

Newsletter

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Prostate Cancer: A Case Study Advanced Prostate Cancer Treated Exclusively with Rasayana Therapy

A 62 years old male prostate cancer stage IV patient (Mr AS) with multiple bone metastasis was presented to Rasayu Cancer Clinic. He was diagnosed in February 2014. He had undergone surgery and his both testicles were removed. He was advised six cycles of chemotherapy. He had suffered severe side effects like hot flushes, loss of appetite and weight loss after two cycles of chemotherapy so he stopped chemotherapy. He also had severe body ache and back ache due to bone metastasis. Radiating pain to his lower limbs had worsened his daily activities like walking and sleeping. Hence to explore other effective treatment options he came to Rasayu Cancer Clinic.

A significant reduction in all his symptoms and Prostate Specific Antigen (PSA) levels within two months of starting Ayurvedic Rasayana therapy was observed with subsequent improvement in his general condition. He was totally asymptomatic after one year of Rasayana therapy. His bone scan showed stable disease.

Considering patient's response a long-term treatment is continued till date with serial physical examinations, routine blood evaluations including serum PSA level measurements, quarterly Quality of Life assessments and annual radiological assessments.

Bone scan repeated on yearly basis showed regression of many skeletal lesions with no new lesions or activity as compared to his previous bone scan. Currently he is totally asymptomatic with better Quality of Life. His latest Quality of Life score as assessed by FACT-G Quality of Life questioner was excellent.

The results in this patient are very encouraging which clearly proves the effectiveness of Herbomineral Ayurvedic Rasayana therapy in the management of advanced stage prostate cancer with skeletal metastasis. During this four years of treatment period the patient did not suffer any bone related fractures and morbidities which usually occur in bone metastasis. Also it is important to note that the patient did not show any side effects.

-Dr Poonam Birari

After completion of Rasayana therapy

Rasayana therapy is very effective in prostate cancer even in cases where the cancer has spread in bones. Generally patients are advised to take three phases of Rasayana therapy although it may vary depending on the severity of disease.

Each phase is of six months duration. Many patients who have successfully completed all three phases have a question in their mind, "what should be done after completion of Rasayana therapy?"

Following guidelines will help patients to maintain their improved Quality of Life and also help in prevention of recurrence of the disease or spread in other parts of the body.

- **Regular Follow Up:** Regular follow up with physician is advisable. Meet your physician once in six months.
 - **Healthy and Cheerful Lifestyle:** Maintain healthy diet, regular exercise and calm, relaxed and happy mind. Generally patients are advised to follow some diet restrictions during Rasayana therapy. Patients should continue with diet restrictions after completion of Rasayana therapy. It is recommended to follow some exercise regime and regular brisk walks at least for 30 minutes. Yogasana are advised for building muscles strength. Yogasana and Pranayama together reduce stress levels. A dedicated one hour for exercise, Yogasana and Pranayama is important to maintain Quality Of Life.
 - **Prostate Specific Antigen (PSA) monitoring:** Monitor PSA level once in six months. Any significant change in the PSA levels should be informed immediately to the physician.
 - **Yearly Scan-** Bone scan/ Positron Emission Tomography (PET) CT and Prostate Specific Membrane Antigen (PSMA) scan are recommended yearly.
 - **Basti course (Medicated Enema):** Basti course of either 8 days/16 days/30 days is generally recommended twice in a year.
 - **Abhyanga (Massage with medicated oil):** Daily application of medicated oil prior to bath is recommended. If it is not possible on daily basis at least twice in a week is highly advised.
 - **Consumption of Milk and Cow Ghee:** Consumption of milk with cow ghee is good for the health of bones. 200 ml milk should be mixed with 10 ml of cow ghee.
 - **Rasayana Therapy:** If the primary cancer is considered as aggressive (depends upon Gleason's score*), Rasayana therapy can be continued even after completion of 3 rd phase.
- * The lowest Gleason Score of a cancer found on a prostate biopsy is 6. These cancers may be called well-differentiated or low-grade and are likely to be less aggressive - they tend to grow and spread slowly. Cancers with Gleason Scores of 8 to 10 may be called poorly differentiated or high grade.

-Dr Anand Patil

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Risks and Challenges after Treatment of Prostate Cancer

Being a cancer survivor is a challenge as a patient may suffer due to recurrence of cancer, secondary cancer and therefore to maintain good Quality of life of a patient is even more challenging. There are certain things that one should know. Of them recurrence and second cancer are the biggest concerns.

Recurrence: Cancer that comes back after treatment is recurrence. After treatment a patient is advised regular follow ups to monitor for any signs of recurrence. Regular follow ups include monitoring PSA levels every 6 months and Bone scan in case of symptoms like severe backache.

Second Cancer: Men who have had prostate cancer and received treatment of chemotherapy and/or radiotherapy are at risk of developing any type of cancer at a later stage which is called as Second Cancer. However men have an increased risk of certain cancers in particular including:

- Small intestine cancer
- Soft tissue cancer
- Bladder cancer
- Thyroid cancer
- Thymus cancer
- Melanoma of the skin
- Rectal cancer
- Acute Myeloid Leukaemia (AML)

Regular follow ups and monitoring symptoms help doctors to diagnose the second cancer early on.

Rasayana therapy offered at Rasayu Cancer Clinic (RCC) is an effective treatment option which helps in avoiding the recurrence and second cancer by following ways:

1) Personalized medicine (Navjeevan Rasayana): Navjeevan Rasayana help in building immunity at cellular and tissue levels. These also help to maintain normality of cell cycle. These medicines are prepared according to the patient's constitution, diet, life style etc.

2) Diet: The diet advised to the patients at RCC as a part of therapy is personalised and helps in balancing all the ailments and restoration of health.

3) Pranayama and Yoga: Pranayama and Yoga recommendations helps to bring natural balance in patient's physical and mental systems. Therefore these practices help in improving the health in totality.

-Dr Vrushali Pawar

Prostate cancer in men with diabetes

Prostate cancer is a type of cancer found only in men. Diabetes incidence is also common in Indian men. Some studies suggest that people with diabetes are more likely to have cancer. However some meta-analysis studies suggest that men who have diabetes are less likely to develop prostate cancer. Prostate cancer in a diabetic person, may affect its prognosis. Mortality due to prostate cancer in men with diabetes is high. As per a research done by researchers at the German Centre for Diabetes Research (DZD), prostate cancer patients with type 2 diabetes have poorer prognosis as compared to patients without diabetes. As per this study cancer spread is more aggressive in prostate cancer patients with diabetes as compared to prostate cancer patients without diabetes. The statement was based on the analysis of 70 tumour samples from patients without type 2 diabetes and 59 samples from patients with type 2 diabetes. It can be concluded from the research that prostate cancer in men with type 2 diabetes has a poorer prognosis than prostate cancer in men without type 2 diabetes and therefore should be treated earlier and more comprehensively.

Ref. Science Daily

Available at <https://www.sciencedaily.com/releases/2018/01/180131121339.htm>

-Dr Pravin Gund

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