

5<sup>th</sup> International Conference on  
**MEDICINAL PRACTICES: HERBAL, HOLISTIC &  
TRADITIONAL**  
November 26-27, 2018 Bali, Indonesia

### A critical and compatible approach to cancer through Ayurvedic and Yoga treatment modalities

**Abdul Khader**

Abhi Ayur Holistic Health Care and Research Center, India

Cancer is the second leading cause of death in the world. The burden of cancer is believed to be doubled by 2020 and nearly triple by 2030. The word cancer came from a Greek words Karkinos to describe carcinoma tumors by a physician Hippocrates (460-370 BC). Cancer later defined as normal cells in a particular part of the body begin to grow out of control. All types of cancer cells continue to grow, divide and re-divide instead of dying and form new abnormal cells. Some types of cancer cells often travel to other parts of the body through blood circulation or lymph vessels (metastasis), where they begin to grow cancer long-term survivors, have poor health outcomes than individuals without cancer, obesity, poor dietary choices, inactivity and continued smoking have shown negative outcomes in cancer survivors. Cancer is usually treated by precision medicine, radiotherapy, chemotherapy, immunotherapy, targeted therapy, hormone therapy and stem cell transplantation. Side effects of chemotherapy are: Nausea, vomiting, diarrhea, alopecia, constipation, etc. whereas radiation therapy can produce systemic side effects such as fatigue, anorexia, nausea, vomiting, alteration in the taste, sleep disturbance, headache, dry skin, constipation etc. Late complications of these therapies also include pharyngitis, esophagitis, laryngitis, persistent dysphagia, fatigue, hepatotoxicity, infertility and cognitive deficits. These side effects have a disturbing effect on the quality of life of cancer patients. Cancer patients, who are suffering with this disease and effected by the harmful side effects from chemotherapeutic drugs are looking back to natural remedies hoping for a better cure. Natural therapies such as Ayurveda, ancient science of life make use of herbal products, herbo-mineral products in cancer treatment to ward off the harmful side effects of chemo and radiotherapy, adjuvant to improve the quality of life. The Rasayana improves the quality of life, if taken as adjuvant along with chemo or radiotherapy. Some of our drugs and preparations such as amritaprasham, ashwagandha rasayana, brahma rasayana, chyavanprasha, narasimharasayana, and triphalachurna were found to be radio-protective in cancer treatment. Even though not authenticated by research, the ancient knowledge of holistic Ayurvedic medicine immersed in wisdom of nature may one day bring an end to suffering.

#### Biography

Abdul Khader has 13 years of academic knowledge with Holistic medicine. He is the Founder and Medical Director of Abhi Ayur Holistic Health Care and Research Center, Bangalore, India.

abukaya2003@gmail.com

#### Notes: