

CANCER

Cancer is a disease in which abnormal cells grow uncontrollably in the body. These cells can invade surrounding tissues and sometimes spread to other parts of the body through the blood or lymphatic system. Cancer can affect many organs such as the breast, lungs, prostate, colon, liver, and skin.

Early detection and proper treatment significantly improve the chances of successful management. Along with modern medical treatments, supportive therapies such as Ayurveda may help improve overall health and quality of life.

Ayurveda and Cancer

In Ayurveda, cancer-like conditions are described in the context of “Arbuda” and “Granthi”, which refer to abnormal growths in the body. These conditions occur due to imbalance of the three doshas (Vata, Pitta, Kapha) along with accumulation of toxins (Ama) and disturbance in body tissues.

Ayurvedic care focuses on strengthening the immune system, detoxifying the body, and improving overall vitality.

Definition

Cancer is a condition where body cells grow abnormally and multiply rapidly, forming a mass called a tumor or spreading to other parts of the body.

Causes of Cancer


- Genetic factors
- Tobacco and alcohol use
- Exposure to harmful chemicals
- Unhealthy diet and lifestyle
- Radiation exposure
- Chronic infections or inflammation

Types of Cancer

Some common types include:

- Breast Cancer
- Lung Cancer
- Prostate Cancer
- Colon Cancer
- Skin Cancer

Ayurvedic Care | Natural Healing | Personalized Treatment

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Ayurvedic Management (Supportive Care)

Ayurveda does not replace modern cancer treatment but may provide supportive care to improve strength, immunity, and overall health.

Ayurvedic Approaches

Cancer and Diet

Diet plays an important role in supporting the body during illness and recovery.

Recommended Foods

- Fresh fruits and vegetables
- Whole grains
- Antioxidant-rich foods
- Herbal teas
- Adequate protein sources

Foods to Avoid

- Processed foods
- Excess sugar
- Fried and oily foods
- Tobacco and alcohol

Maintaining a nutritious diet, healthy lifestyle, and regular medical care can help support the body during cancer treatment and recovery.

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