



Review Article

A SUPPORTIVE APPROACH TOWARDS CANCER PATIENTS THROUGH AYURVEDA: A DESCRIPTIVE REVIEW

Anjana

Professor, Department of Kaya Chikitsa, Prabuddh Ayurvedic Medical College, Hospital & Research Centre, Lucknow, U.P. India.

Article info

Article History:

Received: 20-04-2026

Accepted: 15-05-2026

Published: 08-07-2026

KEYWORDS:

Cancer, Ayurveda,
Health benefits,
Diet, Lifestyle.

ABSTRACT

Cases of cancer are rising worldwide and it is gradually engulfing the world. Cancer is the second leading cause of death behind heart diseases. In the last 1-2 decades, the deaths due to cancer are rising in India. Furthermore, India has now the second highest cancer mortality in Asia. The most common affected organs due to cancer are; lung, mouth, breast, colon, rectum and prostate. High tobacco intake, excessive smoking, excessive consumption of alcohol, increased obesity rates, chronic infections are the common causes to develop cancer. Cancer weakens the immune system, which in turn invites infections. Cancer therapy deteriorates the patient's health physically, mentally and socially. To maintain the physical, mental and social health is the prime objective of Ayurveda. There is a detailed description of diet and drugs that can lead to good health and enhances the immunity. Other than diet and drugs, some moral conduct and behaviour therapy have also been enumerated in Ayurveda which give rejuvenating effect. These Ayurvedic principles can be incorporated in cancer treatment for betterment of patient. **Objective:** The main objective is to give maximum health benefits to cancer patients through Ayurveda. **Materials & Methods:** Mainly Ayurvedic texts have been concerned. Databases like PubMed, Google Scholar, have also been assessed for the completion of this article. **Conclusion:** Ayurvedic diet and drugs and advised lifestyle have potential for rejuvenation and immune-booster effects.

INTRODUCTION

Cancer is an exception to the coordinated interaction among cells and organs. In general, the cells of a multicellular organism are programmed for collaboration. Many diseases occurs because the specialized cells fail to perform their assigned task. Cancer takes this malfunction one step further. Not only is there a failure of the cancer cells to maintain its specialized function, but it also strikes out on its own; the cancer cell competes to survive using natural mutability and natural selection to seek advantage over normal cells in a recapitulation of evolution.

One consequence of the traitorous behaviour of cancer cells is that the patient feels betrayed by his or her own body part. Once a cancer is diagnosed, the first step is to figure out that how far the cancer has spread and it is to be determined by using extent of spread of disease (stage, location and size of growth), prognosis (likely outcome based on the cancer type and stage) and patient's wishes (what the patient values and wants).

Treatment of cancer should be aimed to cure the cancer or focus on palliative care to manage the symptoms and improve quality of life, because cancer therapies are toxic, patient management involves addressing complications of both the disease and its treatment as well as the complex psychosocial problems associated with cancer. In the short term during a course of curative therapy, the patient's functional status may decline. Treatment-induced toxicity is less acceptable, if the goal of therapy is palliation. The most common side effects of treatment are nausea and vomiting, febrile neutropenia and

Access this article online

Quick Response Code



<https://doi.org/10.47070/ayushdhara.v13i3.2753>

Published by Mahadev Publications (Regd.)
publication licensed under a Creative Commons
Attribution-NonCommercial-ShareAlike 4.0
International (CC BY-NC-SA 4.0)

myelosuppression. Cancer treatment is divided into four main types: surgery, radiotherapy (including photodynamic therapy), chemotherapy (including hormonal therapy and molecularly targeted therapy), and biologic therapy (including immunotherapy and gene therapy).^[1]

If we look at the Ayurvedic approach of treatment in cancer, it will be understood that Ayurveda uses the *Rogi* and *Rog Pariksha*^[2] (assessment of patient's body strength, mental strength as well as physical, and assessment of strength of the disease) for understanding the condition of *Dosha*^[3] (*Vata*, *Pitta* and *Kapha* *Dosha* are the basic functional/energy unit of the body that controls the functions and activities of the body and mind), *Dhatu*^[4] (tissue) and *Agni*^[5] (digestive power) in the body, according to that treatment are being planned. Unlike other methods of treatment, where the prime focus is to tackle the disease, Ayurveda's aim is to not only treat the disease but also to improve the health and overall wellbeing of a patient.^[6] Here some tools are used for the assessment of the patient, that are, strength (*Atur Bal Praman*), *Prakriti*^[7] (body constitution), *Vikriti*^[8] (pathological state), *Saar*^[9] (quality of tissue), *Samhanan*^[10] (compactness' of the body), *Praman*^[11] (body measurements), *Satmya*^[12] (adaptability), *Satva*^[13] (mental state), *Aahar Shakti*^[14] (food intake and digestive capacity), *Vyayayam Shakti*^[15] (body power and exercise endurance), and *Vaya*^[16] (age and rate of aging). These are discussed in detailed by Ayurvedic Acharyas.

The knowledge of the patient's strength is very important in cancer treatment. The overall treatment in cancer therapy depends upon the patient's strength. If his/her bodily strength is good, he can face the treatment, but if the cancer patient has less bodily strength, in that cases he/she would handle the treatment in considerable difficulty. It also helps to decide the what amount of medicine dose a cancer patient can tolerate for his/her treatment. This assessment also helps in determination of prognosis of cancer.

Mental health issue is a big concern in cancer patients and treating the mental health of a cancer patient is a major challenge.^[17,18] In Ayurveda, treating the mental health of cancer patients denotes to conquer the mental faculties and to adorn the mental power ability. This is a special type of treatment under which every activity of the patient is taken into the consideration and importance is given to mental satisfaction, reassurance, proper regulation of emotions like joy, sadness, anger etc.^[19] The main aim of *Rasayan*^[20] (rejuvenation) therapy in Ayurveda is to maintain the health and to achieve the longevity. There are plenty of diet and drugs have been illustrated

under the category of *Rasayan*, to improve the strength, power, digestive power, immunity, mental power of a person.^[21] Some important rejuvenating drugs^[22,23,24] are shown in table 1. Mental counselling /psychotherapy is also useful in empowering the mental condition of the patient.

Table1: Some important Rejuvenating drugs effective in cancer

Drugs	Botanical Names
<i>Amalaki</i>	<i>Embelica officinalis</i>
<i>Arjun</i>	<i>Terminalia arjuna</i>
<i>Aswaghnadha</i>	<i>Withania somnifra</i>
<i>Bala</i>	<i>Sida cordifolia</i>
<i>Bhallatak</i>	<i>Semecarpus anacardium</i>
<i>Bhringraj</i>	<i>Eclipta alba</i>
<i>Brahmi/ Mandukparni</i>	<i>Centella asiatica</i>
<i>Chandan</i>	<i>Santalum album</i>
<i>Draksha</i>	<i>Vitis vinifera</i>
<i>Ela</i>	<i>Elettaria cardamomum</i>
<i>Erand</i>	<i>Ricinus communis</i>
<i>Guduchi</i>	<i>Tinospora cordifolia</i>
<i>Guggulu</i>	<i>Commiphora mukul</i>
<i>Haridra</i>	<i>Curcuma longa</i>
<i>Kalmegha</i>	<i>Andrographis paniculata</i>
<i>Katuka</i>	<i>Picrorhiza kurroa</i>
<i>Kumari</i>	<i>Aloe vera</i>
<i>Laksha</i>	<i>Rosa centifolia</i>
<i>Neem</i>	<i>Azadirachta indica</i>
<i>Rasna</i>	<i>Pluchea lanceolata</i>
<i>Rason</i>	<i>Allium sativum</i>
<i>Sadabahar</i>	<i>Catharanthus roseus</i>
<i>Shankhapuspi</i>	<i>Convolvulus pluricaulis</i>
<i>Shatavari</i>	<i>Asparagus racemosus</i>
<i>Tulsi</i>	<i>Ocimum sanctum</i>
<i>Vacha</i>	<i>Acorus calamus</i>
<i>Vibhitaki</i>	<i>Terminalia bellirica</i>

A healthy diet leads to non-cancerous life; moreover diet, plays an important role during the period of cancer treatment and also after the completion of cancer treatment. Diet is responsible to maintain a body. Acharya Charak narrated that human body and disease are dependent upon *Aahar*^[25] (diet). When a substance, upon consumption, generates life-force, nourishes the *Dhatu*s (from *Rasa Dhatu* to *Sukra Dhatu*)^[26], protect and compensates them, strengthens

the body parts and helps in the production of important parts of the body, then it is called 'Aahar' (diet). A proper diet is the indicator of proper development and health of the body. According to Ayurveda *Dosha*, *Dhatu* and *Mala*^[27] are said to be as the root of a body.^[28] When these are in equilibrium state or in healthy state only then a person can be said as healthy. *Apathya Aahar* and *Vihar*^[29] (restrictions in diet and in activities) is one of the reasons to cause imbalance in *Dosha*, *Dhatu* and *Mala* in the body. Ayurveda describes lots of discipline towards daily diets and activities, it also focuses on what to eat and what not to eat, and illustrates what activities should be limited or prohibited.^[30] As per Ayurveda, all substances are *Panchabhutik* (*Prithvi*, *Akash*, *Vayu*, *Agni* and *Jal Mahabhutas*),^[31] that means every substance is made up of five elements. This *Panchabhutik* composition is helpful in deciding a selective diet in cancer patients. Diet having properties of similar to that particular *Guna*^[32] (qualities) increases that particular *Guna* (qualities) in the body.^[33] We can improve the mental, spiritual and sensorial health of a cancer person by consuming diet as discussed.

Most side effects in cancer therapy arise from chemotherapy. Sometimes, these side effects are so severe that the patient is not able to finish their dosage schedule and succumbs to cancer. Therefore, the most critical challenge today is to reduce these side effects so that the patient can complete their treatment and avail the maximum benefits of the treatment. Most common side effects of chemotherapy are nausea, vomiting, loss of appetite, fatigue, loss of hair.^[34] Skin redness, itching and burn are the common side effects seen after radiotherapy. Lots of Ayurvedic drugs can be used to reduce the side effects. Many skin applications can be utilized to reduce the redness, itching and pain and provide the cooling, moisturising and healing effect to the skin.^[35]

Ayurveda explains that a person can get rejuvenating benefits not only by using drugs but also by following good moral conduct and by adopting some good behaviours.^[36] This is a necessary factor to look into, as the lifestyle behaviours have an impact on cancer^[37]. Smoking, tobacco use, alcohol consumption, physical inactivity, and overweight and obesity increases the risk of developing cancer.

MATERIALS & METHODS

Data sources: Primarily, Ayurvedic literature from several Ayurvedic Samhitas have been concerned for this article. For modern pathophysiology, diagnosis and treatment, some books on modern medicine have been reviewed. Several books on medicinal plants have also been looked upon. A number of articles published

in various journals^[38,39,40,41,42,43] which are accessible through multiple databases such as PubMed, Science Direct, Scopus and Google scholar have been analysed.

Search strategy: The searches were performed using the keywords: 'Ayurveda', 'cancer,' 'diet', 'drugs', 'role of Ayurveda in cancer' and 'Ayurvedic supportive care in cancer.'

Study selection: Research articles showing contribution of Ayurvedic drugs, diet and Ayurvedic methodology used to cure cancer have been included. Animal studies excluded as clinical relevance to human dosing remains unclear.

DISCUSSION

The Ayurvedic concept to understand a disease is unique and it is based on *Rogi- Rog Pariksha* (assessment of patient's body strength, mental as well physical, and assessment of strength of the disease). Ayurvedic treatment depends upon the *Tridoshas* that are *Vata*, *Pitta* and *Kapha* and as *Tridoshas* controls the functions and activities of the body and mind, that's why Ayurveda treats diseases by balancing *Doshas* instead of just targeting symptoms. Cancer causes deterioration of both physical and mental health. Ayurveda aims to protect both areas of health. We can use Ayurvedic treatment methodologies for health improvement and for immunity enhancement. The aim of treatment in cancer patient through Ayurveda is to reduce the toxicity of cancer therapy, to improve /restore the health of cancer patients, third one is to boost the immunity of cancer patients, and lastly to remove stress, anxiety, depression and to improve the mental condition of the patients as well.

A simple diet like *Daliya* (porridge), pulses like moong, masoor, chana and butter ghee, milk can be advised to a cancer patient. Powder of *Trikatu* (dry ginger, black pepper and long pepper), *Jeera* (cumin seeds), *Ajwain* (carom seeds), *Sauf* (fennel seeds), *Hing* (asafoetida), black salt/ rock salt, may be added in the diet. Milk with *Haridra* (turmeric) powder can also be considered. Leafy green vegetables, bottle gourd, smooth gourd, ridge gourd, pointed gourd, beans may be advised. In fruits, pomegranate, apple, papaya, banana, and in dry fruits dates, raisins, fig, cashew, almonds, walnut, cuddapah almonds/ almondette could be added. And most importantly, rest is advised.

Cancer treatment causes hazardous side effects. As these side effects are unavoidable, many patients not able to complete the course of treatment and, as a result, they leave in between. Many Ayurvedic medicines can be used to counter these effects. Various Ayurvedic drugs possess anti-inflammatory, antipyretic, anxiolytic and antidepressant properties, are effective in controlling nausea and vomiting. Several drugs can also be used in hair loss and in other

skin conditions during cancer therapy. Dry skin, burnt skin, redness and pain in skin lesions could be treated with soothing and emollient drugs like the formulation of *Aloe vera* and *Santalum album*. For hair loss, various types of oils- the ones processed with *Bhringraj* (*Eclipta alba*), *Amalaki* (*Embellica officinales*) and other drugs can be applied. *Shiro-Basti* (the retention and subsequent removal of lukewarm medicated oil within a cavity made up over scalp) have also been described in Ayurvedic classics as a useful therapy for promotion of new hair growth.

For controlling nausea and vomiting *Mayurchandrika Bhasm* (from Arogya Prakash), *Eladi churna* (from Shatangdhar Samhita), *Sootshekar Rasa* (from Shiddha Yoga Sangrah) may be added. In majority of the cancer patients have diminished appetite or loss of appetite. To increase appetite, *Chitrakadi Vati*^[44] (from Charak Samhita), *Hingavadi Vati*, *Lashunadi Vati* (from Vaidhya Jeevan), *Arogyavardhini Vati*^[45] (from Rasa Ratna Sammucchya) may be advised accordingly. *Hingvastak Churna*, *Lavanbhaskar Churna* (from Sharangdhar Samhita), *Avipattikar Churna*^[46] (from Bhaishajya Ratnavali) can also be used. For fatigue *Draksharitha* (from Sharangdhar Samhita), *Balarishta*^[47] (from Bhaishajya Ratnavali), *Dashamoolarishta* (from Sharangdhar Samhita), *Kumaryasav* (from Sharangdhar Samhita) and *Lohavasav* (from Sharangdhar Samhita) *Chyawanprash*^[48] (from Sharangdhar Smhita), can also be taken into consideration as tonics.

The decoction and *Churna* of *Brahmi* (*Centella asiatica*), *Sankhapuspi* (*Convolvulus pluricaulis*), *Jatamansi* (*Nordostachys jatamansi*), *Vacha* (*Acorus calamus*) can be advised and *Brahmi Grit*, *Smritisagar Rasa* (from Rasa Yoga Sagar), *Rasaraj Rasa* (from Shiddha Yoga Sangraha), *Kalyanak Ghrit*^[49] *Mahakalyanak Ghrit*^[50] and *Lasunadhay Ghrit*^[51] (from Charak Samhita), can be added for achieving anxiolytic and nootropic effects.

For daily body massage, *Bala Tail*, *Chandanbalalakshadi Tail*, *Chandanadi Tail*, *Dashmool Tail*, *Prasarini Tail*^[52] (from Bhaishajya Ratnavali), may be advocated.

Ayurveda discussed rejuvenating effects through diet (milk, and ghee) and numerous drugs like *Tinospora cordifolia*, *Asparagus racemosus* etc. under the heading of *Rasayan* (rejuvenation), that promotes longevity, and have immune-enhancer effects. Public education on avoidance of identified risk factors for cancers and encouraging healthy habits were among early efforts in cancer prevention and control. There is need of campaign about the hazards of smoking, chewing tobacco and alcohol consumption, the benefits of a healthful diet and exercise, avoid of excessive sun

exposure, and timely screening and early detection of cancer and early starting of medication is the key of success in cancer patients.

Limitations

There is lack of large -scale clinical trial in Ayurvedic colleges and hospitals and standardization of drugs. There is not so much of support for Ayurvedic treatment. There is a lack of promotion for uses of Ayurvedic approaches towards cancer in general population and Ayurvedic drugs/medicines for cancer treatment aren't easily assessable.

CONCLUSION

In Ayurveda, there are a variety of drugs which have been recommended for health benefits. These health benefits can be incorporated in cancer patients for the achievement of good health. A healthy diet and a healthy lifestyle can lead to a non- cancerous life; moreover, diet plays an important role during the period of cancer treatment and also after the completion of cancer treatment. There is a necessity of awareness programmes to be held, concerning health benefits through Ayurveda in cancer patients. There is need of encouragement of clinical trial of Ayurvedic drugs in cancer treatment.

REFERENCES

1. Losacalzo, Fauci et.al, editors. Harrison's Principles of Internal Medicine, Vol 1, Ch.17, 21st edition, New York: Mc Graw Hill Medical Publishing Division; 2022. p.
2. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 94, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 684.
3. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 1, Ver. 57, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 28.
4. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch. 15, Ver. 15-40, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 411-415.
5. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch. 15, Ver. 3-4, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 409.
6. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 30, Ver. 26, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p.516.
7. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 6, Ver.13, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 640.

8. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 101, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 687.
9. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 102, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 687.
10. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 116, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 690.
11. Shastri A, editor. Sushrut Samhita of Maharshi Sushuruta, Vol-1, Sutra Sthan, Ch. 35, Ver. 17, reprint edition, Varanasi: Chaukhambha Sanskrit Series; 2023. p. 170.
12. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 1, Ver. 20, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 604.
13. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 119, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 611.
14. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 120, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 612.
15. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 7, Ver. 31, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 143.
16. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Viman Sthan, Ch. 8, Ver. 122, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 612.
17. Shalta W. et al., A Mental Health Challenges in Cancer Patients: A Cross -Sectional Analysis of Depression and Anxiety. Cancers (Basel). 2024 Aug 12; 16(16): 2827. Available from <https://doi.org/10.3390/cancers16162827>. PMID:39199598; PMCID:PMC11352929.
18. Dinler E. et al., Cognitive dysfunction and depression in chemotherapy patients: a cross-sectional study from Turkey 40739202; BMC Cancer. 2025 Jul 30; 25(1): 1247. Available from <https://doi.org/10.1186/s12885-025-14655-2>. PMID: PMCID: PMC12312270.
19. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 11, Ver. 54, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 208
20. Gupta KV, editor. Astanghridayam of Vagbhat, Gupta Kaviraj Atridev, Uttar Sthan, Ch. 39, Ver. 1-2, Varanasi: Chaukhambha Prakashan; 2016. p. 812.
21. Shastri A, editor. Sushrut Samhita of Maharshi Sushuruta, Vol-1, Sutra Sthan, Ch. 1, Ver. 15, reprint edition, Varanasi: Chaukhambha Sanskrit Series; 2023. p. 6.
22. Sharma PV, Dravya Guna-Viganyan, Vol 2, Varanasi: Chaukhambha Bharti Academy; 2025.
23. Chuneekar KC, commentator. Bhavaprakash Nighantu (Indian Materia Medica) of Bhava Mishra, Varanasi: Chaukhambha Bharti Academy; 2022.
24. Sharma M, Sahu S, Gallery of Medicinal Plants, Thieme Medical and Scientific Publishers Private Limited; 2022.
25. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 28, Ver. 45, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 505.
26. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch. 15, Ver. 29-35, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 414.
27. Gupta KA, editor. Astangsamgraha of Vagbhat, Sutra Sthan, Ch. 1, Ver. 13, Varanasi: Chaukhambha Prakashan; 2016. p. 9.
28. Shastri A, editor. Sushrut Samhita of Maharshi Sushuruta, Vol-1, Sutra Sthan, Ch. 15, Ver. 3, reprint edition, Varanasi: Chaukhambha Sanskrit Series; 2023. p.73.
29. Shastri A, editor. Sushrut Samhita of Maharshi Sushuruta, Vol-1, Sutra Sthan, Ch. 20, Ver. 1-30, reprint edition, Varanasi: Chaukhambha Sanskrit Series; 2023. p.106-112.
30. Anjana, Role of Aahar (diet) in conquering obesity: A Literary Review, International Ayurvedic Medical Journal {online} 2025 November 23; 13 (11) 3169-3180. Available from <https://doi.org/10.46607/iamj1713112025>
31. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sharir Sthan, Ch. 1, Ver. 27-31, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 718-719.
32. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 1, Ver. 48-49, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 17-20.
33. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-1, Sutra Sthan, Ch. 1, Ver. 44, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 14.
34. Katta B. et al., The Incidence and Severity of Patient-Reported Side Effects of Chemotherapy in Routine Clinical Care: A Prospective Observational Study. Cureus. 2023 Apr 29; 15(4): e38301. Available from <https://doi.org/10.7759/cureus.38301>. PMID: 37261144; PMCID: PMC10226821.

35. Yang X et al., Radiation -induced skin injury: pathogenesis, treatment, and management. Aging (Albany NY). 2020 Nov 16; 12(22): 23379-23393. Available from <https://doi:10.18632/aging.103932>. Epub 2020 Nov 16. PMID: 33202382; PMCID:PMC7746368.
36. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch.1, Pada, 4, Ver. 30-35, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p.53.
37. Choi JW, Hua TNM. Impact of Lifestyle Behaviours on Cancer Risk and Prevention. J Lifestyle Med. 2021 Jan 31; 11(1): 1-7. Available from <https://doi:10.15280/jlm.2021.11.1.1>. PMID: 33763336; PMCI: PMC7957047.
38. Balachandran P, Govindarajan R, Cancer - an ayurvedic perspective, science direct, Journal of pharmacological research, 2005 January; 51(1):19-30 Available from <https://doi.org/10.1016/j.phrs.2004.04.010>
39. Sumantran VN, Tillu G., Cancer, inflammation and insights from ayurveda, Evidence -Based Complementary and Alternative Medicine, 2012 Jul 4; 2012: 306346. Available from <https://doi:10.1155/2012/306346> PMCID: PMC3398688 PMID:22829853
40. Arnold JT, Integrating Ayurveda Medicine into Cancer Research Program's part 2: Ayurveda Herbs and Research Opportunities, Journal of Ayurveda and Integrative Medicine. 2022 Dec 16; 14(2): 10067. <https://doi:10.1016/j.jaim.2022.100677>
41. Bendale YN et al., Ayurveda Rasayana therapy (ART) leads to tumour regression and increased survival in chemo-intolerance high-grade stage IV follicular lymphoma: A case study, clinical case reports. 2024 May 30; 12(6): e8076. PMCID: PMC11139640 PMID:38827936 Available from <https://doi:10.1002/ccr.3.8076>
42. Reena et al, Manikya Bhasma as nanomedicine for cancer cells treatment and its characterization using modern scientific tools, Asian pacific journal of environment and cancer, 2024 December; 7(1): 47-55. Available from <https://doi:10.31557/APJEC.2024.7.1.47-55>
43. Manohar S, Gundeti et. al., Ayurveda and plant-based interventions for cancer management a systemic review, journal of drug research in Ayurvedic sciences April-June 2017; 2(2): 74-90. <https://share.google/gpcsgiz6TszdCFnKG>
44. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch.15, Ver. 96-97, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 421.
45. Shastri A, editor. Rasaratna Samuchchaya, Ch. 20, Ver. 87-93, twelfth edition, Varanasi: Chaukhambha Sanskrit Pustakalaya; 2023. p. 435-436.
46. Mishra SN, editor, Bhaisajya Ratnavali, Amlapittarogadhikar (56), Ver. 24-28, reprint edition, Varanasi: Chaukhambha Sanskrit Prakashan; 2026. p. 903.
47. Mishra SN, editor, Bhaisajya Ratnavali, Vatavyadhi rogadhikar (26), Ver. 572-575, reprint edition, Varanasi: Chaukhambha Sanskrit Prakashan; 2026. p. 570.
48. Srivastava S, editor, Sharangdhar Samhita, Madhyam Khand, Ch. 8, Ver. 10-21, third edition, Varanasi: Chaukhambha Orientalia; 2003, p. 209-210.
49. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch.9, Ver. 35-41, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 288.
50. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch.9, Ver. 42-44, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p. 288.
51. Shastri K, Chaturvedi GN, editors. The Charak Samhita of Agnivesh, Vol-2, Chikitsa Sthan, Ch.9, Ver. 49-51, reprint edition, Varanasi: Chaukhambha Bharati Academy; 2024. p.289.
52. Mishra SN, editor, Bhaisajya Ratnavali, Rajyakshamadhikar (14), Ver. 290-302, reprint edition, Varanasi: Chaukhambha Sanskrit Prakashan; 2026. p. 434-435.

Cite this article as:

Anjana. A Supportive Approach Towards Cancer Patients Through Ayurveda: A Descriptive Review. AYUSHDHARA, 2026;13(3):696-701.

<https://doi.org/10.47070/ayushdhara.v13i3.2753>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Anjana

Professor,
Department of Kaya Chikitsa,
Prabuddh Ayurvedic Medical College,
Hospital & Research Centre, Lucknow,
U.P.

Email: dranjanavns@gmail.com

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.