



RESEARCH ARTICLE

ARBUDA – AN AYURVEDIC ABSTRACTION

¹Dr. Alaekhya, P.L., ²Dr. K.J. Lavanya Lakshmi and ³Dr. Prasad, P.V.N.R.

¹Ayurvedic Consultant, Bangalore

²Prof & HOD., Dept. of Agada Tantra & Vidhivaidyaka, Dr. NRS. Govt. Ayurvedic College, Vijayawada, A.P.

³Professor & HOD., (Retd.),

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*Corresponding author: *Alaekhya, P.L.*

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ABSTRACT

Arbuda in the context of disease refers to tumour or growth in Ayurveda, the traditional system of medicine in India. It can be benign or malignant. It is essentially an abnormal mass or swelling in the body, often linked to excessive or abnormal growths that arise due to an imbalance of the doshas leading to its formation in the body. It appears to be prevalent since Vedic Periods. Ancient Classics and Medical works have discussed the disease condition in detail in terms of prevention, etiology, pathogenesis and different treatment interventions like Pharmacological, Surgical and Para – Surgical measures including diet & Life – Style prescriptions. The treatment in Ayurveda typically involves balancing the doshas through diet, drugs, detoxification processes, and other holistic therapies. Modern medicine tends to be more focused on the tumor itself, targeting the growth directly through surgery, radiation, or chemotherapy. But, the underlying philosophy of Ayurvedic treatment is to address the root cause of the disease and focusing on a holistic approach in addressing the root cause of imbalances and working to restore overall health through detoxification, drug therapies, diet and Life – Style modifications.

INTRODUCTION

Definition: Acharya Sushruta has described Arbuda as "The One that is produced anywhere in the body by vitiated doshas afflicting the Mamsa", and manifesting with following features.

- Rapidly increasing Swelling
- Globular in Shape
- Occurring in Any Part of the Body
- Fixed with Deeper Structures
- Usually Not Suppurating
- Giving Occasional Pain.
- Involves Mamsa and Rakta due to Vitiating of Tridosha

Classification:

S.No.	Criteria	Types
1.	Basing on Dosha	Vataja; Pittaja; Kaphaja; Tridoshaja;
2.	Basing on Dushya	Raktaja; Medoja; Mamsaja;
3.	Basing on Chronicity	Naveena; Jeerna;
4.	Basing on Sthana - Samsraya	Vartmarbuda; Nasarbuda; Karnarbuda; Talu Arbuda; Jalarbuda; Jihwarbuda; Mukharbuda; Galarbuda; Shirarbuda; Shukrarbuda; Sthanarbuda;
5.	Basing on Prognosis	Sadhya; Asadhya;
6.	Basing on Metastasis	Raktarbuda; Adhyarbuda; Dwi – Arbuda;

Stages of Progress:

S.No.	Stage	Changes
1.	Sanchaya	Early Stages of localized Neoplastic changes
2.	Prakopa	Transformation of Primary Growths into Metastatic Tumours
3.	Prasara	Metastasis
4.	Sthana Samshraya	Localization / Generalization
5.	Vyakta	Manifestation of Clinical Signs & Symptoms
6.	Bheda	Histo – Pathological Changes & Secondaries

Samprapti Ghataka:

S.No.	Category	Involved Structures
1.	Dosha	Kapha & Vata Predominant
2.	Dushya	Mamsa; Medas; Rakta:
3.	Srotas	Mamsavaha; Medovaha; Raktavaha:
4.	Sroto – Dushti	Sanga; Sira – Granthi:
5.	Roga - Marga	Bahya Roga Marga
6.	Adhishtana	Rohini – 6 th layer of Skin
7.	Udbhava Sthana	Anywhere in the Body
8.	Pratyatma Linga	मांसोपचय तु शोफम्

Types:

S.No.	Category	Feature
1.	Adhyarbuda	Tumours growing over another Tumour
2.	Dwirarbuda	Two Tumours growing simultaneously together
3.	Dwandwarbuda	Tumours growing One after Another

Categories:

Category	Nidana	Visesha Lakshana
Vataja	Katu, Tikta, Kashaya, Ruksha padartha adhika sevana and Adhika Shrama, Chinta	Bladder/ Sac like appearance, Blackish Color, Rough, Swelling with Cutting/ Churning and Dragging type of Pain.
Pittaja	Adhika Amla, Katu, Lavana, Vidahi kara padartha sevana and Krodha	Reddish Yellow Colour, Necrotic, Swelling with Hot, Burning & Pricking Pain.
Kaphaja	Madhura, Amla, Lavana, Snigdha padartha adhika sevana and Avyayama	Stony Hard Swelling of slow growth, Cold to touch, Less Painful, but with severe Itching.
Raktaja	Vidahi, Amla, Ushna padartha adhika sevana	Unripe, Node/Polyp like appearance, Spreading & Increasing in size very Quickly and may also Bleeds Severely.
Mamsaja	Adhika Mamsa sevana, Vishamashana & Abhighata	Skin Coloured, Immobile Swelling, Stony Hard, Glistening, Painless.
Medoja	Snigdha, Madhura padartha adhika sevana, Madyapana & Aalasyam	Smooth, Large, Itching & Painless. Tumour Increases and Decreases with the Body Weight.

Characteristic Features:

- Manda Rujatwam (Very little or No Pain)
- Chira Vriddhi (Slow Progress)
- Apaka (Non - Inflammatory)

Differential Diagnosis:

Arbuda	Granthi	Apachi
Hard, Dense Solid Mass/ Tumour	Solid and Soft, Lump like Cystic mass	Softer and Fluid like Growth
Imbalance of Kapha	Imbalance of Kapha	Imbalance of Pitta
Non – Inflammatory	Non – Inflammatory	Inflammatory
Slower Growth	Slower Growth	Relatively Faster Growth
Asymptomatic	Non - Spreading	Symptomatic
Non – Infectious	Non – Infectious	Associated with Infection / Abscess
Not Painful	Sometimes Tender	Painful, Red & Warm
Can be Benign or Malignant	Benign	Generally Benign

Difference between Benign & Malignant:

S.No.	Feature	Benign	Malignant
1.	Size	Usually Small	Often Large
2.	Boundaries	Encapsulated or well Circumscribed	Poorly Circumscribed & Irregular
3.	Pattern	Usually Resembles the Tissue of Origin closely	Often Poor Resemblance
4.	Secondary Changes	Occur Less Often	Seen More Often
5.	Nucleo – Cytoplasmic - Ratio	Normal	Increased
6.	Function	Usually Well – Maintained	May be Retained / Abnormal or Lost
7.	Growth Rate	Slow	Rapid
8.	Local Invasion	Often Compresses the Surrounding Tissues without Invading or Infiltrating them	Usually Infiltrates the Adjacent Tissues
9.	Metastasis	Absent	Frequently Present

Prognosis:

S.No.	Saadhya	Asaadhya
1.	Vataja	Mamsaja
2.	Pittaja	Adhyarbuda
3.	Kaphaja	Dwirarbuda
4.	Medoja	Raktaja

Management Protocol:

Understanding the Samprapti of Arbuda is of significant importance in planning and executing the treatment

Modern Medicine	Ayurveda
<ul style="list-style-type: none"> • Symptomatic Treatment • Surgical Removal • Chemo- Therapy • Radiation Therapy 	<ul style="list-style-type: none"> • Langhana • Deepana • Pachana • Vyadhi – Pratyanka Chikitsa • Shalya Chikitsa • Rasayana Chikitsa

Treatment Protocol:

S.No.	Category	Treatment Protocol
1.	Vataja Arbuda	Upanaha; Nadi Sweda; Srungavacharana; Trivrit Sneha Pana:
2.	Pittaja Arbuda	Mridu Sweda; Upanaha; Lekhana; Lepana; Snehapana:
3.	Kaphaja Arbuda	Shodhana; Rakta Mokshana; Upanaha; Kshara Prayoga; Agni Karma; Shastra Karma; Prakshalana; Lepana:
4.	Medoja Arbuda	Swedana; Shastra Karma; Pratisarana; Lepana:

Useful Medicines:

S.No.	Category	Formulations
SINGLE DRUGS		
1	Herbal	Ardraka; Ashwagandha; Bhallataka; Bhangra; Damanaka; Haridra; Kalamegha; Kanchanara; Krishna Jiraka; Lakshmana Phala; Lashuna; Manjishta; Panasa – Phala; Rujamari; Sada Pushpa; Shyama Parni; Tulasi; Yashtimadhu:
2	Mineral / Metal	Antimony; Arsenic; Bismuth; Calcium; Chromium; Gallium; Lithium; Magnesium; Manganese; Platinum; Rhodium; Selenium; Titanium; Vanadium; Swarna; Rajata; Tamra; Loha; Kanta – Loha; Hiraka; Vaikranta; Shilajith; Yashada;
COMPOUND FORMULATIONS		
1.	Kashaya Yoga	Ela Kanadi; Guggulu Tiktakam; Manjishtadi; Nimbadi; Pathyaksha Dhatriyadi; Patola-Katurohinyadi; Tikthakam; Tryanthyadi; Varunadi:
2.	Asava – Arishta Yoga	Aswagandharishta; Kanakasava; Khadirarishta; Nimbasava; Punarnavasava; Vasarishta:
3.	Churna Yoga	Guggulu Panchapala; Pushyanuga; Thalcesdi; Avipathikara; Rajanyadi:
4.	Avaleha Yoga	Agastya Rasayana; Amirtha – Bhallathaka – Rasayana; Amrita Prashavaleha; Brahma Rasayana; Chyavana Prasha; Kooshmanda Avaleha:
5.	Gutika Yoga	Bhallataka Vati; Kanchanara Guggulu; Manasa Mitra Vati; Siva Gutika; Tantu Pashana Gutika:
6.	Ghrita Yoga	Bhallataka Ghritam; Guggulu Tiktaka Ghritam; Patoladi Ghritam; Tiktaka Ghritam; Varunadi Ghritam:
7.	Taila Yoga	Karpasasthyadi; Karpooradi; Parinitha Kera; Chinchadi; Sahacharadi; Maha Masha:
8.	Bhasma Yoga	Abhraka; Hiraka; Shankhavisha; Suvarna; Tamra; Tuttha; Vaikranta:
9.	Rasaushadha	Roudra Rasa; Ramabana Rasa; Arbudaharo Rasa: ➤ Rasuashadha with Yogavahi Property: Agandha Kharpara Parpati; Agnikumara Rasa; Amara Sundara Rasa; Arogyasagara Rasa; Arbudaharo Rasa; Arogya Sagara Rasa; Ashwakanchuki Rasa; Ashwini Kumara Rasa; Kanta Loha Rasa; Udayabhaskara Rasa; Uma Shambhu Rasa;
10.	Rasayana Yoga	Bhallataka Rasayana; Chitraka Rasayana; Haritaki Rasayana; Lashuna Rasayana; Pippali Rasayana; Shilajith Rasayana; Guggulu Rasayana:
11.	Pottali Yoga	Hemagarbha; Lohagarbha; Pravalagarbha; Rasagarbha; Shilagarbha; Talagarbha; Tridhatugarbha; Tamragarbha:
12.	Maggotification (Su. Chi. 18 / 37-39)	Paste of Nishpava, Pinyaka, Kulatha, Mamsa, Takra etc. is applied over Arbuda to attract flies. So that worms & parasites may be produced and will consume the tissues of Arbuda.
13.	Go -Mutra	<ul style="list-style-type: none"> •Scientific studies have suggested that Go-mutra contains bioactive compounds that could potentially have antioxidant or anti-inflammatory effects. •A few animal studies have indicated that cow urine might have Immuno-modulatory and anti-Cancer properties. •Go-mutra can be used as a complementary or adjunct treatment, but it should not replace established treatments.

DISCUSSION

According to Ayurvedic understanding, tumour is the vicious cycle of aggravation of doshas and Ama formation, coupled with Srotodushti, triggering abnormal cell growth. The disease was prevalent even in Vedic period and its different concepts were thoroughly discussed and documented in Classical Texts Centuries before. Arbuda is actually a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. But it is scientifically proven that Ayurveda along with yoga and diet can prevent upto to a great extent. Treatment of arbuda mainly to stop proliferation and hence includes treatment of Vata, since it is Vata, that is responsible for proliferation of cells “वायुर्विभजति”. Now it is important to raise awareness and encourage implementation of Ayurvedic therapies and suggest an integrated approach in tumor management and treatment. There is enough scope to explore the role of Ayurveda in the management of arbuda group of diseases by analyzing and comparing various concepts mentioned in ancient texts with current information available in various modern texts and complementing them judiciously with aim of giving patients relief from undesired effect and also to improve quality of life in view of poor tolerance to surgery, altered efficacy of chemotherapy and radiotherapy.

CONCLUSION

Ayurveda proved to be a source of wisdom for exploring the effects of the understanding the disease and its management. Its basic principles are valid, time tested and applicable even today. Since Arbuda is considered as one of the dreadful diseases, generalized and a common approach for its management may not yield desired result. Specific treatment according to dosha is to be designed and executed. Dietary therapies, Drugs, Surgical & Para – Surgical approaches Psychotherapies and also Yoga play important role in the management. Ayurveda is the oldest Indian indigenous system of Medicine is known from very early times for preventing

or suppressing various disease conditions. Arbuda (Tumour) is no exception. Many treatment options like Surgery, Chemotherapy, Radiation Therapy, Hormonal Therapy, Targeted Therapy and Palliative Care etc. exists in allopathic medicine for Tumour. They vary depending on the type, location and grade of the arbuda as well as the patient's health and preferences. If adopted and applied with diligence, Ayurvedic concepts, principles and procedures play an important complementary role to conventional medicine in the management and treatment efficiency for long lasting solution for complicated conditions like Arbuda.

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