

## Natural Remedies for Skin Cancer

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### ABSTRACT

Skin cancer has been the leading type of cancer world wide. Melanoma and Non –melanoma skin cancer are now the most common type of skin cancer that have been reached to epidemic proportion. Based on the rapid prevalence of skin cancer and lack of efficient drug delivery systems, it is essential to surge the possible ways to prevent or cure the disease. There are various treatments for cancer such as chemotherapy, radiation. Apart from the regular treatment now a days people are more willing to the natural medication because of less side effects, more availability and economic reasons. Apart from the said advantages natural therapy has its own importance in curing various diseases effectively. This review covers the causes of breast cancer and herbs available to get soothing effecting apart from the allopathy.

**Key words;** Skin cancer, types, treatment, herbs.

### I. INTRODUCTION

Present time, skin cancer is a global public health challenge and its burden is continuously rising that may lead to profound effects on both the global economy and manpower, Skin primarily comprises of two major layers , The epidermis and dermis . The epidermis is the outmost layer of skin that consists of melanocytes ,keratinocytes , merkel cells.(1) Any Abnormality occurring in this layer will lead to various kinds of skin insults and cancer is one of them. The incidence continue to increase various geographical

region of the world; in united states,5.4 million new cases of skin cancer are being reported every year.( 2 )In general , skin cancer is broadly divided into two major 2 types that are melanocytes and Non – melanoma skin cancer (from the epidermal derived cell ) (3) melanoma occurs due to abnormal proliferation of human melanocytes, pigment containing cell, comprised of 90% ,5% and 1% in skin , eyes, and intestine, respectively. (4),(5) Still melanoma is the most aggressive skin cancer, showing only 15 – 20% of five year survival rate (.2) Non – melanoma skin cancer (NMSC) caused by general and environmental factor represents approximately 95% of the skin cancers.3

### TYPES OF SKIN CANCER

1. Basal cell carcinoma (BCC)
2. Squamous cell carcinoma (SCC)
3. Melanom

#### 1. BASAL CELL CARCINOMA (BCC)

BCC frequently develop in people who have fair skin people who have skin of color also get this skin cancer . BCCs often look like a flesh – colored round growth, pearl – like bump , or a pinkish patch of skin. 1 BCCs are common on the head , neck , and arms , however , they can form any where on the body, including the chest , abdomen ,and legs . early diagnosis and treatment for BCC are important. Bcc can grow deep 2



## 2. SQUAMOUS CELL CARCINOMA (SCC)

People who have light skin are most likely to develop Scc. This skin cancer also develops in people who have darker skin .

Scc tends to form on skin that gets frequent sun exposure , such as the rim of the ear, face, neck, arms , chest, and back . Scc can grow deep into the skin , causing damage and disfigurement.2



## 3. MELANOMA

Melanoma is often called 'The most serious skin cancer ' because it has a tendency to spread. Melanoma can develop within a mole that you already have on your skin or appear suddenly as a dark spot on the skin that looks different from the rest,1 early diagnosis and treatment are crucial, knowing the ABCDE warning signs of melanoma can help you find an early melanoma2

- A . Asymmetry : One half does not match the other
- B. Border : Irregular , crusted or notched
- C . Colour : A change in colour, darker , lighter, varied

- D. Diameter : 6mm or more but can be smaller
- E. Evolving : change in the mole over time



## TREATMENT CRYOTHERAPY

Cryotherapy or cryosurgery , is a procedure that uses extreme cold ( liquid nitrogen) to remove sunspots and some small Bccs the dead tissue will fall off after 1-4 weeks, depending on the area treated 1



## SURGERY

You surgeon will most often do this under a local anaesthetic ( stay awake ) as a daycase procedure one removed ,the wound will often be simply stitched together ,but sometime a skin graft or skin flap is need to mend the wound

### MOHS SURGERY

Mohs surgery allow the surgeon to check in edges of the tissue down a microscope in the next room whilst you remain in the day surgery unit and take a further sample if abnormal cell are still present in your skin 3

### CHEMOTHERAPY

In some special circumstances patients are offered a new chemotherapy medicine totreat advanced basal cell carcinomas ,This treatment is usually only used for very aggressive disease that cannot be treated by an operation 4

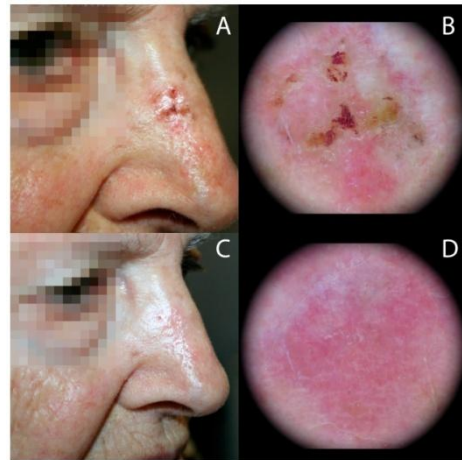
### RADIOTHERAPY

Some patients are not suitable for surgery because they have numerous medical problems ,This involves anumber of visits to your local radiotherapy unit often over a short period of time Radiotherapy does not result in scars in the short term but can lead to scarring and tissue damage in the future 5



### PHOTODYNAMIC THERAPY

Occasionally your doctor will recommend a combination of ointment to the affected area before you sit beneath a specially designed light that activates the treatment to destroy abnormal cells in the skin,The treatment is carried out as a single outpatient visit and can take a number of week to settle down Your doctor will assess its effects and can repeat it if necessary6



### CURETTAGE

- With very early sun damage your doctor can scrape away the damage cell in the top layers of the skin (curettage) and leave things to heal naturally with a simple dressing
- The doctor will give you a local anaesthetic and then scoop out the cancer using a small , sharp , spoon – shaped instrument called a curette
- Low –level heat (electrodessication or cautery) will be applied to stop the bleeding and destroy any remaining cancer
- The wound should heal within a few weeks , leaving a small, flat, round, white scar



### SYMPTOMS

- A new mole or a mole that changes in size, shape, or color or that bleed
- A pearly or waxy bump on your face , ear or neck
- A Flat, pink/red or brown – colored patch or bump
- Areas on your skin that look like scare

### SIDE EFFECT

- Fewer
- Pain

- Dryneess
- Redneess
- Sores (or) Ulcers
- Swelling
- Skin infection
- Bleeding
- Scars

#### ADVANTAGES:

- It's a painfull and consumes less time compared to the biopsy method.
- Analysis will be faster.
- Cost effective.
- An automated computer-aided detection system with given images can help clinicians to prognosis malignant skin lesions at the earliest time.

#### DISADVANTAGES

- It is to replace doctors because no machine can yet replace the human input on analysis and intuition
- It is not always a feasible option for individuals to clinically obtain the dermatoscopic image of the suspicious moles

#### HERBS USED IN SKIN CANCER TREATMENT

Most chefs and foodies agree that adding a dash of this or pinch of that can transform an ordinary dish into pure magic. But what many culinary experts may not know is the zing that makes your supper sing can also help to prevent cancer. Through their ability to stimulate the immune system phytochemicals may aid in keepingv cancer at bay now please pass



#### BLACK PEPPER

A naturally occurring chemical compound with strong antioxidant properties. The piperine present in black pepper is highly efficient in the prevention of cancer. The effect of piperine in resisting cancer becomes twice as efficient when combined with turmeric, vitamin-A, vitamin C, flavonoids and

#### TURMERIC

- Curcumin is one of the most powerful anti-inflammatories identified to this day, says Amanda bontempo, RD,CDN, an ambulatory on cology dietitian at montefiore medical center in the Bronx, cancer tumors have a net work of blood vessels that feed them explains bontempo and curcumin can work against these blood vessels and essentially choke the cancer cell to death
- Mixing tumeric with black pepper and olive oil can activate curcumin's power
- A teaspoon or two can also be added to soups , sauces,or stews a tasty way to practice cancer prevention

#### GARLIC

- A long with onions, shallots , scallions, and garlic is an allium vegetable that may help prevent cancer, especially of the stomach
- Organosulfar has immune strengthening and carcinogenic qualities
- Garlic is aversatile cooking essential
- It can be sauted in a tablespoon of olive oil and served with whole grain bread

#### GINGER:

Fresh ginger contains gingerol while dried ginger forms zingerone.Gingerol and gingerone are thought to have antioxidant and anti-inflammatory properties and therefore may be protective against cancer, explains Bethany smith, a nutritionist at Georgia cancer specialists in Atlanta. Sleeping a few thin slices in hot water for 10-15 minutes can create a calming tea that may help with nausea and also decreases cancer

other antioxidants present in black pepper boosts the body immune strength and resistance against cancer

#### OREGANO

Potential uses of oregano for cancer some studies have shown that oregano might have potential uses

against cancer , carvacrol and rosmarinic acid present in oregano may avoid DNA damage and may also suppress the cancer cell, thymol and



Black pepper

carvacrol in the oregano may help in eliminating melanoma (skin cancer)



Oregano

## AYURVEDA USING IN SKIN CANCER TREATMENT

Skin cancer has two forms melanoma and basal cell carcinoma while the latter could be easily treated and cured ,The former is hard to get rid of like all other forms of cancer , skin cancer can be easily treated if detected in its early stages. Also, check out an ayurvedic remedy that can help to prevent skin cancer

### Skin cancer using ayurvedic treatment

Here is a list of 8 ayurvedic medicines that can help in fighting skin cancer agents

#### 1. ALOE VERA

It has numerous skin benefits for starters, it is considered to be a natural sun skin protector. It protects the skin from the harmful ultraviolet (uv) ray of the sun. It stops the production of carcinogens and help the body to heal faster from cancer.

#### 2. FLAXSEEDS

A part from being rich in dietary fiber, this seed contains fatty acid micronutrients and lignans .The latter has the ability to stop the cancer our cell from spreading to other parts of the body

#### 3 . ASTRALAGUS

This ayurvedic remedy for skin cancer not only helps to boost the immune system but helps the body produce skin cancer agent, astralagus has multiple health benefits

#### 4.TURMERIC

This is one of the oldest ayurvedic herbs that combat a lot of diseases especially skin problems. Turmeric has a crucial component known as curcumin.

#### 5.BILBERRY

Due to the availability of free radicals, bilberry tea can counter skin cancer. This ayurvedic remedy

has strong antioxidant properties and helps the body to recover quickly.

#### 6.ARTEMISIA

In ayurveda treatment, commonly known as sweet wormwood , Artemisia has a compound known as the artemisinin being non – toxic in nature, they have no side effects at all

#### 7.SCUTELLARIA

More commonly known as the Chinese herbs this ayurvedic herb stops the progression of skin cancer into further stages scutellaria contains a compound known anticancer agent

#### 8. SAFFRON

Saffron is an ayurvedic herb that has the unique property of slowing down skin cancer growth saffron can be applied in the form of extracts in small quantities to get the best result

## II. CONCLUSION

Skin diseases are ranked fourth most common cause of human illness, but many still many are not aware of skin cancer. Even though general treatment methods prevail for cancer, now a days importance to natural remedies have been increasing because of their relative advantages. Natural substances maynot completely cure the disease but ledden th severity by soothing effect and less side effects.

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