

# “HERBAL MEDICINE: A BOON FOR BRAIN TUMOR”

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## ABSTRACT

Many years ago, we were searching for an herbal cure for brain tumor, in the recent years the use of quick agents from herbal plants in curing tumors have been published, but still there is no proper data or a source or a proper information in curing a tumor from Ayurveda herbs in curing a ‘Glioblastoma’ tumor (a malignant tumor which affects brain or spine) and other various tumors in humans.

To overcome this there is “Phytotherapy” it involves five different methods that can be inhaled (consume) i.e., it can be consumed in the form of a tea once a day or twice at a regular interval as it has no side effects. Since there is many therapeutic strategies and medicines to cure Glioblastoma, like Chemotherapy, hormonal treatment, medications etc., using of Ayurveda herbs gives best results in curing tumors. The components or parts of an herbal medicine (Ayurveda herbs) can also be transformed in the form of other techniques such as Electromagnetic technique or computed tomography i.e., nothing but these are like chemical methods which controls and gives results based on scanning.

Some of the Ayurveda herbs which helps in curing tumors and other diseases are “Ashwagandha” are a multiple benefit herb which not only cures tumors it also helps in curing other diseases too. “Curcumin” helps in curing cancer and tumors which can be available both in powder and tea format. So, it is always better to choose herbal medications rather than choosing a chemical one.

**KEYWORDS:** Glioblastoma, Phytotherapy, Chemotherapy, Nuclear magnetic resonance, Computed tomography, Surgery, Herbal medicine, Multiforme brain tumor.

**I Introduction:** GBM is also called as Glioblastoma or Glioblastoma multiforme is the most common malignant brain tumor, GBM comes under the group of astrocytic tumors (the commonest type of cancer of the brain).

Astrocytic tumors are specified in a particular kind of cells known as glial cells, it is a fast-growing glioma(tumor) that grows into a star-shaped brain cells in the cerebrum (part of a brain) called “astrocytes”.

According to WHO (World Health Organization) GBM is grouped in grade IV, GBM’s are separated into primary and secondary, Primary GBM’s which occurs in the form of de novo and leads to the all GBM’s for about 90%, And the main reason for Secondary GBM’s appearance is due to the lower grade of malignant

progression of astrocytoma (grade I) it can be seen in rare cases, GBM (grade II and grade III) is progressed to be seen in higher cases (i.e. it can be seen in more cases. But GBM is referred as it is grade IV astrocytoma, and these are rapidly growing (fast growing) and commonly it spreads to the Brain, Spinal cord and other nearby tissues of Brain, where it is a large portion of tumor cells, they get divided at any time and it will reproduce tumor cells very fastly.

Therefore, GBM is a dangerous deadly tumor which mainly exit in brain and spinal cord. Glioma begins in the gluey (it is supportive cells that surround nerve cells and nerve tissues and help them in function

Tumors are mainly produced by three types of glial cells in the brain, they are majorly classified on the type of glial cell that are involved in the tumor and some tumors mainly depends on the genetic features i.e., we can identify how the tumor cell will behave over time and the methods to cure are as follows mainly they can go for Chemotherapy, Surgery, Radiotherapy, rather than going for chemical methods for curing tumor one can go for biological method which uses Phytotherapy (herbal pure plant) is the best method to cure tumor.

GBM requires a proper medication as it is a Brain tumor that results to death in the first 15-16 months after diagnosis, diagnosis includes Computed tomography (CT or CAT Scan) or MRI. (Magnetic resonance imaging) i.e., at the beginning stage of GBM they are non-specific because initially the signs and symptoms are also non-specific. Therefore, to diagnose and to detect the localization of the tumor cells in brain we use some of the tests like chemical methods such as MRI Scan (magnetic resonance imaging) and PET Scan (Positron emission tomography) and computed tomography.

Some of the symptoms are quite common and non-specific such as headaches, nausea, personality changes, mainly brain tumor gives Vision problems (which includes; double vision /loss of peripheral vision / blurred vision).

So, to overcome this GBM there is a “Phytotherapy” which involves a five different unique ways of Ayurveda herbs which can be consumed in the form of a tea.

## II METHODS TO CURE:

There are many methods to cure Glioblastoma Brain tumor, treatments such as,

**2.1 Surgery:** In this method Surgeon tries to remove as much of the possible tumor cells. In certain high-risk conditions Brain Surgery also fails to remove some part of the tumors.

**2.2 Radiation:** If Surgery fails to remove tumor cells in high risk areas, then radiation helps us to cure tumor by removing rest of tumors after surgery. Therefore, Chemotherapy and Radiotherapy may also help in curing tumors, Temozolomide is the most commonly used treatment of Chemotherapy drug, so doctors prefer more for Chemotherapy to cure Glioblastoma, but it has some side effects and it is less toxic.

Sometimes Glioblastoma regrow, if that happens, mostly doctor prefer surgery and along with surgery they go for a different form of radiation such as electric field therapy (this helps us to cure tumor by using an electric field, this target only tumor cells and removes tumors, it won't affect or hurt normal cells).

Therefore, rather than going complications for curing Glioblastoma brain tumor disease, it is better to go for simple and easy method of curing Glioblastoma brain tumor is nothing but a “**Boon**” i.e. Phytotherapy method (uses an herbal medicine from herbs).

**2.3 Phytotherapy** mainly based on a traditional ayurvedic a well-known herbal medicine to cure Brain tumor. Today you can see many highly effective medications that are made from herbs/ herbal plants.

Phytotherapy herbal plants used to cure Brain tumor are: Ashwagandha (used to cures brain tumors), Curcumin (a compound found in a turmeric helps in curing tumors and it also help in curing skin diseases), Astragalus (used to cure both cancer cells and tumor cells), Podophyllum peltatum (family of Berberine), Sweet wormwood, Goldenseal etc..., these herbal medicine does not have any side effects.

### **III PHYTOTHERAPY BENEFITS IN CURING GLIOBLASTOMA MULTIFORME BRAIN TUMOR:**

Phytotherapy uses molecules that are extracted or isolated from herbal plants for the treatment and to prevent many diseases such as acne (skin diseases), diabetes, high blood pressure and mainly it helps in curing cancer and brain tumors.

In Phytotherapy they mainly prefer pure plants of herbs, now a day's modern drugs are meant to heal us but it actually ends up with many side effects which hurts us, so going for Phytotherapy (uses only herbal pure plants) which does not have adverse side effects and helps to heal without hurting us and at presently Phytotherapy is growing and well developed in this world.

Phytotherapy is a nontoxic and safe to use. Best example for curing GBM is “Ashwagandha” (Pure herbal plant) is a beneficial herb which has many benefits; it helps in preventing many diseases. One among them is, it kills tumor targeted cells in the brain and it has an ability to support the brain health, it also improves mood of the brain, increases the stamina, and it also inhibit (prevent), the proliferation of cancer cells and tumors in brain.

Astragalus root: It slows the growth of tumors in brain and prevents brain tumor disease.

Therefore, Herbal medicine can also be known as “Phytomedicine” i.e., “A Boon for Brain tumor”.

#### **IV SELECTION OF HERBS FOR PREPARING A MEDICINES AS FOLLOWS:**

To prepare an Ayurveda herbal medicine there are several stages i.e., start by selecting a best plant as ingredients to prepare herbal medicine. Mostly they give more priority for naturally available herbs which are wild crafted (those are herbal plants which are gathered to be used as food supplements/ medicines, they are directly took from their natural wild habitat such as forests, fields, and undeveloped areas of land).

Therefore 80-90% of plants for Ayurveda herbs to prepare herbal medicine are known as wild sorts (wild crafted), the remaining 10-20% are mainly obtained by hybridization.

#### **RESULTS:**

A Report according to WHO is, over 80%-90% of the population of world mainly depends on the traditional medicine that to on plants-based remedies for their primary health concerns.

According to WHO report herbal medicines are grouped into three category they are: raw plant material, medicinal herbal medicines and processed plant material, i.e. they mainly prefer plant parts. Therefore, Phytotherapy method is the best method for curing brain tumor by using herbal plants as Ayurveda medicines. There are some of the data's which gives the introduction of Phytotherapy and how Phytotherapy proved an evidence by curing Brain tumor (i.e. a deadly disease) such as a Phytotherapy gave an effective result i.e., After the introduction of Phytotherapy by Ayurveda herbal medicine, one patient has consumed the “Phytotherapy” herbal medicine and the tumor was reduced and his condition was stable and normal , after taking a Phytotherapeutic herbal medicine in the form of a tea and it is also available in the form of Phytonutrients.

“Phytotherapy” method is an effective and a very special herbal Ayurveda tool to cure a Brain tumor (Cancer cells) and hence from the Methodology, we can call Phytotherapy is a” Boon to cure Glioblastoma Brain tumor.” The Ayurveda techniques like nuclear magnetic resonance technique or Computed tomography also play an important role in curing Brain tumor.

### **STRATEGIES TO CURE BRAIN TUMORS NATURALLY:**

- Caloric restriction (dietary restriction)
- Sleep (reduces stress of Brain)
- Ketogenic diet
- Inhale Frankincense essential oil
- Consume Phytonutrients (made from herbs)
- Hyperbaric oxygen Therapy
- Limit Exposure to electronic devices (such as Mobile, Television).

### **CONCLUSION:**

In this world many people go with an active substance from plants because they are very much concerned about harmful side effects caused by chemical products such as tablets and capsules etc...,

Therefore, herbal medicines provide important advantages in curing many diseases. Phytotherapy (herbs/herbal medicines) lower the symptoms of the “Brain tumor disease” and it may allow patients to mainly reduce the intake of drugs which are chemical substances and highly toxic might have some side effects.

Phytotherapy is still in development stage and it provides a further knowledge about the advantages of Herbal medicines for future treatments for curing many diseases.

So, it is always better to choose herbal medications rather than choosing a chemical drug substance.

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