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# Management of Cancer in Ayurveda, Siddha & Herbology

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**To cite this article:**

Debasish Kundu. Management of Cancer in Ayurveda, Siddha & Herbology. *International Journal of Homeopathy & Natural Medicines*. Vol. 5, No. 1, 2019, pp. 30-35. doi: 10.11648/j.ijhnm.20190501.15

**Received:** November 7, 2018; **Accepted:** April 12, 2019; **Published:** June 11, 2019

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**Abstract:** In 21 century our Health is in Danger. From every corner of the world people are having some health problems due to environmental pollution incl. electromagnetic radiation, which leads to oxidative stress, double strand breaks in cellular DNA, breakdown of the blood-brain barrier, Loss of melatonin and Cancer. Urban lifestyle is also the greatest cause of oxidative stress. Oxidative stress in body increases like anything and we start cellular aging, got some morbid diseases as a gift and finally death. Insecticides and agrochemicals are the cause of acute and persistent injury to the nervous system, lung damage, injury to the reproductive organs, dysfunction of the immune and endocrine systems, birth defects, may affect the human endocrine and immune systems and may promote the development of cancer. Health effects of pesticides range from mild allergies, rashes, breathing difficulties, neurotoxicity and reproductive abnormalities to deadly chronic diseases like cancer. In this article author traces the linkages of environmental pollution, lifestyles, oxidative stress and related factors to the development of cancer, and the role Ayurveda and Siddha can play in management.

**Keywords:** Cancer, Ayurveda, Siddha

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## 1. Introduction

According to WHO, Health is a state of complete physical, mental and social wellbeing and not merely absence of disease or infirmity.

In 21 century our Health is in Danger. From every corner of the world people are having some health problems, let us analyse this situation.

Latest findings by researchers confirms that the bacteria ecosystem in our gut 'controls' our mind - from mental health to physical health [1].

Insufficient intake of a specific trace element becomes obvious only when the body is stressed in some way that enhances the need for that element; an increasing number of studies have been performed that have examined the importance of trace element nutritive in various forms of nutritional, metabolic, hormonal, or physiologic stress in animals and humans. These studies indicate that situations will be found in which a trace element is of nutritional significance. It is likely that some of the trace elements are more important in human nutrition than is now generally acknowledged.[2]

In Ayurveda metals in purified form are used since vedic

period (Origins of Ayurveda have been traced back to 5,000 BCE in Rig-Veda and Atharva-Veda).

Cancer is a tumor, but all the tumours are not cancerous. Malignant growth or cancer is actually a condition of malignant tumours due to chronic inflammatory changes. The malignant tumours grow as degenerative cells and multiply breaking the normal pattern of growth. There are several ways in which cancer may form or spread, incl. hereditary causes or abnormalities in chromosomes. The apple is the fruit of the apple tree, and it is quite inconceivable that an apple can come into existence without the saps or plant juices, which contribute to the growth and development of an apple, that too, it's impossible for a cancerous growth to come into existence in any one unless there exists in the blood and lymph, a certain something, an agent or a poison, which is responsible for the formation of malignant tumour. If a person suffering from cancer even be subjected to operation, it does not follow that the cancer has been cured, any more than that, it would follow that an apple tree had been destroyed because the apples had been shaken down. The comparison with the apple is quite suitable to cancer, as

one may be able to promote the growth and development of the apple tree by cutting down its branches, as in cancer, by means of operation, the agent or position of cancer, which already exists in the circulatory system is deprived of its local channels and in the attempt to acquire new channels, it is then spread all over the body. So, it will be appropriate to say that in the case of cancer, an operation is the beginning of the end, it's an undisputed fact that a woman who subjects herself to a timely and rational operation of her one breast, soon after or longer will discover to her own regret, a new formation in her second breast. Ayurveda and Siddha ascribe that the health of a person depends on the internal balance of the three basic bodily humours or tridoshas, viz, pitta (bile), vata (air and ether) and kapha (pleghm). In the three humours, kapha is the element of earth and water and any aggravation of kapha is responsible for contamination of the vital body fluids and cells and tissues, thereby development of cancer. The main purpose of Ayurvedic and Siddha medication is to weaken the kapha by nature generating heat and thus restore balance. Based on the above principle, medicines prepared with Gold, Mercury, Sulphur, etc. and various herbs and shurbs are prescribed, in addition to, preparations like Makaradhwaja, Amlaki Rasayana, Shilajit, Amritarishta, Mritsanjivani, Kayakalpa drugs like Ayasambeerakarpam, Ayabringaraja Karpam, Poorna Chandrodayam, etc. Marvellous powers are attributed to this Kayakalpa medicine of mineral origin, as it has also got the virtue of curing degenerated cancer. In the preparation of the metallic medicines, more than one hundred difficult processes of purifying, melting, infusing, grinding, calcining, burning and drying etc., are involved which demands precision in each and every stage, otherwise metal toxicity may occur in the final product. Kayakalpa is a process of rejuvenation which detoxify each cell of the body and destroys cholesterol, parasites and cancerous cells, it's a rejuvenation therapy that appear quite similar to some of the panchakarma procedures currently practiced in modern Ayurveda. Kayakalpa therapy consists of application of Enema for help excrete morbid bodily products and subsequent administration of drugs for purification of body, followed by external application of oil, paste, etc. and oral administration of decoctions or mixtures of chosen herbs or shurbs and some metallic medicines. [16]

In addition to 'behavioral rasayanas', viz. controlling the senses, compassion, truthfulness, etc. and some spiritual practices like havans with dry twigs of some specific herbs and shurbs, in addition to various leaves and flowers, camphor, cow ghee, etc. are used, special mantras were used to be recited during the havan or yagna. [9, 10, 11]

Our modern world is creating an electromagnetic soup filled with electrical pulses, radio frequencies, computer screens, wireless signals, as well as personal devices such as cell phones and gadgets that are emitting damaging radiation. There are many peer-reviewed scientific studies drawing conclusions that should concern us all, but particularly for young children and pregnant women.

Among the well-documented effects of exposure are:  
Oxidative stress.

Double strand breaks in cellular DNA.

Cancer.

Male and female infertility.

Breakdown of the blood-brain barrier.

Loss of melatonin (which is now has been shown to lead to a reduction in bone density - Ed.)

Consequent sleep disruption. Autism.

Air pollution is also a major cause of oxidative stress. Polluted Air contains nitrogen di oxide, sulphur di oxide, carbon monoxide and several hydro carbon molecules. It causes allergic bronchial asthma, chronic allergic rhinitis, bronchitis even cancer.

Every man or woman is exposed to dangerous chemicals, radiations or other Industrialization hazards.

Our seas and rivers are getting polluted by industrial waste water, pesticides, heavy metals, dying and colouring agents, soaps and detergents, human waste, municipal garbage, died fish and other animals and..... so on. This is the major cause of many epidemics and degenerative diseases.

Farmers are using the chemical fertilizers, pesticides, fungicides besides insecticides on a large scale from last decade. Due to this not only soft drinks but also our daily vegetables, fruits even grains we are consuming also showing high amount of pesticide residue. In the U.S., Alzheimer's disease is now the sixth leading cause of death. Jason Richardson and other researchers at Rutgers University indicated that DDT/DDE may interact with genes to trigger the disease. [14]

Suzanne de la Monte of Brown University's Warren Alpert Medical School believes there is a connection between the rising number of Alzheimer's cases and the greater amounts of nitrogen-based chemicals added to our food through nitrogen-based fertilizers, besides the nitrates and nitrites, which are used to preserve, color and to flavor processed foods over the past few decades. [5]

In acidic environments, such as in the stomach, or at high temperatures, as during cooking, these compounds transform into toxic nitrosamines.

Pesticide residue in food is the root cause of many degenerative disorders and cancer.

Today junk food is just like an addiction. Even our kids are attracted due to aggressive television advts by their favourite ones. Nobody is knowing that it is the greatest cause of Oxidative Stress. Tobacco chewing is very common thing in rural as well as urban area of certain Asian countries. In long term tobacco chewing can cause oral cancer. There are approximately 8,00,000 deaths in India every year due to tobacco products. Cigarette smoke is the greatest cause of Oxidative Stress.

It can cause increased risk of Asthma, Emphysema, Chronic Bronchitis, Lung Cancer and Cardio Vascular Disease. According to a British medical report, by smoking one cigarette life is reduced by 11 mins. Passive smoking is also too dangerous.

Now a days having a glass of alcohol at late night is a status symbol in the upper middle & high societies. Many of them are knowing long term effects of alcohol, still

consuming it regularly.

It causes Cirrhosis of Liver, Cancer, Ulcer and so on. In urban societies, kids and adults have very bad habit of TV Suppers. Now a days nobody wants to do exercise. Everybody wants to sit in sofa with different remotes all the time. Every man or woman is suffering from mental stress, only the levels are different. Stress is a father of Coronary Artery Disease, Insomnia, Ulcer, IBS, Migraine, Diabetes, Impotency, Psoriasis etc.

## 2. Method

### 2.1. Oxidative Stress

Due to all these bad habits oxidative stress in our body increases like anything and we start cellular aging, got some disorders as a gift and finally death.

### 2.2. Micro Organisms

Years together Doctors are using many types of Antibiotics to kill the harmful deadly bacteria.

But now a days Doctors are facing New Super Bugs which are not responding to common or Higher Antibiotics.

Our Immune System is becoming so weak to fight with these enemies. Latest findings by researchers from UC San Francisco, Arizona State University and University of New Mexico confirms that the bacteria ecosystem in our gut 'controls' our mind - from mental health to physical health. [1]

### 2.3. Trace Elements Deficiency

Nielsen F H of US Department of Agriculture, Grand Forks Human Nutrition Research Center, reported:

“The possible importance of some new essential trace elements in nutrition is discussed. Most likely, insufficient intake of a specific trace element becomes obvious only when the body is stressed in some way that enhances the need for that element; this has been supported by recent findings with selenium. The trace elements boron and copper may be of nutritional significance in a manner similar to selenium.

When the diets of animals and humans are manipulated to cause possible changes in cellular integrity or in hormone responsiveness, a large number of responses to dietary boron occur. The findings indicate that boron is important for optimal calcium and, thus, bone metabolism. High dietary cystine and fructose exacerbate the signs of copper deficiency in rats; this indicates that the response to copper deficiency by humans would vary with the amino acid and carbohydrate composition of the diet. There is some evidence that chromium, molybdenum, nickel, arsenic, and vanadium

may also be of nutritional significance under stress conditions. In other words, an increasing number of studies have been performed that have examined the importance of trace element nutritive in various forms of nutritional, metabolic, hormonal, or physiologic stress in animals and humans. These studies indicate that situations will be found in which a trace element is of nutritional significance. It is likely that some of the trace elements are more important in human nutrition than is now generally acknowledged.” [2]

In Ayurveda metals in purified form are used since vedic period (Origins of Ayurveda have been traced back to 5,000 BCE in Rig-Veda and Atharva-Veda).

## 3. Discussion

Cancer is a tumor, but all the tumours are not cancerous. Malignant growth or cancer is actually a condition of malignant tumours due to chronic inflammatory changes. The malignant tumours grow as degenerative cells and multiply breaking the normal pattern of growth.

Following are the ways in which cancer may spread:

- i) **DIRECT SPREADING:** The cancer cells may proliferate and penetrate into adjacent tissues and organs, it spreads from one organ to another, for instance, from cervix to uterus, from stomach to duodenum, etc.
- ii) **BLOOD STREAMS AND LYMPH DUCTS:** Cancer cells have the tendency to make separate themselves from the malignant growth and move here and there through blood and lymph circulatory channels, this condition is called metastasis. In this way cancer of the thyroid gland may localise in the kidneys, bones, lungs and even brain, likewise, cancer of the prostate may localise in the lungs, liver etc.
- iii) **THE CAUSES OF CANCER:** Different theories are prevailing, however it is established that there are two basic causes.
  - a) **Primary cause:** When the neuro-immuno-endocrine system is broken down and the cells are exposed, the transformation of matter is affected, the essence of morbid accumulations sneak in and paves the way for cancerous growth.
  - b) **Secondary Causes:** What one thinks and says, how he dines or eats contribute almost ninety percent of the causes.

**PREVENTIVE MEASURES:** To avoid mental tension, worries and agony, to avoid contact with live viruses and toxins, protection against dust and mites, not to indulge in too much sex, but not total abstinence, to avoid too much exposure to x-ray and radium ray.

*Table 1. In persons with family history of cancer a chart.*

FAMILY HISTORY	PREVENTIVE MEASURES
Breast cancer	Avoid late child birth, periodic breast examination.
Colon cancer	Periodic colonoscopy, DNA testing.
Uterine/Prostate cancer	Avoid illicit sex, periodic examination.

FAMILY HISTORY	PREVENTIVE MEASURES
Eye tumour - Retinoblastoma	Periodic eye examination in children, DNA testing, Sunglasses.
Xeroderma pigmento – sum (Genetic skin disorder)	Avoid exposure to UV rays, Sunglasses, protective clothing.

In addition, people with chromosomal abnormalities are prone to certain types of cancer. It is shown below:

**Table 2.** People with chromosomal abnormalities are prone to certain types of cancer.

ABNORMALITIES IN	CANCER TYPES
Chromosome No.1 or 6, or 14	Cancer of Ovaries
Chromosome No.3	Cancer of Lungs
Chromosome No.11	Cancer of Kidneys
Chromosome No.13	Cancer of eyes
Chromosome No.21	Leukaemia
Sex Chromosomes	Gonadal tumour

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Ayurveda and Siddha ascribe that the health of a person depends on the internal balance of the three basic bodily humours or tridoshas, viz, pitta (bile), vata (air and ether) and kapha (pleghm). According to Ayurvedic principles persons of pitta Temperament are prone to suffer from disease of circulatory system, blood and blood vessels, vitiation of blood.

According to the National Cancer Institute, a biogenic substance or biological molecule found in blood and other body fluids, that is a sign of a normal or abnormal process, or of a condition or disease, (NCI) such as cancer. Biogenic substances typically differentiate an affected patient from a person without the disease. [4]

Constitution of Pitta Temperament [6, 13, 14, 15, 16]

Light hair and eyes.

Rapid Circulation.

Quick, frequent, regular and strong pulse.

Lively disposition.

Hypersensitivity.

Bright red complexion, fair and smooth skin, fresh colour of lips and gums.

Rapid digestion.

Tendency to palpitation, haemorrhage.

Tendency to bleeding at nose or ringing in the ears.

Stoppage of veins and nodes.

Visible mucous membranes of lips, throat, tongue and conjunctive of eyes are of red colour.

Tendency to active congestions, bleeding piles, varicose veins, constipation, vertigo, inflammation of throat, chest and intestine and haemorrhages.

Bloodlessness and coldness of the extremities.

Blood and urine are acidic in reaction- Hands and feet are moist / sweating.

Vigorous appetite with headache, giddiness and sleeplessness.

In females - early and excessive menses.

In children - strong, dark hair, tendency to constipation, fever, cold and whooping cough.

Constitution of Vata Temperament [6, 13, 14, 15, 16]

Sluggish circulation of blood, Pale face, Poor appetite,

Slow digestion.

Tremble and fear of cold, especially in the extremities.

Anemia, chlorosis.

Glandular swelling.

Skin ailments.

Rheumatism.

Blind piles / fistula.

Heavy sound sleep.

Slow circulation.

Hairs not too abundant / tendency of hair loss.

In females - suppressed, late, scanty and irregular menses, leucorrhoea.

In children - large head and forehead curved in front and paleness, broncho - pneumonia, measles, chickenpox, irruptive fever, skin eruptions.

Constitution of Kapha Temperament [6, 13, 14, 15, 16]

Persons of this temperament are prone to suffer from degenerative and immune suppressive disease, e.g., Tuberculosis, Leprosy, Cancer, Leukaemia, Aids, etc. and show signs of both pitta and vatha temperament.

Remedies indicated for pitta and vatha temperaments are administered for patients of this constitution.

## 4. Conclusion

In the three humours, kapha is the element of earth and water and any aggravation of kapha is responsible for contamination of the vital body fluids and cells and tissues, thereby development of cancer. The main purpose of

Ayurvedic and Siddha medication is to weaken the kapha by nature generating heat and thus restore balance. Based on the above principle, medicines prepared with Gold, Mercury, Sulphur, etc. and herbs and shrubs like *Semecarpus anacardium*, *Foenicukim vulgare*, *Adhatoda vasaka*, *Glycyrrhiza glabra*, *Ocimum sanctum*, *Onosma bracteatum*, *Zingiber officinale*, *Piper longum*, *Elettaria cardamomum*, *Solanum xanthocarpum*, *Viola odorata*, *Boerhaavia diffusa*, *Terminalia belerica*, *Hemidesmus indicus*, *Wythenia somnifera*, *Terminalia chebuia*, *Curcuma longa*, *Piper nigrum*, etc. are prescribed, in addition, preparations like *Makaradhwaaja*, *Amlaki Rasayana*, *Shilajit*, *Amritarishta*, *Mritsanjivani*, *Kayakalpa* drugs like *Ayasambeerakarparam*, *Ayabringaraja Karpam*, *Poorna Chandrodayam*, etc., are given so as to sustain the strength and vitality of the patients.

As mentioned, certain minerals and metals are traditionally used in *kayakalpa* drugs as it is believed that such a drug may be consolidated so as to stand the test of fire and hence credited with the power of prolonging life.

Marvellous powers are attributed to the *Kayakalpa* medicine of mineral origin, as it has also got the virtue of curing degenerated cancer. In the preparation of the metallic medicines, more than one hundred difficult processes of purifying, melting, fusing, grinding, calcining, burning and drying etc., are involved which demands precision in each and every stage, otherwise metal toxicity may occur in the final product.

*Kayakalpa* is a process of rejuvenation which detoxify each cell of the body and destroys cholesterol, parasites and cancerous cells, it's a rejuvenation therapy that appear quite similar to some of the *panchakarma* procedures currently practiced in modern Ayurveda. For example, as a pre-requisite to embark upon rejuvenation therapy, one must undergo a series of physical purifications that include, *Oleation*:

(preparing our body for purification by administering oils both internally and externally) and subsequent purging of the alimentary canal (*basti*) followed by a liquid diet. Additionally, the aspirant must practice and embody 'behavioral *rasayanas*': controlling the senses, compassion, truthfulness, etc.

Special traditionally prepared *Kayakalpa* medicines in form of pills, oil, decoctions are administered. These special medicines are called *kalpa rasayanam* which provides general health, longevity, sexual vigor and immunity. [6-8, 12, 16]

*Enemas*:

The obstacle in prolonging the life span is constipation. So enemas are given, lubricating agents employed in rectum is the juice the *Aloe Indica* mixed with castor oil, then decoction of *Myrobalans* incl. *Terminalia chebula* mixed with palm jaggery or honey is given followed by decoction of herbs like *piper nigrum*, *ocimum sanctum*, *Tinospora cordifolia*, *cynodon Dactylon*, etc.

*Oil for External Application*:

*Azadirachta indica*, *Abrus precatorius*, *Eclipta prostrate*, *Acalypha indica*, *coldenia procumbens*, *Indigofera*

*aspalathoides*, *celastrus paniculatus*, *Cuminum cyminum*, *Curcuma aromatica*, *Embilica officinalis*, *Piper nigrum*, *Terminalia chebula*.

Herbs for Oral Administration (bark/stem/leaves/root/seeds/flowers):

*Solanum trilobatum*, *Allangium Salvifolium*, *celastrus paniculatus*, *Myristica fragrans*, *Plumbago indica*, *curculigo orhioides*, *Leucas aspera*, *Bacopa monnieri*, *cassia fistula*, *Corallocarpus epigaeus*, *Embilica officinalis*, *Leucas aspera*, *Zinziber officinalis*, *Terminalia chebula*, *Withania somnifera*, *Phyllathus niruri*, *Phoenix dactilyfera*, *Semecarpus anacardium*, *Azadirachta indica*, *Ocimum sanctum*, *Citrus medica*, *Aegle marmelos*. Indian gooseberry or *Emblc myrobalan*, *Aloe vera*, *Asparagus officinalis*, etc.

*Kayakalpa* medicines (spiritual): the aspirant must practice and embody 'behavioral *rasayanas*' viz., controlling the senses, compassion, truthfulness, besides, special *havan* in which dry twigs of herbs like *Ficus benghalensis*, *Ficus religiosa*, *Aegle marmelos*, *Ficus racemosa*, *Ficus glometre*, *Butea monosperma*, *Butea frondosa*, *Commiphora mukul*, *Bowellia serrata*, etc. are used in addition to various leaves and flowers, camphor, cow ghee, etc. are used, special mantras were used to be recited during the *havan* or *yagna*.

In diet, all fruits, milk and milk products, pulses, almonds, green vegetables, garlic, etc. are recommended, intake of juice of wheatgrass leaves mixed with juice of carrot, beet and citrus fruits (except *Tamarindus indica*), is beneficial. Dry chillies, common salt, tea, coffee, alcoholic beverages, egg, fish, meat and allied pungent things are to be avoided. Common salt may be replaced with rock salt. Sexual activity should be avoided. [15, 16]

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## Biography



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