



Tumor regression with Ayurvedic Rasayana therapy in Squamous Cell Carcinoma of lungs

A Case Report

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Abstract

Despite of advances in lung cancer treatment many patients with this type of cancer have bad prognosis. Herein we report a case of stage III A squamous cell carcinoma of lungs showing complete tumor response after treatment with Ayurvedic Rasayana therapy. This patient was earlier treated with Chemotherapy and Radiotherapy with unsatisfactory tumor response. At baseline the patient presented with shortness in breathing, cough and hoarseness in voice. This patient was treated with Herbomineral Rasayana compounds for six months. At one month follow-up there was considerable improvement in patient's symptoms. At four months, patient was totally asymptomatic and general condition was also excellent. Investigations after six months showed complete tumor regression and also there was no progression of the disease. Findings from this patient suggest that Rasayana therapy can be an effective therapeutic option for Lung cancer patient who fails to respond to first line Chemotherapy and Radiotherapy.

Key Words: - Ayurveda, Rasayana therapy, Lung carcinoma

Introduction

Lung Squamous Cell Carcinoma (LSQCC) is a common type of non-small cell lung cancer (NSCLC), accounting for 85% of all lung cancers. It causes approximately 400 000 deaths per year globally. ⁽¹⁾ Although great progress has been made in developing chemotherapy and radiation therapy there exist a group of patients who fails to respond to chemotherapy. Hence there remains a need to develop Alternative strategies of treatment.

Rasayana treatment is one of the specialized branches in Ayurveda. Several experimental studies have proved that Rasayana compounds have several antitumorogenic properties. ^(2, 4)

In our Rasayu Cancer clinic we have successfully treated thousands of cancer patients with Ayurvedic Rasayana therapy. Selection of treatment was done on the basis of organ and the tissue involved in the disease.

In the current case report the patient was diagnosed with stage IIIA lung cancer. He was initially treated with Chemotherapy and Radiotherapy. He failed to respond to these therapies and hence decided to start Ayurveda therapies. This patient was then treated only with Ayurveda therapy which showed favorable tumor response.

Case History

This case study reports the lung cancer STAGE IIIA (T4L0M0) patient treated with conventional and Ayurvedic therapy. This 50 years old male patient had (CT scan dated-26/11/13) 47x34x28 mm (T4) heterogenous soft tissue mass in the peribronchial parts of the right upper lobe bronchus and the adjacent prevascular mediastinal regions. Patient underwent biopsy which revealed squamous cell carcinoma. For this he was treated with radiotherapy and chemotherapy regimen with Paclitaxel and Carboplatin. A subsequent post radiotherapy and chemotherapy scan showed Mild degree of abnormally increased FDG uptake in the soft tissue lesion in left lung, Upper lobe at the level of arch of aorta. The lesion was measuring approximately 15 x 27 mm With maximum SUV of 3.3 and mild degree of abnormal increased FDG uptake is noted in the cluster of nodules in apico posterior segment of left lung lower lobe with maximum SUV of 3.5. Physiological uptake of the tracer was also noted in brain, both vocal cords, myocardium, liver, spleen, renal pelvi-calyceal systems, urinary bladder & the gut. Hence, patient came to Rasayu Cancer Clinic for further management.

The patient presented with shortness in breathing, sore throat and hoarseness in voice. Intermittently he had cough. Following evaluation by multidisciplinary cancer team at Rasayu Cancer Clinic, patient was put on Anti malignant Ayurvedic Rasayana therapy with other Ayurvedic symptomatic treatment.

Rasayan treatment rationale

According to basic Ayurvedic herbomineral Rasayana compounds were selected for respiratory system. These Anticancer Rasayana formulation is called as Navjeevan Rasayana which consist of Bhasmas like Swarna bhasma, Hiraka bhasma, Rajat Bhasma and Abhraka Bhasma etc .Also Ayurveda therapies were provided to relieve patients symptoms.The list of medicines prescribed to the patient are presented in Table -1.

Table no -1 Treatment details

DRUG NAME	DOSE	FRQUENCY	ANUPAN
Navjeevan Rasayan	250 mg	OD	Honey
Aarogyawardhini	250 MG	BD	WARM WATER
TribhuvanKirti ras	250 MG	BD	WARM WATER
Shwaskuthar Ras	250 MG	BD	WARM WATER
Tankan	250 MG	BD	WARM WATER
Shrunga Bhasma	250 MG	BD	WARM WATER
Ringani Powder	250 MG	BD	WARM WATER
Surasa Powder	250 MG	BD	WARM WATER
Sitopaladi Churna	250 MG	BD	WARM WATER
Hirak Rasayan	250 MG	BD	Honey
Vrushya Rasayana	250 MG	BD	Honey
Sindurbhushan Rasayana	250 MG	BD	Honey
Harital Rasayana	250 MG	BD	Honey
Mahalaxmi Rasayana	250 MG	BD	Honey

Outcome and follow up-

Follow up CT-Scan thorax after six months dated 23/3/2015 showed the near total resolution of previously seen abnormal soft tissue lesion in the peribronchial parts of the left upper lobe bronchus and the adjacent prevascular mediastinal regions .At one month follow up the symptoms was seen to have reduced and this reduction improved further at two months. At four month patient was totally asymptomatic and general condition was also excellent.During this six month treatment period this treatment didn't cause any adverse effects.

Discussion

Despite of use of chemotherapy and radiotherapy in this lung cancer patient, the results remain unsatisfactory. Hence, considering need of treatment we have started Rasayana therapy with other Ayurvedic medicines.

The selected Ayurvedic compounds were planned so as to support and restore the normal functions of the Respiratory system to relieve patient's symptoms and to regress patient's lung tumor. It mainly includes Navjeevan Rasayana (Swarna Bhasma – Bhasma (Calx) of Gold, Hirakbhasma-calcinoid diamond, Abhrak Bhasma, -calcined Mica ash, Rajat Bhasma-silver ash, Tamra Bhasma-copper ash, Prawal Bhasma (Coral Calyx), Powder of Pippali, -*Piper Longum*, Yashtimadhu, -*Glycerrhiza Glabra*, Karkatshrungi-*Pistacia integerrima*, ringani-*Solanum Surratense* .

Main ingredient of Navjeevan Rasayana – Swarn Bhasma proved as anti-cancer in various types of cancers like rectal, lung, liver etc.⁽³⁾ Classical Ayurvedic formulations like Aarogyawardhini, Shwaskuthar Ras, Sitopaladi Churna, Tribhuvankirti Ras and Powder form of Ringani (*Solanum Surratenus*), Powder form of Sursa (*Ocimum tenuiflorum*), powder form of Srunga Bhasma () Powder of Tankan (Borax Ash) with other proprietary medicines Hirak Rasayana, Vrushya Rasayana, Sindurbhushan Rasayana, Harital Rasayana were used according to patient's symptoms.

LSQCC, the second most prevalent type of lung cancer and Rasayana drugs could play a role in suppressing the cellular proliferation, invasion and metastasis of lung cancer and regressing tumor. Clinical studies have proved Rasayanas to be anticancer.⁽⁴⁾ This case proved the potential of Ayurvedic drugs in tumor regression. Hence, it is need to explore clinical research to evaluate anti –tumor activity of these herbs and minerals.

Conclusions

Rasayana therapy showed clinically meaningful antitumor activity and provided significant symptom relief in the patient who failed to get satisfactory response to first line Chemotherapy and Radiotherapy. Rasayana therapy can thus be considered as an effective therapeutic option in patients who fails to respond to conventional anticancer therapies. Considering the limitation of single patient case report we suggest that further clinical studies are required to make any conclusive clinical recommendations.

References

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