



Review Article

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ROLE OF AGAD TANTRA IN THE PREVENTION AND MANAGEMENT OF BREAST CANCER WITH SPECIAL REFERENCE TO DOOSHI VISHA: A REVIEW

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ABSTRACT

Breast cancer is a mainly growing globally health concern, increasingly affecting younger women. While modern medicine highlights genetics, hormones, and lifestyle as key risk factors. Ayurveda offers a holistic approach through the concept of Dooshi Visha (cumulative poisons), a slow-acting toxin that accumulates in the body over time. Agad Tantra, the branch of Ayurveda which deal with toxins, their symptoms and management. This paper explores the parallels between Dooshi Visha and Endocrine Disrupting Chemicals (EDCs) in breast cancer development, and examines how Agad Tantra's principles may contribute to its prevention and management. This study reviews classical Ayurvedic texts and contemporary research on Dooshi Visha, Agad Tantra and Endocrine Disrupting Chemicals (EDCs) in relation to Stanarbuda (breast cancer) thereby integrating traditional and modern viewpoints. Emerging evidence suggest that Dooshi Visha accumulates inside the body over time and plays a role in the development pathogenesis of breast cancer. In contemporary biomedical terms, this concept compares the action of Endocrine Disrupting Chemicals (EDCs), which make equilibrium in hormonal homeostasis, cellular signalling, and gene expression thereby ultimately contributing carcinogenesis. Agad Tantra offers preventive and management by Shodhana (detoxification and purification), Agad Prayoga (anti-poisonous drug), Rasayana Therapy (rejuvenation) closely aligning with modern holistic cancer management supported physiological balance, showed improved hormonal markers and general health. This helps to neutralize toxins and support tissue health, but more clinical research is needed. A major challenge is the lack of scientific validation and measurable markers for Dooshi Visha.

Keywords: Agad Tantra, Breast Cancer, Dooshi Visha, Endocrine Disrupting Chemicals (EDCs), Stanarbuda, Shodhana

INTRODUCTION

Breast cancer (Stanarbuda) is the most common diagnosed cancer in women worldwide. In 2022, there were 2.3 million women diagnosed with breast cancer and 6,70,000 deaths globally.¹ As of the end of 2020, there were 7.8 million women alive who were diagnosed with breast cancer in the past 5 years, making it the world's most prevalent cancer. In the last two decades the incidence of breast cancer has increased by approximately 0.5% per year, but the reason behind this is unclear.²

Due to altered lifestyle, faulty food habits, intake of carcinogenic drugs, alcohol, pesticides, environmental chemicals and derangements in hormonal activities are seen common in cancer especially breast cancer. Surgical excision, Radiotherapy and Chemotherapy are practiced in the management of cancer. But this therapy is more expensive and has many complications. In Ayurveda, Nidana Parivarjana, Shodhana Therapy (detoxification and purification), Agad Prayoga (anti-poisonous drug), Rasayana Therapy (rejuvenation), Pathya-Apathya (diet modification) are advocated. Ayurveda also provides mitigative treatment, improves the quality of life and body strength of patients of breast cancer.³

Breast cancer is the most common type of cancer among women. While alternative medicine identifies risk factors such as

genetics, hormones, and life-style choices. Ayurveda offers a holistic approach in managing breast cancer, focusing on restoring the balance of Doshas and normalizing the function of Dhatus, addressing the underlying factors contributing to abnormal cell growth and mitigating chemotherapy side effects.⁴ Ayurveda explores deeper and more subtle causes of disease. One such concept is Dooshi Visha which refers to a latent or weakened form of poison that can stay hidden in the body for a long time. Over time, this toxic residue may gradually weaken health and contribute to serious disease like cancer.

Agad Tantra, the branch of Ayurveda that deals with toxins. Which not only addresses immediate poisoning but also focuses on long-term toxin buildup in the body. It mainly focuses on prevention and management through detoxification, increased immunity, and maintaining balance in the natural systems of the body. From this, managing internal toxins play a key role to preventing and managing chronic illnesses, including breast cancer.

This paper explores the link between Dooshi Visha and Endocrine Disrupting Chemicals (EDCs) in the development of breast cancer. It also examines how the principle of Agad tantra, rooted in classical Ayurvedic texts, clinical insight, and holistic practices may help in the prevention and management of breast cancer. Hence, this study designed for explore the preventive and therapeutic relevance of Agad Tantra in the management of breast cancer with special emphasis on the Dooshi Visha.

Reviewing scientific papers on Ayurveda and cancer prevention

The classical review done from the scientific publication, Bruhatrayee and Laghutrayee focusing on Dooshi Visha and Arbuda in the context of Agad Tantra. Additionally, contemporary review for Breast cancer including causes, chemical exposure and accumulation in breast tissue, role of Endocrine Disrupting Chemicals and their preventive role as well as management by detoxification and anti-poisonous treatment is included to establish a comparative understanding.

Conceptual review on Stanarbuda and contemporary view

Acharyas says that the signs and symptoms of Stanarbuda are the same as Granthi. If Arbuda is present on Stana, then it is named as Stanarbuda. The difference is only Arbudas are non-suppurating and in Granthi suppuration occurs. Only the location of Arbuda is, where it is situated is named as that type of Arbuda.⁵

Stana means breast and Arbuda means non-suppurative tumour caused by Dosha imbalance, especially Kapha, Meda and Rakta vitiation in the breast tissue, combined with low immunity (Ojas Kshaya). The Ayurveda and modern correlation for Stana Arbuda are mentioned in Table 1.

Table 1: Ayurveda and modern correlation for Stana Arbuda

Ayurvedic Term	Modern Correlation	Cancer pathology
Dooshi Visha	Persistent environmental toxins (BPA, PCBs, Dioxins)	Endocrine chemical disruptors, genotoxicity, cumulative toxicity
Ama	Undigested metabolic waste, gut toxin	Inflammatory signalling molecules, dysbiosis
Agnimandya	Impair liver/Gut detoxification	Inadequate carcinogen clearance
Ojas Kshaya	Weak immunity	Mutated cells escape destruction
Dosha Imbalance	Systemic dysregulation	Hormonal imbalance, chronic inflammation
Stana Arbuda	Breast tumour/cancer	DNA mutation, uncontrolled breast cell growth

Key risk factors of breast cancer including,

Age, Menstrual history, Genetic mutation and obesity, Awful daily regimen and drug abuse, Obesity and other metabolic disorders, post-menopausal condition, Exposure to radiation, Hormone Replacement Therapy, uses of contraceptives.^{6,7}

Dooshi Visha and its contemporary view

Dushi Visha means latent poison which does not excretes out from the body completely. Acharya Vaghbata and Sushruta described Dooshi Visha is a poison originating from animal or plant sources or any artificial poison which remained inside the body after partial expulsion or which has undergone digestion by the anti-poisonous drugs, forest fire, the wind or the sun is termed as Dushi Visha. Any poison that has less potent natural ten properties of Visha, incapable of producing acute symptoms of poisoning or death is designated as Dushi Visha.

The contemporary view of Dooshi Visha is correlated with Endocrine Disrupting Chemicals (EDCs) like Dioxins, phthalates, Pesticides, bisphenol A, Phytoestrogen, flame retardants etc. Which are man-made or natural substances that interfere with the body's endocrine (hormonal) system. They can mimic, block, or alter hormone signals, especially those related to oestrogen, progesterone, and testosterone. Oestrogen plays a key role in breast development and function, long-term or high exposure to chemicals that interfere with estrogenic activity may increase the risk of hormone-sensitive cancers, including breast cancer.⁸

Mechanisms of Dooshi Visha to producing breast cancer

Endocrine Disrupting Chemicals (EDCs) which is considered as Dooshi Visha which help in development of breast cancer mentioned in Figure 1.⁹

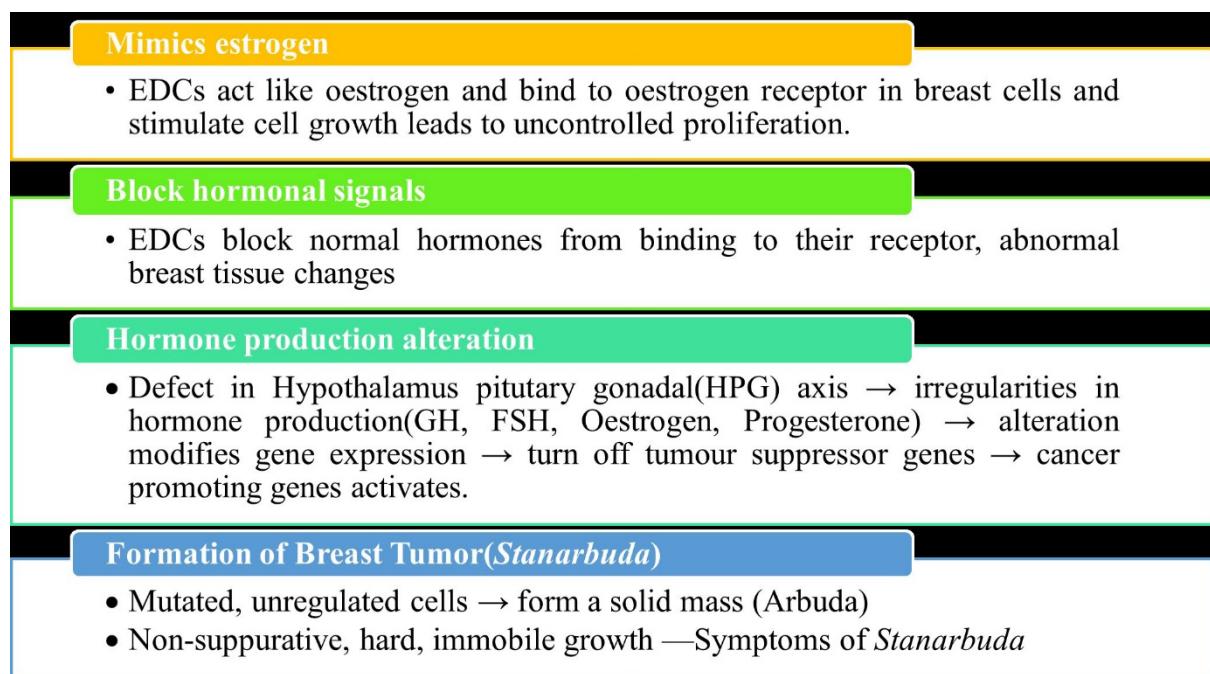


Figure 1: Mechanism of EDCs to produce breast cancer

Preventive methods from Agad Tantra that can be relevant today

Agad Tantra does not specifically address breast cancer, several of its principles and preventative features, particularly those related to cleansing, anti-poisonous drugs, boosting immunity, and leading a healthy lifestyle, can be understood and accepted for the prevention of cancer. Avoiding Dooshi Visha producing causes for cancer prevention.

The following is how the Agad Tantra concept relate to breast cancer prevention,

- Healthy lifestyle & maintain healthy weight,
- Exercise regularly,
- Diet: - Avoid canned food, junk food, preserved food,
- Cosmetics: - Makeup, skin care cosmetics having EDCs should be avoided,
- Cookware: - Use glass, stainless steel ceramic container,
- Wash fruits and vegetables thoroughly to limit pesticide exposure,
- Synthetic material like polyester, nylon is commonly used material for inner ware. Choose natural fabric wear like cotton,
- Certain dyes, formaldehyde, are known as carcinogens. Which is avoided in daily use,
- Limits alcohol consumption and Avoid tobacco,
- Regular screening,
- Avoid Hormone replacement therapy,
- Satmya (adaptation and compatibility).

Daily and seasonal regimens remove accumulated toxins and maintain health with respect to Agad Tantra. These practices help regulate metabolism and detoxification, reducing risk factors associated with Breast cancer.

Management of breast cancer through Agad Tantra

Breast cancer occurred due to endocrine chemical disruptors which are considered as Dooshi Visha. So, management of breast cancer focuses on Dooshi Visha treatment principle as mentioned below,¹⁰

Swedana through Aaushadha (fomentation)

Sodhana (detoxification and purification)

Agad Prayoga (anti-poisonous drug)- These are formulations used to neutralize or expel toxins from the body. Many cancers, including breast cancer, are associated with prolonged exposure to environmental and metabolic toxins. Anti-poisonous compound helps to reduce toxin load and oxidative stress. Eg, Dashanga Agad, Murvadi Agad, Neelitulsyadi Kashaya, Bhunaga Tailam, Nalapamradi Rasa Kriya.

Rasayana Therapy (rejuvenation)- Rasayana principles are also applied in Agad Tantra for long-term protection. Enhancing immunity and Ojas (vital energy) can help in the early destruction of abnormal cells and reduce cancer risk e.g. Kukkuta Mamsa Churna, Dooshivishari Agad, Kalyanaka Ghrita, Amruta Ghrita these improve immune surveillance.

Dooshi Visha and its contemporary view

Dooshi Visha is described in Ayurveda as a "semi-poison" or "latent poison" that is not strong enough to kill immediately but can remain in the body and disturb the Doshas, leading to chronic diseases. It can be from animal or plant origin, from polluted air, water, or food.¹¹ Result of improper elimination of toxins suppressed poison due to weak immunity or incomplete detoxification. It behaves silently, causing slow damage by disturbing the normal functions of body tissues (Dhatu Kshaya) and causing obstruction in the channel (Srotorodha).

Linking Dooshi Visha to cancer

Modern science shows that certain toxins and pollutants, when continuously present in the body, can damage DNA and lead to cancer. These include pesticides and chemicals, hormone disruptors and toxin buildup. This is similar to the Ayurvedic idea of Dooshi Visha, which stays in the body and gradually weakens tissue integrity, disturbs the immune system and leads to unusual cell growth-an early step in cancer.¹²

Agad Tantra in breast cancer prevention

Agad Tantra suggests various preventive and curative measures against poisons, including anti-poisonous formulations that neutralize or eliminate poisons with the action of anti-toxic, antioxidant, anti-inflammatory and anti-cancer properties. Rasayana is a rejuvenating treatment that strengthens tissues and increases immunity. These can aid in Dooshi Visha detoxification and offer protection against long-term illnesses including breast cancer.

DISCUSSION

In Agad Tantra, the concept of Dooshi Visha provides an ancient yet profound insight into the cumulative and latent toxic substances inside the body. Dooshi Visha refers to a weakened, modified or partially eliminated poison that remains inactive within the body and triggered by specific aggravating factors such as vulnerable habitat (Dushita Desha), seasonal changes (Dushita kala), toxic food (Dushita anna), day sleep (Diwasvapa). In modern biomedical terms, this resembles closely with the concept of Endocrine Disrupting Chemicals (EDCs), where low-dose of various chemicals for a long time leads to gradual build up in the tissues level and alter the hormonal level in women and ultimately cause chronic disease like breast cancer.

Breast cancer, one of the most frequently diagnosed cancers among women on a global scale. Which has multifactorial aetiology, including genetic predisposition, hormonal imbalance, lifestyle factors, and environmental exposures. Recent studies have increasingly implicated endocrine-disrupting chemicals (EDCs) like BPA and phthalates, pesticides and phytoestrogen etc, in the pathogenesis of breast cancer. These toxins are exerting carcinogenic or estrogenic effects slowly over time and produce the characteristics of Dooshi Visha.¹³

Chronic toxin retention and its role in disease manifestation and many side effects of contemporary medicine, an Ayurvedic approach is needed for prevention and management. Agad Tantra is a branch of Ayurveda which specializes in toxicology, and offers several methods to neutralize and eliminate Visha as well as Dooshi Visha. These include Shodhana Karma (detoxification and purification procedures) like Vamana (emesis) and Virechana (purgation). It aims to remove toxins from the Aamashaya and Pakvashaya ultimately remove toxins from the whole body and systemic circulation. Rasayana therapy, which enhances immunity and tissue regeneration, potentially counteracting the degenerative and proliferative effects of Endocrine Disrupting Chemicals (EDCs) toxins.

Agad Yogas which have anti-poisonous, anti-oxidant, anti-inflammatory, anti-cancerous and detoxifying properties in both classical texts and modern pharmacological studies.

The discussion highlights the interdisciplinary potential of combining Agad Tantra with contemporary preventive oncology. By acknowledging the link between Dooshi Visha and Endocrine Disrupting Chemicals (EDCs) carcinogens, a synergistic initiation can lead to early detoxification, Agad Yoga (anti-poisonous formulations), lifestyle correction, and

immunomodulation in a person who are at risk of breast cancer. Moreover, Ayurveda offers holistic preventive and management principles that encompasses not just physical detoxification but also mental and emotional well-being, which are now recognized as critical in breast cancer prevention.

However, a critical limitation remains in the lack of empirical clinical trials that directly correlate Dooshi Visha treatments with reduction in breast cancer incidence. Bridging this gap requires collaborative research between Ayurvedic scholars and biomedical scientists to validate traditional detoxification protocols in a scientific framework.

CONCLUSION

Dooshi Visha is a hidden, long-term toxic substance that influences health. Nowadays it is important to throw some light on a toxin which is exposed on a daily basis can cause chronic illnesses. By combining both principles Agad Tantra and contemporary medicine offers valuable manageable solutions.

Proper application of Agad Prayoga, Shodhana Karma, Rasayana Prayoga can give effective results in breast cancer which is induced by chemicals. Ayurveda does not replace modern medicine but complements it by addressing the deeper causes of disease. Promoting integrative approach for better and healthier future for those women who are more prone to breast cancer.

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