

SHATKRIYAKAL WITH SPECIAL REFERENCE TO BREAST CANCER

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ABSTRACT

Ayurveda emphasizes on being healthy, Ayurvedic Samhitas provides detailed description about the initiation of the disease step by step. If the individual plays special attention to the changes happening inside and outside of the body, anyone can be healthy and it's easy to get healed in early stages. Shatkriyakal begins from *Sanchaya*. Means the stage of accumulation of Dosha at normal sites. *Prakopa* is the stage of Propagation, *Sthansanshraya* the stage of localisation, *Vyakti* the stage of manifestation up to *Bheda* (Classification) the stage of complication which perfectly reveals onset and progress of the disease. In this paper the stages in Breast Cancer were explained in the form of Shatkriyakal.

KEYWORDS: Shatkriyakal, Breast Cancer.

INTRODUCTION

Ayurveda emphasizes on being healthy and gives detailed description about the initiation of the disease step by step. In Sushrut Sahita this important concept of Shatkriyakal is described for the prevention and management of the disease.^[1] When doshas are in the equilibrium stage they promotes health and there kshaya and vriddhi causes the disease.^[2] Doshas undergoes abnormalities due to indulging in unhealthy food habits and activities, and they in turn bring about abnormalities in the dhatus (body tissues) and produce disease. Acharya Sushrut explains the process of disease into six stages which are known as Shatkriyakal. Kriyakal consists of two words, Kriya and Kala. Kriya means action and kala is known time. It can be called as 'time for action' or time to take action against disease. Naturally the earlier the disease is detected, the easier it will be to neutralize it. Shatkriyakal is describe by Acharya Sushruta.^[3] Indeed Shatkriyakal is having the great importance to diagnose and treat a disease prior to appearance of its symptoms.^[5] In this article the concept of Shatkriyakal is explained with special reference to Breast Cancer. As Breast cancer is one of the most common cancer which is found in the women worldwide. In India Breast cancer has been recorded highest in number. According to the World Health Organisation this cancer is the second leading cause of death after Cardiovascular disease. Early detection in this cancer can achieve a longer survival. In Ayurveda there are good

treatments for breast cancer to improve the quality of life of the patient. So to know the stages of Breast Cancer in early phase this article will play a role while treating the patients of Breast Cancer.

1. Sanchaya (Accumulation)^[6]

On vitiation by various etiological factors or by physiology, when doshas are accumulated in its own space (Site) it is called 'Chaya' or 'Sanchaya'.^[1] The doshas which are increasing and starts accumulating in their respective predominant places by aggravation, due to seasonal changes, food habits and lifestyle with qualities of mind.^[2] Pathologically this sanchayaavastha can occur in cancer, when there are neoplastic changes happening in early stage in the cells. Neoplasia is atypical proliferation leading to cell growth. This results in an abnormal tissue mass known as Neoplasia. Very early diagnosis of the any disease and its respective stages in shatkriyakal helps to cure the disease prior.^[4] If accumulated doshas can be managed in this first stage then it is very easy to cure because doshas are in weak or poor stage.^[7] While discussing about Breast Cancer it can be considered that Chaaya awastha is that stage in which little bit swelling, painless lump these signs can be found, and at the cellular level beginning of the uncontrolled cell division occurs.

2. Prakopa (Stage of vitiation)^[8]

Doshas when prepared for moving from their one place to another place this stage is called as Prakopa stage

which is the second stage of Shatkriyakal. This stage occurs due to recurrent or consistently intake by the patient with improper food and regimen. Chaya prakop is the physiological aggravation of the concerned dosha. While Achay prakop is an instant form of prakop over riding chayawastha. In the stage of Prakop it can be said that swelling, redness, skin irritation, itchiness, soreness, painful lump, enlargement of breast, an existing lump that gets bigger, visible veins on the breast, enlarged lymph node in the arm pit dimpling of the breast poor appetite, unintentional weight loss these all the signs can be found in the stage of Prakopa awastha.

3. Prasara (Stage of spreading doshas or dissemination)^[9]

This is the third stage of Shatkriyakal. In this stage doshas left their prakopa stage and aggravated doshas blow out in the different body parts through various channels.(strotas) According to the aggravation of the severity of doshas they produces the symptoms in the body. Dosha also moves to the various places with the help of Vata prasara Pitta prasara, Kapaha prasara etc. For exp. Urdhwa gati (upward direction) may manifest vomiting, cough, and disease concerned to ear, nose, throat and eye. Adho gati that is (downward direction) may cause diarrhoea, Gridhrasi, Bhagandara etc. Tiryak gati (transverse direction) may leads skin disease etc. Likewise Rog marg are also there one can think regarding prasara of dosha. This stage in Breast Cancer can be determined by the stage when cancer cells have spread from the breast to other parts of the body. It is classified as advanced stage of breast cancer. Beginning of metastasis or silent metastasis occurs in this stage. This stage can be a stage of Neo-Angiogenesis which is the process of new abnormal blood vessel development. Different types of abnormal angiogenesis plays a great role in forming a cancer.

4. Sthansanshray (Stage of Localisation)^[11]

Where the vitiated doshas take place in any of the organ in the body or strotas or vikrit strotas this stage is known as Sthansanshrya awastha in Shatkriyakal. Here doshas vitiate organ and produce a disease which is concern to that specific organ. In this stage the process of interaction between morbid elements and tissues takes place, the availability of weak or predefective site is essential for the localisation of morbid element. In prasarawastha doshas are circulating throughout the body and gets obstructed in the strotas due to strotovaigunya. This strotovaigunya leads to the Samprapti that is dosha dushya samurchhana and so in this stage prodromal symptoms of the disease occurs. In this stage When Breast Cancer has spread from the original tissue can called as a stage of localisation. When there is clinically evident metastasis means the metastasis occurs in the liver, bone, or any of the organ and produce the signs and symptoms depend on what area of the body the cells have invaded. Treatment for metastatic breast cancer includes medications to slow the growth and improve symptoms.

5. Vyakiawastha (Stage of manifestation)^[12]

In this stage of Shatkriyakal the specific signs and symptoms starts appearing in the body. Cardinal features of the disease are expressed in this stage. According to the specific signs and symptoms of cancer and in advanced stage the disease starts affecting the normal functions of organs. Clinical features are well produces in this stage and one can identify the disease very well. Thickening or swelling of part of the breast. Irritation or dimpling of breast skin. Redness or flaky skin in the nipple area or the breast. Pulling in of the nipple or pain in the nipple area. Fatigue or extreme tiredness that doesn't get better with rest. Skin changes such as a lump that bleeds or turns scaly. A lump in the underarm that doesn't go away, a nipple that pulls inward, and unusual discharge from the nipple. Pain and tenderness, breast changes such as difference in the size, colour, texture, or temperature in the breast.

6. Bhedavastha (Differential diagnosis)^[13]

This is the last stage in Shatkriyakal where doshaj type can be decided. This can also be considered as a complicatory stage. In this stage, if the patient is not treated well then it becomes incurable. This particular stage of Shatkriyakal is very difficult to cure. This is the stage at which the type of specific cancer can be distinguished. One can understand either the disease becomes curable or incurable. Differential diagnosis of the breast cancer can be done. There are many types of breast cancer and many different ways to describe. Most breast cancers are carcinomas, which are tumours that starts in the epithelial cells that line organs and tissues throughout the body, When carcinomas form in the breast, they are usually more specific type called adenocarcinoma, which starts in the cells in the ducts(the milk ducts) or the lobules (glands in the breast that make milk.) In situ breast cancer (ductal carcinoma in situ or DCIS) is a pre-cancer that starts in a milk duct and has not grown into the rest of the breast tissue. A condition in which abnormal cells are found in the lining of a breast duct is called as intraductal carcinoma. The term invasive or infiltrating breast cancer is used to describe any type of breast cancer that has spread (invaded) the surrounding tissue. Triple negative breast cancer is an aggressive type of invasive breast cancer in which the cancer cells don't have oestrogen or progesterone receptors (ER or PR) and also the protein called HER2. Inflammatory breast cancer is an aggressive type of cancer in which cancer cells block lymph vessels in the skin, causing the breast to look inflamed. Paget disease of the breast is rare, and it starts in the breast ducts and spread to the skin of the nipple and then to areola. Phyllodes tumours are rare breast tumours. They develop in the connective tissue (stroma) of the breast, in contrast to carcinomas which develop in the ducts or lobules. In this condition of Bheda, treatment is well planned according to the type of the disease.so this stage is very important to rule out either this cancer is curable or not curable and apart from only surgery what treatment options can be planned for the patient like chemotherapy,

radiotherapy, immunotherapy, hormonal therapy and targeted therapy.

DISCUSSION

The concept of shatkriyakal refers to the recognition of the stage of Breast cancer .In this article, which helps to determine appropriate measure to correct the imbalanced dosha. It is the thing which kriya means the choice of treatment used to improve the balance in doshas and kal means the stage of the progress of the disease. The interaction between vitiated dosha and dhatus manifests the cancer of specific organ. On the other hand it provided a framework to assess the breast cancer and its pathogenesis in different stages. According to the Ayurvedic concepts all cancer therapies treat the affected tissues indirectly by eliminating vitiated doshas rejuvenating dhatus and restoring and boosting immunity in the cancer patients. The present review article deals with the six stages of shatkriyakal regarding breast cancer in detail. This traditional knowledge can be utilized with modern technologies to detect the predisposition for breast cancer and diagnose the cancer in its early stages. Early detection saves the life in these patients.

Carcinogenesis is a multistep process. In most cases no single mutation is sufficient to transform a normal cell into a cancer cell. Therefore carcinogenesis is a multistep process resulting from the accumulation of multiple genetic alterations. These changes collectively give rise to the transformed phenotype and all of its' associated hallmarks. In some non -neoplastic precursor lesion, the presence of driver mutations suggests the need for additional mutations to transition to full blown cancer. At the molecular level tumour progression occurs from mutations that accumulate independently in different cells. Some of these mutations may be fatal, but others may affect the function of cancer genes. These affected cells become more adapt at survival growth metastasis, invasion, or immune invasion.Cancer occurs from the stepwise accumulation of multiple mutations that act in complementary ways to produce a fully malignant tumour.

CONCLUSION

By knowing these six avasthas of Shatkriyakal one can get the knowledge of hetu sevan so that patient can stop hetusevan and so that further avastha can be prevented. By studying Shatkriyakal in details one can give proper treatment to the patients with various drugs so that further Sthansanshraya avashta can be prevented as well as Sadhyasashyata means prognosis will be understood. It also indicates the knowledge about the prognosis of the disease in the respective stages. By knowing the process of Shatkriyakal the disease process can be arrest in initial stage and can avoid probabilities of complications. It enables to treating physician to recognize the disturbances in its early formative stages and to enable to take necessary steps on time, to correct

and eliminate the offending factors before they have caused sufficient damage. Shatkriyakal assures a more accurate management of the disease with various suitable drug. The knowledge of Sthansanshraya may protect the healthy organ which may get affected in future. Concept of Shatkriyakal helps in understanding the process of manifestation of various diseases as well as to diagnose the disease. Diagnosing the disease in early stage is beneficial for a physician to plan the treatment without discomfort. Since it is helpful in diagnosing the disease in early stage, the physician can treat the disease with lower doses of medicine in less time period. It is beneficial for physician in clinical practice and also cost and time effective for the patient. It is also helpful to interpreting the disease (sadhyaadhyatwa) of a disease. As we all know prevention is better than cure, therefore it is the need of hour to follow the guidelines for management as mention in the ancient text. The proper knowledge of Shatkriyakal helps in manifestation of various diseases as well as to diagnose the disease. Physician who diagnose the disease and treat accurately according to Shatkriyakal will become a successful practionor. While concluding this article one can give most importance for the early diagnosis of this disease, because early detection saves life. In our country the mortality rate is higher due to the delayed diagnosis. As now it is high time to focus on the early diagnosis of breast cancer, in the society with the application of gold standard Ayurvedic wisdom.

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