


# Chapter 20

## Alternative Medicines for the Breast Cancer

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### **ABSTRACT**

*Plant provides us with food, fiber, shelter, fuel and medicine. The herbal remedies has mostly used by self-prescription for management of common ailments like fever, headache, coughs, cold, ulcer, anxiety, infections, insomnia, stress, intestinal disorders, arthritis, constipation, premenstrual syndrome and weakness. The cancer disease grows uncontrollably in the body cells and also spread other part of the body. The great Greek physician Hippocrates has first called as cancer for disease; he was father of medicine and botany. He used the term carcinos and carcinoma for describe non ulcer and ulcer forming tumor. In the Greek language it has known as crab, he named for cancer as 'karkinos' the Greek word. The world has caused deaths of peoples by this disease has about 3500 million people annually. This disease has various treatments like chemotherapeutic but it has resistance also much adverse effect so prevent its use. The cancer is uncontrolled cell division in our body, which results in death.*

### **INTRODUCTION**

The breast cancer also occurs commonly in human it has contribute two million new cases in 2018. In the cancer breast, lung and colorectal cancer occur more commonly. The breast cancer contributes 12.5% and lung cancer has share 12.2% the colorectal cancer consist 10.7% new cases diagnosed in 2020. These are the cancer statically data information the death of people of different types of cancer also serious problem to human beings. The most commonly occur cancers are breast cancer, lung cancer, prostate cancer and melanoma skin cancer. Another type of cancer occur generally in humans like bladder cancer, endometrial cancer, leukemia cancer, pancreatic cancer, thyroid cancer, liver cancer, colon and rectal cancer. The Nutraceuticals has been occurs in nature they have non-toxic dietary compounds give

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benefits against cancer and other chronic diseases. These compounds derived from medicinal plants and play important role prevent cancer and believed as chemo preventive effects (Bodo Koehler 2021).

The plants has plays import role in human life in evolution and providing the basic needs like shelter, food, clothing and medicine. In the world plant based medicines are Ayurveda, Unani, Siddha and Chinese traditional medicine system has served health needs of humans. The un-developing countries more population development they relies on herbal medicine for treating to primary health issues (Jean-Marc Nabholtz 2000). The plant based medicine has no side effects because the naturally occurring phenolic compounds like phenolic acids, flavonoids, tannins, Anthocyanins and others are play important role in disease prevention.

In the world breast cancer has most common cancer type today, the clinical interventions applied on it like surgical resection, radiotherapy, endocrine therapy, targeted therapy and chemotherapy. The breast cancer has heterogeneous disease owing to existence of molecular and phenotypic variation in the tumor of patient. The breast cancer shows symptoms like the lump feel like thickening in breast or under arm (Joseph E., Bosiljevac 2010). The feeling in same area in other breast makes sure the changes are not part of healthy breast tissue in that area. The breast size and shape also changes, the nipple discharge occur sudden is bloody. In the physical changes the nipple turn inward, the skin irritation like puckering, dimpling in new cases. The breast also shows rash and warm red swollen on it, such dimpling resemble with skin of orange fruit. This type termed as 'peau d'orange'. The pain in breast occurs; it is only one symptom of cancer.

In the natural resources new anti-cancer agents provide long term cancer control with low side effects. The plants and herb used as food and medicine it retain immune stimulating and anti-tumor properties. The plants polyphenols like cartonoids, ligands, terpenoids, sulfides, flavonoids and sterol presents in many plants. The plant phytochemical help in different mechanisms of actions, they also stimulate protective enzymes like glutathione transferase for prevents cell proliferation. The plants like *Allium sativum*, *Mangifera indica*, Flax seeds, *Curcuma longa*, *Camellia sinesis* and extract of juice *Vaccinium macrocarpon*, *Withania sominifera* and other many plants has used as anti-breast cancer (Lydia Berg 2023). This plant inhibits synthesis of the mevalonate and it lessens the tumor growth and cholesterol synthesis in body.

#### Objectives-

- To study the role of alternative medicine in breast cancer cure
- To study the role of herbal medicine in cancer treatment
- To focus on diets role and lifestyle changing in prevention of cancer
- To aware young generation about cancer disease and its causing factors

## Analysis

The cancer spread from transformation of normal cell into the tumor cells; it has multi stage process from pre cancerous to malignant tumor. These changes also affect person's genetic factor. The ultraviolet rays, ionizing radiation is physical carcinogens also help to growth of cancer. The cancer has a generic term for large group of diseases that have affected any part of body, it also known as malignant tumors and neoplasms. It is very rapid creation of abnormal cell which grow beyond their usual binderies and invade part of body and spared to other organ.

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