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Ayurvedic And Modern Concept of *Granthi* (Cyst) and *Arbuda* (Cancer) -A Review

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ABSTRACT:

One of our society's most pressing issues these days is lifestyle disorders. Such diseases are primarily caused by an improper diet, poor eating habits, a lack of physical activity, and so on. When cells grow and divide more than they should or do not die when they should, an abnormal mass of tissue arises. Tumors are classified as either benign (non-cancerous) or malignant (cancerous) (cancer). Benign tumours can grow to be fairly large, but they do not spread to other parts of the body or surrounding tissues. Tumors that are malignant have the ability to infiltrate or disseminate into adjacent tissues. They can also spread through the blood and lymph systems to other regions of the body. Also known as neoplasm. It has become the most serious and well-known lifestyle disease in the world. Lifestyle disorders are diseases induced by *Viruddha "Ahara"* and *"Vihara"* in Ayurveda (food and regimen). Ayurveda is seen as a step forward in the treatment of tumours that are similar to the Sushruta Samhita's clinical entities of *Arbuda and Granthi*. The goal of this paper is to give an Ayurvedic and Modern conceptual study of *Granthi and Arbuda*.

Key words- *Granthi, Cyst, Arbuda, Cancer*

INTRODUCTION

Throughout his life, a human being must constantly battle shifting environmental conditions in order to preserve optimum health and energy. During this conflict, the body's internal milieu may vary from normal, resulting in a loss of physiological control and the development of diseases such as cancer. Cancer is the label given to a vast collection of disorders that all have one thing in common: uncontrolled cell growth.¹ "The Doshas being vitiated in any area of the body and hurting the body tissues, cause a swelling which

is round, fixed, mildly uncomfortable, large in size, broad based, slowly developing, and does not suppurate," says *Acharya Sushruta*.² Although there is no precise definition of cancer (*Arbuda*) in the Charaka Samhita, Acharya Charaka has classified it as a *Vata-Rakta* complication.³ *Acharya Vagbhata* noted that *Arbuda* is relatively bigger than *Granthi*.⁴ *Shotha, Granthi, Arbuda, Apachi, Gulma, and Vidradhi* have comparable clinical manifestations of cancer.⁵ Swelling (*Shotha*) is the first symptom of the disease, which develops into a tumour over



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time.⁶ Despite substantial advances in modern science's understanding of cancer, cysts, and their molecular foundations, knowledge of how to prevent them remains limited. Ayurveda, in contrast to western modern medicine's critical analytical method, adopts a holistic approach and encompasses a wide range of life, health, and disease phenomena. *Granthi* and *Arbuda* will be highlighted, evaluated, elaborated on, and discussed in this review paper, with a special focus on Cyst and Cancer.

AIMS AND OBJECTIVE

To assess, explain, and debate the genesis and classification of *Granthi* and *Arbuda*, with a focus on Cyst and Cancer.

MATERIAL AND METHOD:

Material about *Granthi* and *Arbuda* was gathered from Ayurvedic texts such as Bahatriye, Laghutrye, and a modern medical text book, respectively. Medical publications, both index and non-index, have also been cited to collect information on pertinent topics.

Review of literature

Ayurveda and Modern Aspect

Ayurveda is a life science. We all know that cancer is one of the most feared diseases of the twentieth century, and that it is spreading and becoming more common in the twenty-first. There are various allusions to cancer in traditional Ayurvedic texts. Some of the names used to define the disease are broad, while others are very specific.⁷ Ayurveda recognises a number of illness types that mimic new growths. They are classified under the titles of *Shoatha*, *Dushtavrana*, and *Gulma*, but the descriptions of *Granthi* and *Arbuda* approach closest to the malignant nature of the condition.⁸ According to Ayurveda, *Vata*, *Pitta*, and *Kapha* imbalances cause injury to the inner layer of the dermis and the production of aberrant blood vessel branches as a result of lifestyle mistakes such as eating unhealthy foods, not washing properly, or behaving badly, as well as physical injuries. At this stage, early *Granthi* take the form of bubble nodular growths.⁹ *Granthi* is a spherical, firm, and bulging swelling that develops as a result of aggravation.¹⁰ The current treatments, on the other hand, are either geared at reducing the acute difficulties associated with these disorders or at slowing the progression of the disease. As a result, cancer patients have higher mortality and morbidity rates. In accordance with the pathogen's sequencing, *Madhavkara*, Nidan is the earliest and most important step in the presentation of disease, and it provides specific

information about disease pathophysiology.

Types of *Arbuda*¹² (Table 1)

According to Dosha

Vataja 2. *Pittaja* 3. *Kaphaja* 4. *Tridoshaja*

Dhatu According

- *Pitta* prevalence in *Raktaja Arbuda*
- *Mamsaja Arbuda*- sarcoma is classified as *Mamsaja Arbuda* due to *Vatika* predominance.
- *Medoja Arbuda* (Fatty tissue) • However, there is a detailed description available in which *Asthi* (Bone) is linked in creating swelling in the same way that *Arbuda* is.

Sign and Symptoms of *Arbuda*¹⁴

Sushruta mentions the symptoms *Vrittam*, *Sthiram*, *Mandrujam*, *Mahantama*, *Unalpa-moolam*, *Chiravruddhi*, and *Apakam*. These symptoms can be seen in both benign and malignant stages of cancer in the current day. The symptoms of a benign tumour grow slowly and do not invade or spread. These are the well distinguishable. The classic symptoms of benign growth are *Vrittam* (round), *Sthiram* (immovable), *Manda ruja* (slightly uncomfortable), *Mahant* (large size), *Unalpa-moolam* (deep seated), *Chirvruddhi* (slowly expanding), and *Apakam* (non-suppurating). Benign tumours have a low proclivity for invading surrounding tissues. It's almost as though it's distinct from the surrounding tissues. Sushruta mentioned *Adhyarbuda* and *Dwirarbuda*, two types of *Arbudas* that can be linked to cancer's aggressive stage or metastasis.\

DISCUSSION

The ancient literature contains descriptions and identifications of malignant disorders (tumours). There are various allusions to cancer in Ayurvedic writings. *Dwirarbuda* refers to the spread of cancer from one portion of the body to another.¹⁵ *Arbuda* is the most specific term for malignant cancer.¹⁶ When it comes to tumour formation, *Samprapti* appears to be of *Vata-Kapha* origin. *Vata* is responsible for incorrect cell division, whereas *Kapha* is responsible for unregulated cell proliferation. *Kapha* is most commonly associated with benign tumours. *Pitta*, on the other hand, is vitiated in cancers, and the illness becomes *Sannipatika* in character as it reaches the impacted Dhatus, *Kapha* plays a major role in *Granthi*.¹⁷ *Medas*, *Mamsa*, and *Rakta* are the most commonly impacted Dhatus. *Mamsa* and *Rakta* may be involved. *Arbuda's* etiopathogenesis is based on *Doshic* hypothesis. Despite the fact that vitiated "*Doshas*" are to blame for

Arbuda's growth, practically all Ayurvedic books place a premium on *Kapha*. *Arbuda* does not suppurate due to an excess of *Kapha*, according to Sushruta, this is a common and crucial factor in any type of bodily growth.^{18,19} Various surgical conditions like cysts, lipoma, benign tumors which are characterized by swelling can be considered under the umbrella of *Granthi*. Based on *lakshana* and *chikitsa* all cysts can be considered under *Granthi* but all *Granthis* cannot be considered under Cysts.²⁰

CONCLUSION

Arbuda and *Granthi* are believed to be severe diseases, it is critical to cure them according to their dosha. So, if want to live a disease-free life and be freed of *arbuda*, then should follow *pathya* and avoid *apathya ahara* and *vihar*. The ancient literature of Ayurveda proved to be a valuable source of information when it came to examining the consequences of disease understanding.

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Flow Chart 1

Ayurvedic types and subtypes of tumour¹¹

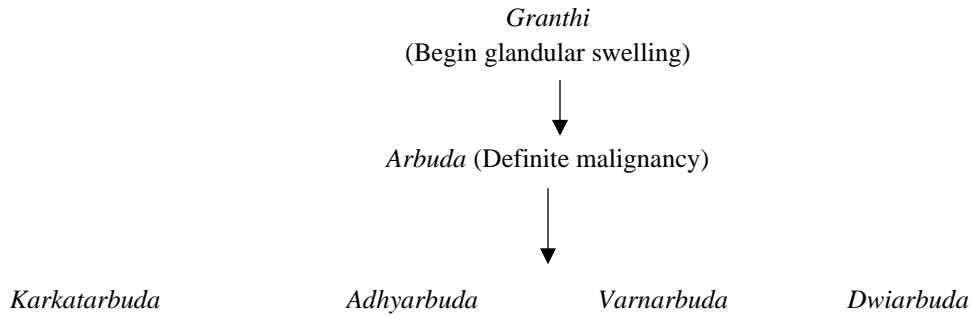


Table1 Types of *Granthi*¹³

<i>Granthi</i>	Symptoms	Cause
<i>Vata Granthi</i>	Prickling and cutting pain, huge, black, spherical, non-fixed in size, firm, bulging, and when pricked, oozes a clear, thin fluid	<i>Vata</i> is aggravated by dry or stale foods, stress, sleeplessness, exhaustion, and other factors.
<i>Pitta Granthi</i>	When punctured, burning sensations that are red or yellow in colour suppurate swiftly and leak warm blood.	<i>Pitta</i> is aggravated by restlessness, spicy foods, overcontrolling, aggressive behavior, and other factors.
<i>Kapha Granthi</i>	Painless, huge, hard tumour with a pale colour and a cold, itchy area around it. Suppurates slowly and produces a thick, white, hazy pus if pierced.	Too much fatty food, quick food, lack of movement, and tiredness aggravate <i>Kapha</i> .
<i>Rakta Granthi</i> (Blood)	Loss of tactile sensations. Symptoms similar to <i>Pitta Granthi</i>	<i>Vata</i> , <i>Pitta</i> , and <i>Kapha</i> are all aggravated in the bloodstream, with <i>Pitta Dosha</i> being the primary source of the problem.
<i>Mamsa Granthi</i> (Muscle tissue)	Large, greasy, hard tumours have a high vascularity. They are quickly ulcerated and bleed, and they are frequently cancerous. The symptoms are comparable to those of a <i>Kapha Dosha</i> imbalance.	Excessive intake of the incorrect kind of meat.
<i>Meda Granthi</i> (Fatty tissue)	Tumor is fatty, but it is moveable. Symptoms of an imbalanced <i>Kapha Dosha</i> normally grow in lockstep with the growth of the body. Exudes a coppery, white, or black fatty fluid when punctured.	<i>Vata</i> transfers excess fat to muscle tissue or the skin when it is taken in excess.
<i>Asthi Granthi</i> (Bone tissue)	Tumor growth outside of the normal area of the bone	Fractures or bone damage that accumulate <i>Vata</i>
<i>Sira Granthi</i> (Channels)	Vascular tumours are non-pulsating and painless. Dehydration, contraction, and deformation	<i>Vata</i> , which has accumulated as a result of overwork, impairs the consistency of the blood as it enters the body's vessels.