagus, liver.

PATHYA IN MANAGEMENT OF CANCER

Ayurveda explains about Aahara vidhi vidana like the meal is to be eaten at a quiet, pleasant, uncrowded, holy places. The food should be taken at proper time after digestion of previous meal. Quantity of food should be according to the Agnibala. Ushna (warm), Snigdha (unctuous), Saatmya (accustomed), Manoghna (pleasing to mind) and freshly prepared food should consume. Viruddha aahara is avoided because it can disturb Agni and lead to vitiation of doshas mainly Rakta. Commonly used spices like Jeeraka (Cuminum cyminum), Hingu (asafoetida), and Black pepper (Piper nigrum) helps to increase cytotoxic activities.

Some liquid diet also should be included such as:

- Boiled water
- Milk diet (if patient is weak)
- Buttermilk with a pinch of black pepper powder.
- Herbal tea
- Liver soup, Bone marrow soup (goat).

CONCLUSION

Diet plays a vital role in the maintenance of good health and in prevention and cure of the disease; the right kind of food is the most important factor in the promotion of positive health. Cancer, a disease resulting from deregulated cell growth control and caused by an interaction of dietary, genetic and environmental risk factor. The specific dietary recommendations help to reduce risk of all cancers. Food and Nutrition and physical activity and associated factors are important in modification of the cancer process. Moreover, there is increased evidence that specific dietary patterns, foods and drinks and dietary constituents can do protect against cancer, not only before the starts, but also afterwards. A preventive approach to cancer can be quite simply, the more we live in harmony with the natural laws of life, and the more we are taking in the life, enhancing gifts of nature.

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