

## **INDIGENOUS APPROACH TO COMBAT CANCER**

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Incidentally in the year 1960, a patient Mr Mandar Das Jain, who had been diagnosed earlier for Hodgkin's Lymphoma infiltrated to bone marrow, was treated by my father late Vaidya Chandra Prakash for curing his bone fever. A formulation called 'Valipani' consisting of mercury, sulphur, iron, harar, bhilava, amla, ginger & honey was given to the patient to strengthen the bone marrow. This formulation 'Valipani' was earlier used by Guru Maharaj ji of my father for the rejuvenation of his injured bony tissues. The local pathologist working at Meerut informed my father about the unexpected recovery of Mr Mandar Das Jain. Following this success two more patients of Acute Lymphoblastic leukaemia & chronic leukaemia were treated by using the same formulation. They also recovered completely within two months. The success stories of treatment of cancer by late Vaidya Chandra Prakash appeared in various newspapers and then Ministry of Health & Family Welfare, Government of India deputed a fact finding committee under Prof. V. Ramalingaswamy. The committee did find that the patients have been benefited but they could not endorse that the cure is due to Ayurvedic treatment. No efforts were made by the committee to understand how these patients had recovered?

Following initial successes, my father made an attempt to prepare new batch of 'Valipani' following similar methods of preparation but the 'Valipani' so developed didn't yield the same success. Several attempts were made but none of the batches was that effective, though some were partially effective. In 1972 my father prepared a compound using copper, mercury & sulphur following the concept of 'Gandhak Jarana' described in the clinical text of 'Ras Shastra'. This compound named as 'Amar-72' was given to a patient Sardar Harcharan Singh who was diagnosed in PGI, Chandigarh for advanced malignancy of pancreas and was brought to my father in November, 1973 at Meerut for treatment. Sardar Harcharan Singh showed marvelous recovery and now leads a normal life in Ferozpur (Punjab). The 'Amar-72' was also given to the patients of colon, bladder & skin cancer and many of them showed good recovery and hence more patients contacted my father. In 1974 my father prepared another batch of 'Amar -74' using old copper coins in place of copper available in the market. He thought copper coins may be more pure and could give better

results. The methodology for the preparation of 'Amar-74' was the same as 'Amar-72' but none of the patients treated by this batch had recovered. He formulated the 'Amar' again by using same coins but could not change the results. The repeated failure with 'Amar-74' disheartened my father who then diverted to general practice.

In December, 1980 my father suffered an attack of paralysis. He went into deep depression. At this juncture, I wanted to make him busy. The successful case of Sardar Harcharan Singh and cure of other cancer patients were very much in my memory. I asked my father to give me his personal diaries which he used to write everyday. The only difference noted between the two preparations of 'Amar' was of raw material. The pure copper turnings were used in the first preparation (Amar-72) and copper coins for second preparation (Amar-74). The coins used by my father were turned to be impure, may be an alloy of copper. This fact when I brought into the notice of my father, he immediately asked me to bring copper wires and start the processing. In February, 1981 processing of copper started which continued for a year. This time one patient suffering from ca-prostate with bony metastasis contacted him for treatment. He was treated with new preparation of 'Amar-82'. Within six months he was fully recovered. 'Amar-82' was then given to other cancer patients. They also yielded the same results as in the case of Sardar Harcharan Singh. In September 1982, my father prepared a new formulation named 'Navjeevan'. It was a compound of silver bhasma and herbs. The medicine was first used to treat Salman Sherwani. He was diagnosed for Acute Myeloid Leukemia and his prognosis was declared poor by the treating doctors at AIIMS, New Delhi. Within weeks, Salman achieved complete remission and now leads a normal life. Navjeevan was also found effective in the treatment of Myeloma and Lymphoma.

These success stories were covered by different channels of media and then the Central Council for Research in Ayurveda and Siddha (CCRAS), Government of India, deputed another fact finding committee headed by Dr Nautiyal in 1983. The Committee in its deliberation wrote that: "There is definitely some substance in the claim of Vaidya Chandra Prakash in the successful treatment of cancer

and necessary research facilities should be provided to him". After a year long correspondence and meetings, matter was closed by CCRAS. In 1984, my father passed away and I am carrying on his practice. I used to spend more time in the preparation of medicines as I was convinced that right type of preparation is the key to success.

To begin with, I started with the processing of mercury used in the formulation of 'Valipani'. The entire processing of Shodhan (Detoxification), Maran (Grinding), Jaran (Heating) was done by me. The mercury so prepared turned into white powder dust and later on 'Valipani' was prepared adding rest of the ingredients. This Valipani-86 was first used for Master Rajat Kalra, a 40 days infant who was diagnosed for Acute Leukemia at Mool Chand Kharati Lal Hospital, New Delhi and at All India Institute of Medical Sciences, New Delhi (Ref No. 150561, July 1986). After receiving Ayurvedic treatment, within 40 days, Rajat showed complete remission and still leads a normal life. In the same year a patient named Master Iqbal Bhan was referred to me by Dr Vikram Kishoo who was Paediatrician at All India Institute of Medical Sciences, New Delhi. Iqbal Bhan was diagnosed for Acute Lymphoblastic Leukaemia in UK and had gone through Chemotherapy, Radiation and Autograph Bone Marrow transplantation at Royal Marsden Hospital, London. Iqbal Bhan was declared as poor patient of ALL who relapsed after bone marrow transplant. Iqbal responded to my treatment. His follow up bone marrow, blood report and general condition remain normal. He has now completed 13 years of disease free survival.

The unexpected recovery of Iqbal Bhan compelled his treating oncologist at UK, Dr Simon Meller to visit India and to inquire about the treatment which Iqbal had received. Dr Simon Meller interviewed a number of patients who had been treated by me and recommended that there is a need for careful scientific investigations in collaboration with allopathic doctors. In the same year another boy named Master Absar Khan was brought to me for treatment. Master Absar Khan was diagnosed at Hospital for Sick Children, Great Armond Street, London as the 4th reported case of Acute Megakaryoblastic Leukaemia (AML-M7). Prognosis was declared as poor and no treatment was rendered by conventional therapist at UK. The boy was recommended for ayurvedic treatment by his relatives in India. He was treated with 'Valipani' and showed complete recovery within a year. The then Science and Technology Minister, Hon'ble K R Narayanan Ji (currently President of

India) heard these stories and tried to motivate Indian scientists and concerned Ministries. On his initiative, Prime Minister's Office asked Health Ministry to provide requisite support for further research. Health Ministry deputed another fact finding committee which confirmed the prima facie efficacy of Ayurvedic treatment in cancer patients and recommended immediate research in collaboration with CCRAS and Indian Council of Medical Research (ICMR). Unfortunately no follow-up actions were taken by these organizations.

At this juncture, in memory of my father, Vaidya Chandra Prakash Cancer Research Foundation (VCP CRF) was set up as a public irrevocable charitable trust to promote research on metal based formulations to develop the treatment and control of various forms of cancer, chronic inflammatory and immunological disorders. With the help of public charity, a laboratory and other research facilities were also set up at Dehradun.

The metal based formulations have been found to be effective in the successful treatment of leukaemia. In 1996, Ministry of Health and Family Welfare again reviewed my results and a pilot project entitled 'Effect of metal based formulation in the treatment of 30 patients of Acute Promyelocytic Leukemia (APML)' was sanctioned by CCRAS under the supervision of Cancer Research Committee headed by Dr Dinesh Chandra, Professor and Head, Department of Pharmacology, Maulana Azad Medical College, Delhi. The other members of the committee were Haematologist and Oncologist from AIIMS and experts from ICMR and CCRAS. The aim of the study was to note the therapeutic effect of Ayurvedic approach in the treatment of Acute Promyelocytic Leukemia (APML) in 90 days. So far 15 patients have been enrolled in this study. Out of the 15 patients 10 patients have shown complete remission, four died within 30 days and one is undergoing treatment and have shown complete remission in peripheral blood.

This is the first time that following Ayurvedic approach, such an impressive success has been achieved. It has been confirmed by allopathic system of medicine. Ayurvedic text do not mention direct reference for the treatment of Acute Promyelocytic Leukemia (APML). However guidelines related to manufacturing of various formulation are mentioned in Rasa text. It has been mentioned that diseases can be cured if mercury is properly processed.

Rasa-Shastra is one of the eight clinical specialties of Ayurveda. Mercury is the main ingredient of this therapy. Besides that, it contains substances of plant, animal and mineral origin which have moderate to severe irritant/toxic qualities in their raw form. Special methodology are mentioned in Rasa text to convert these into non-toxic and effective.

The process of manufacturing include:

- Shodhan - Detoxification
- Maran - Grinding
- Jaran - Heating

It takes one year to three years to prepare one batch of medicine. As mentioned earlier, guidelines of preparation are available in Rasa-text. Personal experience of Ayurvedic Physician might have brought some working modifications. However, the entire process looks very crude specially in the present scientific era.

There are numerous instances where Ayurvedic treatment could cure chronic diseases such as cancer, multiple sclerosis, asthma, and hepatitis etc for which the modern system of medicine has no permanent cure. However no systematic scientific studies were carried out to know the science behind the success of Ayurvedic treatment. This resulted not only in domination of

the 90 year old modern system of medicine over the 5000 year old Indian System of medicine, but also deprives thousands of poor cancer patients of getting cheap treatment who are dying every day because they cannot afford expensive treatment of modern medicines. It is reported that death rate in cancer is on the rise, by 6% every year in a country like United States of America where best medical care is available to treat cancer patients.

Under the circumstances we should explore other ways to control cancer. It is evident now that the Ayurvedic treatment has been effective in curing the cancer patients, but to have more effective and sustainable results, a great deal of research is required for manufacturing of medicines, analysis and standardization of finished products, assessment of pharmacological effect and designing the treatment protocol.

This is the time when all scientific and medical professionals should consider a strategy for 'drug development programme' so that safe and cheap medicines could be made available for treatment of cancer and other chronic diseases. There is also need for changing the attitude, bringing the calibre and dedication in our system and effective community participation. The last but not the least is 'political will' which is extremely important for revival of Ayurveda and other Indian Systems of medicines.