

Rasayana therapy: A new Ray of Hope for Elderly Cancer Patients in improving quality of life

Patients with Hepatic cell carcinoma are known to have poor outcomes. They generally suffer from severe symptoms leading to poor quality of life . In a one of its kind research studies carried out in Rasayu Cancer Clinic, Pune ayurvedic Rasayana therapy has been found to be effective in improving quality of life in patients with Stage IV Hepatic cell carcinoma. The findings of this study will be presented in The Japanese Society of Medical Oncology (JSMO) Annual Meeting 2023. JSMO is one of the subcommittees of the Japanese Association of Medical Sciences, and more than 9,200 members. The findings of this study will also be published in the reputed peer reviewed journal “Annals of oncology”

In the present study outcomes of HCC patients who were treated with Ayurveda Rasayana therapy were documented and analyzed. At Rasayu Cancer Clinic the treatment protocols are developed after intensive research over two decades. Documentation of each cancer patient as per globally acclaimed international guidelines for Cancer has been maintained and discussed widely at international conferences. Patients in this study received treatment in form of oral medicines primarily containing herbo-mineral bioprocessed complex prepared as per principals of Ayurveda. Rasayana therapy is patient centric than a disease / drug centric one. The treatment protocols are based on the principle of Rasayana therapy which aims towards establishment of normal physiology and immune response at cellular level of each tissue (called Dhatu in Ayurveda) .In this study the research team of Rasayu cancer clinic consisting of Physicians and scientists did a detailed retrospective chart analysis of stage IV HCC patients who took Rasayana either as a standalone therapy (group I) or Rasayana along with the standard of care (group II). The main objective of the study was to evaluate the effect of therapy on Quality of life. Quality of life assessment was done using the globally validated FACT-G and FACTIT scales. The outcomes of this study showed significant improvement in patients’ quality of life. Significant improvement was also seen in reducing Anorexia which is a prominent and one of the most troublesome symptom in patients of Hepato cellular cancer. Interestingly both the study groups showed similar outcomes in terms of Quality of life. Stage IV hepatocellular carcinoma is a very advanced stage cancer which has very poor outcomes in terms of quality of life and survival. In view of this, these

observation indicates the potential of Ayurveda Rasayana therapy in management of patients with Hepatocellular carcinoma .

Rasayana therapy has an advantage that it is an oral therapy and does not require patients' hospitalization for taking therapy. Moreover, it is well tolerated therapy. Further research studies on Rasayana therapy and its use in various cancers are ongoing by scientists of Rasayu group. The team of Rasayu firmly believes that Ayurveda has a great potential to improve outcomes in cancer patients and till date various evidences has emerged through the research work in Rasayu groups. Rasayu group has presented more than half a dozen of research papers in last one year in reputed international platforms which include ASCO (American society of clinical oncology),AACR (American association of cancer research) ,ESMO (European society of medical oncology) etc. These research works of Rasayu group has helped to get an evidence based global identity in field of Ayurveda oncology.