



## Cure Cancer through Ayurveda

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### Abstract:

Ayurveda is an old Indian traditional sign showing its firm existence since 5000 years. Ayurveda believes in maintenance of health of healthy individuals and treatment of diseases. In today's modern life many diseases have become unwanted guests in our body. Out of all most fearful in Cancer. Cancer is the second most common cause of death after Coronary Heart Disease. According to WHO every 3rd person out of 10 will be suffering from cancer in 21st century. Cancer is the unwanted growth of cells in the body. Breast cancer is commonest cancer in females. Causative factors of cancer according to ayurveda is exertion, fasting, excessive emaciation, suppression of natural urges, exposure to heat of fire and sun. There are number of treatments available in mainstream therapy but still people use alternative treatments to increase the longevity and reduce the complications. The

proportion of patients using alternative medicine in cancer according to country is Germany (65%), Australia (59%), Switzerland (52%), France (52%), Mexico (50%) and USA (51%). These figures show that available modern methods are not the complete answer to Cancer. Cancer according to Ayurveda is "Arbuda" as mentioned by Acharya Sushrut. Sushrut has mentioned treatment of Arbuda as Curative: Medicines- metals, tablets, powders etc. Panchkarma: Surgery, Local applications. Supportive: Yoga, exercise and Diet. Preventive: Following Daily and Seasonal regime, panchkarma, Advance Research is going on in Ayurveda to find the exact Cure and Prevention of Cancer.

### Biography:

Dr. Mridu Sharma has completed her M.D. in Panchkarma at the age of 25 years. She is Assistant Professor of Panchkarma, at Smt. Urmila devi ayurvedic college hoshiarpur. She has published more than 15 papers in reputed journals and has attended more than 20 national and international conferences. She is practicing Ayurveda and Panchkarma since 2014 in her own clinic. She has presented herself as Speaker in 10th International TCM, Ayurveda & Accupuncture Conference held in Berlin on 4th and 5th March 2019.