

INTERNATIONAL JOURNAL OF AYURVEDA360



**AYURVEDA
360**

**PEER-REVIEWED
BIMONTHLY JOURNAL**



www.ayurveda360.in/journal

ISSN

PRINT:

3048-7382

ONLINE:

3048-7390

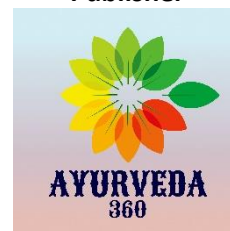
2025

VOLUME 1

ISSUE 6

MAY-

JUNE

DOI: [10.63247/3048-7390.vol.1.issue6.8](https://doi.org/10.63247/3048-7390.vol.1.issue6.8)**Integrative Role of Ayurveda in Cancer Management: A Review**Khan C.¹, Gurawa M. K.², Kiran³, Prasad M.⁴, Gurao R.⁵

1. Dr. Chhote Khan, MD Scholar, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur, <https://orcid.org/0009-0004-7227-6150>
2. Dr. Manoj Kumar Gurawa, MD Scholar, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur.
3. Dr. Kiran, MD Scholar, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur.
4. Dr. Mahendra Prasad, Associate Professor, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur.
5. Dr. Rashmi Prakash Gurao, Assistant Professor, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur

ABSTRACT**Introduction:**

Cancer is a multifactorial disease characterized by uncontrolled cellular proliferation and metastasis. Conventional therapies such as chemotherapy and radiotherapy, though effective, are often associated with significant side effects and quality-of-life concerns. *Āyurveda*, the traditional medical system of India, offers a holistic approach to health that may complement modern oncology in both preventive and therapeutic contexts.

Methods:

A narrative review was conducted by critically evaluating classical *Āyurvedic* texts, including *Caraka Saṃhitā* and *Suśruta Saṃhitā*, along with contemporary scientific literature available in peer-reviewed journals, online databases, and institutional repositories. Particular focus was placed on descriptions of conditions analogous to malignancies (*Arbuda*, *Granthi*), and relevant therapeutic interventions.

Results:


Classical texts describe *Arbuda* as a progressively enlarging, non-suppurative, deep-seated mass involving *Māṃsa*, *Rakta*, and deranged *doṣas*. Preventive regimens such as *Pañcakarma*, *Ṛtuśodhana*, and adherence to *Dinācaryā* and *Ritucaryā* are emphasized to eliminate *sañcita mala* and maintain doshic balance. Several *Āyurvedic* herbs and formulations demonstrate

anticancer potential, and therapies may alleviate side effects of chemotherapy or radiotherapy.


Discussion:

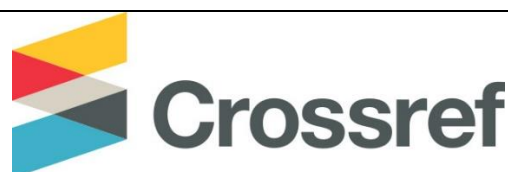
Integrating *Āyurveda* into cancer care offers a personalized and patient-centric model focused on enhancing vitality, immunity (*ojas*), and overall well-being. While preliminary evidence supports these interventions, rigorous clinical trials and pharmacological studies are required for scientific validation. A multidisciplinary, integrative approach combining *Āyurveda* with conventional treatment could contribute meaningfully to comprehensive cancer care.

Keywords: Malignancy, *Arbuda*, Integrative Medicine, *Ojas*, *Ayurveda*

CORRESPONDING AUTHOR	HOW TO CITE THIS ARTICLE?	TO BROWSE
Dr. Chhote Khan, MD Scholar, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur, Email Id: ckhan0321@gmail.com	Khan, C., Gurawa, M. K., Kiran, Prasad, M., & Gurao, R. (2025). <i>Ayurveda for cancer management – a review. International Journal of Ayurveda360</i> , 1(6), 494-503. https://doi.org/10.63247/3048-7390.vol.1.issue6.8	

Manuscript Received	Review Round 1	Review Round 2	Review Round 3	Final Updated Received
11/04/2025	18/04/2025	26/04/2025	01/06/2025	11/06/2025
Accepted	Conflict of Interest	Funding	Ethical Approval	Plagiarism Checker
12/06/2025	NIL	NIL	NIL	11%

Licensing and Distribution	
	This work is licensed under a Creative Commons Attribution 4.0 International License . (https://creativecommons.org/licenses/by/4.0/) You are free to share, copy, redistribute, remix, transform, and build upon this work for any purpose, even commercially, provided that appropriate credit is given to the original author(s) and source, a link to the license is provided, and any changes made are indicated.



International Journal of Ayurveda360 2025; 1(6)

This journal is published under the tradename Ayurveda360, registered under UDYAM-KR-27-0044910.