

I m³ k À- p Hcp tl mantbm, Xn A \p_ Ô w

tcmKŞ fnÂ h' v hnl mchpw `mhhpw DÅ A hØ tbXv F ¶ tNmZy-
- n\vd- caml pl I m³ k À F ¶ mhpw. shdpw Hcp tcmKmhØ F ¶ Xnep-
- cnbmbn a\pj ysâ Ahbh k wl nXl ÄI -, pdw Hcp Nmel i à n Ds-¶ pÅ
shfn:] mSvA \zÅ° amj p¶ Xe- nemWvCXnsâ k w{l ahpw] c-, pw. I mVv-
ZqcŞ frtebq v A \- tI mSn cà [a\nl fneqsSbpw emw^ v{KÛ nl fneqsS-
bpÅ tXtcm«- nepw D] mNb {} hÀ- \Ş sf XI nSw adn' pÅ t] mcvI mÂ
] pcmVŞ fise ZnKhnPbw t\Sm³] pds, Sp¶ bmKmi zs- A \pk vacr, nj pw!

I m³ k dnsâ] I À¶ m«w (Metastasis) F ¶ pw sshZyi mk {X Nn' l scbpbw
Nnl nÕ l scbpbw Ccl sfbpw Hcpt] mse hnk vabr, nj p¶ Xpw XfÀ- p¶ Xp-
amWv B cw` Zi l Ş fnÂ (Primary Cancer) {} Ya I m³ k dpl Ä i coc- nÂ
hn[zwk I {} hÀ- \w XpSŞ nsb¶ v Ddsj] d^a t, mÄ hne] n' pt] mb
sshZyw C¶ v CXv A XnPohnj phm\pw I ogsj phm\pw XpSŞ nbt, mgmWv
(Secondary/Tertiary) ZnXob, XrXob I m³ k dpl Ä apfs] m«n XpSŞ nbXv Hcp-
thf C¶ v Gdnb] ; pw bph-Xz- nÂXs¶] I À¶ m«- n¶ pt i j w am{Xam-
I pw CXvØ ncol crj phm³ I gnbp¶ XvXs¶ !

hnk vabmhl hpw A Xpt] mse Xs¶ _o`Xk hpw] I cp¶ A tab
k ; Â] amWv C¶ v] I À' bpÅ I m³ k dpl Ä (Metastatic). F ' nÂ \n¶ v
A sÃ; nÂ GXnÂ \n¶ v A XpasÃ; nÂ amXrtI mi Ş fpsS, aRP l fpsS, {KÛ n-
I fpsS B cpsSXmI mw Cu t{} mÖ zeX? DZml cWambn I pdnj phm³
k \X\mÄ_ pZw _m[n' Hcp bph-XnbpsS I met- mfw A Km[amb Hcp tNmZyw
I pdnj mw. 'Cu amdv F Sp- v amäWsa¶ v A hÀ] dbp¶ p! F ; nÂ C\ n Cu
tcmKw Xncr' phcptam....? XpSÄ¶ v P\ nXl tl mi hni l e\Ş Äj \pk cr' v
{ } tXyl amb I otamsXdm, nbpw, tdUftbj \pw \nÄt±i nj s, «ncrj p¶ Xv
t] mse sNb\XmÂ CXn\ v A hk m\aml ptam'?

Cu tNmZyw D¶ bnj p¶ XvHcp] qsam«ml pw, F {Xtbm I me- ntebq v
hnSÄ¶ v hnek nts- buh-\- nsâ XoE W-Xbq pap-¼nÂ sshZyw adp] Sn
shdpw aqfep l Ä sl mv \ndbq p¶ p F ¶ XmWv hk \Xp-X! ChnsSbmWv
t\cs- {} Xn] mZn' n«pÅ] I À\m« (Metastasis) - nsâ sshhn[yX!
amdns- nÂ \n¶ v I cfitebtj m (Liver), I gel fitebtj m (Lymph Node),
i zmk tl mi Ş fitebtj m (Lungs) A hk m\ambn ak Xnj v - ntebq v hsc
F - psa¶ XvA \nhmcyamb ZpÄhn[nbml p¶ p!

tl mantbm, Xn Nnl nÖ

I m³ k dnsâ sshhr[yamb L «S frnÂ Cu Nnl nÖ A \pcq] amb hyXym-
k S Ä Dfhmj p¶ p.

e£ yS Ä

- p {} mYanl ambn Syqadpt fpsS Npcpi w (Cyto Reduction)
- p A XnPoh-\ nsâ \mfpt Ä hÄ² n, ni pl (Survival Rate)
- p k zÑamb PohrXmhØ {} Zm\w sN₂pl (Quality of Life)
- p CSbv nsS DmI p¶ aap tcmKm-hØ I sf \nb{´ ni Ä (Intervening Infections)
- p enw^v{KÜ nI frnqsSbpÄ k w{I aw \nb{´ ni p¶ Xv(Lymph Node Metastasis)
- p ZnrXob, XrXob] I Ä´ I pdbv Ä (Metastatic Foci)
- p D] mNb {} hÄ´ \S fpsS i mà oI cWw (Optimisation of Metabolism)
- p aap Nnl nÖ I Äj vi cocst A \ptbmPyamj p¶ Xn\pw (To make the Organism fit for other Interventions)

hnhn[L «S frnqsS hnl mk w {} m} ni p¶ Cu tcmK- nÄ tl mantbm, Xn Nnl nÖ bpsS k zm[o\hpw hnhn[Xc- nemWv Hcp DZml cW- frnqsS CXvhyà amj mhp¶ XmWv

- (1) k v\mÄ_pZw __m[n´ Hcp bphXni v {} mYanl] chti m[\bnÄ \n¶ v I otamsXdm, ntbm tdUnrbj t\m \Ätl XmsW¶ v Ø ncoI cnj s, «mÄ tcmKnsb k w_ Ö n´ v Nnl nÖ] qÄ´ nbmbXmbn I cpXmhp¶ XmWv F ¶ mÄ B dp amk S tfm A Xre-[nI tam I gn^a mÄ hopw B hÄ´ \ k m² yXbpÄ Xr\mÄ C´ cij mÄj v tl mantbm, Xnl v Nnl nÖ \ÄI n b mÄ B hyà nbv v Gsd \mft´ j pÄ Hcp I cpXÄ k wc-E Wambn amäp^{m3} I gnbp¶ XmWv (Enhancement of Immunity)
- (2) A \nhmcyamb I otamsXdm, nbv pti j w A \p`hs, Sp¶ A] NbS Äj v A XmbXv A \nb{´ nXamb E mc/A af hyXnbm-\ n\ (Metabolic Acidosis), DfhmI p¶] \nI Äj v aap AWp_m[I Äj v Xzi v \Jw, apSn {} i \S Äj v E oWmhØ bv v (Cancer Fatigue) apXemb L «S frnÄ i coc- nsâ] p\Ä \nÄ½mW {} {I nbbv v k I mbI amI pw.
- (3) I cÄ A Ä_pZS frnÄ {} tXyl n´ v TACE t] msebpÄ I otamsXdm, n] äm´ tXm, A sÄ; nÄ {} t b m P-\anÄm´ tXm B bn \nÄ® bnj s, «n«ps- ; nÄ tl mantbm, Xn Nnl nÖ bneqsS i mZeamb PohrXmhØ {} Zm\w sNbvXpsI mv B bpÄssZÄL yw hÄ² n, ni mhp¶ XmWv I qSmsX CXpaq-eapÄ aap {} bmk S Äj pw Gsdj psd] cni mcamI pt bpw sN₂pw. (Ascites/Jaundice) \ocv/ a^a] n´ w XpSS nbh.

- (4) i zmk tI mi AÀ_pZS fnÂ ({} mYanI tam / ZnXob-tam) C½yqtWmsX-
dm, nt] msebpÅ k m¼- ni _m² yXbpÅ Nnl nÕ m k whnt[m\§ Ä; v
CXv Hcp _Zembn D] tbnKni; mhp¶ XmwVv DZmI cW- n\ v I nU\N
I m³ k À h¶ n«vi zmk tI mi - nÂ] pÅ nI Ä {} XyE s, Sp¶ ps-; nÂ,
AsÃ-; nÂ k mAt; mam t] msebpÅ AÀ_pZ- n\pti j w i zmk tI mi -
- nÂ I eI Ä hcpt¼mÄ Cu Nnl nÕ \ÂI nbmÂ ^ e{} Zambn tcmKs-
\nb{´ W hnt[bam; n \ne\ndp- msa¶ v] T\ ^ e§ Ä sXfnbn; p¶ p.
(5) tcmK k m¶ n² yw shfn s, Sp- p¶ SyqaÀ {} XnctE mt- PI hk vXp
(Cancer Antigen) hnsâ tXmXpI Ä C¶ v Nnl nÕ bnÂ \nÂ® mbI amb
k m¶ n² yamWv DZm: CA-19-9; PSA; CA-125 \nbXamb Nnl nÕ b¶ v
ti j hpw ChbpsS tXmXvcà - nÂ hnA² ni; pt bmsW-; nÂ tI mantbm, Xn
Huj [-§ Ä sl mv \nb{´ ni; phm³ I gnbpsa¶ XvHcp hk vXpXbmWv
(6) cà mÀ_pZS fnÂ {} mYanI Zi I fnÂ I otamsXdm, ntbm, C½yqtWmsX-
dm, ntbm \nÂ_ Ö amsw-; nepw Hcn; Â Nnl nÕ F Sp- Xn\pti j hpw
B hÀ- \w (Relapse) XSbp¶ Xn\pw cà - nsâ L S\m] camb sl «p-
d, v(Hemostasis) XncnsI sl m¶hcn¶ Xn\pw Huj [-§ Ä ^ e{} ZamsW¶ v
A t\I w tI k pI fnÂ \n¶ pw k phyà amWv

CXpt] msebpÅ L «§ fnepw tcmKmhØ I fnepw tcmKo k ul rZam-
bn«v CgtNÀ¶ v \ÂI mhp¶ efnXhpw k a{Khpamb B tcmKyI mgIN] mSnÂ
hni zk ni; p¶ Nnl nÕ m k {¼ZmbamWvtI mantbm, Xn.

I m³ k À Nnl nÕ b¶ pw k m´ z\ Nnl nÕ b¶ pw am(Xambn F ÃmhnI
k ul cy§ fpw k Ö am; nbri«pÅ Hcp sk âÀ ae, pdw PnÃbnÂ hqcnÂ
{ } hÀ- ni; p¶ p. I nS- n Nnl nÕ m k ul cy§ Ä DÄs, sS B [p\nl \gk nwKv
k {¼ZmbS Ä I q«nbriW; nbri«pÅ Cu Ø m] \w tI mantbm, Xn hn`mK- nÂ
C´ ybrise Xs¶ B Zys- s] mXptaJ em k wcv` amWv

tUm: hn\p- I rj W³ . M.D
(Former Lecturer, Dept. of AYUSH, New Delhi)
saUn; Â Hm ^ ok À
Kh. tI mantbm, Xnl v I m³ k À sk âÀ
h qÀ, ae, pdw