

Prevention and Control of  
**SARATĀN**  
**(Cancer)**

...through Unani Medicine



Ridge Gourd



Water Melon



Grapes



Bottle Gourd



Cucumber



Dates



Spinach



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## What is *Saraṭān*?

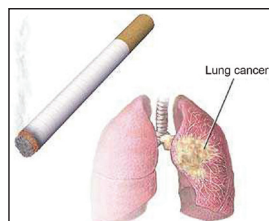
*Saraṭān* (Cancer) is an abnormal and uncontrolled growth of cells with the potential to invade or spread to other parts of the body. Breast, cervix, lung, stomach, colorectum and liver are more vulnerable to cancer than other body parts.

## Risk Factors

- Radiation, pollution, chemical exposure, etc.
- Viral infections
- Hormone therapy
- Tobacco and alcohol
- Family history
- Excessive use of *Sawdā'* producing diets

## Clinical Features

- Cancer is asymptomatic in initial stage
- General features –
  - ❖ Anorexia
  - ❖ General weakness
  - ❖ Fever
  - ❖ Anaemia
  - ❖ Weight loss
- Specific features –
  - ❖ Breast cancer
    - Lump
    - Haemorrhagic discharge
    - Orange peel skin of breast
    - Cracked, inverted and adherent nipple
  - ❖ Cervical cancer
    - Intermittent bleeding during cycle
    - Foul smelling vaginal discharge
    - Painful coitus
    - Ulceration and erosion of cervix
  - ❖ Lung cancer
    - Persistent cough
    - Breathlessness
    - Blood stained sputum
  - ❖ Stomach cancer
    - Abdominal pain
    - Blood in vomitus
    - Profound anorexia
    - Upper abdominal lump
    - Vomiting
    - Black coloured stool
    - Severe weight loss
  - ❖ Colorectal cancer
    - Bleeding per rectum
    - Lower abdominal pain
    - Altered bowel habit
    - Lump



- ❖ Liver cancer
  - Abdominal pain
  - Retro-sternal discomfort
  - Hiccup
  - Jaundice

## Prevention

- Maintain healthy lifestyle
- Avoid –
  - ❖ Tobacco and alcohol
  - ❖ Red, dried and salted meat & fish
  - ❖ Constipation
  - ❖ Junk and smoked foods
  - ❖ Sedentary lifestyle
  - ❖ Mental stress and anxiety

## Management

Early detection is the key in the management of cancer. Unani System of Medicine offers various medicines and therapies that can be used as adjuvant to conventional treatment for specific purposes. Some of them are as follows:

- Drugs to eliminate *Sawdā'*
  - ❖ *Iṭrīḡal Aftīmūn*
  - ❖ *Ma'jūn Najāḡ*
  - ❖ *Ḥabb Lājward + Joshānda Aftīmūn*
  - ❖ *Tiryāq Fārūq*
- Drugs to enhance immunity
  - ❖ *Khamīra Marwārīd*
  - ❖ *Jawārish Jālīnūs*
  - ❖ *Jawāhar Muhrā*
- Drugs to reduce side effects of conventional therapy
  - ❖ *Jawārish Anārayn*
  - ❖ *Jawārish Tamar Hindī*
  - ❖ *Jawārish Āmla*
  - ❖ *Ḥabb Tursh Mushtahī*
- Drugs to reduce complications
  - ❖ *Ma'jūn Dabīd al-Ward*
  - ❖ *'Arq Harā Bharā*
  - ❖ *Dawā' al-Kurkum*
- Therapies to improve quality of life
  - ❖ *Dalk* (Massage)
  - ❖ *Faṣd* (Venesection)
  - ❖ *Ḥammām* (Turkish Bath)
  - ❖ *Ishāl* (Purgation)

## Dietary Recommendations

- *Mā' al-Jubn* (Whey), *Mā' al-Sha'īr* (Barley water), *Khurfa* (Parsley)
- Spinach, *Bathuwā*, Pumpkin, Cucumber, Bottle Gourd, Ridge Gourd, Water Melon, Dates, Grapes

## Dietary Restrictions

- *Sawdā'* (melancholic humour) producing food items, such as:
  - ❖ Red meat, Lentil, Horsebean, Cabbage, Cauliflower, Brinjal, Pea

**Note:** Consult a registered Unani physician before using recommended drugs.