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An Observational study- Ayurveda Cancer unit Indore Ayurveda provides relief in increasing mouth cancer

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ABSTRACT: May 31 is observed as No Smoking Day all over the world, this time the theme is Highlighting the Strategy of Industries on Tobacco and Nicotine Production. To create awareness among tobacco users about the impact of the entire tobacco life cycle from its cultivation, production, distribution, use and waste management, basically educating them and giving them adequate reasons to quit. The focus was on eliminating diseases and deaths caused by tobacco and smoking use.

The fraud of tobacco companies marketing their products as eco-friendly is to be highlighted. The campaign aims to ask policymakers and the government to formulate stricter policy and guidelines and strengthen the existing policy so that tobacco producers are held accountable for tobacco product waste that harm the environment.

It simply means keeping the younger generation away from poisons like tobacco. Programs are organized at various places to be aware of the diseases caused by the consumption of tobacco and its substances, especially cancer, and how they can be avoided through their lifestyle.

INTRODUCTION

According to the WHO report, more than 25 crore people in India consume tobacco in some form or the other. India has 12% of the world's population of smokers, about 50

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lakh people die annually from tobacco-related diseases. There are about one and a half lakh women. India is the second most smoked in the world. About 2500 people die from smoking every day. Smoking a cigarette reduces the life of 11 minutes. According to a statement issued by the Health Ministry, 6 percent of women in urban areas and 12 percent of women in rural areas consume tobacco products. Breast cancer is also being seen as the cause of excessive smoking in women

Aims & objective

Continuous consumption of tobacco causes the mucosa inside the mouth, In the primary stage, the patient starts having difficulty in eating spicy food. Gradually, white marks begin to form inside the mouth. The mouth gradually opens less and the patient has a lot of difficulty in eating food. Continuous consumption causes a wound inside the mouth or tongue and can also cause cancer, the teeth and gums of a person who consumes tobacco gradually begin to weaken, the teeth fall out quickly and the gums start bleeding. Smoking through tobacco products is likely to cause cancer, heart disease, diabetes.

It has been seen in the survey that 53% of people wanted to quit it, but they failed, because the chemical and nicotine released from smoking work on the nervous system, people feel better and stress-free for some time when they take it, but this is a false illusion, gradually this habit makes the body skeletal.

How to quit addiction

In order to quit intoxication, the patient must first have a strong self-power to want to quit the intoxication. People who consume tobacco and tobacco products should give up the company, keep themselves busy by spending more time with family members.

De-addiction centers are operating in the government and private sector, their help should be taken. FDA-approved nicotine replacement therapy is also effective. Information about the disadvantages of smoking, the benefits of quitting smoking, etc. is available on some apps in mobile such as Quit Now Quit Smoking, Quit Tracker, Stop Smoking App, etc.

TREATMENT

Yoga, pranayama relieves stress and strengthens the body. Panchakarma therapy also provides benefits, Shirodhara helps the patient to get mental stress and sleep. Using 3 to 5 grams of basil powder reduces cortisol, the main cause of stress, and the patient gets stress relief.

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The use of Ayurveda medicines helps in quitting smoking

Ginger, amla and turmeric powder is useful. Ashwagandha, Brahmi, Mandukaparni are useful for relieving mental stress. If the patient does not sleep, then Sarpagandha powder can be taken under the supervision of the doctor.

If you do not feel hungry, you can use Chitrak, Trikatu, Ajwain, Fennel, etc. Large cardamom powder is beneficial when you feel like vomiting. If the patient starts feeling constipated, then Amla, Haritaki, Sanay etc. are beneficial. All medicines should be taken under the supervision of a doctor. Nowadays cigarettes made from Brahmi, Tulsi, Mulethi, Sonth, Peppermint etc. are also available in the market and the use of its powder is also a better option than tobacco. Pomegranate peel can be ground and mixed with kattha, amalaki, black pepper and basil in small quantities and used in place of tobacco.

need of study

The government has to bear about 3 times the cost of the diseases caused by the sale of drug products in the country. The number of people using tobacco and tobacco products is more than 200 million, consuming it poses a risk of more than 25 types of diseases and 40 types of cancer.

The environment is also getting polluted

Apart from being sick, such a person is harmful to the environment, spitting at various places after eating tobacco is becoming a habit of these people, only 30 percent of the smoke taken from cigarettes or bidi is inhaled by the consumer, the remaining 70 percent is harmful to the environment and other people.

Story of a blister in the mouth

Many times patients with these problems come to the hospital with their problems. The teeth have turned yellow. The mouth has started to stink. There is a tingling sensation in the teeth. The teeth have started to fall out. White marks have begun to form on the tongue and gums. Eating even a little chilli has started causing trouble. Mouth Slowly-Slowly it has started to open up. If you swallow food, there is a burning sensation in the throat. If there are ulcers in the mouth, they do not fill for a long time. There is a stutter in speaking. Sometimes the hand begins to tremble. The heartbeat increases and dizziness begins.

The patient suffers from all this But when there is trouble, when he comes and speaks.

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Doctor, there is a blister in the tongue or gum, it has not been healed for a long time. Are these early stages Are you inviting you to any big trouble, Well, that's one aspect of the story that was on the patient's side. Because till now it was arbitrary, now let's talk about the other side of it, when the doctor says, "Friend, you were using tobacco for a long time, the cancer is spreading more, once you get a biopsy done, you get a biopsy done to find out if there is cancer." So the person is shocked, "Hey sir," what is the need for it now. If you get a check-up, the wound will increase. I still have small children. I will stop the jarda from today, sir. It will be fine if you go right with Ayurvedic medicines.

Cancer surgery is very bad, then later chemotherapy, radiotherapy, I don't know what to do. I'm a very poor man. There is no other earner in my house, save it, now you do something. The doctor says what had to be done, you did it and I am doing what I have to do. If only you could understand it earlier, this situation would not have arisen. So let's save yourself today before such a situation arises. Why beg in front of someone, Why go to hospitals Why spend your blood and sweat earnings on illness, Why put your family in trouble, Why put a tube in the nose and deliver food to the stomach, sit outside the hospital for hours waiting for your turn. Why is the tongue bitten after the operation, Why make a big wound on the mouth, Why ruin the arrangements of the house, Why stretch out your hands in front of others for money and most importantly why risk your life for your little hobby.

There is a reality that cancer patients come and tell us, we don't want doctors. In Ayurveda, it is always desired that no one ever falls ill, everyone should be healthy. We are also saddened by your grief. No more sorrow thorns. The good lies in whether someone else asks you to leave or not. You should make your will strong and vow to give it up. About 50 million people die every year due to drug addiction. Why did we become a partner in this data? Stay safe and be a source of inspiration to others. You have everything. It's family. It's society. There are relationships, there are relationships, there is life. The harmful effects of smoking not only threaten the health of the people but also cause economic damage, especially the reason for the increase in poverty of the poor people. The basic purpose of creating industries of smoking, the increase in the number of consumers and addicts, and knowingly and unknowingly and unwillingly, it harms the poor class. In most countries, smoking is higher among poor people than among rich people, and on some occasions it is seen that people on lower incomes smoke more often.

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DISCUSSION

According to health experts, people who use tobacco or cigarettes are 50 times more likely to get oral cancer. There are 25 elements in tobacco that can cause cancer. Tobacco contains the equivalent of 60 cigarettes in a can of nicotine. According to a study, 91 oral cancers are caused by tobacco. According to Dr. K.K. Agarwal and B.C. Rai, president of the Heart Care Foundation of India, smoking 20 cigarettes a day increases the risk of heart attack in women by 6 times. Smoking 20 cigarettes a day increases the risk of heart attack in men by 3 times. Smoking is responsible for 36% of first-time heart attacks in 36% of patients.

Case details of cancer patients taking relief from Ayurveda

1-Abbas Ali Noorani Nagar was consuming tobacco for almost 20 years, due to which my mouth started opening less and went to a big village on getting checked up, mouth cancer was found on getting checked, it was a difficult time for me and my family. I started taking Ayurveda medicines for the treatment of cancer at the Government Ashtang Ayurveda College, Lokmanya Nagar and I am getting a lot of benefit from it

2-Smt. Manorama Borana, age 70, resident of Moti Bungalow Dewas, developed back pain, for which she underwent an operation in Ujjain in June 2024. After the operation, some medicines were given, after taking the medicines, he started vomiting, for which he got an endoscopy done in August 2023, endoscopy turned out to be cancer of the alimentary canal, he refused surgery, chemotherapy and radiography. Ayurvedic medicines are continuously being treated and they are getting relief.

3- Mumtaz Ali, age 61, resident of Mhow, was having trouble getting out since February 2024. They were only able to take liquid and water. On endoscopy, a large growth was removed in the alimentary canal and a blister was removed. He was not ready to undergo any surgery, chemotherapy or radiation. After coming to Ashtanga Ayurveda College in April 2024 and taking Ayurveda treatment, he has reduced the difficulty in swallowing and is living his normal life

4- Mrs. Sanju Bai Maurya Age 75 years resident of Raghuvanshi Colony, Indore was also having trouble swallowing water in March 2024 and also had a lump on the straight side of the neck. On endoscopy, cancer was found in the esophagus. She did not want to do any kind of surgery, chemotherapy, radiotherapy. Since April 2024, Ashtang Ayurveda College has been undergoing treatment with Ayurveda medicines and is getting relief in symptoms

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Rinsing medicines gives relief to the patient

In mouth cancer, after radiation, the patient has problems like excessive salivation, chilli in the mouth, less opening of the mouth, difficulty in swallowing food, loss of taste, etc. For this, the process of gandush is done in Ayurveda, that is, according to the nature of human beings, the mouth is rinsed with honey, cow urine, milk, decoction of medicines and other medicines, which gives relief to the patient.

CONCLUSION

The number of cancer patients in Ashtang Ayurveda Hospital Lokmanya Nagar continues to increase day by day . Patients of minor and serious diseases are coming to the hospital for treatment. The steady trend of cancer patients is moving towards Ayurveda.

Today we are seeing that the number of cancer patients is increasing day by day and many types of surgery, chemotherapy, radiotherapy, immunotherapy and many other methods of treatment are failing for the patients, even after a lot of treatment, there is a possibility of spreading cancer. The wounds during cancer treatment do not heal. And patients see many disadvantages of chemotherapy and radiotherapy. In such a situation, patients see a ray of hope in Ayurveda, where their problems are seen to be solved. In the Government Ashtang Ayurveda College, Lokmanya Nagar, Indore, cancer patients from all over India are coming to the surgery department with their problems and are getting their problems solved. Patients are being treated with Satvajaya therapy (morale booster) and de-addiction.

The number of cancer patients continues to increase

In the year 2020, the number of patients undergoing treatment by Ayurveda suffering from cancer was 73, out of which the number of men was 42 (57.53%) and the number of women was 31 (42.46%). In the year 2021, there were a total of 231 patients, out of which 128 were male cancer victims (55.41%) and women were 103 (44.58%), including a boy and a girl who were suffering from blood cancer. In 2022, the number of cancer patients was 412, out of which the number of male victims was 206 (50%) and the number of female victims was also 206 (50%), that is, gradually the number of women suffering from cancer also increased, in 2023, the total number of cancer patients is 526, of which 261 (49.62%) are male and 265 (50.38) female are cancer patientsIn 2023 too, the number of women suffering from cancer was more than the previous year. In the year 2024, 826 cancer patients have received their treatment with

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Ayurveda method. In which the number of male patients was 404 (48.91%) and the number of female patients was 422 (51.09%). In the year 2025, the number of cancer patients treated with Ayurveda in the hospital has been 910 till October 2025

Year	Cancer patients	Male	Female	Male %	Female %
2020	73	42	31	57.53%	42.46%
2021	231	128	103	55.41%	44.58%
2022	412	206	206	50%	50%
2023	526	261	265	49.62%	50.38%
2024	826	404	422	48.91%	51.09%
2025	1013	513	500	50.64%	49.36%

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