

# Review of: "Ayurveda & Bioactives as Adjuvant for Dna Modulation in Cancer Treatment & Adverse Drug Reaction [ADR] – A Glimpse of Traditional Indian Nanotechnology"

Amir Jalali<sup>1</sup>

<sup>1</sup> Guilan University of Medical Sciences

Potential competing interests: No potential competing interests to declare.

The second most common cause of death worldwide is cancer. The pharmaceutical communities around the world are concerned with the development of new anticancer drugs that selectively affect cells, have low toxicity, and are inexpensive. The treatment of all types of cancers is extremely complex. In the methodology of drug discovery, the use of information available in traditional medicine is one of the reliable starting points. Although the etiology and treatment of cancer in traditional medicine are different from modern medical science, drug treatment is one of the main foundations of cancer treatment. Research projects aimed at obtaining new drugs for cancer treatment appear to be well-positioned to benefit from the introduction of drugs used in traditional medicine, particularly medicinal plants.

Many of the plants used in traditional medicine today have been found to contain antioxidant compounds or to have anticancer effects on cell lines in studies conducted on animals and in laboratories. This assertion is illustrated by the plants that are discussed in this article. Further laboratory and clinical research is required in this area because many of these plants' anticancer effects have not yet been fully examined in a lab setting, despite the fact that these plants may be used to treat a variety of cancers.

Many of the most potent chemotherapy medications available today are herbal. At the moment, there are numerous varieties of chemotherapy medications with a herbal basis. It is probable that the patient described in this article wishes to take just one herbal medication, presuming that the medication is potent enough to stop the growth of tumor cells. The notion that taking herbal medicine instead of chemotherapy has no negative effects or side effects is untrue.

From the above justifications, it is clear that Ayurveda, in conjunction with contemporary medicine, can effectively lessen the discomfort and adverse effects of chemotherapy. This article's findings ought to be looked into more thoroughly through a clinical trial.

Studies that are currently available indicate that environmental factors account for nearly 60% of cancer cases. This indicates that by altering our dietary and lifestyle choices, we can prevent 60% of cancers. In other words, by focusing on recommendations like regular exercise and movement, healthy eating habits, specific food types, managing stress, and managing our mental health, we can significantly contribute to the prevention of cancer. As a result, patients who are referred to authors by oncologists (specialists in cancer) are frequently doing so to minimize side effects from the disease and standard treatments, to follow a particular diet, and occasionally for a particular complication. For instance, authors

provide advice and treatment to patients who exhibit symptoms such as fever or weakness in order to help them feel better.

Traditional medicine is usually a temperamental and at the same time holistic medicine and has recommendations to maintain health, which, when authors follow them, is very effective in preventing all kinds of malignant and chronic diseases such as cancer. Today, in large cancer care centers in different countries, traditional and complementary medicine is used in different fields such as herbal medicine, massage, acupuncture, etc., and in these centers, they try to use traditional medicine as an auxiliary treatment along with common treatments.