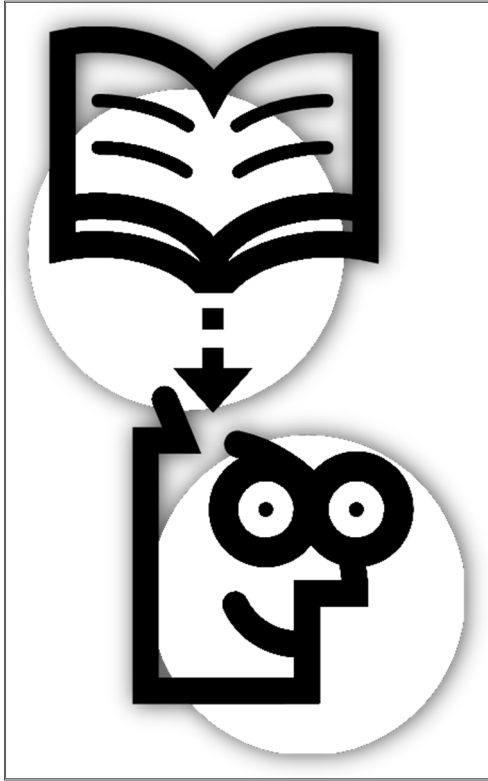




# **AUROLAVA**

Gargi  
Bhattacharya

A non-fiction book on cancer



I am penning this book with  
the blessings of great Yogi,  
Rishi Aurobindo

.



*To beloved Chhordi (Shikha  
Roy) whom  
we have lost to this deadly  
disease!!*

Cancer changes your life, often for the better. You learn what's important, you learn to prioritise and you learn not to waste your time. You tell people you love them.

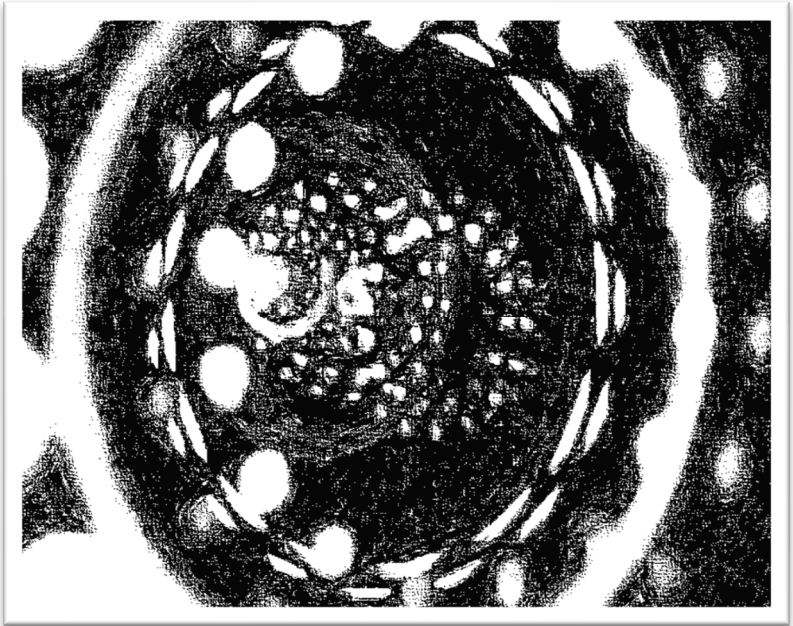
Joel Siegel

Cancer cannot cripple love, it cannot shatter hope, it cannot conquer the spirit.

Unknown

**Copyrighted**  
**Material**

**Thanks to Dr Hehe,  
N.Roy, Dr Jain,  
others and all the  
websites for their  
information.**





## Preface

I am neither an oncologist nor a cancer scientist; I am an ordinary woman.

But I've read a bit about this devastating disease and have seen how people suffer from fear after hearing the word cancer!

Though it is no good to learn you have malignancy but at the same time, in the current age, things have changed so much that this diagnosis doesn't mean everything will come to an end. I have lost many close family members, friends and even my

mother to this disease. Hence I decided to write a book to share my wisdom so people can be enlightened, remove unnecessary fear and stigma attached to the C word, move forward with courage for a new start, and nourish themselves for a fresh beginning.

I have a deceased relative called Dehipada Roy, who always wanted to be a doctor but never could. However, he did a lot of social work with cancer patients. He had earned so much knowledge that he could even almost detect cancer independently without any scans, simply knowing the symptoms!

What a talent! He used to bring

patients from remote villages to Kolkata and Tata Memorial Cancer hospital for treatment if they were seriously ill. I must thank him for his efforts because I feel his skills and selfless service is worthy of recognition.

Loyalty and responsibility are not taught in any school. People are born with it. These are the pillars of the modern digital world where we know much about our overseas mates but hardly recognise our ailing neighbours!

I am writing this book in a letter format to make it a handbook so that it can be treated lightly, not

as a book full of medical jargon  
or scholarly articles! And who  
can be addressed here better  
than EVOLUTION???

Canberra,  
Australia  
11/11/2022

My dear evolution,

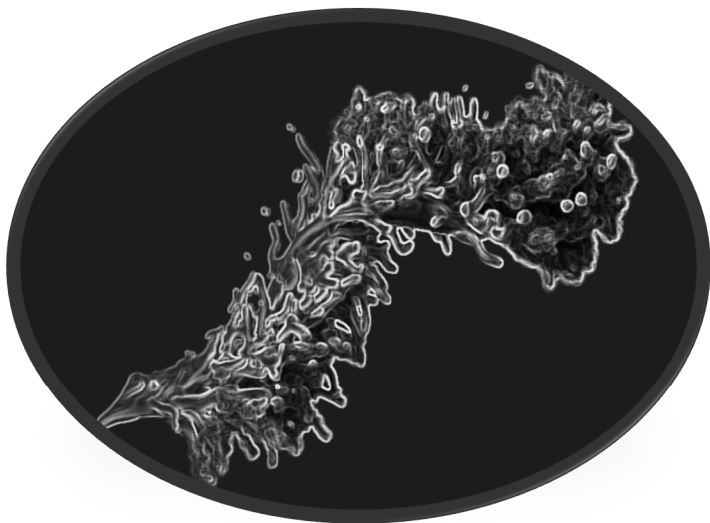
I hope someday cancer will only be a sun sign and nothing else —probably late actor Rishi Kapoor's wife tweeted after he was diagnosed with cancer!

I don't know when this will happen, but it will happen, and

you know it for sure dear evolution!

Blue whales don't get cancer because they have more tumour-suppressant genes, and then there is a hyper-tumour theory, where cancer kills cancer. Still, we humans are not that fortunate now. Maybe in the course of evolution, when the body changes, we might become cancer-free. Until then, we shall look at what the deadly C word means!

**Is it so deadly?**



In the last century, cancer was rare in humans. So when we heard about this disease, we rushed to see how the patient was due to this deadly stuff because it was rare. Nowadays, it is so common that we hardly know a family who has not encountered cancer in any of their members. This commonality is because it has become so common. But why has it become so intertwined in our lives in modern times? Is it incurable? What is the rationale behind this devastating genome series?

Let us have a look!



Cancer is deadly, but at the same time, it is not so fatal if you access proper treatment at the appropriate time.

And the best thing to do is prevent cancer. Prevention is always better than cure! I will show you how you can get there with my share of knowledge.

There are treatments out there. Scientists discover new theories about the C word daily and invent new troubleshooting techniques!

So why are you scared? Why are you afraid in the first place?

It is not a dead end!

Do you know how many

people with cancer are still alive after many years?

I know!

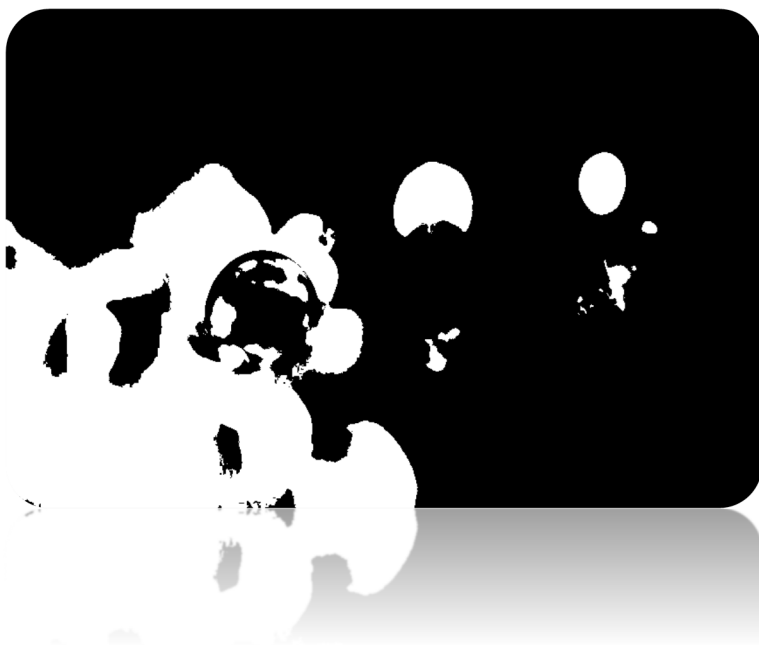
I have seen people who are still alive for more than 40 years! And they are in remission - which means they are almost cured.

Remission is a medical term doctors use for cancer patients. They should not feel hopeless due to the possibility of relapse because anyone can be diagnosed with the C word anytime!

An utterly healthy gym-going guy can die in an accident, so have faith in the universe. Nothing is certain it just happens, so having cancer doesn't makes you unlucky or

isolated.

Be brave and embrace your disease gracefully. Good hospitals are dedicated to cancer research fully. They want to completely eradicate the disease from this earth plane, such as MD Anderson Cancer Center in Texas, USA. They have invented so many new treatments for this disease that have changed the map of the C world. They are the pioneer of stem cell treatments for blood cancers.



By the way, the broad classification of cancer is possible into the following five categories:

Carcinoma

Sarcoma

Blastoma

Blood cancer

Mixed cancer

Several subtypes of these cancers generally occur in people, like lung cancer, brain cancer, liver, pancreas, blood, bone, uterine, and heart (very rare).

Certain types of cancer have a

tumour, and others do not, such as blood cancers.

Cancer is not a disease but a condition that weakens the immune system and obstructs bodily functions, hence becoming fatal. Sometimes it, of course, produces proteins, hormones etc. which interrupt bodily functions and create havoc. They appear in one area and may spread to other parts through blood and lymph nodes. Lymph nodes are a bunch of immune cells like grapes spread throughout the body.

People think cancer is the death sentence, but some

cancers are very slow progressing, so people call them cancer in slow motion, such as carcinoid tumours.

No cancer is good; still, slow-growing cancer is a bit of a blessing in disguise!

There are other cancers in which people never die, such as hairy cell leukaemia.

Then there are cancers, the treatments of which are started years after the onset of the disease.

Then there are rare cancers the researchers have not researched enough on.

Some of them are scary, but others are not.

Some are slowly progressing some grow very quickly,

hence called aggressive cancers.

Some deadly cancers include pancreatic, small cell lung, multiple myeloma (bone marrow), glioblastoma (brain cancer), etc.

If a person is diagnosed with any of the above, it is sheer bad luck!

In foreign countries, various organisations deal with rare cancer and help people to get necessary information and guidance about these malignancies, and they connect the patients for their benefit.



Gustave Roussy in Paris is known for treating rare cancer types.

Typical cancer treatments are surgery, chemotherapy, radiation therapy, targeted therapy or immunotherapy.

Apart from these, there are some others, such as stem cell transplants, radiopharmaceuticals, hormone therapy, hyperthermia and photodynamic therapy.

Nowadays, specific gene mapping of malignant tumours helps formulate treatments according to that. Then there are biomarker testing which

looks for genes, proteins and other substances called biomarker that can provide information about your tumour/cancer. This biomarker can help the oncologist to find cancer treatment. Each cancer patient has a unique pattern of biomarkers, which helps how the treatment works. Two patients with the same cancer receiving the same treatment might not get the same result because their biomarkers differ. Biomarkers also help in precision medicine means doctors find the personalised treatment for cancer patients according to their biomarker test.



Cancer has stages labelled from 0 to 4 with sub-classification, such as stage IIb or stage IIIa.

The lesser the number, the less critical it is!

Stage 4 or IV is the highest or deadliest stage of cancer which is generally fatal but sometimes can be controlled, and the survival rate increases.

Human beings are not pharmaceutical pills, and they're no expiry dates attached to them, so it's entirely possible that a stage 4 cancer patient might have a decent amount of life, contrary to popular belief.

I have seen one such patient with my own eyes. He was a

lung cancer patient who was a stage IV cancer patient with an estimated life span of only three months, but with clinical trials, he survived more than six years. So in western countries, we have the advantages of clinical trials. A clinical trial administers a new under-test drug to see patients' reactions. Then researchers take it from research to mainstream pharmaceutical pills. Cancer patients can take this during the study to see whether they can go into remission with this.

And needless to say, many such types of research are going on!

Nowadays, some lung cancer

patients are fortunate enough to be cured fully through a donor's lung, though rare.

Cancer not only lies in genes but can also affect a person for his environmental conditions, poor lifestyle, food habits, exposure to radiation, or harsh carcinoma-causing toxic chemicals.

The modern world is full of chemicals. For example, we start our day with toothpaste which is a chemical and end our day with hand soap or mouthwash after dinner, which is also a chemical. So they are everywhere. These

chemicals end up in our body, ruining our endocrine systems and bloodstream and slowly, inflammation occurs, a significant cause of cancer or the medical term of which is carcinoma.

Go green is the slogan of the day! But it is impossible to suddenly go green in modern society because our society is entangled in a chemical love story. Its chemical romance is like Romeo and Juliet's never-ending tale! And people love it! So we cannot turn off the switch by just pressing one delete button! So we must take slow but steady steps to

achieve our goals. From Romeo and Juliet, we will have to go back to some Egyptian Pharaoh's love story where there was enough pure water in the rivers and greenery in the fields, all the oceans were pristine, and the romantic couple were not sitting hand in hand and chatting in some nuclear dusk! Or presenting a high-carat diamond ring to someone full of pollution!

We will have to stretch ourselves to fetch stars from the sky to light our home and pluck lovely flowers from Andes or Alps to gift to our kids so they can breathe into some green air!



No nasty disease would ever  
touch us, let alone the big C!



Yoga and meditation are always good for health.

Reputed cancer hospitals also provide data supporting this.

People doing regular yoga have benefited in recovering from their devastating diseased state.

Meditation and living in the present improve focus, remove mind toxicity and help boost energy. This technique is time-tested, so at least twenty minutes of meditation each day, specifically in the early morning, is immensely beneficial.

Now one can say –“ I know Mr A. He used to do yoga from

childhood and ate healthy food still died of cancer at an early age! So what's the point of doing all this?

Now, this is “the exception proves the rule!” case.

That doesn't mean you will not benefit from all the techniques mentioned here.

Some people are different, so they respond differently to some conditions, but most people get help from the above techniques.

Eating healthy is a must. Avoiding red meat or eating less is good. Instead, eat chicken, turkey, egg and enough fish. Fish like salmon and hilsa is excellent.

Eat lots of vegetables, proteins and fewer carbohydrates.

Oil and sweets in moderation are helpful.

And always try to keep your body alkaline by eating greens because cancer hates alkalis.

There are treatments like CAR T-cell therapy, where patients' immune cells are engineered to attack the malignant cells of their bodies.

Then there is genetic testing available where one can test one's DNA and identify mutations that put one at high risk for certain cancers, such as Angelina Jolie!

She surgically removed her breasts !!

I underwent a DNA test to determine this risk since my family has certain cancers.

There is gamma knife radiosurgery, a type of radiation therapy used to treat tumours in the brain.

Gamma knife is non-invasive and an alternative to surgery to treat brain tumours. Instead, it uses an exact form of radiation to treat multiple lesions in the brain.

A groundbreaking drug named KEYTRUDA has helped many patients with multiple malignancies! In addition, it has successfully treated advanced and even deadly cancer into remission.

The scientists who invented

how our immune system functions to destroy cancer and developed medicines like keytruda, now called immunotherapy drugs, won the Nobel Prize in 2018 in medicine for their contribution to physiology.

Though initially approved for melanoma, a skin cancer, it has been approved for many other cancers and is known as a miracle drug.

It can treat melanoma, Merkel cell carcinoma, cutaneous squamous cell carcinoma, head and neck squamous cell cancer, Non-small cell lung cancer, Triple-negative breast cancer, gastric cancers, colorectal cancers certain

types, renal cell carcinoma, cervical cancer, endometrial cancer, urothelial cancer, classical Hodgkin's lymphoma and several others.

Recent research shows::

Immunotherapy combined with a novel experimental drug can reverse cancer's resistance to immunotherapy. As a result, patients with minimal life span after exhausting all other treatment options when many tumours sustain all attacks on them can live much longer after this new treatment.



Cardiff University has found a new T-cell that can detect cancer cells and kill them, and it is a one-size-fits-all type of T-cell since it can eradicate many malignancies. It is a recent discovery.

There is a concept of a tissue bank where patients can donate their malignant tissue for research. They ethically collect high-quality human tissue, blood, and data samples for their investigative projects and research. This bank also supports clinical trials by processing and storing blood and tissue specimens according to the clinical trial protocol.

Patients can donate samples so researchers can progress exponentially and eradicate this horrible disease from our planet. The only thing we need is knowledge.

The sword of knowledge can burn all calamities as devastating as cancer.





Sarcoma is deadly cancer. If you get sarcoma, you should visit a sarcoma centre without wasting time with normal oncologists! Because they rarely understand this type of tumour. There are sarcoma specialists out there!

Getting no cancer is good! But

thyroid cancer is very very treatable. So it is “GOOD” cancer, as some may call it!

Cancer is a devastating disease. Still, when you are unlucky to get it, the thyroid is a lucky place to have it. There is only one very aggressive thyroid cancer – Anaplastic.

Cancer is not a contagious disease. However, some become contagious due to several pathogens like parasites, viruses and bacteria. Examples are cervical, stomach, blood and liver cancer.

Some of them are :

- Epstein-Barr Virus  
(EBV)
- Hepatitis B and C virus  
(HBV and HCV )
- Human  
Immunodeficiency Virus  
(HIV)
- Human Papilloma Virus  
(HPV)
- Human T-Cell  
Leukemia/Lymphoma  
Virus Type 1 ( HTLV-1)
- Kaposi Sarcoma-  
Associated Herpes virus  
(KSHV)
- Merkel Cell  
Polyomavirus (MCPyV)
- Helicobacter pylori  
(H.pylori)
- *Opisthorchis viverrini*

- Schistosoma  
hematobium

Most of these pathogens can pass from one person to the other through blood or other body fluids.

People who are into unprotected anal sex are prone to cancer of reproductive organs. So it is necessary to maintain sexual hygiene and not share needles to avoid a particular form of cancer. Some of these pathogens interrupt the normal cell division of the body and can lead to abnormal cell growth, leading to malignancy. Cancer is not a disease but turns fatal when it starts interfering with

normal bodily functions. Sometimes it produces proteins and chemicals, which mess up our system, but it's rare.

The Epstein-Barr virus is a type of herpes virus that causes certain types of blood cancers and cancers of the nose and throat.

It is transmitted by contact with saliva, blood transfusion, organ transplantation, or sexual contact.

Chronic infections with hepatitis B and C viruses can cause liver cancer. It is transmitted through blood, from mother to baby at birth, or via sexual contact.



HIV itself does not cause cancer but weakens the immune system, making the body less effective in fighting off other infections that can cause cancer.

HPV is the cause of nearly all cervical cancers. In addition, it is the cause of most anal cancers and many vaginal, vulvar and penile cancers. High-risk HPV spreads quickly through direct sexual contact.

Human T-cell  
Leukemia/Lymphoma  
Virus Type 1 can cause an  
aggressive type of non-  
Hodgkin lymphoma called  
adult T-cell  
leukemia/lymphoma (ATLL)

It spreads via blood and sex and from mother to child through the womb and breastfeeding.

Kaposi Sarcoma, Associated Herpes virus, can cause Kaposi sarcoma. It can also cause primary effusion lymphoma and multicentric Castleman Disease.

This infection is generally limited to a particular population.

MCPyV is a pathogen that can cause a rare type of skin cancer called Merkel cell carcinoma.

Merkel cell carcinoma occurs through the skin to skin contact or touching a surface the infected person has touched.

H Pylori bacteria can cause a type of stomach cancer and a kind of lymphoma in the stomach lining called gastric MALT lymphoma.

It spreads through contaminated food and water and mouth-to-mouth contact!

The last two varieties, *opisthorchiasis viverrini* and *Schistosoma hematobium*, are parasitic flatworms (fluke), which can cause bile duct and bladder cancer, respectively. They can infect the population when raw or undercooked

freshwater fish is consumed, which contains the larvae, or freshwater snails containing these larvae release them in water. Then, it burrows into the skin and enters the human body.

Some cancers have a better prognosis, such as thyroid, testicular, prostate, early breast, and melanoma. The five-year survival rate of these cancers is more than 90 per cent. Of course, if it spreads, then the chance of survival reduces, but also, people can

have a long life since the universe, not doctors, decides death! They only give us statistics.

Cancer starts from chronic inflammation, which is proven, so now researchers are focusing more on inflammation-related studies, how the cells turn into carcinoma after prolonged inflammation! But, again, this is a new area of study.

If you want to avoid cancer, you will have to prevent inflammation in your body

which is a reason for cancer and other diseases in your system.

See, I have a theory here. Call it a mad woman's theory, if you will. This era is a genetic technology age. Maybe someday scientists will turn on the genes that start cancer in our body and make us slim, then turn off the genes again to make us normal so that we don't die from carcinoma.

They would be smart enough to do that! This way, the rising obesity curve would be solved, exponentially reducing heart attacks and strokes!

We are constantly evolving and in the step of evolution. Sometimes we grow personally collectively.

Maybe someday, our genes will be smart enough to prevent malignancy and win the biological war for us!

A well-known science magazine states, “Though primates and pigeons haven’t shared a common ancestor for over 300 million years, our visual processing biology is surprisingly similar to that of birds.”

They (pigeons) detected malignant tumours from benign ones almost perfectly,

i.e. 85 per cent of the time.

Read this article for more :

<https://www.scientificamerican.com/article/using-pigeons-to-diagnose-cancer/>

There is a vaccine invented for melanoma in Australia. It is a type of deadly skin cancer, and the vaccine can end this death sentence, so people call it a new kind of penicillin.

Trust the universe. Paths will be created for humankind, and science can do anything but don't be enslaved to science. Let humankind control science. Don't let science control humankind. If science controls humanity, then it will become Frankenstein.



**Ivermectin is a very very promising anti-cancer drug.**

The discoverers of IVM, scientist Satoshi Omura, Japanese and scientist William C. Campbell- Irish, won the Nobel Prize in Medicine in 2015.

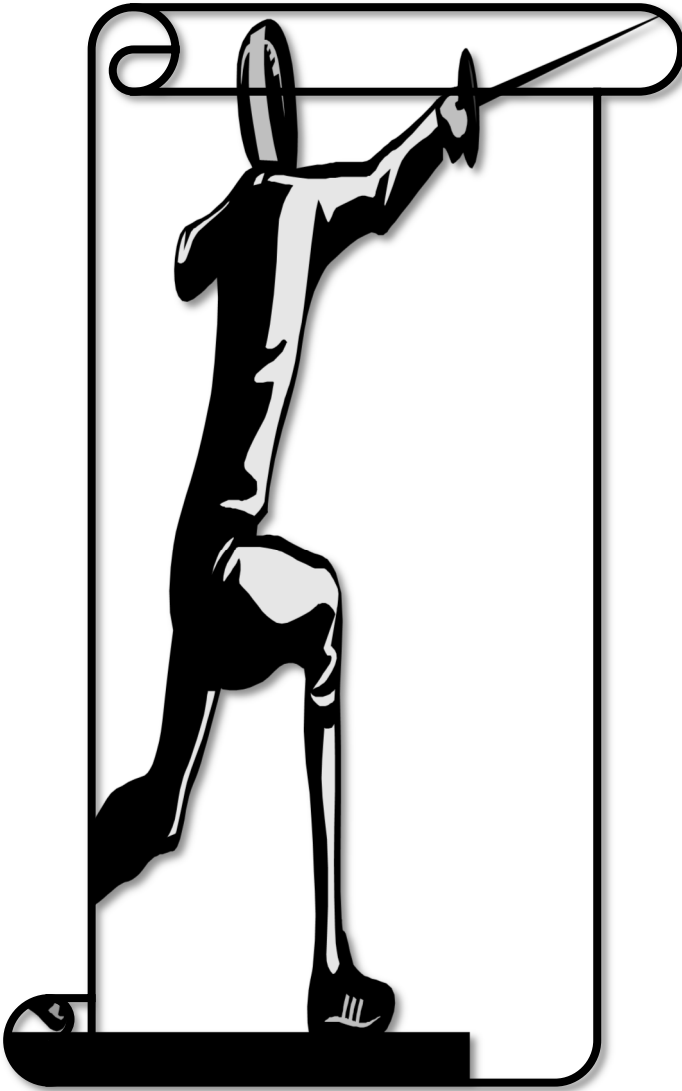
Ivermectin is an antiparasitic drug that treats many parasitic diseases, such as elephantiasis and scabies. Recently, it has been reported to inhibit anti-cancer properties with great potential.

There is a term called Autophagy in biology which means eating (phagy) yourself (auto).

Autophagy induces cell death, decreasing cancer in the human body, and it starts during intermittent fasting. Yoshinori Oshumi was awarded Nobel Prize in Medicine for discovering the molecular principles governing autophagy and has proposed a fasting chart to turn on autophagy. Research shows there is the least number of

cancer cases in the Middle East due to their month-long fasting for Ramadan. Dr Eric Berg, a naturopath, has detailed this subject in a YouTube video.

Low-intensity pulses of 3D ultrasound can selectively kill cancer cells, especially in liver cancer, where the tumours are inoperable while leaving normal cells unharmed.



As we know, there are many types of cancer treatments, but it will depend on your cancer stage and health and the treatment you will receive!

Some people with cancer only have one treatment. Some have a combination of therapies; the same goes for multiple treatments.

It is normal to feel overwhelmed and confused, so it is always good to follow your cancer doctor's advice –

an oncologist's advice.

There are three types of cancer doctors involved in a cancer care journey. Most of the time, it is cancer care, not cure, as the big C word is scary, but the process itself is draining. The doctor involved is the surgical oncologist, who removes the tumours through surgery; the radiation oncologist, who gives the radiation treatment; the medical oncologist, who starts the chemotherapy; and immunotherapy treatments.

In western countries, hospitals have alternative therapies they allow besides mainstream cancer treatment to reduce the side effects and heal the body properly, like acupuncture,

yoga, using herbal medicine like 3000 years old Ashwagandha for benefits in cancer etc.

Memorial Sloan Kettering, one of the world's well-known hospitals, has recommended Ashwagandha herb because it reduces inflammation, and recent research says inflammation leads to cancer.

Our ferritin means iron reserve in the body that instigates inflammation. So it is good to donate blood to reduce iron in our body so that we can reduce the amount of inflammation.

They also prescribe alternative therapies like:

- Meditation
- Music therapy
- Qigong (chinese therapy)
- Aromatherapy
- Tai chi
- Guided Imagery
- Massage therapy

To help the cancer journey and patients to heal during the rigorous treatment regime.

Last/end-stage cancer patients are in palliative care /hospice, supervised by specially trained doctors and nurses who help them reduce pain and transcend their life journey to the unknown.

.



## **Finite fears the infinite.**

Nobody knows what is on the other side, and those who know don't believe them in the modern age. So, fair enough to say that people are converted into stardust or tachyon after death. Still, the fact remains that the so-called rationalist and scientists also die one day - so most of us believe in a soul concept out of fear of losing our identity. We love that concept, that abstract imagination.

Life is a bunch of imagination and failure to achieve that goal. So we cling to the soul concept as much as we can.

Now for the smooth transmigration of the soul, we need a religious person or priest who knows about these domains. So hospice/palliative care facilities have churches and priests in their vicinities.

Death is not as disgusting and fearsome as we think. Instead, it is a gentle and smooth transformation from one energetic form to another, i.e., the next level of evolution. Religion has taught us this thesis for centuries. So patients can access this facility if they feel they need it.

There are new cancers discovered as well, such as a kind of small cell lung cancer and others. Cancer is a vast subject. It starts when cells divide uncontrollably and don't die as they usually do, but it has several layers and sheaths!

So it is not easy to control, but I feel someday things will change, and we will invent only one treatment for all cancer, like a new T-cell treatment that can target almost all malignancies and is a one-size-fits-all treatment!

Not all anti-cancer drugs are toxic because there are drugs out there made out of natural products, such as Taxol, which treats many types of cancer. Taxol was first found in the bark of the pacific yew tree! The anti-cancer drug Halaven is developed from a sea sponge, a tiny marine animal. The cancer study is called oncology, and the professionals who treat it are oncologists, whereas the gene responsible for the disease is known as an oncogene. Tumours are of two types benign and cancerous. But in many cases, the benign tumour can also turn into a malignant one, so it is vital to keep an eye

on the progression of the tumour if you have one regularly.

There is a form of lung cancer called mesothelioma caused by asbestos, so in Australia, they have removed asbestos from most houses to keep people safe!

Mesothelioma is the worst form of cancer and is deadly.

There is a tumour type called phyllodes which can be benign or malignant and also of borderline disorder.

Phyllodes are breast tumours,

and the name comes from the Greek word for leaf because they have a rare leaf-like appearance under the microscope and are rare. Apart from these poetic tumours, we have another unusual one known as teratoma: germ cell tumours that are transparent and contain eyes, limbs, hair strips, tooth even a completely malformed fetus. Then there's struma ovarii, a teratoma of ovaries called goitre of the ovaries and contains thyroid tissues.

These are germ cell tumours. These tumours begin in the cell that gives rise to sperm and eggs and can turn into any cells

from egg and sperm to hair and bones!

They are found in the coccyx and ovary/testicle.

I went to a discarded iron mine in Ballarat in Victoria state in Australia, and there was a giant blast furnace deep inside the woods and high on the hill. There I accidentally met two couples who are in remission!

**I have never seen this  
before.**

They became friends after they met in a cancer group!

**Their original names are lovely, though.**

**Moina Michael, Barbie Dahl, Honda Pants and Dick Burns. Now you don't have to know more about their identity. I have named them -- A, B, C and D.**

Now A had stage 4 lung cancer and was given three months to live, but he took clinical trial and is still alive after seven years. B had a rare form of blood cancer cured through a stem cell transplant, so now they're a happy couple planning to have a baby.



On the other hand, C had stage 4 ovarian cancer, so quite serious. Her family thought she would not live long. Still, with cutting-edge technology, new treatments and lifestyle changes, she is now married to a fellow cancer patient, D, whom she had met during her chemotherapy days. **So they call it a chemo romance!**

Several cancer NGOs work to benefit patients, and my husband is a non-executive

director of one of such organisations.

They provide information about the disease and support to the patients and link them with others to get the maximum benefit during and after treatments.

They award patients who survive for long as fighters. They are termed cancer survivors, and the deceased ones are told to have lost the battle!

Memorial Sloan Kettering and MD Anderson advocate acupuncture and other holistic treatments to reduce stress and anxiety due to cancer and keep the patients alive and peaceful. Homeopathy treatment reduces cancer pain, boosts immunity and reduces the chances of cancer recurrence. To know more about this, you can contact homeopaths like Dr Rohit Jain, a gold medalist from abroad I follow regularly and Dr Batra's homeopathy. Always remember homeopathy is tailor-made. It's not like one size fits all. So don't listen to people who say: Oh! It did not work for me.

Maybe, but it could still work for you, as homeopathy is magic, not logic.

Dalai Lama's physician is known for curing cancer. The previous one was the American physician who turned into a Buddhist monk but passed away. Now a new one has come, and they give medicine from Dharamshala, which can be contacted via the Internet. They have streamlined and documented the whole treatment plan and process, so the treatment is still available for all, regardless of the physician. Just go and grab it,

Last but not least- a person got cancer from a parasite that is a malignant tapeworm from his body and eventually died in Colombia. Unbelievable? Well, google it! BOOM !!

Very weird!

**And You already know its  
evolution!  
eternally yours Galactic  
Gargi**

Cancer is just a  
chapter in our lives  
and not the whole  
story::  
Allie Moreno

Cancer didn't bring  
me to my knees, it  
brought me to my  
feet.  
Michael Douglas.

**END**

