

HERBOMINERAL FORMULATIONS (RASAUSHADHIES) A BOON IN ARBUDA W.R.T. BRAIN TUMOUR

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ABSTRACT

Brain tumour is uncontrolled growth of cell in brain. It is biggest challenging tumour with very low mortality. Not only adults' children are also having this disease in greater extent. Treatment modalities for brain tumour are surgery, chemotherapy, radiation which leads to further complications and side-effects along with recurrence too. As brain is the complex structure, sometimes surgery can't be done. Ayurveda is the science of holistic approach with enhancing immunity and longevity. *Arbuda* have resemblance with brain tumour in ayurveda. *Acharya Sushruta* has defined about *arbuda- nidan, rupa, samprapti, and chikitsa*. Herbomineral formulations-*Tamra bhasma, Heerak bhasma, Godanti bhasma* and *Kamdudha ras* collectively shares properties like *lekhan, pittashamak, sulahar, tridoshamak,*

ayurvedhak, agnideepan and *rasyana* property which are helpful in treating the *arbuda*. Ayurveda can extend good support as safe, effective to improve overall quality of life. (QOL).

KEYWORDS: Brain tumour, *Arbuda*, Ayurveda, Herbomineral formulations.

INTRODUCTION

In modern era, people are busy in chasing their life's goal and have no time for their health. Sedentary lifestyle, changing environment condition, stress, unhealthy diet, lack of physical activity, which causes different lifestyle disorders such as cancer, diabetes, HTN etc. Cancer is the third leading cause of death globally, accounting for an estimated 9.6 million deaths, or

one in six deaths, in 2018.^[1] The incidence of brain tumour is estimated to be about 5-20 per 100,000 populations. These affects all ages but with two distinct peaks, one childhood (3 to 12 yrs) and another in adults (55 to 65 yrs). They constitute the second most malignancy (after leukemia) in children. Secondaries from systemic, specially breast, lung, kidney, are common in elderly, constituting nearly 25% of all systemic cancer.^[2] Brain tumour is the abnormal and uncontrolled growth of cells in the brain. Brain tumour are of two types-benign and malignant. The signs and symptoms of brain tumour are- Headache, vomiting, altered mental status, seizures, Vision disturbance and focal neurological deficits.^[3] Brain tumour is an important worldwide public-health challenge and remains a major cause of morbidity and mortality worldwide. As brain control all the function of body physical and mental, so in brain tumour patient both get hampered. In modern science, brain tumour can be managed but can't be cured. Modern treatment modalities for the management of Brain tumour are surgery, chemotherapy and radiation.^[4] But poses human beings to their unwanted complications and side effects after treatment followed by recurrence too. As brain is complex structure sometime there is no surgical treatment for the brain tumour. As condition of brain tumour leads to various complications treatment should start earlier to prevent further damage and relief from symptoms. The contemporary treatment like chemotherapy, radiotherapy and surgical intervention are still on affordable by the poor patients and those receiving such therapy, they also need some adjuvant therapy like immunotherapy to overcome untoward effects. On the contrary *Ayurveda* offers wide range of medical formulations and therapeutic modalities that are found to be useful in management of *arbuda roga* along with less side effects and maintenance of optimum health by enhancing immunity of body. *Tamra bhasma*(A.P)^[5], *Heerak bhasma*(R.T)^[6], *Godanti bhasma*(R.T)^[7] and *Kamdudha rasa*(R.T.Sa & Si.P.Sa)^{[8][9]} can be used in *arbuda* (brain tumour) *Tamra bhasma* has *lekhan* and *rasayana* property. *Heerak bhasma* has *tridoshshamak*, *aayurvedhak*, *agni deepan* and *rasayana* property. *Godanti bhasma* has *sheet veerya* and *piita shamak*, *sulahar*^[10] property. *Kamdudha rasa* has *mukta pishti*, *praval pishti* which has *sheetveerya* and *dahshamak* property, *shankh bhasma* has *pittashamak* property. These herbomineral formulations can be boon in *arbuda* (Brain tumour).

Literature Review

The *ayurvedic* method of holistic healthcare emphasizes on balancing the body, mind and spirit, to treat and prevent diseases. It is found that, *Mastikshjanya arbuda* is not separately mentioned in *Ayurveda* but various renowned authors & scholars have given their valuable

thoughts regarding the *Arbuda* on the basis of resemblance of its clinical presentation & treatment.

In *ayurveda*, Acharya Sushurta has described detailed definition of *arbuda*^[11]. ***Gatra pradeshe kavachit:*** Anywhere in the body or any tissue may be damaged. ***Mamsamabhi pradushyam:*** Predominantly it is a disease of the *Mamsa* that is damage of the muscular connective and epithelial tissues. ***Vrut sthiram:*** The growth is round and stony hard. ***Manda rujam:*** Mild pain. ***Mahantam:*** It spreads with deep route. ***Chira vridhi:*** It is chronic in nature and gradual in progress. ***Apakam:*** Non-suppressive.

Arbuda (mamsaj arbuda) with correlation to brain tumour. The *doshas* having vitiated in any part of body and afflicting body tissue, produces a swelling which is circular, fixed, slightly painful, big in size, broad spaced, slowly growing and does not suppurate, this swelling is called *arbuda*.^[12]

Samprapti- *Nidan* like- *Mithyahasavihar*, injuries etc causes vitiation of *tridosha* and leads to *raktavah* and *mamsavah shroto dusti*. Aggravated *doshas* predominantly *kapha* and *vata* leads to *jatharagni* and *dhatwagnimandyata*. Where there is *khavaigunyata* produces swelling or abnormal growth in any part of respective *dhatu* that is *mamsa dhatu* called *mamsa arbuda*. When the abnormal growth (*arbuda*) is in *mastikshya* it can be called *mastikshyajanya arbuda*. Thus, *mamsa arbuda* can be correlated with brain tumour.

Drug Review

Tamra bhasma^[13] is a good *agni dipaka* (appetizer) and *udara krimi nasaka* (antihelminthic). As it possesses '*lekhana*' property, it brings down obesity and can be useful in many other diseases when used rationally with different adjuvant. Its judicious use prolongs the healthy life span. Its use purifies the body (*deha sodhaka*) and imparts rejuvenation effects, as the *bhasma* possesses *rasayan* properties.

It possesses *tikta*, *kashaya*, *amla*, and *madhur rasa*, *katu vipaka* and *ushana virya*, and *snigdha guna*. It possesses '*pitta saraka*' and *lekhana* properties. It is capable of curing all the acute and chronic diseases of *pitta*, *kapha*, or *pitta kapha* dominance. It is indicated in *apasmar*, *visucika*, *sula*, *chardi roga*. It is affective against all types of *akshepaka* disorders. It is capable of curing all types of *sakhagata* and *kosthgata roga*. It is also useful in *vataja* and *kaphaja roga* of *jatrurdhwa bhaga*.

For *Tamra* it is mentioned in *rasa ratna samucchaya* that- “*netrayam param lekhanam*” so, it is beneficial in Brain tumor, as by *lekhan* property it helps in decreasing the tumour growth and vision disturbance is seen in brain tumour patients so by *netra* property it helps in it. It possesses *brihan* property.^[14] As mentioned in classics *tamra* cannot be used alone so *tamra* is given in combination. (*ayurveda prakhash, rasendra chinta*)

Heerak bhasma^[15]

ENGLISH NAME	RASA	GUNA	VIRYA	VIPAK	KARMA
Diamond	Shadrasa	Snigdha	Ushna	Katu	Tridoshashamak, rasayana

Godanti bhasma^[16]

ENGLISH NAME	RASA	GUNA	VIRYA	VIPAK	KARMA
Gypsum	Madhura	Sheeta	Sheeta	Madhura	Sulahara, Pittashamak

Kamdudha rasa (Mauktika yukta)^[17]

DRUG	BOTANICAL / ENG.NAME	RASA	GUNA	VIRYA	VIPAK	KARMA
1.Moti Pishti	Pearl	Madhura	Sheeta	Sheeta	Madhura	Pittadoshashamak
2.Praval Pishti	Coral	Madhura	Laghu	Sheeta	Madhura	Kafavatanut
3.Mukta shukti Pishti	Pearl	Madhura	Sheeta, laghu, snigdha	Sheeta	Madhura	Shothahar
4.Varatika Bhasma	Cowry/Marine shell	Katu	Guru, ushna	Ushna	Madhura	Vatakafashamak
5.Shankha Bhasma	Conchshell	Kashaya, Katu, Kshara	Grahi	Sheeta	Madhura	Lekhan, grahi
6.Swarnagairika	Ochre/ Haemetite	Madhura, Kshaya	Snigdha	Sheeta	Madhura	Pittastambhak
7.Giloy satva	Tinosporia cordifolia	Tikta, Kshaya	Guru, Snigdha	Ushna	Madhura	Tridoshashamak

Heerak bhasma posses *tridoshashamak* property, as *arbuda* is *tridosha vyadhi* so it helps in breaking the *samprapti* of *arbuda roga* along with rejuvenation effect. *Godanti bhasma* has *sulahar* property as it brain tumour headache is the most commonly seen features, so helps in reducing the pain. *Kamdudha ras* posses *pittashamak* property so helps in pacifying *pitta doshas* and also symptoms of brain tumour.

CONCLUSION

Herbomineral formulations i.e. *Tamra bhasma*, *Heerak bhasma*, *Godanti bhasma*, and *Kamdudha ras* by their properties and actions helps in remission of brain tumour. Rasayan

property of *Tamra bhasma* and *Heerak bhasma* rejuvenate the body, enhances immunity and also helps the patient of brain tumour who has side-effects after chemotherapy, radiotherapy, and surgery. So, it can be concluded that herbomineral formulation can be boon in *arbuda* w.r.t. brain tumour.

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