



Journal of Herbal Medicine Research (ISSN: 2474-106X)



CLINICAL STUDY OF SAHADEVI (*Vernonia cineria* Less.) KSHARA IN PERSPECTIVE OF GRANTHI W.S.R. CANCER

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ABSTRACT

INTRODUCTION-Cancer' is not directly mentioned in Ayurvedic text as one disease. Many diseases, which are described in Ayurvedic text, show similarities with Cancer. Also etiology (Nidan), pathogenesis (Samprapti), treatment(Chikitsa) of cancer can be described by considering the basic principles of Ayurved. Granthi is a term for a tumour, lump or nodule. Granthi may be benign or malignant. In Ayurvedic literature, a detailed description is given of various types of tumors. Terms such as gulma, granthi, utseda and arbuda are used for specific tumor conditions. **AIMS & OBJECTIVES-**1. Conceptual and clinical studies on Granthi. 2. To evaluate safety and efficacy of Sahadevi Panchang Kshara in management of Granthi. **MATERIALS & METHODS-**The study was conducted on 30 clinically diagnosed and confirmed patients of Granthi from OPD/IPD of Rajvaidhya Premshankar Sharma Govt. Ayurvedic Hospital, Udaipur. Group A- 15 Patients of simple granthi (Benign tumour) were treated by 500mg capsule Sahadevi kshara two times a day with normal water for 60 days. Group B- 15 Patients of malignant granthi were treated by 500mg capsule Sahadevi kshara two times a day with normal water for 60 days. The patients will be diagnosed with the help of various subjective parameters. **RESULT-**Pain, tenderness, fatigue, size of lump symptoms were significant In Group A and Pain, Tenderness, Size of lump, Nausea, fatigue,, Constipation, Gas in Abdomen, Heaviness in Chest symptoms were significant in group B. Pain was improved in both groups. **CONCLUSION-**Sahadevi Kshara proved to be an effective, safe, promising and cost effective in the management of cancer.

Keyword: Granthi, cancer, sahadevi kshara, malignant.

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How to cite this article:

Vimla Kumari and Kamini Kaushal.
CLINICAL STUDY OF SAHADEVI
(*Vernonia cineria* Less.) KSHARA
IN PERSPECTIVE OF GRANTHI
W.S.R. CANCER. Journal of Herbal
Medicine Research, 2020,5:40.



eSciPub LLC, Houston, TX USA.

Website: <https://escipub.com/>

INTRODUCTION-Cancer is very well known for untimely, miserable death. As a consequence, there is a tremendous fear about this disease, about the treatment like Chemotherapy, Radiation and about the sufferings the patient has to face. This then leads to stress, depression, which further aggravates the disease to worsen the situation. The fear or the tension starts even the suspicion of the cancer and advice for F.N.A.C (Fine Needle Aspiration Cytology) or biopsy. With the confirmation of the diagnosis of the disease, the stress is at its peak. The fear and the tension continue to increase during treatment. If the cancer is diagnosed in very advanced stage and no treatment can be administered, there is a hopeless situation. Generally only in the hopeless situation, due to any reason, the patient turns toward Ayurveda or any other alternative medicine. The stage is really advanced. The disease is progressive. There is lot of stress and depression and the financial status also has gone down. It is a difficult task to bring patients out of depression and try to cure them. Still very good results have been obtained in some cases by scientific approach of Ayurveda. Hence even in this state, the patients try to seek. Let us try to understand cancer. In modern medicine, it is the "uncontrolled growth of abnormal cells". There are various reasons due to which the normal cells become abnormal cells and start reproducing very fast. An abnormal cell thus formed, starts reproducing very fast and also produces metastasis or Secondary's even at distant places. Cancer' is not directly mentioned in *Ayurvedic* text as one disease. Many diseases, which are described in *Ayurvedic* text, show similarities with Cancer. Also etiology (*Nidan*), pathogenesis (*Samprapti*), treatment (*Chikitsa*) of cancer can be described by considering the basic principles of *Ayurved*. Cancer is described in *Ayurvedic* classics as being large and round, immobile and deep seated tumour growing slowly; it is slightly painful but rarely suppurating. The clinical condition of cancer can also be correlated to the *sannipatha* state of all diseases,

where there is derangement of all *doshas*. *Sannipatha* diseases are usually malignant because all the three major body humours lose mutual coordination, resulting in a morbid condition. Several methods of management for these conditions by internal and external medications have been mentioned in Ayurveda. Integration of modern cancer treatment and *ayurvedic* system of medicine can improve the treatment outcome of cancer. *Granthi* is a term for a tumour, lump or nodule. *Granthi* may be benign or malignant. In *Ayurvedic* literature, a detailed description is given of various types of tumors. Terms such as *gulma*, *granthi*, *utseda* and *arbuda* are used for specific tumor conditions. In the West, neoplasms are divided into two pathogenic natures, benign and malignant. The *Ayurvedic* words "*Tridosaja*" abnormal growth or "*Sannipataja*" abnormal growth is used to indicate the malignant stage of the neoplasm; the word "*Vataja*" or "*Pittaja*" or "*Kaphaja*" or a combination of any two of them (e.g. *Vata-Pittaja* or *Vata-Kaphaja* or *Pitta-Kaphaja*) is used to signify a benign neoplasm. *Acharya Sushurta* has described very clear and detailed definition. That is "The *Doshas* having vitiated and afflicting the *Mamsa* (muscles), *rakta* (blood), *Medas* mixed with *kapha* produce a rounded, protuberant, knotty and hard swelling, Since it is knotty or glandular, so it is called *granthi*¹. *Acharya Charaka* says that *granthi* occurs in a particular part of the body because of vitiated vata etc. it is associated with the sign and symptoms of the concerned aggravated *dosha*. If surrounded by vessels, it pulsates. *Granthi* in *Mamsa* (muscles tissue) is large in size. If it is *medas*(fat tissue), then it is free from pain and it is unctuous as well as mobile². *Acharya Charaka* has clearly mentioned that a physician should not bother too much to understand name of the disease. According to Ayurveda, a cell releases a toxin after long-term disturbance of the body. Cancer is namely the final stage of a chronic imbalance of *doshas* and *dhatu*s (tissues). *Doshas* are the subtle energies of the body. *Doshas* are invisible and only

perceptible through indirect methods such as the pulse diagnosis. *Doshas* can be influenced by our intake of foods, drinks, our breathing, daily, weekly, seasonal rhythm and our mental condition. When these factors do not correspond to our body constitution (that originates from birth), the *doshas* will become imbalanced. Their natural relationship will begin to show disturbances. The *doshas* will start to increase or decrease and in due course, a malignant tumor may develop³.

TUMOUR DEVELOPS WHEN FOR A LONG PERIOD OF TIME: –

- Someone has an improper lifestyle according to his body constitution, his environment and the seasons.
- Someone has improper eating habits/diet according to his body constitution, environment and seasons.
- Toxins from the environment penetrate both mind and body.
- Vitiating *doshas*, *dhatu*s (tissues) and *srotas* (channels) are left untreated or wrongly treated.

In Ayurvedic classics many single, as well as compound drug formulation have been mentioned to treat and manage the disease *Granthi*. It is needless to say that cancer is a hazardous disease to mankind. The universal statistics points towards the same thing. It is necessity of the day to re-evaluate the *Ayurvedic* claims against the cancer and to re-examine them, as present modern science wants and to give opinion on the justification of the *Ayurvedic* claims. This is the evaluator purpose of this present study. No ready explanation can be offered regarding the exact mechanism, how drugs produce their effects on various tissues in organs of the body. Many plant materials and minerals have been used in the treatment of malignant disease for centuries, a comprehensive survey of literature both old and new described. The recent phytochemical examination of plant, which have a suitable history of use in folklore for the treatment of cancer. Often resulted in the isolation of the

principals with antitumor activity. No wonder, many laboratories in the world are working to know a proper preparation to combat this dreadful disease, but the final remedy is still awaited. Failure of the universally accepted line of treatment radiation, Surgery, Chemotherapy leads man to conduct more research for cancer in all aspects and by different pathies. Though modern medicine has made more command in this field we also have approached and through research works found surprising results in many drugs like *Vinca Rosea* in blood cancer. Selection of a drug was a difficult task for disease like cancer whose exact aetiopathogenesis is still unknown I have taken one drug for this study, *Sahadevi panchang Kshara*. Which has various research workers and ancient *Acharyas* to have anti-cancerous properties have proved. Thus it is taking with a view to evaluate its anti-cancerous property and determine its efficacy clinically.

PHARMACEUTICAL STUDY

Collection of the drug-Fresh *Sahadevi panchanga* (whole plant of *Vernonia cineria*) collected during August to October 2017.

Authentication and raw drug analysis-Raw drug was authenticated through Macroscopic and Microscopic Study of leaf, stem and root of *Vernonia cineria*.

***Kshar kalpana* procedure:** (4,ii,iii,5):-

Following step were performed for preparation of drug: (a)Preparation Of Ash, (b)Preparation Of *Ksharjala*, (c)Preparation Of *Kshara*,(d)Preservation (e)Packing

ANALYTICAL STUDY

CLINICAL STUDY

Present Research work has been undertaken with the following two main objectives.

Aims & objectives

1. Conceptual and clinical studies on *Granthi/Tumour*.
2. To evaluate safety and efficacy of *Sahadevi Panchang Kshara* in management of *Granthi*.

Materials & methods-The study was conducted on 30 clinically diagnosed and confirmed patients of *Granthi* from OPD/IPD of *Rajvaidhya Premshankar Sharma Govt. Ayurvedic Hospital, Udaipur*.

Table-1. Analytical Data Of Sahadevi Panchang Kshara

S.N.	PARAMETERS	Actual Result	References of Test Method
1	Total Ash	88.14% W/w	API Part-2, Vol-1 2008
2	pH Value	9.88	API Part-2, Vol-1 2008
3	LOD	5.92% w/w	API Part-2, Vol-1 2008
4	Acid insoluble Ash	11.80% w/w	API Part-2, Vol-1 2008

Table-2. Assay For Iron, Sodium And Pottasium (For Sahadevi Panchang Kshara)

S.N.	PARAMETERS	Actual Result	References of Test Method
1.	Potassium Content (K)	27.62% w/w	API Part II, Vol-1,2008
2.	Sodium Content (Na)	2.83% w/w	API Part II, Vol-1,2008
3.	Iron Content (fe)	0.001% w/w	API Part II, Vol-1,2008

Inclusion criteria

- Patients of either sex was considered.
- Patients were selected according *granthi* for present study.

Diagnosed and confirmed cases of *Granthi roga*, on the basis of the clinical signs and symptoms mentioned in *Ayurvedic* texts & Modern texts.

Exclusion criteria -

- *Granthi* in children, old and weak peoples.
- Pregnant women.
- Non willing patients.
- Restricted *pitta prakriti* patients.

Administration of drug –

- **Group A-** 15 Patients of simple *granthi* (*Benign granthi*) were treated by 500mg capsule *Sahadevi kshara* two times a day with normal water for 60 days.
- **Group B-** 15 Patients of malignant *granthi* were treated by 500mg capsule *Sahadevi kshara* two times a day with normal water for 60 days.

The patients will be diagnosed with the help of various subjective parameters

CLINICAL IMPROVEMENT

All symptoms to be taken for the assessment of clinical improvement, the incidence of presenting features were worked out and the severity of symptoms was rated in each case. For this purpose the following “Symptom Rating Scale was used.

SCORE WAS GIVEN ACCORDING TO THE SEVERITY OF SYMPTOMS –

- | | |
|---------------------------------|---|
| (1) Absence of symptoms | - |
| 0/- | |
| (2) Mild degree of symptoms | - |
| 1/+ | |
| (3) Moderate degree of symptoms | - |
| 2/++ | |
| (4) Severe degree of symptoms | - |
| 3/+++ | |
| (5) Agonizing | - |
| 4/++++ | |

INVESTIGATIONS

Essential laboratory examination will be done. e.g.-USG, CT-Scan, Biopsy, FNAC etc.

RESULT

Table no.3. Statistical value of signs and symptoms of the Group-A (Simple Granthi) patients after the treatment:(Wilcoxon matched-pairs signed-ranks test)

Parameter	N	Mean		Difference	% Change	S.D	SE	t	P	SIG
		BT	AT							
Pain	8	0.80	0.20	0.60	75.0%	0.63	0.16	3.67	0.001	S
Size of Lump	15	2.73	2.07	0.67	24.4%	0.62	0.16	4.18	0.000	HS
Tenderness	9	0.80	0.07	0.73	91.7%	0.70	0.18	4.04	0.001	S
Nausea	1	0.07	0.00	0.26	100.0%	0.26	0.07	1.00	0.167	NS
Vomiting	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Fatigue	3	0.33	0.00	0.33	100.0%	0.72	0.19	1.78	0.048	S
Constipation	2	0.20	0.00	0.20	100.0%	0.56	0.14	1.38	0.094	NS
Trismus	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Anorexia	2	0.20	0.00	0.20	100.0%	0.56	0.14	1.38	0.094	NS
Cough	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Fever	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Pus formation	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Difficulty in Urine micturition	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Vaginal Discharge	2	0.33	0.07	0.27	80.0%	0.27	0.18	1.47	0.082	NS
Headache	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Breathlessness	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Throat Discomfort	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Gas in Abdomen	2	0.13	0.00	0.13	100.0%	0.35	0.09	1.47	0.082	NS
Acidity	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Heaviness in Chest	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Hoarseness in Voice	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Dysphagia	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-
Loss of weight	0	0.00	0.00	0.00	0.00%	0.00	0.00	-	-	-

Table no. 4. Statistical value of signs and symptoms of the Group-B (Malignant Granthi) patients after the treatment:(Wilcoxon matched-pairs signed-ranks test)

Parameter	n	Mean		Difference	% Change	S.D	SE	t	P	SIG
		BT	AT							
Pain	11	1.60	0.60	1.00	62.5%	1.07	0.28	3.62	0.0014	S
Size of Lump	15	2.67	2.27	0.40	15.0%	0.83	0.21	1.87	0.0412	S
Tenderness	6	0.53	0.33	0.20	37.5%	0.41	0.11	1.87	0.0412	S
Nausea	6	0.67	0.00	0.67	100.0%	0.98	0.25	2.65	0.0095	S
Vomiting	2	0.13	0.00	0.13	100.0%	0.35	0.09	1.47	0.0821	NS
Fatigue	11	1.33	0.27	1.07	80.0%	0.88	0.23	4.67	0.0001	HS
Constipation	6	1.07	0.36	0.67	62.2%	1.23	0.32	2.09	0.0274	S
Trismus	1	0.20	0.27	-0.07	-33.3%	0.26	0.07	-1.00	0.1671	NS
Anorexia	3	0.27	0.20	0.07	25.0%	0.80	0.21	0.32	0.3756	NS
Cough	2	0.33	0.00	0.33	100.0%	1.05	0.27	1.23	0.1188	NS
Fever	2	0.13	0.00	0.13	100.0%	0.35	0.09	1.47	0.0821	NS
Pus formation	1	0.07	0.00	0.07	100.0%	0.26	0.07	1.00	0.167	NS
Difficulty in Urine micturition	3	0.53	0.20	0.33	62.5%	1.05	0.27	1.23	0.119	NS
Vaginal Discharge	1	0.07	0.07	0.00	0.0%	0.00	-	-	-	NS
Headache	3	0.33	0.00	0.33	100.0%	0.82	0.21	1.58	0.068	NS
Breathlessness	2	0.27	0.00	0.27	100.0%	0.80	0.21	1.29	0.108	NS
Throat Discomfort	3	0.27	0.20	0.07	25.0%	0.46	0.12	0.56	0.291	NS
Gas in Abdomen	4	0.53	0.00	0.53	100.0%	1.13	0.29	1.84	0.044	S
Acidity	2	0.27	0.00	0.27	100.0%	0.80	0.21	1.29	0.108	NS
Heaviness in Chest	4	0.53	0.07	0.47	87.5%	0.92	0.24	1.97	0.034	S
Hoarseness in Voice	2	0.20	0.27	-0.07	-33.3%	0.26	0.07	-1.00	0.167	NS
Dysphagia	3	0.33	0.40	-0.07	-20.0%	0.26	0.07	-1.00	0.167	NS
Loss of weight	3	0.00	0.20	-0.20	-	0.41	0.11	-1.87	-0.041	-

Comparative Study Results:**Table No.-5. Statistical value of signs and symptoms of the two Groups patients after the treatment: (Wilcoxon matched-pairs signed-ranks test)**

Sign & Symptoms	Group A	Group B	Group A/B	Significance Intergroup
	p value	p value	p value	
Pain	0.001	0.0014	0.223	NS
Size of Lump	0.000	0.0412	0.326	NS
Tenderness	0.001	0.0412	0.017	S
Nausea	0.167	0.0095	0.029	S
Vomiting		0.0821	0.153	NS
Fatigue	0.048	0.0001	0.019	S
Constipation	0.094	0.0274	0.193	NS
Trismus	-	0.1671	0.326	NS
Anorexia	0.094	0.3756	0.601	NS
Cough	-	0.1188	0.228	NS
Fever	-	0.0821	0.153	NS
Pus formation	-	0.167	0.326	NS
Difficulty in Urine micturition	-	0.119	0.228	NS
Vaginal Discharge	0.082	-	0.153	NS
Headache	-	0.068	0.125	NS
Breathlessness	-	0.108	0.207	NS
Throat Discomfort	-	0.291	0.577	NS
Gas in Abdomen	0.082	0.044	0.200	NS
Acidity	-	0.108	0.207	NS
Heaviness in Chest	-	0.034	0.058	S
Hoarseness in Voice	-	0.167	0.326	NS
Dysphagia	-	0.167	0.326	NS
Loss of weight	-	0.041	0.072	NS

DISCUSSION**Probable mode of action drug by ayurvedic point of view:**

As we know that the *granthi* is *tridoshaja vyadhi* with *kapha* dominance and this drug (*Sahadevi*) is pacify the *kapha* and *vata* and its *kshara* as same properties due to *katu, tikat, lavan,, tikshana, ruksha, laghu, ushna virya* and *katu vipak* etc. Secondary when we study the *samprapati* of the *granthi*, then there is the *dushti* of *dhatu* particularly *rasa, rakta, mamsa* and *meda* etc. According to principle of Ayurveda, if *rasa dhatu* is **prakrit** then the next *dhatu* i.e. *rakta dhatu* will also be *prakrit* and so on. Since,

this drug is *jatharagni* promoting so next formed *dhatu*s in succeeding order will also be *prakrit*. The above mentioned of *sahadevi kshara* is *jatharagni* promoting and *jatharagni* stimulate the *dhatwagni* which are involved in *granthi*. *Acharya Dalhana, Kshara* is a digestive stimulant on oral administration. *Sahadevi kshara* is mild potency. *Kshara* is breaks the disease chain sp this is the point of long time research of *sahadevi kshara*. It protects the body in low immunity. It destroy the *krimi* (Carcinogenic). The pH of *sahadevi kshara* 9.8, so this is alkaline in nature. This provide the best chance to heal from cancer and prevent future recurrence of cancer.

Table No-6. Described the properties of *sahadevi* drug and *kshara*.

Properties	<i>Sahadevi</i>	<i>Kshara</i>
<i>Rasa</i>	<i>Katu, tikat</i>	<i>Katu, tikta, Lavan</i>
<i>Guna</i>	<i>Laghu, Ruksha</i>	<i>Tikshana, Laghu, Slakshana, Natiruksha</i>
<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>
<i>Vipak</i>	<i>Katu</i>	<i>Katu</i>
<i>Doshakarma</i>	<i>Tridoshashamak if pacify the kapha & vata</i>	<i>Tridoshashamak</i>

Modern aspect-

Sahadevi Kshara is alkaline nature, so best for cancer. Dr. Otto Warburg won the Noble prize in 1931 for proving that cancer cannot survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment. Every single person who has cancer has pH that is too acidic. The alkaline drugs & diet are based on the theory that taking certain drugs & food can change the body's acid levels, also called the pH levels. Some believe that changing the body's pH levels can improve health and help lose weight or even prevent cancer. Some studies have shown that acidic environments help cancer cells grow. So the idea is that in cancer a high in alkaline (high pH) drugs and diets will raise the body's pH levels (make the body more alkaline) and prevent or even cure cancer. The metabolism of cancer cells has a very narrow pH tolerance for cellular proliferation (mitosis), which is between 6.5 and 7.5. As such, if we can interfere with cancer cell metabolism by either lowering or raising the internal cancer cell pH, we can theoretically stop cancer progression. Alkaline drugs is increased the pH of cancer cells to a range above 7.5, it is at that pH they revert to a normal cellular apoptosis cycle (programmed cell death). Subjectively the drug was well to tolerate by some patients and some patients took drug after they felt stomach discomfort.

After completion of medication the symptomatic relief in the patients was estimated.

Group-A

Statistical value of signs and symptoms of the Group-A (Simple *Granthi*) patients after the treatment- Pain, Tenderness & Fatigue = <

0.05 –Significant , Size of lump= < 0.001- Highly significant and Other Symptoms like Nausea, constipation, anorexia, vaginal discharge, gas in Abdomen are not significance.

Statistical value of signs and symptoms of the Group-B (Malignant *Granthi*) patients after the treatment- Fatigue= <0.001- Highly Significant, Pain, Tenderness, Size of lump, Nausea, Constipation, Gas in Abdomen, Heaviness in Chest & Loss of weight=<0.05- Significant and other symptoms like vomiting, trismus, anorexia, cough, fever, pus formation, Difficulty in Urine micturition, vaginal discharge, throat discomfort, acidity, headache, breathlessness, Hoarseness in Voice, dysphagia are no significant.

Statistical value of signs and symptoms of the two Groups patients after the treatment:- Intergroup Statistical value- Significant (p value-<0.05) found in symptoms- Tenderness, nausea, fatigue, heaviness in chest. Other symptoms were not significant.

CONCLUSION

In the present study the maximum number of patients were found in the age group 45-60(years) and weight above 60kg(66.67%). But sample size is small; hence no definite conclusion can be made out. The duration of illness varied from months to years. The more number of patients had belongs to middle class family (90%). The more number of patients had house wife(53.33%), vegetarian(73.33%), doing less exercise (mean do not exercise)(60%) and addict tea, coffee(80%). Maximum (90 %) patients were having *Madhyam Koshtha*. *Samagni* symptom was seen in maximum

patients (63.33%) Followed by 26.67% of Patients had *Mandagni*. Majority of the Patients were from *hindu* religion (90%). Majority of Patients were educated (93.33%) and their psychological status was found Normal (46.67%). Maximum patients were not taken any type of treatment previously 40%, whereas 23.33 % patients had taken surgical & chemotherapy previously. Majority of the patients were suffering from localized disease(76.67%%). Maximum patients (83.33%) were suffering from without lymph node involvement. Maximum patients were coming within 1 to 5 years of onset that was 63.33 %whereas 20% patients where coming after 5 years and 16.6% patients where coming before year. Maximum (70%) were suffering from without recurrence followed by recurrence (30%). P value of Simple and malignant group (Inter group Statically value-p-value) was not significant due to vomiting, trismus, cough, fever, pus formation, difficulty in urine micturition, headache, breathlessness, throat discomfort, acidity, heaviness in chest, hoarseness in voice, dysphagia, loss of weight symptoms were not found in simple *granthi* group patients. Although these symptoms were found in malignant group patients. During study it was noticed *Sahadevi kshara* is useful symptomatically in cancer like pain, tenderness, Anorexia, fatigue, pus formation etc. and mainly its work in urinary bladder cancer(reduce size of lump) and showed good response in metastasis of cancers. Pain, tenderness, fatigue, size of lump symptoms were significant In Group A(Simple

Granthi) and Pain, Tenderness, Size of lump, Nausea, fatigue, Constipation, Gas in Abdomen, Heaviness in Chest symptoms were significant in group B(Malignant *granthi*). Pain was improved in both groups. When patients were taking *sahadevi kshara*, feeling good hunger, so this is a good digestive stimulant and also observed *vrana ropan* activity. Maximum percentage (27.67%) of Potassium mineral is found in *Sahadevi kshara*. Potassium is more effective at fighting cancer cell, its improve immune response of the body against cancer tumour. It is regulate of cellular proliferation. Other minerals as Iron, calcium, magnesium, manganese, sodium, phosphorus etc. are found in *Sahadevi kshara*. These mineral are used in prevention of cancers. It was advised to take medicine after meal as discomfort and mild pain over gastric region was found if *Sahadevi Kshara* was taken empty stomach.

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