

ADENOCARCINOMA OF PROSTATE - A CASE STUDY

Kuchewar Vaishali

Associate Prof, Dept of Kayachikitsa MGACHRC, Salod, Wardha, Maharashtra, India

ABSTRACT

Prostate cancer is one of the most common cancers affecting older men. Many treatment modalities like surgery, radiation therapy, and high intensity focused ultra sound (HIFU), chemotherapy, cryosurgery, hormonal therapy or some combinations are available. Because all treatments can have significant side effects, such as erectile dysfunction and urinary incontinence, treatment discussions often focus on balancing the goals of therapy with the risks of lifestyle alterations. A case of Adenocarcinoma of Prostate managed with Ayurvedic medicine is presented.

Keywords: Prostate cancer, surgery, radiation therapy , High-intensity focused ultrasound

INTRODUCTION

Carcinoma of prostate is most common cancer in men and constitute the third most frequent cause of death from cancer in males following only cancer of the lung and colorectal cancer ^[1] With the discovery of PSA (Prostatic Specific Antigen) tumor marker, prostate cancer is now diagnosed early in many asymptomatic patients on routine medical examination or screening in the developed world.^[2] Treatment for prostate cancer may involve active surveillance, surgery, radiation therapy including prostate brachytherapy and external beam radiation therapy, high intensity focused ultrasound(HIFU), chemotherapy, cryosurgery, hormonal therapy or some combination.^[3] Which option is best depends on the stage of the disease, the Gleason score, and the PSA level. Other important factors are the man's age, his general health, and his feelings about potential treatments and their possible side effects. Because all treatments can have significant side effects, such as erectile dysfunction and urinary incontinence, treatment discussions often focus on balancing the goals of therapy with the risks of lifestyle alterations.

Case history - A 56 years old male was presented to Department of Kaychikitsa, MGACH&RC, Salod(H), Wardha with the complaints of difficulty in passing urine , on & off hematuria , lack of appetite and weakness. He was diagnosed as adenocarcinoma of prostate. His Serum PSA level was 17.3ng/ml . He was treated with Transurethral Resection prostatectomy and some cycles of Chemotherapy. He had some relief in pain during micturition & hematuria, but he was not willing to continue treatment due to side effects such as severe nausea, vomiting, lack of appetite & Fatigue. So he decided to take Ayurvedic treatment.

Before starting treatment, PSA was done & it was 15.5 ng/ml

Patient was treated with the following medicines.

- *Kanchanar guggul* – 500 mg twice a day
- *Shiva gutika* - 500 mg twice a day
- *Ashwagandha churna* – 3gm twice a day
- *Gomutra Arka* – 20 ml twice a day
- Pomegranate juice -50ml once a day

There was significant improvement in difficulty in passing urine and hematuria within 15 days.

PSA was done after 2 months & it was 5.9ng/ml. for the detection of any side effect of above medicines, LFT &KFT were also done which was within normal limits. Significant improvement was seen in urination, diet, sleep & weakness.

Patient continued all above medicines for 1 & ½ yrs. In this period, he was asymptomatic. After that he did not come for follow-up & died just after one year of discontinuation of medicines.

DISCUSSION

The word "CANCER" may be new to the field of Ayurveda, but ancient Ayurvedic classics mentioned the clinical features resembling cancer with the titles of *Granthi* and *Arbuda*. Above medicines were prescribed in considering its following properties

1. *Kanchanar guggul* - According to Bhava Prakash, an ancient Ayurvedic textbook, the *prabhava* (special property) of *kanchanar* is *gandamalapaha* (the ability to reduce swellings and growths). In Ayurveda, traditionally it is used for thyroid problems (For both hypo/hyper thyroid) and glandular enlargements. *Sharangadhara Samhita* described about *Kanchanar guggulu* is *Galagandam jayatyugram apachim arbudaani cha | grantheen vranaani gulmaashcha kushtani cha bhagandharam* || This tree has been used for millennia to clean and reestablish the tissues where abnormal growths or swellings occur.
2. *Shiva gutika* - Shilajit has been known and used for centuries by the Ayurvedic medicine as a rejuvenator and as antiaging compound. There are two important characteristics of

a *Rasayana* compound in the ancient Indian Ayurvedic medicine: that is, to increase physical strength and to promote human health.^[4] Fulvic acids is found in shilajit. It is biologically active compound which acts as carrier of other substances^[5].

3. *Gomutra arka* - All the five products such as urine, milk, ghee, curd and dung obtained from cow possess medicinal properties, and are used singly or in combination with some other herbs against many diseases including Cancer, AIDS and Diabetes.^[6,7] Cow urine patented (U.S. Patents No.6896907 and 6,410,059) for its medicinal properties recently, particularly for its use along with antibiotics for the control of bacterial infection and fight against cancers.^[8]
4. *Ashwagandha* - Study of antitumor and radiosensitizing properties of *Ashwagandha* (*W. somnifera*) have yielded encouraging results. The alcoholic extract of the dried roots of the plant as well as the active component isolated from the extract showed significant antitumor and radiosensitizing effects in experimental tumors in vivo, without any noticeable systemic toxicity.^[9]
5. Pomegranate - The effects of pomegranate on prostate cancer have been investigated in the cell culture system, animal models, and in a phase II clinical trial in humans. Various preparations of pomegranate, in the form of oils, fermented juice polyphenols, and pericarp polyphenols, were tested on human prostate cancer cell growth both in vitro and in vivo. Each preparation inhibited growth of human prostate cancer cell whereas normal prostate epithelial cells were significantly less affected.^[10] In study cited by the author, researchers at the University of Wisconsin in Madison found that PFE(pomegranate fruit extract) significantly reduced serum prostate-specific antigen levels and inhibited proliferation of aggressive human prostate cancer cells in athymic mice. Pomegranate extracts have exerted anti-proliferative, anti-estrogenic and pro-

poptotic actions on leukemia cells as well as breast- and prostate-cancer cells.

CONCLUSION

From above study, it is stated that Ayurveda can be helpful in the management of cancer in following ways

1. As an adjuvant or co-therapy along with chemotherapy
2. To minimize the side effects of chemotherapy
3. To slow the progress of the cancer when chemotherapy, radio therapy or surgery is contra-indicated due to many reasons and patients have no other choice.
4. Cell protective activity of drugs described in Rasayana therapy: to improve comfort and the quality of life of individuals with cancer. In nut shell, it can be concluded that Integration of modern medicine & Ayurvedic approach may be helpful to add years to life and life to years in cancer sufferers.

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CORRESPONDING AUTHOR

Dr. Vaishali Kuchewar

Asso. Prof. Dept of Kayachikitsa

MGACHRC, Salod, Wardha

Dist. -Wardha(MH)

Email -vkuchewar@gmail.com