

Perspective of *Adhistana Antarani* of *Yakrit Arbuda* With Special Reference to Hepatocellular Carcinoma

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Abstract:

Purpose: “Research is to see what everyone else has seen and to think nobody else has pondered”, is rightly said by Albert Szent-Gyorgyi. Hepatic tumors are growth on or in the liver. Hepatocellular carcinoma is the commonest and constitutes 90% of cancers of liver globally. As there are still many gaps in current understanding of Hepatocellular carcinoma, further research is required to elucidate the mechanisms involved in the etiopathogenesis of *Yakrit Arbuda* in Ayurveda. **Method:** The *Samuthana Vishesha* (etiological diagnosis), *Adhishtana Antarani* (pathological) and *Vikara Prakriti* (clinical diagnosis) of *Arbuda*, explained in ancient literature have an important role in the understanding of Neoplastic disorders described in field of medicine. This study is carried out by observing and analysing information from classical textbooks, research articles, journals, and the internet. The details gathered were critically examined, analysed, and discussed, and conclusions were reached. **Result And Conclusion:** The trick is to diagnose; the rest is up to your effort and knowledge. As there is no specific reference for *Yakrit Arbuda* in our classics, the present study aims at better understanding of *Adhishtana Antarani* i.e., clinical factors attributing to the precise approach of *Yakrit Arbuda* in early stage so that the patient is benefited profoundly.

Key Words: *Yakrit Arbuda*, *Adhishtana Antarani*, Hepatocellular Carcinoma, *Trividha Bodhya Sangraha*

Introduction:

Mr Thomas Fuller has rightly said, “Health is not valued until sickness comes.” One such illness widely known across mankind is Cancer. Cancer is when abnormal cells divide in an uncontrolled way. Some cancers may eventually spread into other tissues⁽¹⁾. The need to alleviate pain is as long-standing as the desire for stability of life. The timeless principles of Ayurveda, established by ancient sages, are relevant today due to its scientific and spiritual roots. Scientific research is necessary to validate and expand on fundamental concepts of Ayurveda.

Ayurvedic classical literature describe disorders such as *Arbuda*, *Granthi*, and *Gulma*, which are characterised by abnormal growth. The clinical presentation, diagnosis, prognosis, and therapy of aberrant growth are based on the location and intensity of manifestations. All diseases even though existent do not have names, this is explained in concept of *Anukta Vyadhi*⁽²⁾. One among such *Anukta Vyadhi* is Hepatocellular Carcinoma correlated to *Yakrit Arbuda*, which can be diagnosed on the basis of *Trividha Bodhya Sangraha* explained by *Acharya Charaka*. The triad comprises of

- *Samuthana Vishesha* (etiological diagnosis)
- *Adhishtana Antarani* (pathological diagnosis)
- *Vikara Prakriti* (clinical diagnosis)⁽³⁾.

Hepatocellular carcinoma (HCC) is a primary tumor of the liver and constitutes more than 90% of the primary tumor of the liver. Hepatocellular carcinoma occurs in approximately 85% of patients diagnosed with cirrhosis⁽⁴⁾.

- ❖ Hepato- is a combining form used like a prefix meaning “liver.”
- ❖ Cellular - relating to or consisting of living cells.
- ❖ Carcinoma - a cancer arising in the epithelial tissue of the skin or of the lining of the internal organs.

So, here an attempt is made to understand “Perspective of *Adhishtana Antarani* of *Yakrit Arbuda* with special reference to Hepatocellular Carcinoma” in pursuit of a likely pathological process of *Yakrit Arbuda* with respect to Hepatocellular Carcinoma according to Ayurveda.

Methodology:

This conceptual study analysed materials from textbooks, research articles, journals, and online resources. The collected facts were rigorously analysed, debated, and conclusions have been drawn.

Discussion:

Adhishtana Antarani:

The term *Adhishtana* (location) refers to *Ashaya* (viscera)⁽⁵⁾. *Adhishtana Antarani* is a place or site where disease

manifests due to conglomeration *Dosha* and *Dushya*. It is the understanding of the pathogenesis of a disease based on the action of the *Dosha* at a particular site. The *Dosha* although located in one place are likely to produce diseases when reaches various sites of the body⁽⁶⁾. Hence, *Adhishtana Antarani* includes *Dosha*, *Dushya*, *Rogamarga*, *Udabhava Sthana*, *Adhishtana*, *Sanchara Sthana* and *Sadhyasadyata*.

Pathogenesis is significant in treatment because it gives insights into the disease's progression from manifestation to full-fledged presentation of the illness.

Concept of *Arbuda*:

- Word meaning of *Arbuda* = *Arba* + *Udeti* (verb)
- Here, *Arba* is to kill, to hurt and *Udeti* is to elevate or to rise.

Arbuda is a *Mamsavaha Sroto Janya Vyadhi* characterized by *Vritta* (Round Shaped), *Sthira* (Fixed), *Manda Ruja* (Mild pain), *Maha Antam* (Large sized), *Analpa Moolam* (broad base), *Chiravridhdya* (Slow growing), *Apaka* (no suppuration)⁽⁷⁾. If *Arbuda* manifests in *Yakrit* or forms secondaries in *Yakrit*, leads to *Yakrit Vriddhi* and results in *Yakrit Arbuda*. Hence *Samprapti* of *Yakrit Arbuda* can be understood under the umbrella of *Achyuta Yakrit Vriddhi*.

Concept of *Yakrit Arbuda*:

Specific terminology such as *Yakrit Arbuda* is not explained in literature. *Yakrit* (Liver) is one among *Kostanga* mentioned in our classics. *Yakrit* (Liver) and *Pleeha* (Spleen) are the *Moola* (root) of *Raktavaha Srotas*. As a result, *Yakrit Vriddhi* has been synonymously explained as *Pleeha Vriddhi*.

Pleeha/ Yakrit Vriddhi occurs in 2 forms⁽⁸⁾

1. *Chyuta Vriddhi* – due to *Sankshobhadi Nidana* (excessively straining activities)
2. *Achyuta Vriddhi* – due to *Vyadhi Karshanajanya* (suffering from chronic disease)

Acharya Charaka explains that in *Achyuta Vriddhi*, *Shonita* and *Rasa Vriddhi* leads to *Yakrit Vriddhi*⁽⁹⁾. Further, *Chakrapani* comments that *Mamsa Pradoshaja vikara* also leads to *Raktavridhdhi*, *Raktavahamoola Vriddhi* and *Raktavaha Srotodusti*. Hence, *Vyadhikarsana* (suffering from chronic disease) is the main *Nidana* for *Achyuta Vriddhi* of *Yakrit*, and hence for *Yakrit Arbuda*⁽¹⁰⁾.

Adhishtana Antarani of *Yakrit Arbuda*:

Even though *Yakrit Arbuda* as *Vyadhi* is significant to *Mamsa Pradoshaja Vyadhi*, the *Adhishtana* of the disease is *Chirakari* (chronic) with *Vyadhi Karshana* as a significant *Nidana*.

The initial stage of the *Vyadhi* can be considered according to *Rasa*, *Rakta* vitiation as follows:

- *Rasa Pradoshaja Vikara - Pandu*
- *Rakta Pradoshaja Vikara - Kamala*

When individual with *Pandu* (Anaemia) is untreated for a long time and indulges in *Nidana* vitiating *Pitta Dosha*, it can lead to the manifestation of *Bahupitta Kamala* (Jaundice). Initially *Pitta Dosha* is vitiated followed by the affliction of *Rakta* and *Mamsa* gradually⁽¹¹⁾.

Further chronicity of untreated *Bahupitta Kamala* leads to the manifestation of *Kumbha Kamala*, which is considered *Asadhya* (Incurable) in nature⁽¹²⁾.

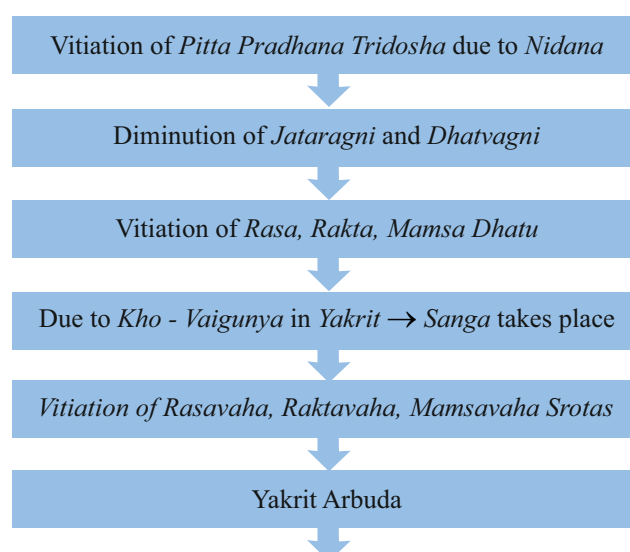
Features of *Kumbha Kamala* are⁽¹³⁾:

- Yellowish- black discolouration of urine and faecal matter
- Generalized swelling all over the body.
- Reddish discolouration of eyes, oral cavity with Haematemesis, Malena and Haematuria
- Syncopal presentation may be a result of hypovolemic shock.
- Burning sensation all over the body, tastelessness, severe thirst, ascites, drowsiness,
- Altered state of consciousness (sign of liver failure)
- Loss of appetite.

Hepatocellular Carcinoma at the beginning is asymptomatic, and when the disease becomes symptomatic in most cases the disease is advanced and spread. Lungs, adrenal glands and bone are the most common sites of metastasis¹⁴. Hence this stage of *Kumbha Kamala* corresponds with the manifestation of *Yakrit Arbuda*.

Samprapti And Samprapti Ghataka Of Yakrit Arbuda: Samprapti

(Figure.1)



Samprapti Ghataka

- *Dosha: Pitta Pradhana Tridosha*
Vata – Samaana
Pitta – Pachaka, Ranjaka
Kapha – Kledaka
- *Dushya: Rasa, Rakta, Mamsa*
- *Agni: Jataragni, Dhatvagni*
- *Ama: Jataragnijanya, Dhatvagnijanya*
- *Srotas: Annavaha, Rasavaha, Raktavaha, Mamsavaha*
- *Srotodushti: Sanga*
- *Udbhava Sthana: Amashaya*
- *Adhishtana: Yakrit*
- *Sanchara Sthana: Sarva Shareera*
- *Rogamarga: Abhyantara*
- *Sadhyasadhyata: Asadhyat⁽¹⁵⁾*

Conclusion:

Hepatocellular carcinoma may remain undetected initially because it often occurs in patients with underlying cirrhosis. Hepatocellular carcinoma can be a rapidly growing neoplasm, which is highly vascular in its nature wherein the annual global incidence is approximately 1 million cases. Malignancy should be understood in Ayurveda based on the triads of diagnosis and *Dosha – Dushya* involvement and not merely equating it to modern science as their base for malignancy depends on histopathological variation at large. Understanding of *Samuthana Visheshha*, *Adhishtana Antarani* and *Vikara Prakriti* helps to understand the *Nidana Panchaka* of *Arbuda* in *Yakrit* with special reference to Hepatocellular Carcinoma. This in turn helps in early diagnosis and management of the disease.

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Conflict of Interest: Nil

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