

## Lesson 18: System-wise Rasayana and Ojovardhak Formulas in Cancer Patients

### 1. Why System-wise Rasayana In Oncology

In classical Ayurveda, Rasayana and Ojovardhana are primarily about:

- Preserving and restoring **dhātu-sāratā** (tissue excellence)
- Enhancing **Ojas**, resilience and longevity
- Improving **vyādhi-kṣamatva** (disease resistance)

In oncology, this cannot mean “curing cancer with Rasayana”. Instead, in Cytoveda practice Rasayana is used to:

- Support recovery from chemo, RT and surgery
- Slow down dhātu-kṣaya and cachexia
- Improve quality of life, stamina, mental clarity and emotional balance
- Strengthen specific systems that are under maximum stress (lung, liver, bone, marrow, reproductive, urinary, skin, nervous system)

A single, generic Rasayana for all patients is not enough. Cytoveda therefore uses **system-wise Rasayana** based on:

- Charakokta Mahākāśaya-based tablets
- Ghansatva tablets (high-potency aqueous extracts)
- Select classical Rasa-Vati combinations

The aim is precise, organ- and system-focused Rasayana under the umbrella of **Tri-Thera Spectrum** (Immune Therapy pillar) and **QuantumMatrix 5-D** (especially D4 Rasayana and D5 Satva Avajaya).

### 2. The Two Main Rasayana Blocks At Cytoveda

System-wise Rasayana at Cytoveda is built mainly from:

#### 1. Mahākāśaya Tablets

- Jeevaniya, Brimhaniya, Balya, Vaya Sthāpana, Jwarahara, Shothahara, Kushthaghna, Krimighna, Mutra-Purisha-Trishna-Chhardi-Kasahara, Shwasahara, Shonita Sthāpana, Vedana Sthāpana, Sangya Sthāpana, etc.

#### 2. Ghansatva Tablets

- Amla, Arjuna, Ashoka, Ashwagandha, Belgiri, Bhringraj, Brahmi-Shankhapushpi, Chirayata, Dashmool, Giloy, Gokshur, Jamun, Kanchnar, Lodhra, Manjishtha, Mulethi, Neem, Punarnava, Rasna, Triphala, Udumbar, Varuna, etc.

These are chosen **after** Agni and Srotas have been reasonably corrected (Lessons 16–17).

### 3. General Ojas-Balya Rasayana For Cancer Patients

#### 3.1 Key Formulas

- **Amla Ghansatva Tablet**
- **Ashwagandha Ghansatva Tablet**
- **Dashmool Ghansatva Tablet**
- **Jeevaniya Mahākāśaya Tablet**
- **Balya Mahākāśaya Tablet**
- **Brimhaniya Mahākāśaya Tablet**
- **Vaya Sthāpana Mahākāśaya Tablet**
- **Shramahara Mahākāśaya Tablet**

### 3.2 Clinical Role

These are the backbone of **Ojovardhana** in oncology:

- Amla: cool, antioxidant Rasayana suitable in Pitta-prone, post-therapy fatigue states
- Ashwagandha: Balya, Medhya, supports muscle mass, sleep, stress coping (when Agni and liver allow)
- Dashmool: Vāta-shāmaka, pain-modulating, anti-inflammatory with Rasayana touch
- Jeevaniya / Balya / Brimhaniya / Vaya Sthāpana: systemic dhātu-poshana, especially useful in survivorship or stabilised disease

#### Used when:

- ECOG 0–2
- Chemo/RT either completed or in a relatively milder phase
- Agni is stable (no major Ama, no severe mucositis or uncontrolled GIT symptoms)

#### Caution:

- Do not push heavy, snigdha Brimhaniya type Rasayana in gross Ama, high fever or rapidly progressive disease without first working on Agni and Srotas.

## 4. Respiratory and ENT Rasayana - Kasa, Shwasa, Kantha Axis

### 4.1 Key Formulas

- **Kasahara Mahākāśaya Tablet**
- **Shwasahara Mahākāśaya Tablet**
- **Kanthy Mahākāśaya Tablet**
- **Rasna Ghansatva Tablet** (for associated musculoskeletal/pleuritic pains)
- **Udumbar Ghansatva Tablet** (for upper GI/ENT mucosal soothing in selected cases)
- Classical ENT/respiratory Vatis: **Lavangadi Vati, Khadiradi Vati, Sarivadi Vati, Talisadi Churna, Sitopaladi Churna**

### 4.2 Clinical Role

#### Used in:

- Lung and mediastinal cancers
- Head & neck cancers, larynx, pharynx, oral cavity
- RT/chemo-induced cough, breathlessness, throat irritation, mucositis

#### Kasahara and Shwasahara Mahākāśaya Tablets act as:

- Rasayana for **Prāṇavaha srotas**
- Help reduce recurrent infections, chronic cough, dyspnoea
- Support respiratory function alongside bronchodilators, steroids and antibiotics where needed

#### Kanthy Mahākāśaya Tablet and Ghansatvas (Brahmi–Shankhapushpi, Udumbar, Mulethi) help in:

- Voice changes, pharyngitis, dysphagia, post-RT throat dryness and pain

#### Timing:

- Often started during or soon after RT, with careful monitoring
- Dose adjusted to mucosal status, swallowing ability and concomitant allopathic therapies



## 5. Skin, Rakta and Immune-Modulating Rasayana

### 5.1 Key Formulas

- Neem Ghansatva Tablet
- Manjishtha Ghansatva Tablet
- Triphala Ghansatva Tablet / Triphala Guggul
- Haridrakhand
- Gandhak Rasayan
- Kushtaghna Mahākāśaya Tablet
- Kandughna Mahākāśaya Tablet
- Udarda Prashamana Mahākāśaya Tablet
- Shonita Sthāpana Mahākāśaya Tablet

### 5.2 Clinical Role

These address **Rakta-Tvak-Mamsa** interface:

- Paraneoplastic skin changes
- RT-induced dermatitis
- Chronic pruritus, rashes, eczema-like changes
- Long-term immune dysregulation and low-grade auto-inflammatory states

Neem, Manjishtha and Triphala Ghansatva Tablets:

- Work as Rakta-śodhaka, mildly Lekhana, anti-inflammatory Rasayana
- Useful in Kapha-Pitta or Pitta-Rakta type lesions

Gandhak Rasayan and Haridrakhand:

- Useful in chronic, allergic or infection-prone dermatoses with itching and exudation

Kushtaghna, Kandughna, Udarda and Shonita Sthāpana Mahākāśaya Tablets:

- Provide structured, Charakokta Rasayana support to skin and blood
- Often used in small to moderate doses over a longer period

In cancer:

- Particularly valuable when skin is repeatedly affected (RT fields, chemotherapy rashes, paraneoplastic lesions)

## 6. GI and Mucosal Rasayana

### 6.1 Key Formulas

- Udumbar Ghansatva Tablet
- Belgiri Ghansatva Tablet
- Triphala Ghansatva Tablet
- Chirayata Ghansatva Tablet (when Pitta and mild feverish states co-exist)
- Purisha Sangrahaniya / Purisha Virajaniya Mahākāśaya Tablets

### 6.2 Clinical Role

Used in:

- Chronic radiation proctitis/enteritis
- Post-chemo mucosal fragility of GIT
- IBS-like states in cancer survivors



### Udumbar and Belgiri:

- Soothe inflamed mucosa
- Help with minor bleeding, tenesmus, frequent small stools

### Triphala Ghansatva Tablet:

- Mild laxative Rasayana for restoration of normal bowel rhythm
- Gentle srotoshodhana and antioxidant support

### Purisha Sangrahaniya/Virajaniya Mahākāśaya:

- Fine-tuning of stool form and frequency in grahaṇi-like patterns

These formulas work as **Ojovardhak for GIT** by restoring healthy epithelial surfaces and balanced gut movement, especially after the acute toxic phase is over.

## 7. Mutravaha and Renal Rasayana

(Pharmacology of Punarnava, Gokshur, Varuna Ghansatva, Mutra Mahākāśaya has been covered in Lesson 17, but here they are seen specifically as Rasayana.)

As Rasayana, Mutravaha support aims to:

- Preserve kidney function during repeated toxic exposures
- Reduce recurrent UTI risk in vulnerable patients
- Support long-term urinary and renal health in pelvic/urologic cancer survivors

They primarily operate via:

- QuantumMatrix D3 (Srotas) and D4 (Rasayana)
- TTS Immune Therapy (by preserving excretory balance and reducing toxic backlog)

Doses are often lower, for longer durations, with careful lab follow up.

## 8. Artava-Shukra and Reproductive Axis Rasayana

### 8.1 Key Formulas

- Ashoka Ghansatva Tablet
- Lodhra Ghansatva Tablet
- Kanchnar Ghansatva Tablet
- Rajahpravartini Vati
- Garbhapal Ras
- Pradarantak Lauh / Pradarantak Ras
- Stanyajanana Mahākāśaya Tablet
- Stanyashodhana Mahākāśaya Tablet
- Shukrajanana Mahākāśaya Tablet
- Shukrashodhana Mahākāśaya Tablet
- Praja Sthāpana Mahākāśaya Tablet

### 8.2 Clinical Role In Oncology

In cancer patients the focus is **not on fertility induction as a primary goal**, but on:

- Supporting hormonal and reproductive axis after chemotherapy, RT or hormonotherapy
- Managing menstrual irregularities, leucorrhoea, pelvic congestion, mastalgia, menopausal transition
- Addressing sexual health, libido and marital quality in survivors

**Ashoka, Lodhra, Kanchnar Ghansatva:**

- Useful in pelvic congestion, menorrhagia, dysmenorrhoea-type pains in selected survivors

**Stanyajanana/ Stanya Shodhana, Shukrajanana/ Shukra Shodhana, Praja Sthāpana Mahākāśaya:**

- Carefully used in non-hormone-dependent scenarios to support artava-śukra balance and overall Rasayana of reproductive tissues

**Caution:**

- In hormone-sensitive cancers (like ER/PR+ breast or some endometrial tumours), Rasayana for reproductive axis must be planned **very conservatively**.

## 9. Neuro-Manas Rasayana

### 9.1 Key Formulas

- Brahmi Vati
- Brahmi-Shankhapushpi Ghansatva Tablet
- Sarpagandha Vati (for carefully selected cases with hypertension/anxiety, under close monitoring)
- Saptamrit Lauh (for eye-manas-Rakta axis)
- Sangya Sthāpana Mahākāśaya Tablet

### 9.2 Clinical Role

Cancer deeply affects Manas: fear, anxiety, depression, insomnia, chemo-brain, irritability. Neuro-Manas Rasayana is used to:

- Support cognitive clarity and memory
- Improve sleep quality and reduce anxiety
- Stabilise mood and facilitate Satva Avajaya Chikitsa
- Help in chemo brain/fog and long-term mental fatigue

**Brahmi-Shankhapushpi Ghansatva and Brahmi Vati:**

- Medhya, enhance concentration and reduce anxiety
- Useful across the journey, from diagnosis to survivorship

**Sangya Sthāpana Mahākāśaya Tablet:**

- Supportive in states of mental dullness, reduced alertness, chronic fatigue

These formulations live at the junction of:

- QuantumMatrix D4 (Rasayana) and D5 (Satva Avajaya)
- TTS Psychotherapy + Immune Therapy, because mental health critically influences immune and endocrine function.

## 10. When And How To Use System-wise Rasayana

### 10.1 Best Timing

- **During intense chemo/RT**
  - Gentle, low-dose Rasayana mainly for symptom relief and protection (e.g. Amla, Triphala, mild Jeevaniya/Balya, respiratory/skin soothing Rasayana)
- **Immediately post-therapy**
  - Gradual escalation towards more structured Rasayana for specific systems that were hit hardest

(bone-marrow, liver, skin, mucosa, neuro-manas)

- **Long-term survivorship**

- System-wise Rasayana becomes central to Cytoveda planning: metabolic remodelling, hormonal balancing, bone health, cognition, and emotional resilience

## 10.2 When To Minimise Or Avoid

- ECOG 3-4 with very fragile Agni and multi-organ failure
- Uncontrolled infection, sepsis, acute organ crises
- Active, aggressive tumour progression with high fever and strong Ama, where primary focus is stabilisation, not Brimhana

In such states, Rasayana is mostly **Ācāra Rasayana + Satvavajaya**, very light pharmacological support, and maximum symptom relief.

## 11. Key Take-Home Points

1. System-wise Rasayana at Cytoveda is built from Mahākāśaya Tablets and Ghansatva Tablets, applied to specific systems (respiratory, skin, GIT, Mutravaha, reproductive, neuro-manas, general Ojas).
2. General Ojovardhak group (Amla, Ashwagandha, Dashmool, Jeevaniya/Balya/Brimhaniya/Vaya Sthāpana Mahākāśaya) supports stamina, weight, sleep and immunity, mainly in post-therapy and survivorship phases.
3. Specialised Rasayana groups (Kasahara-Shwasahara-Kanthya, Kushthaghna-Kandughna-Udarda, Mutra Mahākāśayas, reproductive axis formulas, neuro-Manas Rasayana) allow precise system-level healing and quality-of-life improvement.
4. All Rasayana must be built on the foundations of corrected Agni and Srotas (Pachak Vatis, Phalatrikadi axis) and used in accordance with stage, ECOG and organ function.
5. In Tri-Thera Spectrum, system-wise Rasayana is mainly part of the Immune Therapy pillar, with Neuro-Manas Rasayana also strengthening the Psychotherapy pillar. In QuantumMatrix, it operates at D4 Rasayana and often D5 Satva Avajaya.
6. Rasayana in oncology is supportive and terrain-modifying, not a replacement for standard oncologic therapies.

## 12. Review Questions

1. Explain the concept of “system-wise Rasayana” in Cytoveda oncology and why a single generic Rasayana is inadequate for cancer patients.
2. List at least four formulations that contribute to general Ojas-balya Rasayana and describe when they are best introduced in the cancer journey.
3. How would you design a respiratory Rasayana plan for a patient with post-RT lung fibrosis and chronic cough, using Kasahara/Shwasahara Mahākāśaya and relevant Ghansatva tablets?
4. Which Rasayana combinations would you consider for a breast cancer survivor with RT-induced dermatitis and chronic itching? Justify your choices.
5. Discuss how Neuro-Manas Rasayana (Brahmi Vati, Brahmi-Shankhapushpi Ghansatva, Sangya Sthāpana Mahākāśaya) integrates with Satva Avajaya Chikitsa in advanced cancer care.