

Ananda Seva Yoga Therapy

## **YOGIC TREATMENT of DISEASE**

### **Research Project**

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## **LUNG CANCER**

Lung cancer refers to a growth of a cancerous tumor in the lung. It is the number one cause of cancer death in men and women over the age of 35. Lung cancer has taken more lives than colon, lymph, prostate and breast cancer combined. Lung cancer originating from the end of the bronchial epithelium makes up 90% of all lung cancer patients. (Sunridge Medical).

The lungs are the primary organ in respiration. They are sponge like organs that are divided into lobes. The right lung having three lobes, and the left lung having two lobes, due to the position of the heart. During respiration, air travels through the nose down the trachea and into the bronchus. The bronchus branches into narrower bronchials and then into smaller and smaller airways ending in air sects called alveoli. It is at the Alveoli that oxygen is exchanged for carbon dioxide. Most cancerous changes occur in the lungs long before any symptoms are present. There are many types of lung cancer, but the most common lung cancer is Bronchogenic Carcinoma, which begins as a tumor in the lining of the bronchi. Lung cancer can also be present in the trachea, the bronchioles, or the alveoli. (Sunridge Medical)

Lung cancer is the leading cause of cancer deaths among men and women, bur the most alarming news is that more women will die from lung caner than will die from breast cancer. Cigarette smoking poses the greatest risk for developing lung cancer. According to the National Cancer Institute, approximately one out of every 14 men and women in the U.S. will be diagnosed with cancer of the lung at some point in their lifetime. (Sunridge Medical, Medicine Net.com).

Typical treatment options include surgery, radiation and chemotherapy. Treatment options are often limited because of the stage of the cancer at the time of diagnosis. Many times surgery and radiation are not viable options as the tumors are proximal to vital structures in the lung tissue.

There are 2 categories of lung cancer. Primary Lung Cancer- cancer that has originated from lung tissue and Secondary Lung Cancer or lung metastasis- this is cancer from a different part of the body that has spread to the lungs and continues to grow there. There are 2 main types of lung cancer. Non-Small Cell Lung Cancer which has three subtypes. Squamous Cell- originates in the larger bronchi and can spread by extension and lymph node metastasis; Large Cell Carcinoma- usually develops near the surface of the lungs. Adenocarcinoma- commonly found in the mucous glands. Adenocarcinoma can spread through the blood stream. Small Cell Lung Cancer- often starts in the bronchi near the center of the chest, usually more aggressive than non-small cell and can spread widely through the body fairly early in the course of the disease (usually before it starts to cause symptoms). The cancer cells can multiply quickly, form large tumors, and spread to lymph nodes and other organs throughout the body. This is important because it means that surgery is rarely an option and never the only treatment given.

Treatment must include drugs to kill the widespread disease. This form of cancer is associated with smokers. It is very rare for someone who has never smoked to have small cell lung cancer. (American cancer society; Medicine Net.com)

The combined 5-year survival rate for all stages of lung cancer is only 15%. If treated early before it has spread to lymph nodes or other organs with surgery, the average 5 year survival is about 50%. However, only 15% of people with lung cancer are diagnosed at this early, localized stage. (Sunridge Medical)

### Common symptoms associated with Lung Cancer:

- Bad cough that doesn't go away
- Coughing up blood
- Difficulty in breathing/ wheezing
- Pneumonia
- Arm, shoulder or chest pain
- Weight loss
- Hoarseness
- Seizures
- Bone pain
- Swelling of the face
- Pleural effusion

### Risk Factors associated with Lung Cancer:

- Smoking tobacco
- Second hand smoke
- Women who smoke are at a greater risk than men
- Exposure to radon gas (a radioactive gas that you cannot see, smell or taste)
- Exposure to asbestos
- Runs in family (Genetics)
- Consuming excessive amounts of alcohol

Some of the effects of cancer treatment can cause constipation, diarrhea, nerve and muscle effects, kidney and bladder effects, delirium, extreme fatigue, nausea and vomiting, sleep disorders (insomnia), mouth sores, gum and throat problems, hair loss, pain, depression, anemia, infection, blood clotting problems, effects skin and nails, radiation recall, flu-like symptoms, fluid retention, effects on sexual organs and sexuality. (National Cancer Institute, Sunridge Medical).

Throughout our body we have main energy centers, which are connected to major organs or glands that oversee other body parts. The energy centers are Chakras, meaning wheel. A chakra is like a spinning wheel that spins in a circular motion that forms like a vacuum in the center drawing in all vibrations it comes in contact with. It is believed that we have seven main Chakra centers and that each main center is connected to our being on several different levels; physical, emotional, mental and spiritual. On the physical level each chakra governs a main organ or gland, which is then connected to other body parts that resonates the same frequency. The seven main chakra centers are aligned along the spinal column. If there are disturbances, this shows the chakras vitality level.

Each of the seven main chakras is their own intelligence center.

So each chakra is associated with our physical health and also controls aspects connected to our emotional, mental and belief system. Lung Cancer would be associated with the fourth chakra, the heart chakra. The heart chakra rests in the center of the chakra system, at the core of our spirit. Its physical location is the heart, upper chest, and upper back. The fourth is the balance point, integrating the world of matter (the lower three chakras) with the world of spirit (the upper three chakras).

Through the heart chakra, we open to and connect with harmony and peace. The health of our heart center registers the quality and power of love in our life. In Sanskrit, the heart chakra is called Anahata, which means “unstruck” or “unhurt.” Its name implies that deep beneath our personal stories of brokenness and the pain in our heart, wholeness, boundless love, and a wellspring of compassion reside. When your heart chakra is balanced, you non-judgmentally accept yourself and others. You recognize beauty-in yourself and in everyone-while overlooking weaknesses. It is because of a balanced fourth chakra that you are kind and forgiving, as well as quick to pardon. You are also tolerant, optimistic, resourceful and humorous.

If your heart chakra is off balance or shut down, you might have a tendency to run away from intimacy. You might even intentionally push otherwise loving and lovable people away from you. Without this sense of connection, you become critical, suspicious and defensive. Paranoia becomes a real possibility. If your heart center shuts down completely, you may be inclined toward secrecy, betrayal and addictions. (spiritual.com, about.com-holistic healing).

The color associated with the heart chakra is Green. Green symbolizes harmony, creativity, health, abundance and nature. It is the combining of yellow (soul) and blue (spirit). Green, nature's color, offers new energy and revitalizes tired nerves. All the green stones - emerald, green tourmaline, malachite, jade, chrysoprase, diopase, peridot, aventurine, moss agate, green jasper - are used with the heart chakra. For healing, green is used to balance the vibrations of the nervous system. It is said to aid any heart problem or blood pressure disorder. It is also used to restore tired nerves and will help those in need of more energy.

The effect of common medical treatment from surgery, chemotherapy, and radiation can have a great effect on the person with cancer. More stress may be added from worry, fear, obsessive thoughts, lack of energy, and negativity. These things can cause the immune system, and healing systems to become ineffective. Therefore, changing to a healthy diet, exercising, and other alternate healing methods are growing and becoming widely recognized in the medical community. Meditation is becoming a tremendous tool for healing. Meditation can help undo negative reactions on the body, mind and emotions that are produced by adrenaline based fear, anger, worry. There is an endorphin release that comes with meditation that properly prepares the mind and emotions in a way that will let the body do its healing. Through meditation you are able to visualizing the physical healing processes, feel your self-love and deep inner desire for good health, fill and heal you emotionally and mentally. This effort will stimulate and allow your immune system to do its job without the side effects that negativity brings.

Yoga Nidra is one of the forms of visualization that leads you into a deep state of meditation. You leave the waking state, go through a dreaming state, and into the deep sleep state, yet you are fully awake. By doing this, you visualize various parts of your body, heightening your awareness of their connection to each other and to various objects, such as the floor that you are lying on, or the clothes you are wearing. The secret is that the subconscious mind is at front in this state while the conscious mind takes the back seat. The subconscious mind is very obedient and

immediately carries out the orders that you put to it. By practicing yoga nidra you can completely train your subconscious mind. When you withdraw your mind from outer world and you are neither in deep sleep nor

completely awake, whatever impressions you plant at that time grow and enrich your life. This is an ancient meditation technique that originated from the Tantras. This technique is said to eliminate the root cause of all negativities. Guided imagery is another technique that is good for promoting relaxation, problems related to stress, lowering blood pressure. Guided imagery is based on the concept that your body and mind are connected. Using all of your senses, your body seems to respond as though what you are imagining is real.

There are specific asanas that enliven and open the heart chakra (passive chest openers). You can arch gently over a blanket or bolster, shoulder stretches such as the arm positions of Gomukhasana and Garudasana (Eagle Pose), and backbends. Being an even-numbered, feminine chakra, the heart center naturally yearns to release and let go. Doing backbends develops the trust and surrender we need to open the heart fully. When we feel fearful, there is no room for love, and our bodies show contraction. When we choose love, the fear melts away, and our practice takes on a joyful quality. In many back bending poses, the heart is positioned higher than the head. It's wonderfully refreshing to let the mind drop away from the top position and instead lead with the heart. If this exerts too much energy from a lung cancer patient, a suggestion is to resort to restorative poses. Another gentle exercise program is the joint freeing series by Mukunda Stiles. This program would enable the patient to have light movement throughout the body and give flexibility without exerting much of energy. The cancer patient usually does not have much energy. So the less exertion of energy the patient has, the more energy he can use for metabolism and absorption. Some gentle chest openers are Bridge Pose, Cat-Cow stretch and the Cobra pose.

Another suggestion for lung cancer would be Yoga Mudra. A Mudra is position with your hands and fingers that directs your energy through your body. Different positions will generate different energies.

A suggestion would be Prana Mudra, which is said to send energy and life force through your body, and also Shuni Mudra which is used for bringing yourself patience and commitment. The tips of the middle finger and thumb touch.

The National Cancer Institute estimates that roughly one-third of all cancer deaths may be diet related. What you eat can hurt you, but it can also

help you. Many of the common foods found in grocery stores or organic markets contain cancer-fighting properties, from the antioxidants that neutralize the damage caused by free radicals to the powerful phytochemicals that scientists are just beginning to explore. Some of the foods to help stave off cancer and some that can even help inhibit cancer cell growth or reduce tumor size. Avocados, broccoli, cauliflower, carrots, chili peppers and jalapenos, figs, flax, garlic, grapefruits, red grapes, kale, licorice root, mushrooms, nuts, oranges and lemons, papayas, raspberries, rosemary, seaweed and other sea vegetables, soy products, like tofu, green and black teas, tapioca, tomatoes, tumeric, and turnips. (National Cancer Institute, Cancer Cure foundation).

The following are specific cancer fighting spices: Garlic- Containing the photochemical allicin, garlic stimulates the production of cancer - fighting enzymes. Garlic can also lower cholesterol ad triglyceride levels by 10%. Cayenne Pepper- Contains capsaicin another cancer preventative. It is full of beta carotene, other antioxidants and immune boosters and helps build healthy mucus membranes tissues (our first level of defense against bacteria and viruses. Cinnamon- protects against type 2 diabetes and heart disease. This spice stimulates the body's circulatory systems. It counteracts congestion, and improves blood circulation. Ginger- Holds anti-inflammatory properties, shows promise in treating cancer. It can be used as an appetite stimulant, and a treatment for nausea. Tumeric- Fights cancer and contains an entire spectrum of other health benefits, including inflammation-fighting compounds called curcuminoids. (care2.com)

Another recommendation that may be useful or helpful for the cancer patient is Naturopathy. Naturopathy is a system of man building in harmony with constructive principals of nature on physical, mental, moral and spiritual living plants. It has the potential of promoting good health, a

preventative for disease, and in some cases a curative as well as a restorative potential. The main principal of naturopathy is the unity of the disease and cure. In naturopathy all disease, their cause, and there treatment are one. The accumulation of toxins in the body and their elimination from the body is the treatment. It is believed that bacteria and virus are not the primary cause of the disease. They invade and survive in the body only after the accumulation of toxins in the body. The basic cause is toxins, not bacteria or toxins. Acute diseases are our friends, not the enemy. Chronic diseases are the outcome of suppression of the acute diseases. Nature is the greatest

healer. Our body has the capacity to heal itself. Naturopathy does not use medicines. Food is the medicine, medicine is the food. Nature cure treats the body as a whole instead of giving treatment to specific conditions. Nature cure takes into consideration physical, mental, social, and spiritual, all four aspects together.