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Management of Cancer

Abstract: - Cancer is a very dangerous or serious disease that damages some parts of our body or the entire body and also weakens our mental body. When the number of cells in any part of the body. When the number of cells in any part of the body keeps increasing abnormally, this group of cells takes the form of a tumor and later takes the deadly form of cancer. The main reason for this is our genetic factor and our poor lifestyle also causes it. These cancer cells increase their number very quickly in our body and in the initial stage, these cells are not even detected nor are any specific symptoms visible.

“Yoga says to root causes of every ailment is always pranayama kosha (energy body)”.

Many scientific studies are still ongoing on the extent to which cancer can be cured through yoga. However, some studies have found that yoga has been found to reduce the stress level of cancer patients and has also been said to reduce the symptoms of cancer to some extent.

Yoga is an ancient science through which we can balance the energies of our internal body and it influences our entire body as well as our mind, prana, and emotional thoughts. Yoga is not a form of treatment; this is a way for the body to equilibrium your intramural energies.

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Introduction: Cells keep dividing normally in the body, which is very important for the development of our body. Cells of every part of the body divide and DNA keeps getting modified in each cell. This process happens automatically in our entire body. Many cells die or get injured all the time in the body. The body keeps rebuilding new cells to replace those dead and injured cells.

When this cell division continues to increase uncontrollably and more cells divide than necessary, then this condition is first called a tumor and when it becomes serious, this disease is called cancer. Although the division of cells is under the control of the body, due to some genetic or environmental factors, this process of division becomes uncontrolled and the place in the body where these cells start growing uncontrollably starts forming a lump in that organ. That infected cell also affects the functioning of healthy cells in the body. If these infected cells spread to other organs, they infect the healthy cells of other organs and cause serious damage to the body.

Cancer is not a serious disease, but it happens at a serious time because its early stage is difficult to detect and its symptoms are not even clear in the beginning. For this reason, it becomes a long-term disease and sometimes infects other parts of the body as well. Due to this, it is serious and becomes a complex disease. Cancer cells disorganize the physical chemical and biological forces of the body. Due to this, they do abnormal functions of infected cells and also affect DNA mutations.

These infected cells start multiplying much faster than normal cells increase their numbers in the body very quickly and infect healthy cells as well.

According to World Cancer Research Fund (2019), the number of cancer patients in Europe, Asia and North America is higher than usual. Every year 90 lakh people in the world lose their lives due to cancer and it is the second largest disease in the world due to which people lose their lives.

Talk about cancer, mainly blood cancer which is a common cancer all over the world. In the case of blood cancer, India's condition is so bad that today, every 5 minutes a person is diagnosed with blood cancer, out of the which, 192 people die in a day.

- **What happen in blood cancer?**

In the bone marrow of a patient healthy stem cell are not formed.

- **What are these stem cells?**

The stem cells present in our bone marrow, they work like a cell factory in our body, which makes new cells and gives them specific role or jobs, meaning in our body which cell will make heart cells and which cell make blood cell all these are decided by our stem cell.

But many times, due to DNA damage the cell making factory become defective. Now, if the cell factory is defective then the cells that are made in it will also be defective.

And in such a way, these defective stem cells in the body of a healthy person, will make blood cells by mistake which do not have any specific role in his body. They just take away the nutrition of the other healthy cells and keep growing and become a burden for the body. And this is how due to defective stem cells, a person gets blood cancer.

Treatment: There is only one cure for this problem, which is a permanent cure, and that is **Stem Cell Transplantation**.

In this, doctor collect stem cells from another person and inject them into the body of a blood cancer patient. So that, a healthy stem cells of the donor can make new normal and healthy blood cells; but there is a huge problem now!

This process seems very simple but it is actually very tough, because for a human being it is difficult to get a match between stem cells. In fact, out of 1 billion of stem cells, a specific person's stem cells have the ability to burst and cancel the blood cancer cell in a blood cancer patient. Every human can be become a matching stem cell donor. And the reason for this is because every human's cell have **HLA** (Human Leukocyte Antigen).

HLA- which are different arrangements of proteins because of which we all make HLA groups like blood groups.

According to Yogic scriptures 72 thousand subtle nadis are found in our body and in some yogic texts this number is even stated to be up to one crore. Prana continues to flow in these nadis all the time. This Prana keeps our body energetic and automatically performs every function of the body like blood circulation, heart rate, exchange of breaths etc. This Prana Shakti gives our body the ability to fight diseases and it also compensates for any type of deficiency in the body.

Consider as an example. When a person goes to the doctor when a bone in his hand is broken, the doctor puts a plaster on his hand for one or two months and tells him not to use the hand too much or move it and recommends taking a calcium-rich diet. Now the doctor just applied a paste from outside and closed the hand through the plaster. He did not join the bone, after a few months the bone joined itself, and then the question arises who joined that bone, the answer is - "Prana Shakti".

Prana Shakti automatically compensates for any kind of damage in our body but only one condition the flow of prana should be without interruption in our nadis.

Another example of pranic energy: - is that when a high blood pressure patient comes to a yoga institute, the yoga teacher there makes him do some asanas, pranayama, meditation etc. After a day or two, when an asthma patient also comes there, the teacher makes him do the same yoga practices that he was doing for the high blood pressure patient. After a few months, both the patients become completely healthy and leave from there. When the yoga teacher there was asked why he made both the patients do the same yoga practices, he was suffering from different diseases. Then the teacher said that we did not work on his physical body or diseases. We only worked on

his pranayama kosha (Mental body). Due to the purification of Prana (pranayama kosha), the diseases of his physical body were automatically destroyed

Cancer cells are already present in everyone's body, but they remain dormant and unorganized. As soon as they get favourable conditions within the body, they become active immediately. But even when active, it is not able to cause much harm to the body because it remains unorganized, however, if the prana is unbalanced in the vital body, or if the effect of prana is not done properly then its effect falls on the gross body and cancer cells get organized on their own. But due to some other factors like stress, bad lifestyle, inappropriate food, attitude (tendency), etc., it gets organized together in the body itself and gets organized and spoils the healthy cells of the body.

This whole process mainly happens due to an imbalance of pranayama kosha.

When the influence of Prana is not felt properly in any of our organs, the cells in that place start dying and due to lack of Prana Shakti (Vital Energy), the process of formation of cells there also remains incomplete. Due to this many systems of our body become abnormal and the body sends a signal to the brain to make new cells, due to lack of mutation or DNA damage while forming new cells, the number of cancer cells in the body increases.

“The ailments is only a manifestation of the disturbance that exists in the pranic body:

Causes: The cause of cancer is still unknown, but medical science has considered many factors responsible for the production of cancer such as

- Genetics
- Lifestyle
- Food habits
- Stress
- Tobacco
- Lack of exercise
- Exposure to chemicals

Symptoms: Symptoms of cancer depend on which part of the body the cancer has affected but some main symptoms are seen in almost every patient.

- Lethargy
- Fatigue
- Weakness
- Dizziness
- Headache

- **Diet and Nutrition**

There can be many reasons for getting cancer like genetics and environmental factors, but it is outside our control, but diet is something we can change. By paying attention to our diet and avoiding certain food items, we can reduce the risk factors of cancer. Eating simple and easily digestible food kept the body light. This food also increases the vital energy of our body. Taking a proper diet helps the body fight diseases and increases our immune system.

New studies are continuously revealing that diet is a huge impact factor in the risk of cancer and diet is also capable of controlling cancer to some extent.

- **Cruciferous vegetables** - such as broccoli, cress etc contain a compound called sulforaphane which reduces the size of tumour cells in some research, it has been seen that cruciferous vegetables also cause the death of tumour cells and also protect DNA from damage
- **Tomato:** Many studies have found that those who eat tomatoes (lycopene) in large quantities have a lower risk of developing prostate cancer and intestinal cancer.

Lycopene- There is a compound found within tomatoes and it has anti-cancer properties.

- **Garlic:** Many test tube studies have found that a compound called allicin is found in garlic which is capable of killing cancer cells. Many researches have revealed that consuming garlic daily boosts the immune system.
- **Turmeric:** is one of the famous spices that contain health-promoting properties. Curcumin is a chemical compound found in turmeric. This compound is an anti-inflammatory antioxidant as well as anti-cancer. Many test tube studies have found that curcumin is capable of killing cancer cells.
- **Cinnamon** It is a sweet spice used for flavouring food. Scientific studies have found that cinnamon prevents cancer cells from spreading and also inhibits the growth of cancer cells. Anti-cancer properties are also found in it. Still, studies are needed to know how cinnamon affects the development of cancer in humans.
- **Ketogenic diet:** Keto diet means consuming low-carbs food and high-fat food because carbohydrates (Glucose) the main food of cancer cells. They increase their numbers very quickly by using glucose. Following a ketogenic diet reduces the glucose level in the body due to which cancer cells do not get enough food and their growth decreases. Many studies have revealed that people who followed the keto diet during cancer saw a reduction in their symptoms.
- Other types of food whose quantity needs to enhance from the diet, such as.

- Black Grapes
- Citric Fruits
- Green Tea
- Onion
- Soya Chunks

Avoid many foods from the diet to reduce the risk of cancer because some foods increase cancer cells in the body and also promote them. It is necessary to avoid some food items like:

- **Processed white flour (Maida):** Flour is a common ingredient that almost everyone eats today, but research has revealed that many mills use chlorine gas to make the flour appear white. The use of white processed flour increases the glycemic rate and insulin level in the body. By using glucose, cancer cells increase their numbers very quickly in the body.

- **Non organic fruits and vegetables:** Today to increase the production of fruits and vegetables, they are sprayed with pesticides and fertilizers such as atrazine, thiocarb, organophosphates as well as high nitrogen fertilizers. Atrazine is banned in Europe and all these chemicals are banned in many countries but are sold indiscriminately in India.
There is a saying, eat an apple a day and stay away from the doctor. This saying is not true in today's time. Apples contain 98% pesticides and other fruits and vegetables contain about 90%. Even by washing fruits and vegetables, chemicals are not easily removed from them. So be careful about what you or your family are eating.
- **Refined and artificial sweeteners** are used in all types of foods like soft drinks, coffee, juice, cookies, cakes, sauces and cereals. Sweeteners are present in different quantities in all these foods. When these enter the body they break down within the body as harmful toxins known as DKP. Which invites many types of diseases like brain tumour, stomach cancer, metabolic syndrome, and convulsions.
- **Processed meat:** Eating processed meats such as sausages, bacon, hot dogs and deli meats increases the risk of several types of cancer, including stomach and pancreatic cancer. These meats contain toxic chemicals like nitrates and nitrites which are cancer-causing compounds and processed meat is full of too much sodium and saturated fat which helps in developing cancer as well as other diseases. Instead, options for healthier protein choices such as lean meat, fish and plant-based options.
- **Raw foods:** Eat as much as possible cooked food during cancer do not eat raw food because of the chance of getting an infection from raw food. Even if you are eating fruits try to eat thick-skinned fruits such as papaya and watermelon, because they are completely protected from infection compared to thin-skinned fruits such as apples and bananas.
Other types of food whose quantity needs to be reduced from the diet, such as:
 - Over fried food.
 - Alcohol and tobacco.
 - Soda and cold drinks.
 - Hydrogenated oils.
 - Red meat.
 - Canned food.
 - Over fried food.
 - White and refined foods.

- **Yogic Management of Cancer**

Yoga is an ancient science that began in India about 5000 years ago. The purpose of yoga is to maintain harmony between body, mind and soul. It is through yoga that the flow of affected prana within the nadis is improved. Only by better flow of prana the body and mind remain away from disorders.

The main role of yoga is to keep the mind calm and to improve the effect of prana and its main effect is on our mind and prana. Due to an imbalance of prana, many disorders arise in the body such as heart disease, cancer, epilepsy, asthma etc. According to Yoga, any type of disease in the

body is caused by the impurity of Pranamaya Kosha (pranic body). That is, prana is not able to have proper effect in the nadis. Due to a lack of vital (pranic) energy, the body becomes weak and the immune system also becomes weak and any diseases catches the body very quickly.

Some simple ways to increase Pranic energy (vital energy).

Aahar: Food is an integral part of our life without which life cannot be imagined. In the Vedas, food itself has been called Brahma. Food has a direct impact on our body, mind and soul. If a person consumes satvik food, it increases strength, purifies the mind and also improves the flow of (prana) life. Food should be taken at the right time and according to its nature. According to Ayurveda, food should be according to the Ritu (season), prakrti (Vata, Pitta and Kapha) and place (desh). Due to this, all the functions of the body remain even and the senses, mind and soul remain happy.

The right aahar vihar has a direct impact on our pranic energy. Diet is a better option to increase vital energy. Due to the balanced flow of pranic energy, no abnormal condition arises in the body and all the functions of the human body continue to occur naturally and no disorders occur in the body and the human always remains healthy.

Environment: The environment around us has a direct impact on our personality and pranic energy, as does the environment around the person, similarly, there is a person's vital energy. If a person remains conscious about proper diet, exercise, swadhyaya (self-study), positive thoughts etc. then pranic energy is better than before. If people with virtuous personalities and positive energy live around us, then its effect is visible on us as well as the environment. The environment appears cleaner and more favourable than before.

Yoga practices: Yoga is a spiritual scripture in which many parts of yoga have been discussed. Prana energy is increased through these yoga parts. Through some parts of yoga like Shatkarmas, asana, pranayama, meditation etc., nadis are purified and pranic energy is balanced.

Usually, when a new-born baby is born, his pranic energy remains normal, but as the new-born baby grows, due to inedible food, bad habits, material comforts, means of convenience etc., his vital energy gets negatively affected and the response of the person's pranic energy gradually decreases. Due to low level of vital energy, a person catches diseases very quickly. Through yoga, the life energy is first balanced and then it is increased.

Some important parts of yoga that increases Pranic energy:

- a. Meditation
- b. Pranayama
- c. Mudra

Benefits

- a) Physically, mentally, and emotionally balanced.
- b) Improve the flow of prana.

- c) Reduce stress and emotions.
- d) Provides calmness and relaxation.
- e) Enhance awareness and mental clarity.
- f) Remove harmful toxins from the body.
- g) Works on physical and mental body and also a pranic (energy) body.
- h) Prevention from ailments and boost the immune system.

Some Research shows as:

- Recently, the results of a yoga study from an MD Anderson Cancer Center were revealed. The study included 61 breast cancer women who were treated with radiation therapy. Half the women practiced Yoga twice a week and the other half did not.

By comparison, women in the Yoga group reported more energy, decreased stress levels, better physical functioning and a better overall quality of life.

- Recently, the results of a yoga study were revealed at the Annual meeting of the American Society of Clinical Oncology.

The study included 126 women diagnosed with stage 1 and stage 2. The women were treated with chemotherapy and hormonal therapy. Some women were made to practice yoga for 3 months. Women who did yoga reported a 12% improvement in fatigue, stress, physical function, and quality of life compared to women who did not do yoga.

- A small yoga trial found that yoga improved quality of life while reducing fatigue, anxiety, and pain in pediatric and adolescent patients, a pilot study of cancer survivors aged 10 to 17 years provided this information. Yoga also achieved significant improvement in levels of fatigue, anxiety and functional mobility in active patients as well as their parents.
- To conduct a study, 191 breast cancer patients were divided into three groups.
 - i. Yoga
 - ii. Simple stretching
 - iii. No Instruction of Stretching and yoga

Participants in the yoga and stretching group especially breast cancer patients, participated for 1 hour, 3 days a week. Saliva samples were collected and it was found that patients who practiced yoga saw the greatest decline in their cortisol levels. Yoga could reduce this stress hormone. This is especially important because high-stress hormone levels throughout the day have been linked to breast cancer.

- According to Cohen - Research has shown that including yoga practice in one's daily routine helps the patient even after completing cancer treatment.

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