

## Success Case Report: Treatment of 4th Stage Non-Small Cell Lung Cancer (NSCLC) Metastatic to Bone

### Description

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#### Place of Study:

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#### Abstract:

This case report presents the successful management of a 65-year-old female patient diagnosed with 4th stage non-small cell lung cancer (NSCLC) metastatic to bone. The patient, who was undergoing chemotherapy and experiencing severe symptoms, including nausea, vomiting, chest and back pain, and loss of appetite, showed remarkable improvement following a comprehensive Ayurvedic treatment regimen. The treatment included a combination of Ayurvedic medicines, regular pranayama, and supportive counseling. Significant symptomatic relief was observed within the first month, and subsequent PET scans demonstrated a reduction in the size of the lung lesions. The patient has remained symptom-free and under continued treatment for 13 months.

#### Keywords:

Non-Small Cell Lung Cancer (NSCLC), Metastasis, Ayurveda, Yakrida Powder, Arbuguard Capsules, Cytoveda Tablets, Essence Blaze 2 Tablets, Pranayama, Case Report

#### Introduction:

Non-Small Cell Lung Cancer (NSCLC) is the most common type of lung cancer, often diagnosed at an advanced stage when it has metastasized to other organs, including the bones. The prognosis for patients with stage 4 NSCLC is generally poor, and treatment is primarily palliative, focusing on symptom management and quality of life. This case report documents the remarkable improvement of a patient with advanced NSCLC metastatic to bone, managed through a combination of Ayurvedic treatments and supportive therapies.

#### Case Presentation:

A 65-year-old female patient presented to the Cytoveda Clinic in June 2023 with a diagnosis of 4th stage NSCLC metastatic to bone. Her chief complaints included persistent nausea and vomiting for 15 days following the monthly administration of alendronic acid, severe chest and back pain, generalized weakness, and loss of appetite, which had reduced her to a liquid diet. She had undergone radiotherapy and was currently on chemotherapy with Afatinib 40 mg daily. The patient's hemoglobin levels were low, contributing to her overall weakness.

Upon consultation, the patient and her family were counseled regarding the prognosis and the proposed Ayurvedic treatment plan. The focus was on improving her quality of life, managing symptoms, and supporting her ongoing chemotherapy.

**Treatment Protocol:**

The patient was administered the following Ayurvedic treatments as needed throughout the course of her treatment:

- **Yakrida Powder:** Administered twice daily to support liver function and improve digestion.
- **Arbuguard Capsules:** Taken twice daily to enhance immunity and provide anti-cancer support.
- **Cytoveda Tablets:** Prescribed twice daily to reduce inflammation and support overall health.
- **Essence Blaze 2 Tablets:** Administered twice daily to alleviate pain, reduce inflammation, and enhance vitality.

In addition to the Ayurvedic medications, the patient was advised to practice regular pranayama (breathing exercises) and was provided with ongoing counseling to manage stress and maintain a positive outlook.

**Results:**

The patient experienced rapid symptomatic relief following the initiation of Ayurvedic treatment:

Symptom	Initial Presentation	Response to Treatment
<b>Nausea</b>	Persistent for 15 days	Stopped within 3 days
<b>Vomiting</b>	Persistent for 15 days	Stopped within 3 days
<b>Chest Pain</b>	Severe	Reduced significantly after 7 days
<b>Back Pain</b>	Severe	Reduced significantly after 7 days
<b>Weakness</b>	Generalized	Improved within 1 month
<b>Loss of Appetite</b>	Severe	Appetite returned to normal within 1 month
<b>Liquid Diet</b>	Unable to tolerate solid food	Able to resume normal diet within 1 month
<b>Low Hemoglobin Levels</b>	Low	Improvement observed over time

- **Within 3 Days:** Nausea and vomiting ceased, allowing the patient to transition back to a more

normal diet.

- **After 7 Days:** The patient reported a significant reduction in chest and back pain, which allowed her to resume more daily activities with less discomfort.
- **After 1 Month:** All physical symptoms, including pain and nausea, were resolved. The patient's appetite improved significantly, and bowel and urine functions were normal.
- **After 2.5 Months:** A PET scan showed a significant reduction in the size of the lung lesions, indicating a positive response to the combined treatment approach.

The patient continues to receive treatment and has remained symptomatically stable for 13 months. She has reported no recurrence of symptoms and continues to practice pranayama and follow the prescribed Ayurvedic regimen.

### Discussion:

This case demonstrates the potential efficacy of Ayurvedic treatment as a complementary therapy in managing advanced-stage NSCLC metastatic to bone. The rapid improvement in symptoms and the subsequent reduction in tumor size, as observed in the PET scan, suggest that the combination of Ayurvedic medicines and lifestyle modifications, including pranayama, can provide significant benefits to patients undergoing conventional cancer treatments.

Ayurvedic formulations such as Yakrida Powder and Arbuguard Capsules, known for their detoxifying and immune-boosting properties, may have played a critical role in enhancing the patient's overall well-being and response to treatment. Cytoveda and Essence Blaze 2 Tablets likely contributed to reducing inflammation and pain, supporting the patient's ability to tolerate chemotherapy and improve her quality of life.

### Probable Pharmacological Action of Treatment

The Ayurvedic treatment protocol for managing the patient with 4th stage NSCLC metastatic to bone included Yakrida Powder, Arbuguard Capsules, Cytoveda Tablets, and Essence Blaze 2 Tablets. Each formulation's ingredients contributed to the overall therapeutic effect, supporting the patient's recovery and symptom management.

#### Yakrida Powder:

- **Haritaki, Vibhitaki, Amalaki:** These three are the components of Triphala, known for their antioxidant, immunomodulatory, and digestive properties, aiding detoxification and enhancing overall vitality.
- **Patola, Kiratatikta, Kalmegh:** These herbs have strong anti-inflammatory, hepatoprotective, and detoxifying effects, crucial for managing cancer-related symptoms and supporting liver function.
- **Sharapunkha:** Known for its hepatoprotective and anti-inflammatory properties, it supports liver function and detoxification.

#### Arbuguard Capsules:

- **Kanchanar Gugul:** This is a classical formulation known for its anti-tumor and detoxifying

properties, helping reduce lymphatic congestion and tumor size.

- **Nityanand Ras, Loknath Ras, Arogyavardhini Vati:** These are traditional compounds used for their detoxifying, anti-inflammatory, and digestive benefits, aiding in symptom relief.
- **Shila Sindura, Rasa Sindura, Siddha Makardhwaj, Heerak Bhasma:** These potent Ayurvedic preparations are known for their rejuvenative, immunomodulatory, and anti-cancer properties.

#### **Cytoveda Tablets:**

- **Kanchanar, Triphala:** Promote detoxification and reduce inflammation, supporting the body's natural defense mechanisms.
- **Shunthi, Maricha, Pippali:** Enhance digestion, improve bioavailability of other herbs, and possess anti-inflammatory properties.
- **Guggulu:** Widely used for its anti-inflammatory and detoxifying effects, crucial in managing chronic conditions like cancer.

#### **Essence Blaze 2 Tablets:**

- **Shuddha Parad, Shuddha Gandhak:** These purified elements are known for their rejuvenative and detoxifying properties, supporting tissue regeneration and enhancing immunity.
- **Patola, Sariva, Musta:** These herbs contribute to detoxification, anti-inflammatory action, and improved digestion, vital in managing cancer-related symptoms.

This combination of Ayurvedic herbs and compounds likely worked synergistically to alleviate symptoms, enhance the patient's quality of life, and support her ongoing cancer treatment. The ingredients are well-known for their roles in detoxification, inflammation reduction, and immune support, making them suitable for managing a complex condition like metastatic NSCLC.

#### **Conclusion:**

The successful management of this case highlights the potential role of Ayurveda in supporting conventional cancer treatments. The patient's significant improvement in both symptoms and tumor size underscores the value of an integrative approach that combines Ayurvedic medicine with modern oncology. Continued follow-up and long-term observation will be essential to assess the sustained benefits of this treatment approach.

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#### **Category**

1. Clinical Research
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