



Review Article On Role Of *Mustyadi Yapana Basti* In Cancer Associated Weight Loss As *Anuloma Dhatukshaya Janya Rajyakshma*.

Dr. Milind B. Aware

(Principle, HOD & Professor Department of Samhita & Siddhant, SSAM, Hirawadi, Nashik, Maharashtra)

Dr. Bhavana Dande

(Professor, SSAM, Hirawadi, Nashik, Maharashtra)

Dr. Amit S Ahire

(PG Scholar, Department of Samhita & Siddhant, SSAM, Ganeshwadi, Nashik, Maharashtra)

Introduction:

Cancer is defined as a group of symptoms associated with unconditional & uncontrolled cell division with possibility of proliferation to other parts of body. There are no exact signs or symptoms that define Cancers other than failure to respond to the standard treatment for a particular disease, unexplainable loss of weight, failure to thrive. Weight loss is also associated with chemotherapy and radiation therapy for cancer treatment. The weight loss and failure to thrive is also explained in *Rajyakshma* in *Charaka Samhita*. Here we contemplate use of *Mustyadi Yapana Basti* (MYB) as a way to reverse *Anuloma Dhatukshayajanya Rajyakshma*.

Keywords: Cancer, *Rajyakshma*, *Rasayana*, *Basti*, *Mustyadi Yapana Basti*

Cancer is one of the biggest causes of mortality and disability now a days. It is seen that subjects receiving Chemotherapy or radiation therapy undergo significant weight loss with failure to thrive even in favorable conditions (Diet & rest).

Causes of weight loss in Cancer-

- 1) Increased energy demand- Cancer cells need more energy due to the increased & abnormal metabolism causing burning more calories at rest then usual causing muscle wasting.
- 2) Appetite changes- Many patients undergoing chemotherapy, radiation therapy suffer from Nausea, Vomiting, mouth ulcers making food ingestion difficult causing weight loss.
- 3) Cancer Cachexia- A complex syndrome marked by fatigue, muscle wasting, severe weight loss is seen in advance stages of cancer induced by inflammatory response and metabolic changes.

*Rajyakshma*ⁱ is explained in *Charaka Samhita* as different group of symptoms. Its explained that *Rajyakshma* is of 4 types.

A) *Sahasajanya* B) *Vegvidhaaranajanya* C) *Dhaatukshayajanya* D) *Vishmashanjanya*

Each one has its own set of symptoms. *Rajyakshma* is commonly characterized by failure to thrive with marked loss of overall strength.

Among various types of *Rajyakshma*, *Dhaatukshayajanya* with following symptoms according to respective locations can be taken into consideration.

Lakshan Sthan				
Shirastha -	Shirahshool	-	-	-
Kanthgat -	Kanthdhvans	Kaas	Swarabheda	Arochaka
Parshvastha -	Parshvashool	-	-	-
Gudastha -	Varchobheda	-	-	-
Sandhistha -	Jrumbhaa	Jwar	-	-
Urastha -	Urahshool	Sarakta kaas	-	-

In the same type, *Chakrapanidatta* (most prominent commentary writer) classifies *Dhaatukshyajanya Rajayakshma* as *Anuloma* & *Pratiloma* meaning affecting *Rasadhatu* to *Shukradhatu* and *Shukradhatu* to *Rasadhatu* respectively. He explains that due to *langhana* (reduction of any bodily material), *Rasadhatu* is not synthesized and therefore all the other *dhatu*s cannot be formed causing *Rajayakshma*. These complains can be compared to *Anuloma Dhatukshayajanya Rajayakshma* and if treated as such results in weight gain.

Rationale-

Anuloma Rajayakshma has faulty *Rasadhatu* production causing hampering of subsequent *dhatu* production upto *Shukradhatu* and *Oja*. Among many *Yapana Basti*, *Mustadi Yapana Basti*ⁱⁱ (MYB) had been selected due to its “*Shukra-Mansa-Bala-Janana*” (enhance the semen, and muscles and give strength) and “*Sadyo-balajanana-rasayan*” (gives strength instantly and rejuvenating) properties.

Sr. no.	Ingredient	Latin Name
1	<i>Nagarmotha</i>	<i>Cyperus Rotundus</i>
2	<i>Patha</i>	<i>Cissampelos Pareira</i>
3	<i>Giloy</i>	<i>Tinospora Cordifolia</i>
4	<i>Kutaki</i>	<i>Picrorhiza Kurroa</i>
5	<i>Bala</i>	<i>Sida Cordifolia</i>
6	<i>Rasna</i>	<i>Pluchea Lanceolata</i>
7	<i>Punarnava</i>	<i>Boerhavia diffusa</i>
8	<i>Manjistha</i>	<i>Rubia Cordifolia</i>
9	<i>Amaltasa</i>	<i>Cassia fistula</i>
10	<i>Khas</i>	<i>Vetiveria Zizanioidis</i>
11	<i>Trayamana</i>	<i>Gentiana kurro</i>
12	<i>Gokhru</i>	<i>Tribulus terrestris</i>
13	<i>Mandanphala</i>	<i>Randia Spinosa</i>
14	<i>Brihati</i>	<i>Solanum Indicum</i>
15	<i>Kantakari</i>	<i>Solanum surattense</i>
16	<i>Shalaparni</i>	<i>Desmodium Gangeticum</i>
17	<i>Prishnaparni</i>	<i>Uraria Picta</i>
Kalka Dravya		
18	<i>Sauf</i>	<i>Foeniculum Vulgare</i>
19	<i>Priyangu</i>	<i>Callicarpa macrophylla</i>
20	<i>Mulethi</i>	<i>Glycyrrhiza glabra</i>
21	<i>Indryava</i>	<i>Holarrhena antidysentrica</i>
22	<i>Rasot</i>	<i>Berberis aristate</i>
23	<i>Sanidhava lavalala</i>	<i>Sodium chloride</i>
Conventional dravya		
24	<i>Kshira (Cow)</i>	Milk
25	<i>Madhu</i>	Honey
26	<i>Go- Ghrut</i>	Ghee/ Clarified butter
27	<i>Mansa Rasa (Aja)</i>	

The ingredients in MYB are of *Laghu*, *Bruhat Panchmool*, *Panchatikta gana* making MYB easily assimilable and *Tridosha shamak*. Addition of *Aja Mansa Rasa*, *Madhu*, *Go-dugdha*, *Go-Ghrut* make it *shukradhatu vardhaka* i.e. semen enriching. It also has *Rasayana* (Increasing vital energy) properties.

Discussion:- Cancer is a devastating disease causing one to loose significant weight and perish in front of loved ones eyes. Many a times, modern treatment is denied due to low weight and compromised physical strength of patient. In such cases, *Ayurveda* offers a promising approach with its immune-remodelling drugs and concepts, providing a viable option in the present scenario.

Conclusion:-

- 1) Weight loss in cancer disease can be explained as *Anuloma Dhatukshayajanya Rajakashma*.
 - 2) *Ayurvedic* principles of *Anuloma Dhatukshyajanya Rajayakshma* is a possible treatment approach in cancer associated weight loss.
 - 3) MYB with its *Shukrajanan*, *Rasayana*, *Vajikarana* properties helps counter weight loss in cancer patient.
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Conflict of Interest- None

References-

ⁱ Charaka Samhita Chakrapanidatta tika, Chikitsasthana, Rajayakshmadhyaya, Chaukhamba prakashana

ⁱⁱ Charaka Samhita Chakrapanidatta tika, Siddhisthana, Uttarbastisiddhi adhyaya, chaukhamba prakashana