

Basti as Palliative Care Treatment of Cancer- A Review

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ABSTRACT

Cancer is now considered the leading cause of death in the current scenario, with factors such as unhealthy lifestyles, contaminated food, cosmetics, and stress contributing to its prevalence. Unfortunately, there are currently around three million patients suffering from cancer, and an estimated one million new cases are reported each year. Cancer treatment are expensive along with it has lot of toxic side effects on the body. As per Ayurveda derangement of tridosha leads imbalance in the homeostasis of the body and leads to tissue proliferation. Ayurveda defines these changes as “ARBUDA” a mass of tissue growth or solid tumor independent of function. Ayurveda is a ray of hope in the management of cancer. Basti Chikitsa is called as Chikitsardha. As it has vast field of therapeutic action, Shodhana quickly and comfortably. It not only cure Vatika disorders but also Samsarga and Sannipata condition of Dosha, Kaphaja and Pittaja disorder, Shakhagata and Kosthagata Roga by combination of different types of Basti Dravya. By using anti-angiogenesis, anti-mitotic, products to suppress the growth. Anti-cancer property dravya are incorporated in basti so that we can improve immunity and bring rejuvenation in cells and preventing recurrence and metastasis. Basti have proved to be effective in preventing recurrence and metastasis. Complementary therapies can significantly reduce the side effects of radiotherapy and chemotherapy. Complementary therapies can significantly reduce the side effects of radiotherapy and chemotherapy.

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INTRODUCTION

Cancer is a condition in which certain body cells grow uncontrollably and spread to other regions of the body. This disease can arise in any part of the human body, which is composed of trillions of cells. Typically, human cells reproduce and divide to create new cells when the body requires them. When cells become old or damaged, they perish, and new cells replace them.¹

Cancer is one of the most dreadful diseases spreading further with continuance and increasing incidence day by day. Many researches have been taken yet but the rate of success is less comparatively with other diseases. According to study reports in India over seven lakh people died of cancer. Dietary factors, irregular life style, environmental factors, stress, marital disharmony, unhealthy relationships with family members etc are the determining factors which favours the development of Cancer and these factors

also influences greatly in the genesis of Cancer. The projections were carried out for the various cancer-leading sites as well as for 'all sites' of cancer, while 0.51 million and 0.60 million persons are likely to die from cancer in 2016 and 2021.²

Palliative care is the specialized medical care for people living with the serious illness like cancer. The goal of the palliative care is to relieve the sufferings and provide the best possible quality of life. Not only for the patients but also to their families. Palliative care is related to the treatment of pain and to other problems which could be related in physical, psychological and spiritual perspectives.

It is need of the hour to develop a suitable solution either in the form of medication or Panchakarma Therapy to tackle this issue. In Panchakarma, Basti is considered as Ardha chikitsa due to its multifaceted actions and it can be given in all the age groups. In

Cancer there is depletion in the nourishment of Dhatus and it can be managed successfully with the administration of Basti.

Methodology:

Ayurveda classics describe cancer as inflammatory or non-inflammatory swelling and mention them as either Granthi or Arbuda. Ayurvedic texts describe three interconnected body control systems: Vata, Pitta, and Kapha, which work together to maintain normal bodily functions. In benign neoplasm, whether it is Vataja, Pittaja, or Kaphaja, one or two of the three bodily systems are not functioning properly and are causing some imbalance. However, since the body is still attempting to coordinate among these systems, the condition is not too harmful. Malignant tumours (Tridoshaja) are very harmful because all the three major bodily There is a gradual diminution in the qualities of dhatu and dominance of vata.³

Shodhanachikitsa has great emphasis in the current scenario. The benefits of Shodhana as told by Acharyas include Malapaham, Rogaharama, Balavarnaprasadanam, prolongs the ayu. It thereby helps in regeneration of healthy tissue. Vamana, Virechana, Basti, Nasya and Raktamokshana are types of shodhana chikitsa. Vamana, Virechana & Basti karmas as a part of Ritushodhana has been selected. It is based on the concept of elimination of Prakupita Kapha, Pitta, Vata doshas in Vasantha, Sharad and Varsha ritus respectively whereby the normal body equilibrium is restored.

To Enhance Ojus the santarpana chikitsa is needed so, Basti can be the choice of treatment. Vata dosha is cause for aggravation of tridoshas, when aggravated destroys the body. Basti controls vata Dosha like how borders of the ocean controlling the waves produced due to wind.⁴

Basti chikitsa like krumighna and erandmuladi basti chikitsa are effective in improving the quality of life and minimizing the cancer related as well as chemotherapy and radiotherapy related toxicities related symptoms in cancer patients.⁵ various type of pain, constipation, bowel and urine related problems can be solved with the help of different kind of bastis e.g. Niruha basti, Anuvasan basti.⁶ Also, in the patients where nourishment is the issue Brumhan basti and Yapan basti⁷ can play a major role. It can become a mode of drug delivery in several patients.

Discussion:

Mode of action-

According to Acharya Charaka, the systemic action of Basti, this is capable of removing the Dosha from whole of the body.

According to Acharya Sushruta, though Basti is given in the Pakwashaya its active ingredients i.e. "Virya of the Basti" spreads in the entire body. This Basti virya is also capable of removing the morbid dosha from the body.⁸

Considering these references the mode of action can be stated on virtue of:

- Absorption in systemic circulation
- Colon cleansing
- Gut brain theory

Among the Shadvidhopakramas , except Svedana , Basti gives the effect of all 5 remaining therapies i.e; Langhana, Brumhana, Snehana, Rukshana and Stambhana. Basti introduce into the pakwashaya acts upon the whole body and every system of the body, from head to toe and draws the impurities by its potency similar to the sun which evaporates the water from the earth by its heat. No therapy other than Basti provides immediate strength; hence it is best line of treatment particularly in Children's and Aged persons. Basti is the major therapy to prevent diseases as it will be prepared by combining different drugs which has the properties of samshodhana, samshamana and sangrahana of Doshas. It increases the kshina shukra and it does the vayah sthapana.⁹

Basti karma and its active principles that benefits and lowering the risks of adverse effects; and avoids the need for supplemental therapy to manage cancer. Chemotherapy agents stimulate the melanocortin system in hypothalamus leads to Anorexia. Previously it has been proved that the enteric nervous system (ENS) play an important role in mechanism of action of Basti. It is the intrinsic nervous system of the GI tract which controls the gut movement, fluid exchange between the gut & its lumen, and local blood flow. The enteric nervous system (ENS) boasts extensive, bidirectional connections with the central nervous system (CNS) and collaborates with it to regulate the digestive system. All function of body can have controlled by Basti, all physiological functions are restored and total body equilibrium is achieved. Hence, Basti is called as "Sarvarthakari." The mode of action of basti is depending on the quality of drug & quality of substance with targeted action.¹⁰

Conclusion:

Considering above factors we can conclude that Basti karma is an important among all the karma because it destroys the disease by cleansing the strotases and by increasing the Oja, bala, teja, shukra, agni and medha. Basti Chikitsa helps cancer patients live longer and experience fewer side effects from radiation and chemotherapy, as well as from the disease itself.

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