AYUSHDHARA
ISSN: 2393-9583 (P)/ 2393-9591 (O)
An International Journal of Research in AYUSH and Allied Systems

Case Study

MANAGEMENT OF THE SYMPTOMS OF METASTATIC LUNG CANCER WITH AYURVEDA

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Article info

Article History:
Received: 12-03-2025
Accepted: 11-04-2025
Published: 20-05-2025

KEYWORDS:
Ayurveda, *Arbud, Granth*i, Lung Cancer with Brain metastasis, Multidisciplinary care, *Panchakarma.*

ABSTRACT

Lung cancer is a leading cause of cancer-related mortality worldwide, with significant challenges in management, especially when complicated by brain metastasis. This case study examines the impact of an integrative approach combining conventional cancer treatments and Ayurvedic therapies on a 45-year-old male diagnosed with metastatic lung cancer and multiple brain metastases. The patient, presenting with symptoms including movement difficulties, cough, swallowing difficulties, swelling and breathlessness, pursued consultation at Shuddhi Ayurveda Panchakarma Hospital, Navi Mumbai. He had undergone standard palliative care, including whole-brain radiotherapy. Despite initial deterioration, the addition of Ayurvedic treatments showed significant improvements. Within months, the patient experienced relief from key symptoms, including a management of swelling in hands and foot and breathlessness, and regained physical independence. Imaging studies revealed marked regression in the size and metabolic activity of both lung and brain lesions decreased significantly. This case highlights the potential of Ayurvedic treatments, such as Ayurvedic interventions and tailored diet, in alleviating symptoms and improving quality of life for patients with advanced lung cancer.

INTRODUCTION

Lung cancer remains a leading cause of cancer-related deaths, with over 22 million new cases and approximately 1.79 million deaths annually [1]. It is classified into two major types: small-cell lung cancer (SCLC), which is aggressive but less common, and non-small-cell lung cancer (NSCLC), which accounts for about 85% of all lung cancer cases [2]. One of the critical complications of lung cancer is brain metastasis, which affects 20-40% of patients and significantly worsens both prognosis and quality of life [3,4]. The neuroanatomical distribution of brain metastases varies by lung cancer subtype, with SCLC often metastasizing to the cerebellum, while lung adenocarcinoma and NSCLC-NOS typically affect the frontal lobe, influenced by biomarkers such as PD-L1 positivity [5].

Research indicates that brain metastasis from lung cancer presents a complex challenge, with significant impacts on patient outcomes. Radiotherapy, especially stereotactic radiosurgery, has improved outcomes by reducing symptoms and extending survival. Systemic therapies, such as targeted inhibitors, are increasingly integrated to enhance intracranial control while preserving neurocognitive function [6,7]. Prognostic scores, including Lung-GPA and LabBM, help predict survival, with median survival for patients with brain metastasis around 6.8 months [4].

Radiotherapy and surgery remain the primary conventional treatments for lung cancer with brain metastases. Radiotherapy has been shown to improve survival rates and alleviate symptoms, while surgery is most effective in patients with solitary metastases [8,9]. Combined therapies, such as integrating radiotherapy with Ayurvedic formulations, have shown promise in improving both survival and quality of life [10]. Despite the advancements in modern treatments, challenges

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https://doi.org/10.47070/ayushdhara.v12i2.2075

such as comorbidities, economic disparities, and limited accessibility remain significant obstacles to achieving optimal patient outcomes [2,11].

Ayurveda, an ancient system of medicine, provides a holistic approach to cancer care, particularly in managing the side effects of conventional therapies like chemotherapy. Ayurvedic medicines such as *Triphala, Curcuma longa* (turmeric), and *Ashwagandha* have shown potential in inhibiting *Granthi/Arbud* growth and boosting the immune response [12]. Ayurvedic interventions have been found to significantly reduce chemotherapy-induced side effects, enabling 65% of cancer patients to complete their treatment without delays [13].

वातादयो मांसमसृक् च दुष्टाः सन्दूष्य मेदश्च कफानुविद्धम् [१] |
वृत्तोन्नतं विग्रथितं तु शोफं कुर्वन्त्यतो ग्रन्थिरिति प्रदिष्टः ||३|| [14]

Studies have indicated that Ayurvedic treatments improve quality of life and offer a complementary role in modern oncology. These treatments are generally safe, showing no adverse interactions with chemotherapy, while enhancing the patient's overall health [13]. However, challenges such as variability in Ayurvedic formulations and a lack of rigorous clinical trials delay the widespread adoption of *Panchakarma* in oncology [12]. More research is necessary to validate the efficacy of Ayurvedic treatments and develop standardized protocols for their integration into mainstream cancer care [15].

In this study, Ayurvedic treatments were applied to a 45-year-old male with lung cancer and multiple brain metastases, with symptomatic relief by improving both his physical and emotional well-being. The Ayurvedic approach, combined with conventional treatments, showed potential in enhancing survival and quality of life, highlighting the complementary role of Ayurveda in cancer care.

CASE REPORT

A 45-year-old male with lung cancer with multiple brain metastasis pursued consultation at Shuddhi Ayurveda Panchakarma hospital, Navi mumbai, in April 2023 with persistent symptoms, including movement difficulties, cough, swallowing difficulties, swelling and breathlessness. He was bedridden, required daily nebulization. Additionally, he experienced disturbed bowel movements and sleep patterns.

His medical history included a diagnosis of tuberculosis of the brain with seizures in October 2022, for which he underwent four months of Anti-Koch's Treatment (AKT). A brain MRI in February 2023 detected multiple rim-enhancing lesions in the supra- and infratentorial brain parenchyma. Due to persistent symptoms and diagnostic challenges, he underwent a left temporal craniotomy and microsurgical excision of a suspicious lesion on February 24, 2023. Surgery revealed multiple cerebral abscesses with mass effect. Histopathology confirmed metastatic mucin-secreting adenocarcinoma with a papillary pattern. The PET-CT scan on March 2023 is mentioned in Table 1.

Table 1 The PET-CT scan on March 2023

Findings	Details	Size (cm/mm)	SUV Max
Brain Metastasis	Left frontoparietal parasagittal lesion	3.3 × 2.7 cm	-
Cervical Lymph Nodes	Multiple FDG-avid nodes	Largest: 13 × 12 mm	8.8
Lung Lesion (Left Upper Lobe)	Heterogeneously enhancing collapse consolidation	5.7 × 6.4 cm	14.8
Pulmonary Nodules	Multiple nodules, lymphangitic carcinomatosis	-	-
Thoracic & Cervical Nodes	Nodal metastasis	-	-
Peri-bronchovascular Thickening	Right upper & middle lobes	-	5.9
Posterior Lung Base Nodule	Single nodule	2 cm	11.9
Pericardial Effusion	Mild effusion detected	-	-
Retrocardiac & Retrocrural Nodes	FDG-avid nodes	Largest: 11 × 13 mm	8.7
Spleen Uptake	Diffusely increased FDG uptake (likely reactive)	-	6.6

Diagnosed with metastatic lung cancer, he underwent palliative whole-brain radiotherapy (30Gy in 10 fractions) over 18 days, completing treatment on March 27, 2023. However, he sought Ayurveda treatment intervention at Jeena Sikho Lifecare Limited Hospital. Initial assessment details during the visits are mentioned in Table 2.

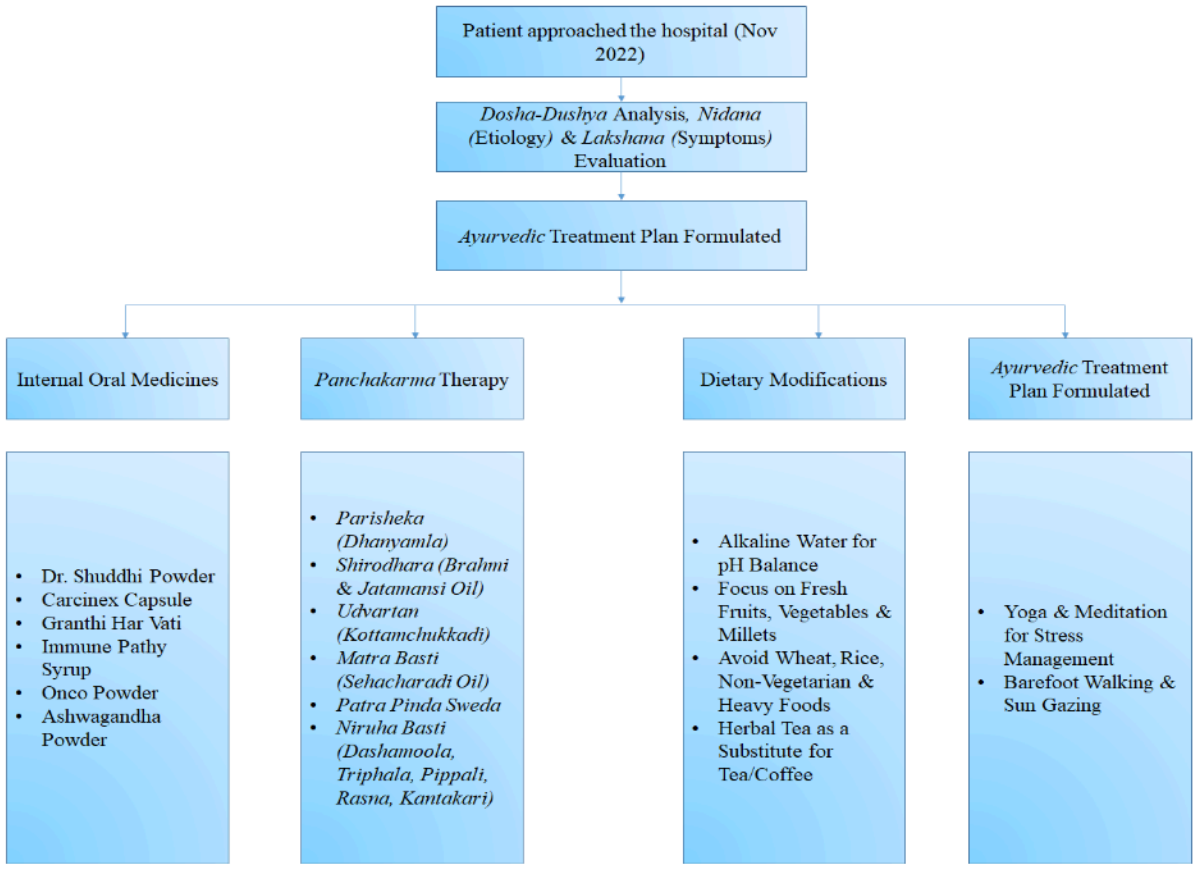
Table 2. Initial assessment details during the visits

Date	Blood Pressure (mmHg)	Weight	Pulse/Min
03-06-2023	90/70	69 Kg	94
14-06-2023	100/80	67.8 Kg	97
08-08-2023	180/80	63.7 Kg	87
09-09-2023	120/80	60 Kg	90
13-10-2023	110/70	60.4 Kg	-
14-11-2023	100/80	58.6 Kg	95
17-12-2023	110/80	56.6 Kg	95

The patient was admitted for daycare from June 14, 2023 and received 10 days at Shuddhi Ayurveda Panchakarma Hospital, Navi Mumbai, Maharashtra, following a comprehensive Ayurvedic treatment plan.

MATERIALS AND METHODS

Fig 1. Treatment Protocol



An accurately designed DIP and Ayurvedic diet was provided to the patient to complement the Ayurvedic treatments administered for *Granthi/Arbud* [16,17,18]:

Diet Plan

Dietary Guidelines from Shuddhi Ayurveda Panchakarma Hospital

- **Foods to Avoid:** Refrain from wheat, refined products, dairy, coffee, tea, and packaged foods.
- **Eating Timing:** Avoid eating after 8 PM.
- **Eating Habits:** When consuming solid foods, take small bites and chew each one 32 times.

Hydration

- **Water Consumption:** Drink alkaline water 3-4 times a day. Also, include herbal tea, living water, turmeric water, and coconut water.

Meal Timing and Structure

- **Early Morning (5:45 AM):** Begin the day with herbal tea and curry leaves, consuming one leaf per minute (5 leaves in 5 minutes), along with raw turmeric and ginger.
  - **Breakfast (9:00 AM):** Have fruits (weight x 10 in grams) and *Mugdh yusha* paired with almond milk.

- **Lunch (12:30 PM - 2:00 PM)**
- Plate 1: Salad (weight x 5 in grams)
- Plate 2: Millet shake or millet-based dishes

- **Evening Snacks (4:00 PM):** Drink a green juice (100-150 ml) made with 10 curry leaves, 2 Ajwain leaves, 5 Giloy leaves, 2-inch Aloe Vera, 2 Neem leaves, 5 Tulsi leaves, Dhania, Pudina, ½ Paan, and 4-5 almonds.
- **Dinner (6:00 PM)**
  - Plate 1: A mix of 4 types of raw vegetables (Weight x 5 in grams)

अथ शिम्बीधान्यवर्गः|
मुद्गाढकीमसूरादि शिम्बीधान्यं विबन्धकृत्|
कषायं स्वादु सङ्ग्राहि कटुपाकं हिमं लघु||१७||
मेदःश्लेष्मास्त्रपित्तेषु हितं लेपोपसेकयोः| |१८| [19]

Fasting:

- It is recommended to fast once a week.

Special Instructions

- **Sunlight Exposure:** Spend 1 hour in sunlight both in the morning and evening.
- **Gratitude:** Offer thanks to the divine before meals and beverages.

II Lifestyle Recommendations

1. **Meditation:** Integrate meditation into your routine to manage stress.
2. **Yoga Practice:** Perform *Sukshma Pranayama* and *Sukhasana* for 40 minutes daily.
3. **Sleep:** Aim for 6-8 hours of restful sleep each night.
4. **Walking:** Take a brisk walk for 30 minutes each day, preferably barefoot on natural surfaces like grass to improve circulation and connect with nature.
5. **Structured Routine:** Follow a balanced daily routine, ensuring equilibrium between meals, physical activity, and rest to enhance long-term health and vitality.

III. *Panchakarma* procedures administered to patients

1. *Parisheka* with *Dhanyamla* [20]

Procedure

- The *Dhanyamla* have been diluted with warm water.
- The practitioner has sprinkled the mixture over the body, starting from the head and moving downwards.
- The treatment lasted 10-30 minutes, with a gentle massage in specific areas.

Physiology and Mode of action

- *Dhanyamla* is Ayurvedic medicine that promote detoxification, support digestion, and balance skin pH.
- They stimulate the lymphatic system, enhance nutrient flow, and possess analgesic and anti-inflammatory properties.
- *Dhanyamla* balances *Vata* and *Kapha doshas*, fostering calmness, mental relaxation, and clarity

2. *Shirodhara* with *Brahmi* and *Jatamansi oil* [21,22]

Procedure

- The *Brahmi* and *Jatamansi oil* were warmed, and the patient was positioned comfortably on the *Shirodhara* table with eyes covered and neck support.
- The warm oil was poured in a continuous, rhythmic stream from a height of 4–6 inches over the *Ajna Chakra* for 30–45 minutes.
- Excess oil was wiped off, the patient rested for 10–15 minutes, and a light head massage was performed.

Physiology and Mode of Action

- Neurological and Hormonal Regulation– The continuous oil flow stimulates the parasympathetic nervous system, reduces cortisol levels, and enhances serotonin, dopamine, and melatonin secretion, promoting relaxation and better sleep.
- Improved Circulation and Brain Function– Enhances cerebral blood flow, increases oxygen and nutrient delivery to brain tissues, and supports hormonal balance by modulating the hypothalamus-pituitary-adrenal (HPA) axis.
- *Brahmi* Oil Acts as a nootropic, improving memory, cognitive function, and neuroprotection, while pacifying *Vata* and *Pitta doshas* and promoting relaxation.
- *Jatamansi Oil* Provides a cooling and adaptogenic effect, enhances brain circulation, regulates serotonin and dopamine, and reduces stress, anxiety, and mental hyperactivity.

3. *Udvartan* with *Kottamchukkadi Churna* [23,24]

Procedure

- The patient was positioned comfortably, and *Kottamchukkadi Churna* was warmed.
- The warm *Kottamchukkadi Churna* was applied over the entire body using firm, upward strokes, starting from the extremities and moving toward the heart.
- A 30–45-minute massage was given with circular motions on joints and linear strokes on muscles, focusing on areas of stiffness and *Kapha* accumulation.

- The patient rested for 10–15 minutes, followed by a warm water bath.

Physiology and Mode of action

- The vigorous, upward strokes enhance blood circulation and lymphatic drainage, reducing stagnation, improving tissue oxygenation, and promoting detoxification.
- The frictional force generates heat, stimulating fat metabolism (*Medo Dhatu Kshaya*), breaking down subcutaneous fat, and helping in weight management and cellulite reduction.
- The massage improves muscle tone, joint mobility, and neuromuscular coordination, while the pressure stimulates sensory nerve endings, enhancing relaxation and pain relief.
- With anti-inflammatory, analgesic, and *Kapha*-reducing properties, it helps in pain relief, stiffness reduction, and detoxification, making it beneficial for conditions like arthritis, obesity, and *Kapha* disorders.

4. *Matra Basti* with *Sehacharadi oil* (90 ml) [25,26]

Procedure

- The 90 ml of *Sehacharadi oil* was warmed to body temperature.
- The person lay on their left side in a comfortable position and the lubricated enema nozzle was gently inserted into the rectum.
- The oil was slowly released into the rectum using an enema bag or bulb, and held for 15-20 minutes for absorption.

Physiology and Mode of action

- *Sehacharadi oil*, absorbed through the rectal mucosa, lubricates and hydrates the intestines, promoting smoother bowel movements and reducing constipation.
- It calms the nervous system, balances *Vata dosha*, and supports colon cleansing.
- The oil nourishes gastrointestinal tissues, reduces inflammation, and alleviates conditions like hemorrhoids and anal fissures.

5. *Patra Pinda Sweda* [27]

Procedure:

- The patient was positioned comfortably, often after an oil massage.
- *Erand*, *Nirgundi* and *Arka* leaves wrapped in a cloth to form a poultice.
- The poultice was heated until warm and then applied to the body.
- Gentle pressure and circular motions were used during the application.
- The heated poultice was massaged into the body for 30-45 minutes.

Physiology and Mode of action

- Warm *Ayurvedic* medications promote blood flow, reduce muscle stiffness, and alleviate pain by relaxing muscles and reducing spasms.
- The anti-inflammatory properties reduce swelling, while heat promotes sweating and toxin elimination.
- The treatment balances *Vata dosha*, enhances tissue repair, and improves mobility, especially in neurological conditions

6. *Niruha Basti* with *Dashamoola, Triphala* and *Pippali, Rasna,* and *Kantakari* [28]

Procedure

- Decoction of *Dashamoola, Triphala*, and a blend *of Pippali, Rasna*, and *Kantakari* were prepared.
- The patient was positioned in the left lateral position with knees bent, ensuring comfort for the procedure.
- The *Ayurveda* medicines was warmed to a tolerable temperature and administered slowly into the rectum through a soft catheter. The patient retained it for 20–30 minutes.

Physiology and Mode of action

- *Niruha Basti* aids in the removal of toxins (*Ama*) from the body, with *Dashamoola* and *Triphala* promoting overall cleansing and purification, especially balancing *Vata dosha.*
- The combination of *Dashamoola, Pippali, Rasna,* and *Kantakari* reduces joint pain, swelling, and musculoskeletal inflammation, offering analgesic effects.
- *Pippali* enhances digestive fire (*Agni*), while *Triphala, Rasna*, and *Kantakari* support gut health, improve digestion, and assist in detoxifying the digestive system.
- The therapy calms *Vata dosha*, improving gut motility, lubricating joints, and relieving constipation and dryness, leading to better joint flexibility and overall pain reduction.

Medicinal Interventions

The *Ayurvedic* treatment employed in this case included Uder Vikar Janya Rog Churna, Arogya Vati tablet, Liv DS Tablet and Yakrit Tonic. The medications prescribed during the visits are mentioned with A*nupana* in Table 3. The description of the medicines is detailed in Table 4.

Table 3 The medications administered during treatment period

Date	Medicines	Dosage with *Anupana*
07-04-2023	Dr. Shuddhi Powder	Half a teaspoon HS *(Nishikala* with *koshna jala)*
	Granthi Har Vati	2 TAB BD (*Adhobhakta* with *koshna jala*)
	Carcinex Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Immune tablet	1 TAB BD (*Adhobhakta* with *koshna jala*)
06-05-2023	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Carcinex Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Immune tablet	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Telome+ Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
03-06-2023	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Carcinex Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Go Flexi Capsule	1 TAB TDS (*Adhobhakta* with *koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Telome+ Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Heart Care Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Sanjeevani Vati	1 CAP BD (*Adhobhakta* with *koshna jala*)
14-06-2023 to 26-07-2023 (Daycare and Discharge)	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Carcinex Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Telome+ Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Kanth Sudharak Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Immune Power Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
08-07-2023	Carcinex Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Heart Care Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
03-08-2023	Carcinex Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Telome+ Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
06-08-2023	Carcinex Capsule	2 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	JS Brain Care Capsule	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Sanjeevani Vati	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Heart Care Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Telome+ Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
September, 2023	Carcinex Capsule	2 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Sanjeevani Vati	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Heart Care Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Telome+ Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
13-10-2023	Carcinex Capsule	2 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Dr. Immune Tablet	2 TAB BD (*Adhobhakta* with *koshna jala*)
	Sanjeevani Vati	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Telome+ Syrup	10 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
14-11-2023	Carcinex Capsule	2 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Telome+ Syrup	10 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Maha Granthi Har Vati	1 TAB BD (*Adhobhakta* with *koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)
	Heart Care Syrup	7.5 ml BD *(Adhobhakta* with *sama matra koshna jala*)
11-12-2023	Carcinex Capsule	2 CAP BD (*Adhobhakta* with *koshna jala*)
	Onco blaze powder	Half a teaspoon BD *(Adhobhakta* with *koshna jala)*
	Telome+ Syrup	10 ml BD *(Adhobhakta* with *sama matra koshna jala*)
	Js-Brain Tone	1 CAP BD (*Adhobhakta* with *koshna jala*)

Table 4 The description of the medicines

Medicine Name	Ingredients	Therapeutic Effects
Dr. Shuddhi Powder	**Trikatu**, **Triphala**, **Nagarmotha** (*Cyperus rotundus*), **Vay Vidang** (*Embelia ribes*), **Chhoti Elaichi** (*Elettaria cardamomum*), **Tej Patta** (*Cinnamomum tamala*), **Laung** (*Syzygium aromaticum*), **Nisoth** (*Operculina turpethum*), **Sendha Namak**, **Dhaniya** (*Coriandrum sativum*), **Pipla Mool** (*Piper longum root*), **Jeera** (*Cuminum cyminum*), **Nagkesar** (*Mesua ferrea*), **Amarvati** (*Achyranthes aspera*), **Anardana** (*Punica granatum*), **Badi Elaichi** (*Amomum subulatum*), **Hing** (*Ferula assafoetida*), **Kachnar** (*Bauhinia variegata*), **Ajmod** (*Trachyspermum ammi*), **Sajjikshar**, **Pushkarmool** (*Inula racemosa*), **Mishri** (*Saccharum officinarum*)	*Shodhana, Pachana, Yakrit-Pitta Shuddhi, Agni Vardhana* and *Rasayana*
Granthi Har Vati	**Kachnar** (*Bauhinia variegata*), **Gugglu** (*Commiphora wightii*), **Amalki** (*Phyllanthus emblica*), **Vibhitik** (*Terminalia bellirica*), **Haritiki** (*Terminalia chebula*), **Shunthi** (*Zingiber officinale*), **Marich** (*Piper nigrum*), **Pippal** (*Piper longum*), **Varuna** (*Crateva religiosa*), **Sukshamila**, **Dalchini** (*Cinnamomum verum*), and **Tamal Patar** (*Cinnamomum tamala*)	*Granthi Nashta, Kapha Shamana, Ama Shodhana, Rakta Shodhana* and *Vata Shamana*
Carcinex Capsule	**Guduchi powder** (*Tinospora cordifolia*), **Kirattikta powder** (*Andrographis paniculata*), **Marich powder** (*Piper nigrum*), **Paneer Dodi powder** (*Hedychium spicatum*), **Amlaki rasayan powder** (*Phyllanthus emblica*), **Tamra bhasma powder**, **Swarnamakshik Bhasm**, **Kalmegha** (*Andrographis paniculata*), **Neem powder** (*Azadirachta indica*), **Lavang powder** (*Syzygium aromaticum*), **Abhrak Bhasm powder**	Used for treatment of *Granthi/Arbud, Rakta Shodhana, Vishahara, Asthi shuddhi, Rasayana* and *Pachana Shakti Vardhan*
Onco Blaze powder	**Guduchi powder** (*Tinospora cordifolia*), **Kalmegh powder** (*Andrographis paniculata*), **Amalaki powder** (*Phyllanthus emblica*), **Kantakari powder** (*Solanum xanthocarpum*), **Atasi powder** (*Linum usitatissimum*), **Jadaber powder** (*Curculigo orchioides*), **Haridra powder** (*Curcuma longa*), **Sitaphal powder** (*Annona squamosa*), Magnesium Stearate, magnesium silicate	*Rasayana, Deepan-Pachan, Shothohara, Medhya* and *Rakta Shodhaka*
Maha Granthi Har Vati	**Parad Bhasm** (*Mercury*), **Gandhak** (*Sulfur*), **Vang Bhasm** (*Zinc*), **Tamar Bhasm** (*Copper*), **Kash Bhasm** (*Potassium*), **Hartal Bhasm** (*Realgar*), **Nilla Thotha** (*Copper sulfate*), **Shankh Bhasm** (*Conch shell powder*), **Kodi Bhasm** (*Cuttlefish bone*), **Lauh Bhasm** (*Iron*), **Saunth** (*Zingiber officinale*), **Kalimirch** (*Piper nigrum*), **Pippal** (*Piper longum*), **Harad** (*Terminalia chebula*), **Bahera** (*Terminalia bellirica*), **Amla** (*Phyllanthus emblica*), **Chavya** (*Piper chaba*), **Kachur** (*Curcuma zedoaria*), **Vayavidang** (*Tribulus terrestris*), **Pippla Mool** (*Piper longum root*), **Patha** (*Cyclea peltata*), **Hau Ber** (*Ziziphus mauritiana*), **Vacha** (*Acorus calamus*), **Chhoti Elaichi** (*Elettaria cardamomum*), **Devdaru** (*Cedrus deodara*), **Samudra Namak** (*Rock salt*), **Sendha Namak** (*Sendha salt*), **Sambhar Namak** (*Sambhar salt*), **Vid Namak** (*Black salt*), **Kala Namak** (*Black salt*), **Vidari** (*Pueraria tuberosa*).	*Granthi-Nashaka / Arbuda-Nashaka, Kapha-Medha Lekhana, Ama Pachaka, Rakta Shamaka, Vedana sthapaka* and *Rasayana*
Immune tablet	**Kesar** (*Crocus sativus*), **Shuddh Kuchla** (*Strychnos nux-vomica*), **Ashwagandha Ext.** (*Withania somnifera*), **Shatawari Ext.** (*Asparagus racemosus*), **Pipali** (*Piper longum*), **Tulsi** (*Ocimum sanctum*), **Laung** (*Syzygium aromaticum*), **Choti Elaichi** (*Elettaria cardamomum*), **Sonth** (*Zingiber officinale*), **Haldi** (*Curcuma longa*), **Loh Bhasam** (*Ferrum*), **Swaran Makshik Bhasam** (*Chalcopyrite*), **Mukta Shukti Bhasam** (*Pinctada margaritifera*).	*Rasayana, Balya, Agnideepana – pachana, Rakta shodhaka* and *ojovardhak*
Telome Syrup	**Kumari** (*Aloe vera*), **Giloy** (*Tinospora cordifolia*), **Bhringraj** (*Eclipta prostrata*), **Amla** (*Phyllanthus emblica*), **Kutki** (*Picrorhiza kurroa*), **Bhoomi Amla** (*Phyllanthus niruri*), **Daruhaldi** (*Berberis aristata*), **Vidanga** (*Embelia ribes*), **Chitraka** (*Plumbago zeylanica*), **Kalmegh** (*Andrographis paniculata*), **Nishoth** (*Operculina turpethum*), **Shahtara** (*Fumaria indica*), **Triphala**, **Noni** (*Morinda citrifolia*), **Pudina** (*Mentha piperita*), **Tulsi** (*Ocimum sanctum*), **Bilva** (*Aegle marmelos*), **Elaichi** (*Elettaria cardamomum*), **Sonth** (*Foeniculum vulgare*), **Jeera** (*Cuminum cyminum*), **Pipal** (*Ficus religiosa*), **Makoy** (*Solanum nigrum*), **Kasni** (*Cichorium intybus*), **Punarnava** (*Boerhavia diffusa*), and **Sorbitol**.	*Rasayana, Ojovardhaka, Deepana-pachan* and *Shothohara*
Js-Brain Tone	**Khaskhas** (*Vetiveria zizanoides*), **Tagar** (*Valeriana wallichii*), **Ashwagandha** (*Withania somnifera*), **Brahmi** (*Bacopa monnieri*), **Shankhpushpi** (*Convolvulus pluricaulis*), **Jyotishmati** (*Celastrus paniculatus*), **Amalaki** (*Phyllanthus emblica*).	*Medhya rasayana, Manasika Balya, Vata shamaka, Nidrajanana* and *Ojovardhak*
Heart Care Syrup	**Arjun** (*Terminalia arjuna*), **Munakka** (*Vitis vinifera*), **Mahua Phool** (*Madhuca longifolia*), **Bhrami** (*Bacopa monnieri*), **Shatavari** (*Asparagus racemosus*), **Vidarikand** (*Pueraria tuberosa*), **Harad Badi** (*Terminalia chebula*), **Khus** (*Vetiveria zizanoides*), **Adrak** (*Zingiber officinale*), **Saunf** (*Foeniculum vulgare*), **Madhu** (*Apis mellifera*), **Shaker** (*Cinnamomum verum*).	*Hridya Karma, Rakta shothaka, Shotohara, Tridosha shamaka* and *Ojovardhaka*
Sanjeevani Vati	**Bhumiamla** (*Phyllanthus niruri*) and **Ajwain** (*Trachyspermum ammi*)	*Ama pachaka, deepan-pachan, Jvaraghna, hridya* and *rasayana*
Go Flexi Capsule	**Paneer Dodi Powder** (*Caralluma fimbriata*), **Ashwagandha Powder** (*Withania somnifera*), **Amla Rasayan** (*Phyllanthus emblica*), **Yograj Guggul Powder** (*Commiphora wightii*), **Methi Powder** (*Trigonella foenum-graecum*), **Shankh Bhasm Powder**, **Gokshur Powder** (*Tribulus terrestris*), **Punarnava Powder** (*Boerhavia diffusa*), **Nirgundi Powder** (*Vitex negundo*), **Haldi Powder** (*Curcuma longa*), **Neem Powder** (*Azadirachta indica*), **Magnesium Stearate**, **Talcum Powder** (*Magnesium silicate*).	*Vatahara, Shothahara, Ama-pachaka, Asthi dhatu poshan, Balya* and *Rasayana*

Kanth Sudharak Vati	**Khairsar** (*Crocus sativus*), **Karpoor** (*Cinnamomum camphora*), **Supari** (*Areca catechu*), **Jaiphal** (*Myristica fragrans*), **Seetalmirch** (*Piper nigrum*), and **Chhoti Elaichi** (*Elettaria cardamomum*).	*Kanth Shuddhi & Shothahara, Vata-pitta shamaka, Kaphahara, Jvara Nivarana* and *Dhatuposhana*
Immune Power Syrup	**Giloy** (*Tinospora cordifolia*), **Nag Kesar** (*Mesua ferrea*), **Dashmool, Babool** (*Vachellia nilotica*), **Dhatoora** (*Datura stramonium*), **Magha** (*Madhuca longifolia*), **Vasa** (*Adhatoda vasica*), **Jaifal** *(Myristica fragrans*), **Mulethi** (*Glycyrrhiza glabra*), **Laung** (*Syzygium aromaticum*), **Chhoti Kateri** (*Solanum xanthocarpum*), **Kankol** (*Piper cubeba*), Talispatr (*Abies webbiana)* , **Badi Elachi** (*Elettaria cardamomum*), **Madhu, Dalchini** (*Cinnamomum verum*), **Tejpatr** (*Cinnamomum t amala*), **Mahua** (*Madhuca longifolia*), **Kali Mirch** (*Piper nigrum*) and **Shaker** (*Saccharum officinarum*)	*Rasayana, Pratishakhya, Raktashodhaka, ojavardhaka, Shothahara,* and *Vata-Pitta-Kapha Shamaka*

RESULT

Effectiveness of Ayurvedic Treatments: Throughout the course of treatment, the patient exhibited progressive improvement in clinical symptoms. Quality of life assessments highlighted notable enhancements in both physical and emotional well-being. Significant symptom relief was observed following one month of internal medicine therapy. Cough and breathlessness were managed within 15 days, and the patient discontinued nebulization treatment during this period. By June 2023, two months into treatment, the patient was able to independently visit the hospital, demonstrating the ability to walk, speak, and raise their hands. Swelling in the hands and feet diminished. The follow up PET-CT scans are mentioned in **Table 5.**

Table 5 The follow up PET-CT scans

Parameter	Initial Findings	Follow-up Findings	SUV Max (Initial → Follow-up)
Lung Lesion (Anterior Segment, Left Upper Lobe)	5.7 × 6.4 cm	2 × 1 cm (Residual Nodule)	14.8 → 3.2
Perilymphatic & Peribronchovascular Infiltration	Present	Completely Resolved	N/A
Multiple Pulmonary Nodules	Numerous, SUV max up to 3.6	Marked Reduction in Number & Size	Up to 3.6
Nodule in Left Lung Base	2 cm	5 × 7 mm	5.1 → N/A
Mediastinal Adenopathy (Reference Node: Subcarinal Region)	21 × 27 mm	10 × 6 mm	11.9 → 3.1

The MRI study of Brain is depicted in Fig 1. Chest X-ray on February 24, 2023 is in Fig 2. Chest X-ray on July 4, 2023 is in Fig 3. Chest HRCT on February 24, 2023 is in Fig 4. Fig 5 is the PET CT scan report on March 01,2023. Fig 6 is the PET CT scan report on December 11, 2023.

Implications for Future Research

This study examined the effects of Ayurvedic treatments on a patient with symptoms of lung cancer with brain metastases, showing promising results, including symptom relief and improved well-being. However, the small sample size limits the broader applicability of these findings. To confirm the safety and effectiveness of Ayurvedic treatments for the symptoms of lung cancer, larger studies are needed. Randomized controlled trials (RCTs) are essential to minimize bias and ensure reliable results. Larger-scale research will also help assess long-term effects and Ayurveda's potential complementary role alongside conventional treatments like chemotherapy. Such studies could lead to evidence-based protocols for integrating Ayurveda into cancer care, improving patient outcomes.

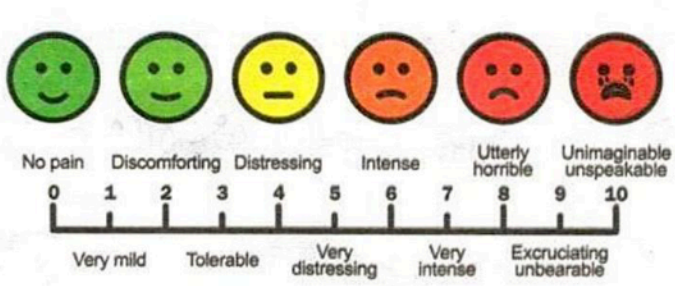
DISCUSSION

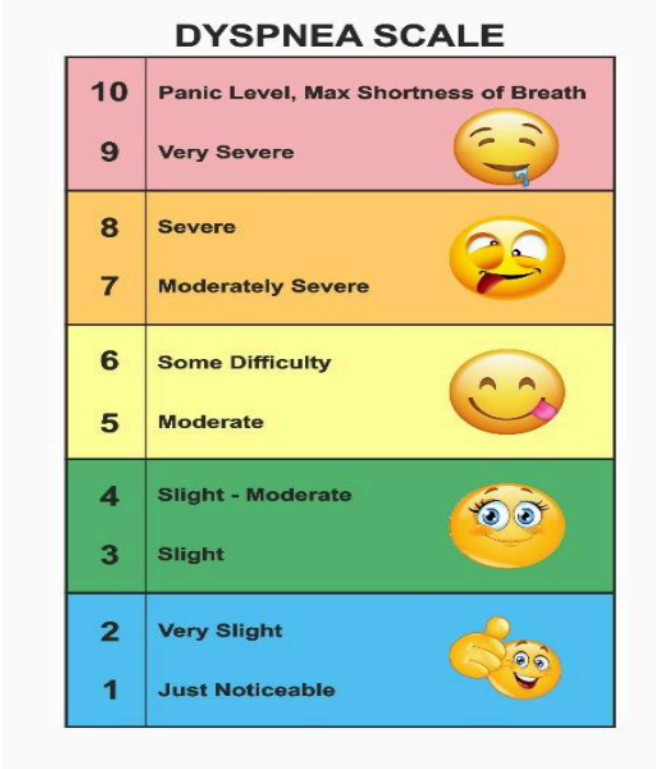
In the present case study, the imbalance of *Vata* and *Kapha Dosha*, with a prominent involvement of *Pranavaha Srotas Dushti* was examined. The *Samprapti* [29] of this case study is depicted in Fig. 7. The primary focus of *Shaman Chikitsa* was to restore balance between these *Doshas* and correct the *Dushti*. As a result, symptoms such as cough and breathlessness were significantly reduced. The pain, breathlessness and sleep scores are mentioned in Table 6.

Table 6 The pain, breathlessness and sleep scores

Date	07-04-2023	17-12-2023
Pain Score (0-10)	0-3	0
Breathlessness (0-10)	6	1
Sleep (0-10)	2	8

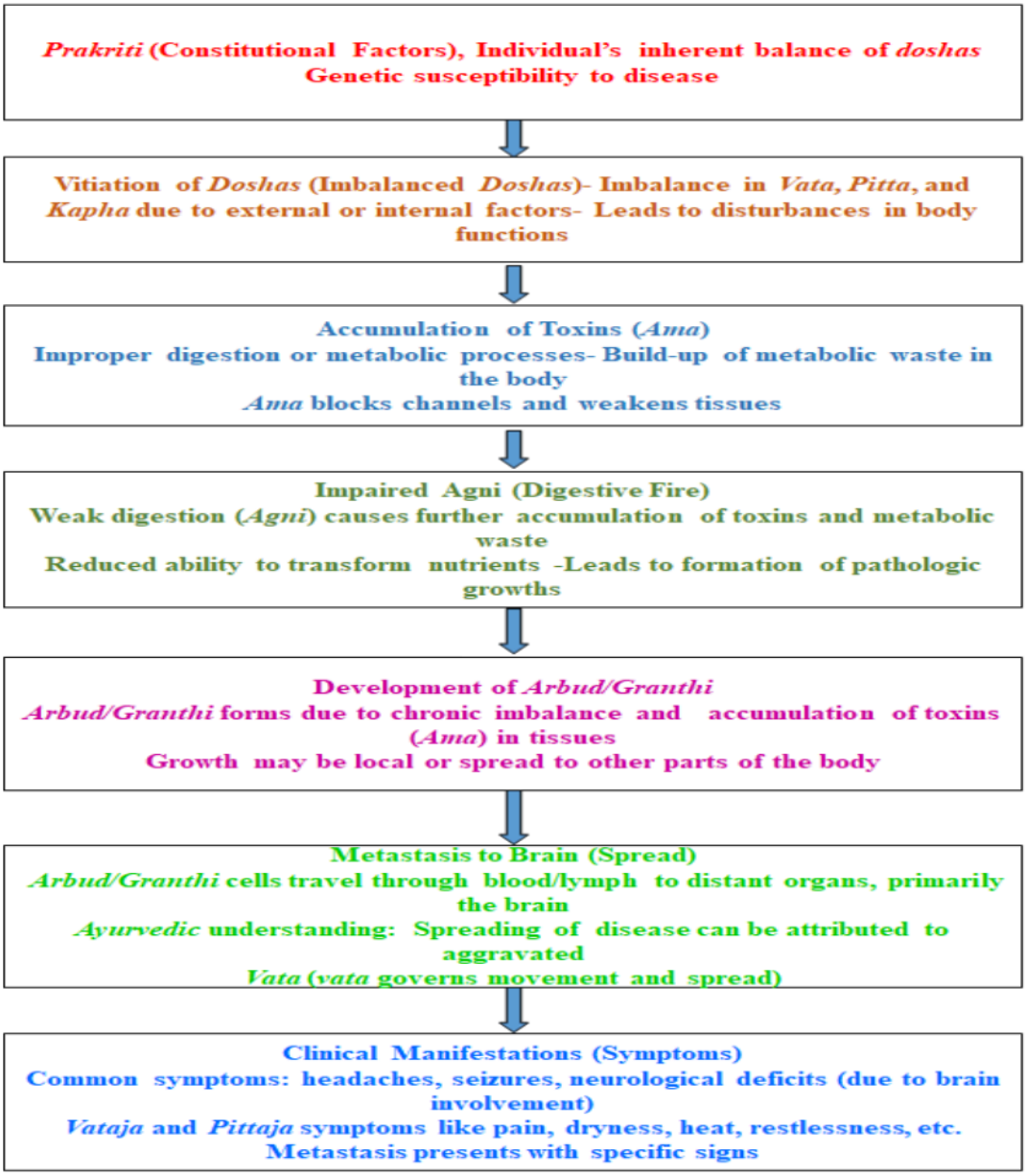
Pain score scale





Sleep score chart

Fig 7. The *Samprapti* of this study



Tailored dietary recommendations were employed to address the root cause of *Ama*, promoting the reduction of toxins and the natural inhibition of imbalance of *Doshas*. Incorporating antioxidants into the daily diet played a significant role in strengthening the immune system by helping to neutralize harmful free radicals and supporting the body's natural defense mechanisms. [30]

The patient demonstrated significant improvement in both physical and emotional well-being, indicating the effectiveness of the *Ayurvedic* treatment in enhancing quality of life. Symptoms such as swelling in hands and foot and breathlessness were managed within 15 days, suggesting a rapid response to the treatment regimen. After two months of treatment, the patient was able to independently visit the hospital, walk, speak, and raise their hands, signifying substantial recovery in physical function. Moreover, the noticeable decrease in inflammation along with the enhancement in skin tone provided further evidence of the treatment's beneficial effects, not only on localized symptoms but also on the individual's overall well-being and systemic health.

Imaging results also showed a notable reduction in metabolic activity and size of lung and brain lesions, indicating a very good response to the combined treatment approach. The significant regression of lesions in the lung's upper lobe and the resolution of perilymphatic and peribronchovascular infiltration provided strong evidence of *granthi/arbuda* shrinkage and decreased disease activity. The decrease in both the size and number of pulmonary nodules and mediastinal adenopathy, along with the reduction in metabolic activity, suggests that the treatment effectively targeted both primary and

secondary *granthi/arbud* sites, contributing to the patient's improved symptoms and quality of life.

Ayurvedic herbs used in treatment, such as *Trikatu* (a combination of *Shunthi*, *Marich*, and *Pippali*), help in completely resolving symptoms like cough and breathlessness due to their *katu rasa*, *laghu* and *ruksha guna*, *ushna veerya*, and *deepan*, along with *Kapha-Vatahara* properties that balance *Kapha* and *Vata doshas*. The *Ayurvedic* medications like *Kanchnar* and *Guggulu*, with their *deepan*, *pachan*, *vatakaphaghna* (balancing *Vata* and *Kapha*), *shoth har* (anti-inflammatory), *lekhana*, and *bhedan* properties, help manage symptoms associated with cancer. *Ayurvedic* medicines such as *Guduchi* and *Triphala*, with their specific potency and actions (*Rasa, Veerya, Vipak, Guna*, and *Karma*), improve overall body strength by correcting metabolism and neutralizing toxic effects in the blood and tissues. Furthermore, herbs like Ashwagandha and Shatavari, known for their *balya* and *rasayana* properties, reduce *daihik dourbalya*, enhance e*rasadhatu* in the body, and, with their immunomodulatory and antioxidant properties, improve tissue strength and immunity.

This case report suggests that an integrative approach, combining *Ayurvedic* principles with conventional treatments, may provide a synergistic effect in managing the symptoms of metastatic lung cancer with brain metastases. The encouraging outcomes, including symptomatic relief, improved quality of life, and evidence of disease control, highlight the potential benefits of such a combined therapeutic approach. However, further research is necessary to explore the underlying mechanisms and optimize the incorporation of *Ayurveda* into mainstream oncology practice.

CONCLUSION

Integrative management, combining conventional and *Ayurvedic* approaches, demonstrated potential benefits in alleviating symptoms and enhancing the overall well-being of a patient with the symptoms of metastatic lung cancer with brain metastases. Continued monitoring and research are essential to further elucidate the long-term outcomes and potential mechanisms behind this integrative approach, providing valuable insights for future oncological care strategies.

Symptoms: Upon admission, the patient displayed movement difficulties, cough, swallowing difficulties and breathlessness. Significant improvements were observed after the administration of *Ayurvedic* inpatient therapy followed by continued post-treatment care, highlighting the effectiveness of the holistic approach in promoting recovery and restoring health. The patient experienced relief from the symptoms, with no new issues arising, reflecting a significant overall enhancement in health.

Vitals and Investigations: The PET-CT scan showed significant improvements in the patient's condition. In the left lung, the anterior segment of the upper lobe had a notable reduction in both size and metabolic activity, with a residual nodule now measuring 2x1 cm (down from 5.7x6.4 cm) and SUV max reduced from 14.8 to 3.2. Pulmonary nodules also decreased in both number and size, with a nodule in the left lung base shrinking to 5x7 mm (previously 2 cm), and SUV max dropping from 5.1 to 3.6. Mediastinal adenopathy showed significant regression, with the reference node in the measuring 10x6 mm (down from 21x27 mm), and SUV max reduced from 11.9 to 3.1. These results suggest that the treatment elicited a positive therapeutic response, reflecting its potential effectiveness and clinical benefit in improving the patient's condition.

In summary, holistic *Ayurvedic* therapies for the symptoms of Lung cancer with brain metastases have shown promising results, including improvements in PET/CT scan. The integration of *Ayurvedic* treatments helps alleviate symptoms and enhances overall health.

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Cite this article as:
Acharya Manish Ji, Richa, Neha Sharma, Garima. Management of the Symptoms of Metastatic Lung Cancer with Ayurveda. AYUSHDHARA, 2025;12(2):252-263.
https://doi.org/10.47070/ayushdhara.v12i2.2075
Source of support: Nil, Conflict of interest: None Declared

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