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Herbal remedies for breast cancer: An alternative treatment

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Carcinoma of breast is the most common malignancy in females worldwide, contributing to one third of almost all known neoplasm. It is the second leading cause of mortality in females. As per a public survey it is estimated that globally more than 1,000,000 women are diagnosed with breast cancer annually and 410,000 affected women do not survive. Women are keen to use herbal or natural remedies, either to prevent breast cancer or to assist in treating the disease, but most remain unaware of the limited scientific evidence surrounding the efficacy of these remedies. Certain plants like echinacea, garlic, turmeric, burdock, carotenoids, green tea, ginseng, black cohosh, flax seed, etc. poses anti-cancer property against breast cancer. Phytochemicals have shown anticancer potential acting via biological pathways and modulating immune systems to lessen neoplastic growth. They trigger immune cells such as Natural Killer (NK) cells, cytotoxic T cells, chemokines and tumor necrosis factor- α , by virtue of this quality they can be promising alternate/adjuvant options for therapeutic or preventive strategies for breast cancers. Apart from being effective and less toxic they complement conventional chemotherapeutic drugs and also are able to counter balance any repetitive resistance to hormonal and targeted therapy. Knowledge of dietary compounds and traditionally used medicinal herbs having possible preventive and curative effects on cancer, may rationalize further translational application.

Biography

Hiteksha Panchal is currently working as an Associate Professor of Pharmacognosy Department. She has 10 years of experience in Pharmaceutical Research, particularly in the areas of Pharmaceutical Sciences. She is currently pursuing her PhD from Gujarat Technological University, India. Her area of research is pharmacognostical and phytopharmaceutical studies. She has published 18 research papers in both national and international journals. She is a Life Member of The Indian Pharmaceutical Association.

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