UNANI MEDICINE IN CANCER MANAGEMENT

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Abstract:

Unani medication is the customary craft of mending perceived around the world. Unani medication has found solutions to each sickness and illness which makes it corresponding to current medication in giving medical care administrations to humankind. Malignant growth is one of the quickest developing infections, with an expected overall frequency of 10 million new cases each year. The objective of disease therapy is first to destroy the malignant growth. On the off chance that this essential objective can't be achieved, the restorative objective movements to mitigation, the enhancement of side effects, and safeguarding of the patient's personal satisfaction (QOL). Current traditional anticancer treatments are related with unfavorable impacts, drug obstruction, and malignant growth repeat. Accordingly, there is as yet a dire requirement for new helpful choices for malignant growth. Current proof, in view of present day examinations proposes that Unani arrangement of medication might give elective means to disease treatment. This audit offers a proof based viewpoint of coordination of Unani medication in disease the executives. A work has been made to comprehend the job Unani medication can play in malignant growth the executives as adjuvant treatment as well as a substitute to customary chemotherapeutic specialists.

Key words:- Sartan,Galen,Malignant growth

Introduction:

Disease is the second significant reason for horribleness overall representing 8.8 million passings in 2015. All around the world, almost 1 out of 6 passings is because of disease. Roughly 70% of passings from disease happen in low-and center pay countries.[1] Cancer is a gathering of infections portrayed by uncontrolled cell development and capacity to attack different tissues through direct cell relocation or through the blood and lymph frameworks. More than 100 different types of cancer are known. A growth is an additional mass of cells with irregularities in their DNA. Growths might be harmless (not disease), or threatening (cancer).[2] Among numerous others, the etiology of disease is to a great extent impacted by tobacco smoke, contamination, synthetics, radiation, ecological elements, and unfortunate diet.[3] Cancer
cells can develop, attack adjoining tissues and may likewise influence different organs. Along these lines, cancers emerge when cells lose their capacity to go through directed cell development. Assuming that the determination is made at a beginning phase, disease can be effectively treated by a medical procedure and radiation. Though, progressed growths require chemotherapy and albeit these medications are effective, they are connected with extreme unfriendly occasions and medication resistance.[4]

The term cancer' is gotten from the Greek and Latin words for a crab, in light of the fact that a malignant growth "sticks to any part that it seize on in a stubborn way, like a crab.[5] The Unani System of Medicine is a finished clinical framework, which explicitly manages the different conditions of wellbeing and sickness. It gives promotive, preventive, corrective and rehabilitative medical care. Unani medication is an all encompassing way to deal with disease care.

This paper presents an audit of malignant growth in Unani medication and spotlights on the combination of Unani medication in disease the executives. A methodology has been made through this paper in understanding the job Unani medication can play in disease the executives and an endeavor has been made with accessible confirmations from present day as well as Unani messages that whenever utilized for malignant growth the board either as adjuvant or as a substitution to traditional chemotherapeutic specialists, it would be demonstrated profoundly productive.

**Concept and Management in Unani Medicine:**

Threatening growths are aggregately alluded to as tumors. Its strict significance is —crab as it adheres to its prey like a crab. The Unani wording for malignant growth is Sartān. Sartān is an Arabic word which means crab as it adheres to its prey like a crab. Sartan has been characterized as a kind of threatening, melanotic expanding which can happen anyplace in the body. It begins with a little expanding which bit by bit increments with time. It spreads quickly and the foundations of this enlarging are profound with unmistakable vessels.[6-7] The prominent Unani doctors eminently, Galen (129-199AD), Rhazes (854-925), Abulcasis (936-1013), and Avicenna (980-1037) were familiar with malignant growth. In records, Galen (Jālinūs) was quick to depict growths, including disease, in a methodical way. He endorsed Hippocrates' essential hypothesis of disease, which referenced reason for malignant growth as an abundance of dark bile. Galen assumed cancer as a disease associated with black bile humor which is very hard to be diagnosed at early stages.

Organization of a proper laxative has been recommended to eliminate overabundance dark bile from body and consequently embracing ways which forestall the age and collection of dark bile in veins similarly as possible.[8] Galen has additionally stressed that that recently shaped tumors can be treated through expulsion of hurtful humor from the body and by utilization of some skin hostile to malignant growth drugs. However, on account of cutting edge disease, hurtful humors should right off the bat be taken out from the body through laxatives and subsequently, annihilation of harmful cancer should be done such that all growth roots are eliminated. Then, neighboring vessel should be squeezed to eliminate their thick blood. Rhazes' momentarily grouped harmless and threatening growths; he referenced in his compositions that a few hard swellings found in body are like disease. He sorted such swellings into those with and
without torment. The premise of this separation depends on the way that hard swellings for the most part creates optional to warm swellings (like impassive or comparative swellings), and is reliant to different peculiarities for its arrangement and is never framed basically. Conversely, disease is framed fundamentally. Another element is that the vessels neighboring non-malignant swellings are anxious and have lower temperature upon contact contrasted with destructive cancers.

For easy swellings, this is the best indication of their harmless nature. Rhazes' stressed that during the underlying phases of malignant growth, standard phlebotomy and organization of dark bile laxatives should be given to forestall amassing of the infection framing humor. Furthermore blood diminishing food sources with cold nature ought to be directed to the patient. Avicenna depicted disease is from the class of dark bile enlarging, which is brought about by the aggregation of abundance dark bile, which is delivered from consuming of the yellow bile. Subsequent to discussing the differential attributes of malignant growth and scirrhus, he focuses that disease as often as possible includes empty organs and consequently, its predominance is higher among females. Organs with rich vascular stockpile are more inclined to disease. At beginning phases, disease development is unapparent. After movement, therapy of malignant growth would be troublesome.

Avicenna further depicted a few elements of harmful development as at first, it is the size of a wide bean or more modest, hard, circular, dull and somewhat warm, some of them have serious torment, while others have less than overwhelming torment, with some being for the most part effortless. A few malignant growths are inclined to ulceration yet in a few different cases, ulcerative disease could become non-ulcerative. Avicenna cautioned that now and again, control of a cancer might prompt its ulceration. The classification of this sickness as malignant growth (crab) may be because of the comparability between the state of a carcinogenic cancer influencing an organ and a crab with its prey. The designation may also be due to the sphericity and darkness of tumor and origination of vessels from its surroundings which resembles crab’s feet.

For the administration of malignant growths, Avicenna has plainly referenced that the little harmful cancer can be effectively extracted. Assuming this is the case, the growth ought to be wiped out for certain pieces of contiguous ordinary tissues with the goal that all cancer taking care of vessels may likewise be eliminated. Subsequent to cutting the dangerous cancer, let it drain until huge blood volumes emerge from the body. Mind that, purgation and phlebotomy ought to have proactively been performed to purify the body from cancer-causing substances preceding extraction. Body purging ought to be performed utilizing appropriate food varieties (from both subjective and quantitative viewpoints) to set up the organ for cutting. In certain events, it very well might be important to close up the scar. In any case, searing is contraindicated, assuming the dangerous cancer has come near touchy and indispensable organs.[9]

All things considered it very well may be added that dark bile assumes a significant part in the advancement of malignant growth. Dark bile laxatives assume a significant part in beginning phases of disease treatment. In cutting edge stages, with metastasis to different tissues, complete extraction is the main restorative measure, trailed by evacuation of all malignant growth roots and contiguous vessels. Unani doctors relies generally upon natural medication for the therapy of malignant growth or ending its movement.
Integration of Unani Medicine in Cancer Management:

The standards of Unani medication can be used both for anticipation and the executives of malignant growth. Unani medication can be occupied with the executives of malignant growth both as a substitute to customary chemotherapeutic specialists as well as adjuvant. Nonetheless, utilization of Unani drugs as a substitute to customary chemotherapeutic specialists requires careful clinical preliminaries and it is as yet in the progressive phase. However, as an adjuvant, it has been demonstrated exceptionally productive.

Prevention of cancer:

Prevention can be achieved by abiding the following principles of Unani Asbab Sitta Zarooriya (Six Prerequisites of Healthy Living by Unani medicine):[10]

1. Air (Hawa)
   - Fresh and pollution free air for breathing.
   - Avoiding exposure to excessive heat or excessive cold.

2. Food and Drink (Makool o Mashroob)
   - Stoppage of tobacco chewing and smoking.
   - Avoiding junk and smoked foods, preserved foods, alcohol, carbonated drinks, etc.
   - Avoiding excess of non-vegetarian diet.
   - Avoiding black bile producing diets such as red meat, dried and salted meat and fish, etc.
   - Taking soft and easily digestible diets.
   - Consuming turmeric, tomatoes, garlic, flaxseed, spinach, broccoli, pomegranates, walnuts, etc.
   - Taking diet rich in fibre (20-30gm/day).

3. Bodily Movement and Repose (Harkat o Sukoon Badani)
   - Avoiding sedentary lifestyle.
   - Exercising for 30-45 minutes at least five days a week.

4. Psychic Movement and Repose (Harkat o Sukoon Nafsani)
   - Avoiding mental stress and anxiety.
   - Avoiding extreme emotions, e.g. anger, fear, sadness.
   - Lead a spiritual peaceful life.
5. Sleep and Wakefulness (Naum o Yaqza)
   - Sleeping for six to eight hours.

6. Retention and Evacuation (Ihtibas o Istifragh)
   - Avoiding constipation.
   - Ensuring proper evacuation, urination, perspiration and menstruation.
   - Avoiding dehydration and ensure retention of electrolytes and minerals.

**Use of Unani Medicine as a substitute to conventional chemotherapeutic agents:**

In the new many years, there has been an emotional expansion in interest in the utilization of home grown medications to kill disease cells. Unani home grown medications may be possibly protected remedial possibility for the therapy of malignant growth. A few preclinical in vitro and in vivo investigations have detailed anticancer movement of certain Unani therapeutic plants removes on various human malignant growth cell lines and in creature models. A few examinations have uncovered that regular items show a broad range of natural exercises, for example, feeling of the safe framework, antibacterial, antiviral, against hepatotoxic, hostile to ulcer, calming, cell reinforcement, hostile to mutagenic, and against disease effects.[11-15] what's more, various restorative plants and spices have additionally been accounted for to diminish the gamble of malignant growth in numerous sites.[16-17] Many ordinarily utilized enemy of malignant growth spices have chemopreventive impacts inside their different pharmacological properties. Since malignant growth develops throughout an extensive stretch of time, specialists that restrain or impede at least one of its stages could influence the general course of the sickness.

Qamar Uddin et al audit the notable discoveries of preclinical investigations of 20 Unani therapeutic plants for their anticancer movement. These discoveries give a decent base to clinical preliminaries. These Unani restorative spices might be significant for upgrading the customary anticancer treatment; and they can be utilized in mix with traditional anticancer medications as a strong treatment to further develop wellbeing related personal satisfaction (HRQoL) of disease patients. In any case, clinical investigations of these spices should be directed for conceivable elective clinical therapy of cancer.[18]

**Use of Unani Medicine in the management of cancer as an adjuvant:**

Early detection leads to better prognosis. Unani treatment may be used as an adjuvant therapy for the following purposes in cancer patients:[10]

- To restore the healthy lifestyle by observing Asbab Sitta Zarooriya (Unani Six Prerequisite for healthy Living).
- To enhance the immunity of the patient.
To reduce the complications associated with cancer.

To prevent the side-effects of the conventional cancer therapies.

To improve the quality of life of the patients.

**To enhance the immunity:** A number of Unani formulations act as immune-modulator which may be prescribed with full confidence to the patients. The names of few are given below:

- Khamira Marwared[19]
- Tiryaq-e-Wabai[20]
- Khusta Til Kalan[21]

**To reduce the complications associated with cancer and to prevent the side-effects of the chemotherapy:** The normal aftereffects brought about by malignant growth treatment generally incorporate pallor, craving misfortune, draining and swelling (thrombocytopenia), stoppage, incoherence, looseness of the bowels, edema, weakness, balding (alopecia), contamination and neutropenia, memory or focus issues, mouth and throat issues, queasiness and regurgitating, nerve issues (fringe neuropathy), torment, sexual and fruitfulness issues (men), sexual and richness issues (ladies), skin and nail changes, rest issues, urinary and bladder problems.[22]
The list of Unani medicines having beneficial effects against each of the side-effects is given below: [23]

<table>
<thead>
<tr>
<th>Side effects</th>
<th>Useful Unani Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemia</td>
<td>Sharbat Faulad, Majoon Azraqi, Arq-e-Maul-Ilaham, Sharbat Ward</td>
</tr>
<tr>
<td>Appetite Loss</td>
<td>Jawarish Bisbas, Hab-e-Tursh Mushtahi, Namak-e-Sulemani</td>
</tr>
<tr>
<td>Bleeding and Bruising (Thrombocytopenia)</td>
<td>Sharbat Anjbar, Qurs kahruba, Qurs kafoo, Qurs Sartan</td>
</tr>
<tr>
<td>Constipation</td>
<td>Itrifal Zamani, Qurs Mullayan, Itrifal Sanai</td>
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<tr>
<td>Delirium</td>
<td>Majoon Falasfa, Khamira Abresham, Khamira Gauzaban,</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Jawarish Mastagi, Hab-e-Ral</td>
</tr>
<tr>
<td>Edema</td>
<td>Sharbat Bazoori Mautadil,</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Jawahar Mohra</td>
</tr>
<tr>
<td>Hair Loss (Alopecia)</td>
<td>Jawarish Amla, Jawarish Jalinoos</td>
</tr>
<tr>
<td>Infection and Neutropenia</td>
<td>Qurs kafoo, Arq-e Hara Bhara</td>
</tr>
<tr>
<td>Memory or Concentration Problems</td>
<td>Majoon Falasfa, kahamira Abresham, Khamira Gauzaban</td>
</tr>
<tr>
<td>Mouth and Throat Problems</td>
<td>Sharbat Tooth Siyah, Lauq khayarshambar, Lauq Sapistan</td>
</tr>
<tr>
<td>Nausea and Vomiting</td>
<td>Jawarish Anarain, Jawarish Tamarhindi,</td>
</tr>
<tr>
<td>Nerve Problems (Peripheral Neuropathy)</td>
<td>Hab-e-Asgandh, Hab-e-Azraqi</td>
</tr>
<tr>
<td>Sexual and Fertility Problems (Men)</td>
<td>Majoon Arad Khurma, Laboob-e-Kabir, Majoon Pambadana</td>
</tr>
<tr>
<td>Sexual and Fertility Problems (Women)</td>
<td>Majoon Suparipak, Majoon Moohras, Majoon Hamal Ambari</td>
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<tr>
<td>Skin and Nail Changes</td>
<td>Hab-e-Mussafi khou, Itrifal Shahtara, Majoon Ushba</td>
</tr>
<tr>
<td>Sleep Problems</td>
<td>Hab-e-Shifa, Roghan-e-Laboob Saba,</td>
</tr>
<tr>
<td>Urinary and Bladder Problems</td>
<td>Sharbat bazoori, Jawarish Zarooni, Dawa-ul-Kurkum</td>
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To improve the quality of life of the patients:

Unani Regimenal treatment is an amazing approach to working on personal satisfaction in malignant growth patients. Regimenal treatment (Ilaj bi Tadbeer) is a non-pharmacological methodology of treatment in Unani medication. It incorporates regimens like Hammam, Dalak, Shumum, Riyazat, Hijamat, Fasd, and so on. These regimens are notable to the cutting edge world by different names and the analysts all over the world have demonstrated their adequacy and security in either sign. A plain survey of the regimens with their depiction in Unani medication and references of their adequacy on the cutting edge boundaries is introduced beneath to demonstrate the viability of these regimens in working on the QOL of disease patients. The regimens that would be most befitting to cancer patients include the following:
<table>
<thead>
<tr>
<th>Regimen</th>
<th>Description in Unani Medicine</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dalak known as Massage therapy</td>
<td>In Unani medicine, Dalak is done by applying pressure or friction, kneading, rubbing, tapping, pounding, vibrating or stimulating against the external soft parts of the body with hands or other objects like rough cloth with or without oils, creams, lotions, ointments or other similar preparations, is applied to body. Kamal et al has published a complete review of Dalak (Massage) in Unani Medicine.(^{[37]})</td>
<td>A systematic review of 22 articles examining the effect of massage on relaxation, comfort, and sleep was conducted by Richards et al.(^{[32]}). The massage was found to be anxiolytic. In a review, eight research papers reported significantly decreased anxiety or perception of tension with massage. Seven of 10 studies found that massage produced physiologic relaxation, as indicated by significant changes in the expected direction in one or more physiologic indicators. In the three studies in which the effect of massage on discomfort was investigated, it was found to be effective in reducing pain. In three studies the effect of massage on sleep was examined.</td>
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<tr>
<td>Hammam Known as Balneotherapy</td>
<td>The detailed description of Hammam in Unani medicine along with its application in various diseases has been published by Javed et al.(^{[38]})</td>
<td>A randomized pilot trial was conducted to study the role of hyperthermic baths in patients with depressive disorder.(^{[33]}). This pilot study suggests that hyperthermic baths do have generalized efficacy in depressed patients. In another study the spa therapy shows a potential approach for breast cancer rehabilitation.(^{[34]}) A study conducted on 34 children aged 10-15 years in long-term remission of acute lymphoblastic leukemia, adjuvant balneotherapy promoted improvement in the heart rate and decreased asymmetry of circulation.(^{[35]})</td>
</tr>
<tr>
<td>Shamum known as Aromatherapy</td>
<td>Aromatherapy uses fragrances or scents that are completely natural and are derived from flowers, resins, wood, roots, fruits, herbs, leaves, seeds etc. Besides, aromatic substances can also be ingested and taken internally as medicines; a concept unique to Unani system of medicine, i.e., use of Mufarehaat (exhilarant herbs) orally. A complete review has been published by the author: Aromatherapy: The Practice of Aroma’s in Unani Medicine.(^{[39]})</td>
<td>A systematic review was done by Boehm et al.(^{[36]}) to evaluate the benefits of aromatherapy for cancer patients such as reduced anxiety levels and relief of emotional stress, pain, muscular tension and fatigue. The review concluded that Aromatherapy/essential oils are useful for short-term benefit in regard to reducing anxiety and depression symptoms and to increase sleep patterns and wellbeing in cancer patients.</td>
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**Conclusion:**

Unani medication is an all encompassing way to deal with malignant growth care. The essential point of this audit is to feature and talk about the extent of joining of Unani medication in cancer the executives. The paper surveys the job, Unani medication can play in counteraction and the executives of malignant growth. The examination has been made to coordinate Unani medication both as an adjuvant as well as substitute to customary chemotherapy. There are pharmacological investigations accessible which are reminiscent of Unani therapeutic plants for their anticancer impacts; these can be created as anticancer restorative specialists to battle this dangerous infection. Consequently, it very well may be reasoned that Unani home grown medications can be considered as promising chemotherapeutic specialists. Essentially, the job of Unani medication as an adjuvant to customary chemotherapy is proof based and can't be disregarded. These Unani home grown medications and regimens when joined with customary anticancer treatment might serve to synergize the anticancer impacts, furthermore, decrease the symptoms of customary medications, to further develop the patient's QOL, and to forestall disease repeat.

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