

## 2<sup>nd</sup> International Conference and Exhibition on **Traditional & Alternative Medicine**

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### **Synergistic role of bromelain, curcumin and boswellic acid in management of pleural oedema in a case of carcinoma of the lungs stage 3b**

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Carcinoma of lungs presents with Oedema and inflammation as co-dependent conditions. It is more prevalent in males with a growth of 13 % of all newly diagnosed cases. The pathophysiology of CA lungs suggests formation of a proteinous gradient influencing the ionic environment across the microvasculature and lymphatic drainage of the lungs which induces ionic polarity, thus increasing the rate of pleural filtration and reduces re-absorption. This causes effusion due to impaired hydrostatic and ionic gradients.

A combination of *Curcuma longa* rhizome extract (500 mg)+*Anana squamosa* stem extract (125 mg)+*Boswellia serrata* stem & leaf extracts (200 mg) per dose was orally administered to a pre-diagnosed stage 3B Lung Cancer patient T1D.

In the Ayurvedic perspective, pleural environment may be considered as pitta kaphaja. In case of CA lungs it has a vitiated vata and Kaphaja Avarana impairing the transduction of jal across the pleural membrane. This causes a kaphaja co-existence where with progression pitta gets self-limited and vata-kaphaja predominance.

Fluid formation was nearly 4l per week before treatment. The skiagrams showed effused right lung. Thoracentesis after treatment showed the drop of volume as -2.5l-15 days; 0.75l-1 month; 0.45l-50 days; 0.2 to 0.25l-90 days and onwards.

The individual ingredients are known to have anti-inflammatory and anti-oedematic properties. The results show the synergistic impact in reducing pleural effusion more effectively by vitiating pitta and reducing jal and prithvi mahabhoot's by different mechanisms.

#### **Biography**

Nitin Chaube is an Ayurvedic Doctor and armed with a post graduate degree in Management in finance. He owns the brand Ayushya Varsha ([www.ayushyavarsha.com](http://www.ayushyavarsha.com)) and looks to expand his organization in the form of Clinics and Health Cafe. He has been working closely with extracts and published papers in international conferences on his works with extracts. His key areas of work remain immunity and immune compromised conditions presenting as respiratory and skin disorders. He is also associated with a public sector undertaking Coal India limited on an Adhoc assignment as an Ayurvedic Doctor.

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