



Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

A Holistic Path to Cancer Care

"At Niramay, healing is not just about fighting disease
it is about restoring strength, balance, and hope."

Understanding **Cancer**: More Than Just a Disease

Cancer is one of the most challenging health conditions affecting millions of people worldwide. It occurs when certain cells in the body begin to grow uncontrollably, forming abnormal masses called tumors or spreading through the bloodstream and lymphatic system.

Modern medicine defines cancer as a group of diseases characterized by abnormal and uncontrolled cell growth that can invade nearby tissues or spread to other parts of the body.

However, Ayurveda views cancer through a broader lens. It is not just a localized disease of cells but a result of deep imbalance in the body's metabolism, immunity, tissues, and lifestyle.

From an Ayurvedic perspective, restoring body balance, digestion, immunity, and tissue health is essential for supporting recovery and improving quality of life.

Types of Cancer



Breast Cancer

Cancer that develops in breast tissue, most common among women.



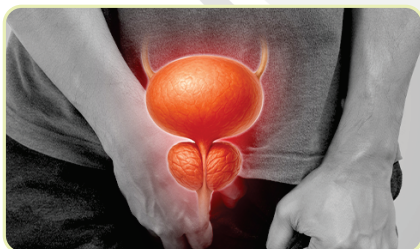
Lung Cancer

Often associated with smoking, pollution, and environmental toxins.



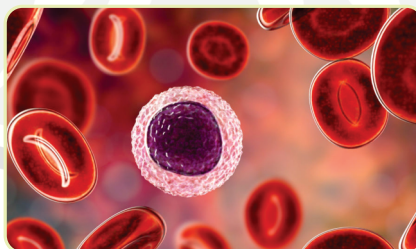
Colorectal Cancer

Cancer affecting the colon or rectum.



Prostate Cancer

One of the most common cancers in men.



Blood Cancers

Including leukemia, lymphoma, and myeloma.



Skin Cancer

Often caused by excessive sun exposure or genetic factors.

Common Warning Signs & Symptoms



Unexplained weight loss



Persistent fatigue or weakness



Lump or swelling in any part of the body



Changes in bowel or bladder habits



Unusual bleeding or discharge



Persistent cough or hoarseness



Difficulty swallowing



Changes in skin moles or pigmentation

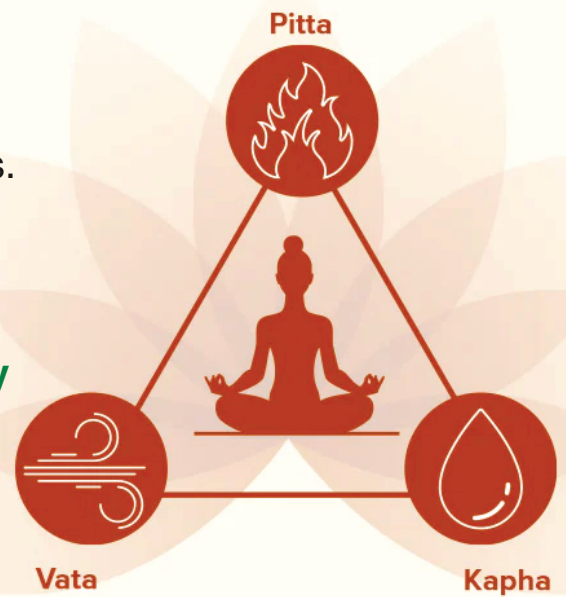


Non-healing wounds or ulcers

Understanding Cancer in Ayurveda

In Ayurveda, conditions resembling cancer are described under terms such as **Arbuda** and **Granthi**, which refer to abnormal tissue growths.

These conditions arise when there is deep imbalance in the body's **Doshas (Vata, Pitta, Kapha)** along with disturbance in **Dhatus (body tissues)** and weakened **Ojas (immunity)**.



Ayurvedic Causes

Long-term Toxin Accumulation (Ama)

Weak Digestion & Impaired Metabolism (Agni)

Poor Dietary Habits & Processed Foods

Exposure to Environmental Toxins & Chemicals

Chronic Stress & Emotional Imbalance

Genetic Predisposition

Ayurvedic View

When toxins accumulate in the body and digestion weakens, the natural balance of tissues is disturbed. This can lead to abnormal growth and impaired cellular functioning.

Therefore, Ayurveda focuses on detoxification, strengthening immunity, improving digestion, and restoring tissue balance.

The Niramay Ayurvedic Supportive Care Approach

At Niramay Ayurvedic Hospital,

The approach toward cancer is holistic and supportive, focusing on improving the patient's strength, immunity, and quality of life.

Our aim is to support the body's healing capacity through natural methods while addressing the root imbalance.

Proprietary Ayurvedic Medicines



Ayursun-Amolig-herbal-tablet



Ayursun-Carcin-Herbal-Tablet



Ayursun-Carcin-herbal-tablet



Ayursun-coag-herbal-tablet



Ayursun-Gum o sun-herbal-powder



Ayursun-ImmunosunGT-herbal-tablet



Ayursun-immunosun-capsule



Pratik-procarcin-tablet

③ Panchakarma Therapies



Snehana- Svedana

(oil massage - medicated steam)

- Nourishes tissues, reduces weakness and improves circulation.



Mridu Virechana

(Mild Purgation)

- Gentle detox, especially useful in Pitta-related symptoms.
(Avoid strong purgation in weak patients)



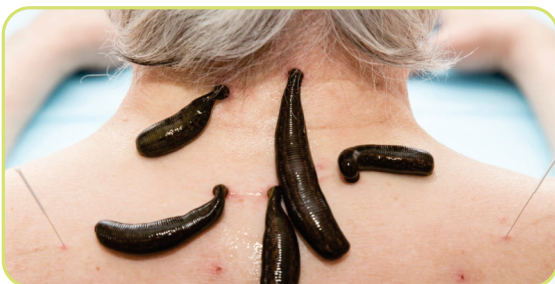
Basti (Medicated enema)

One of the most beneficial to improve strength and immunity



Shirodhara

Reduces stress, anxiety, and improves sleep



Raktamokshan (Blood purification)

Supportive therapy to reduce local inflammation, pain, and toxin load by purifying vitiated blood

④ Ayurvedic Diet & Lifestyle



What to Eat



Grains:

Barley, wheat, green gram, millets
(bajra, jowar, ragi)



Vegetables:

Bitter gourd (karela), ridge gourd (turai),
lauki, methi, spinach



Fruits:

Amla, guava, papaya,
pomegranate, jamun



Spices:

Turmeric, fenugreek, cumin,
cinnamon, black pepper



Proteins:

Moong dal, sprouts, paneer
(in moderation)



Fats:

Cow's ghee (small amounts),
mustard oil, sesame oil



Avoid These

- White rice, maida, bread
- Potatoes, sweet potato, yam
- Alcohol & smoking
- Sugar, sweets, bakery foods
- Cold drinks, packaged juices
- Excess dairy, curd, fried foods

Lifestyle Practices for Better Health

- 🌿 Maintain regular meal timings
- 🌿 Get adequate rest and sleep
- 🌿 Practice gentle yoga or walking
- 🌿 Practice breathing exercises (pranayama)
- 🌿 Reduce stress through meditation
- 🌿 Avoid smoking and alcohol

A calm mind and balanced lifestyle play an important role in recovery.

Simple Supportive Home Remedies

- 🌿 Amla juice for immunity support
- 🌿 Turmeric milk for anti-inflammatory benefits
- 🌿 Fresh pomegranate juice for strength
- 🌿 Herbal teas with ginger, tulsi, or cinnamon

These remedies should be used only as supportive measures.

Simple Home Remedy



**100 GM
JAMUN SEED
POWDER**



**50 GM
METHI SEED
POWDER**



**50 GM
KARELA SEED
POWDER**

Mix and take 1 tsp morning & evening with lukewarm water.

Why Choose Niramay Ayurvedic Hospital?

- ★ Holistic patient-centered care
- ★ Personalized Ayurvedic treatment approach
- ★ Focus on improving immunity and vitality
- ★ Integration of traditional Ayurvedic wisdom with modern understanding
- ★ Safe, and supportive care

World Renowned Pulse
Reader



Team of Experienced Ayush
Certified Doctors



Center for Ayush Doctor
Fellowship Training



Suddha Ayurved Chikitsa
"Niramay Chikitsa"



Marma Pidan Ruh Chikitsa



103+ Years Guru Shishya
Parampara



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Re-Search for AYURVEDA



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