

ACHARYA TULSI SHOWS
THE WAY TO **WORLD PEACE**

HOW TO FIND A
SOUL MATE

Life

Positive
YOUR GUIDE TO PERSONAL GROWTH



SURVIVING **CANCER**

The diagnosis was heart-breaking. Inderjit Kaur, 38, was told her disease was in its final stage; she had only six months to live. In desperation, she turned to an ayurveda doctor. Today, she is "perfectly healthy, with no complaints".
But can alternative systems of medicine really cure cancer?

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Charaka Samhita and the *Susratā Samhita*. Cancer was referred to as *arbuda* (a mound of flesh), a further development of a *grandhi* (a benign tumour).

Ayurvedic practitioners believe that cancer is caused by an imbalance in all three of the basic physiological principles, the *tridoshas*—*vata*, *pitta* and *kapha*. This imbalance is detected by feeling the pulse of the patient at the radial artery. While all three *doshas* are involved, one will predominate, and this will guide the physician in his diagnosis.

Treatment involves two steps. One, getting rid of accumulated waste byproducts and toxins through the *panchakarma* therapy using herbal oil massages, heat treatments, enemas, external applications and the oral ingestion of herbal substances. The *bala* (vitality) of the cancer patient is then sought to be fortified and rejuvenated by the *rasayana* therapy, which uses herbal and mineral-based preparations, often containing mercury and arsenic.

The use of invasive techniques such as surgery and radiation is not ruled out in *ayurveda*, but the emphasis is on changing the patient's lifestyle and way of thinking. Thus diet, rest, exercise, massage, visualisation and spiritual instruction all form part of the treatment. The Divyajot Ayurvedic Research Foundation is using 65 herbal medicines to treat cancer patients. Under the tutelage of ayurvedic practitioner Ma Anantanandji, the Association is constructing a 100-bed hospital and research centre near Ahmedabad. The emphasis will be on the total rehabilitation of the cancer patient.

Dr Nandlal Tiwari of Jaipur is another ayurveda doctor who has made a reputation for himself as a cancer specialist. He claims to have perfected a herbal preparation, which he calls *Carctol*, and which he markets from his clinic. A single capsule is priced at Rs 4, a month's supply costs approximately Rs 300. He is apparently deluged with requests for treatment from those who have tried the allopathic options without success and have nowhere else to turn. Yet Dr Tiwari's instructions are firm and explicit: "Do not contact me before two months of taking my medicine. If there

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mango) or is likely to become sour in the course of time (yogurt). This is a downside of many of these treatments, for not only are the dietary guidelines severely restrictive, but they also seem to deprive people of the kind of food that they can easily digest. The patients are also expected to swallow medicinal substances that are usually bitter and difficult to keep down.

Trilochan Singh Batra is a retired government official who was diagnosed with prostate cancer towards the end of his service. Though he was operated upon, there was no visible improvement as the cancer had already spread to the bones and he spent his days in pain with fever, sweats and no appetite. In desperation, he turned to Dr Tiwari. He began to feel better within a fortnight, and now, five years later, he is free of the disease and is leading an active life.

Says an appreciative Batra: "Allopathic doctors did not suggest any further treatment and had turned me away. I am indebted to Dr Tiwari for giving me a new life."

Unfortunately, the treatment did not promise a cancer-free existence for Seema, a 36-year-old housewife who was diagnosed with carcinoma of the left breast in July 1993. She was advised surgery, but when she consulted Dr Tiwari at Jaipur, he suggested that she take *Carctol* instead. Seema took the medicine for two-and-a-half years and observed all the dietary precautions, but to no avail. After a year, the cancer had spread to the lymph nodes under the arm and she had to go in for surgery and chemotherapy.

Observes her husband: "*Carctol* is no doubt a good medicine to help build internal resistance. While on it, my wife's health remained excellent, but it can't remove cancer. But I am sure it can help prolong the lives of patients who are in the last stage of the disease."

has been no perceptible improvement at the end of this period, give it up without even consulting me."

The dietary restrictions Dr Tiwari imposes, besides prohibiting the consumption of onion, garlic, tea and coffee, also extend to food that started out sour (for example,

PALLEE



VAIDYA

BALENDU PRAKASH

Uses rasayana preparations to cure cancer