HUMA CANCER SOCIETY
(Founded By Late Dr. S M Atiq in 1989)

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HUMA is a Poly Herbal Alternative Cancer Therapy

HUMA is tried by patients mostly with an advanced malignant disease

About Huma Cancer Society

The cancer scenario in India is very different from the cancer problem from other parts of the world in terms of its challenges and magnitude. Nearly 1 million new cancer cases are reported every year in India. Around 80% of cancer patients have late stage incurable disease when first diagnosed. This not only complicates the treatment options, but also makes palliation difficult. Procurement of oral morphine for the treatment of pain in terminal cancer patients is another problem because of cumbersome legislation. Treatment and palliative care resources are limited in our country. Moreover, patients who can afford conventional treatment are subjected to painful radiotherapy and chemotherapy with severe side effects. The biggest challenge before the clinicians now concerns the management of the rising incidence of cancer in developing countries, with little prospect of more resources becoming available to fight the disease. About 50% of the world’s cancer burden is carried by the developing world. The death rate from cancer in the developing countries is set to rise at least 3-folds by the year 2023 largely due to the increased life expectancy, containment of infectious diseases and changing life style.

It was the dream of a person Dr. S M Atiq to offer cancer patients with an affordable as well as a painless effective cancer therapy. His decades of research and experimentation culminated in a painless herbal cancer therapy called HUMA. The Huma Cancer Society was formed with his sole initiative in 1989 (Regd No. 4074/89-90). The Society had undergone lot of transformation from then.

Over the years the number of patients who were benefited by this society kept on increasing. Many doctors practicing conventional medicine who were apprehensive about this alternative therapy in the beginning have now joined hands with the society because of its evidence-based approach for cancer treatment. The main aims of the Society still remains to provide cost-effective evidence-based alternative cancer medicine to needy patients. However, majority of the patients who present to the Huma Cancer Society are too advanced cases. Hence, curative therapy is generally not possible in them. But this alternative therapy was found to be effective in palliative care. Interestingly, complete remission of disease without any side effects was observed in many patients with different types of malignancy.
Dr. S M Atiq was a Lucknow based Ayurvedacharya and the inventor of the alternative cancer therapy HUMA. Dr. Atiq had decided to fight the cancer from his very childhood when he witnessed his mother’s painful death due to oral cancer. The impact of the incidence was so intense that it did not let Atiq sit easy for a moment even during his childhood. His inquisitive mind would restless tirelessly grasp for ways and means to work out a cure for the dreaded disease. His childhood imagination took shape after he completed his formal studies in Ayurveda and started his extensive research. He collected rare ancient Ayurvedic text and thoroughly studied them. Fruitful assistance came from his father-in-law who had provided him all possible help towards translating his childhood dream into reality. After decades of experimentation, he was successful in treating a cancer patient in 1986 with herbal medicines. There after more cancer patients was benefited with the same therapy. However, very few people did actually paid attention to his claim. Ayurvedic cancer therapy was not a hot topic at that time. Dr Atiq was disillusioned with the medical world and the health authorities, as they never showed any interest in his claim. After a very tedious and long winding process, he finally managed to get his medicine tested for toxicity and obtain a certificated for ‘no toxicity’ from Central Drug Research Institute, Lucknow. Not much laboratory research was possible there after as the formulation of the Ayurvedic medicine was not disclosed because it was not patented. Dr. Atiq carried his work silently and accumulated evidences that his formulation could actually cure many patients. However, his untimely demise due to brain haemorrhage left everyone shattered. Now his daughters and his family members are carrying on the mission which he had started.

Dr. Syed Hina Fatima daughter of late Dr. S M Atiq has done her Ayurvedashastri from Dhampur, Bijnur. Soon after completion of her studies she had to take the reins of the mission left by her father after his untimely demise in 1994. Her painstaking research has added a new dimension to the mission conceived by her father i.e., cancer treatment for the underprivileged people with herbal medicine. Over the years, she along with her colleague Dr. Sanjoy Kumar Pal, meticulously compiled evidence regarding the effectiveness of this alternative cancer therapy. As a result of which many conventional doctors and oncolists now regard this alternative approach effective. Due to her confident and pleasant personality she has become a very popular doctor. To many downtrodden poor cancer patients she is like Messiah. Dr. Hina is also a strong religious person and believes that prayers can have positive effect in the healing process.

Dr. Sanjoy Kumar Pal has worked extensively on the scientific validation of Huma therapy. He started his research on Huma therapy from 2000 when he was a Post-Doctoral Research Associate in the Department of Gastroenterology, Sanjay Gandhi Postgraduate Institute of Medical Sciences Lucknow. It was due to his initiative that case reports of 20 patients treated with HUMA was compiled and sent to the Office of the Cancer Complementary and Alternative Medicine (OCCAM), National Cancer Institute (NCI) / National Institute of Health, Bethesda, USA for the ‘Best Case Series Presentation.’ Later, Dr. Pal along with Dr. Hina visited NCI and presented their findings. Dr Pal also published many research articles on Huma Therapy.

Dr. Sanjoy Kumar Pal
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Frequently Asked Questions About HUMA

What is HUMA?
HUMA is a poly herbal therapy for cancer treatment. This formulation was advocated by Dr. S M Atiq. This herbal medicine was derived from various important Ayurvedic herbs. However, the exact composition is not disclosed, as the formulation is still not patented.

Method of taking the medicine:
The medicine is in liquid and powdered form. HUMA is to be taken twice a day. One drop of medicine should be poured on a small piece of sugar candy (Batasha), and swallowed with warm water. Preferably, half an hour after breakfast and dinner. The powder medicine called as Energy Powder which has to be taken once/twice a day. A pinch of powder is to be put in warm water and left for sometimes before drinking.

Dose:
Two drop a day for adults and ½ drop for children below the age of 12 years.

Precautions:
No other alternative cancer therapy should be tried along with this therapy. Boiled and filtered water should be taken during the therapy. Steam rice should be avoided.
Plain milk should be avoided.
Few food items act as antagonist to this therapy and should be avoided: Arhar Dal, Urad Dal, Potatoes, Tomatoes, Mangoes, Water melon, Coconut water, Bananas.

Side effects:
Over twenty five thousand patients have tried this therapy and so far, very few patients have complained of side effects. However, if the medicines are taken in heavy doses it can cause diarrhea and nausea.

Advantages of HUMA:
- Oral Administration
- Well Tolerated
- Cost Effective
- It can reduce the side effect of chemotherapy and radiotherapy

How it works:
HUMA have immunostimulatory effect, it may not be directly cytotoxic to tumor cells. The goal of this therapy is to nourish, restore the balance the body functions and rejuvenate general health of the body.

Toxicity Testing:
HUMA was tested in animal model for possible toxicity from CDRI, Lucknow. No adverse cytotoxic effects were noted.

Clinical Trials:
There is no randomized clinical trial conducted with HUMA. However, roughly about 600 hundred cancer patients try this therapy ever year. It has been observed that this therapy is quite effective in treatment of some blood cancers (Acute Myseloid Leukemia, Acute Lyphombastic Leukemia), Oral carcinoma, Gastric intestinal tract cancers, malignant brain tumors, breast, uterine and cervical cancer etc. It was found effective in the treatment of few types of sarcomas as well.

Cost of the Medicines:
The monthly cost of this therapy comes to about Rs. 4000/-. 

Quality control of medicines:
The herbal medicine is prepared by the Huma Cancer Society. Adequate attentions are paid for maintaining the quality of the medicines and avoid batch to batch variations.
MEDIA BUSS

Huma Team with Dr. V Shanta in the 6th INCTR Meeting in Chennai, December 2005

Times of India, Lucknow, January 26, 2004

The terminally ill are cured by her healing touch
A ray of hope for cancer patients

By Aparna Singh

After chemotherapy fails to cure chronic malignancy, the biggest predicament for cancer patients and their caregivers comes to terms with the inevitable grim reality of death. In 80 per cent of the cancer cases in India, the first diagnosis may itself be too late and in this advanced stage surgical intervention may not be an option. Conventional treatment may actually serve to prolong the suffering. However, where modern drugs have proved ineffective, ayurvedic rasayana drugs as complementary and alternative medicine may now provide a glimmer of hope. A traditional therapy for cancer treatment called ‘Huma’ has been developed using polyherbal stimulants that were discovered by Lucknow’s late Dr SM Atiq. He used a combination of herbal derivatives from plants collected from the Himalayan region to treat such patients. His daughter, Hina Fatima is carrying forward this tradition of Huma for providing traditional alternative therapy wherein regression of tumours has been observed in palliative cases (wherein curative measures cannot be adopted) to provide more than just ‘care beyond cure’.

Huma therapy uses indigenously developed knowledge to stimulate and rejuvenate the immune system that has been suppressed. However, Sanjoy Kumar Pal from SGPGI who has undertaken extensive research work on Huma therapy says that though there is limitless potential they are not offering a miraculous cure or wonder drug for chronic cancer. “Cancer disease is of many kinds and is a very complex subject, hence treatment depends on the individual constitution of the patient. Before we build any false hopes it is imperative to clarify that not all the cancer afflicted will be cured. On the other hand what is also very encouraging is that about 40 per cent patients have responded to this therapy and 10 per cent have shown complete regression of the tumour,” he said. He reiterated that Huma therapy essentially offers palliative care and the patient must first get all required medical tests and diagnosis done by an oncologist before trying this herbal formulation. The most important aspect is that where the cost of modern drugs in cancer treatment is extremely prohibitive, this rasayana method is relatively much cheaper. Also it has been observed to be complimentary in chemotherapy and in easing the pain and as the dosage is mild there are no side effects.

Hippocrates once said “it is more important to know what sort of person has the disease than to know what sort of disease a person has” and this provides a pertinent clue to treatment of any disease and is particularly true for cancer treatment through rasayana drugs.
Case Reports

Case 1:
A male patient 59 years old presented with severe abdominal pain, dyspepsia, ascites, cholelithiasis with cholecystolithiasis and sub acute intestinal obstruction in Sanjay Gandhi Post Graduate Institute of Medical Sciences (SGPGIMS), Lucknow on 03.05.02. He had a past history of Koch’s abdominal for which he was receiving treatment. CECT done on 14.03.02 detected minimal left pleural effusion with bilateral basal segment collapse consolidation and mediastinal lymphadenopathy. He also had hepatomegaly with left lobe enlargement and collection in the pelvis and hepatorenal pouch. Laparoscopic exploration was done, multiple whitish nodules seen over parietal peritoneum in the right upper quadrant on falciform ligament and in the right disc fossa. Parietal nodular biopsy was done. The histopathology was suggestive of either pseudomyxoma peritonei or metastatic mucinous adenocarcinoma. In view of disseminated disease and his general condition the patient could not be given any curative treatment. The patient after leaving SGPGIMS started HUMA therapy from 17.05.02. At the time when the alternative therapy started the patient was extremely ill, cachectic, anorexic, and was unable to walk without support. The patient was virtually bedridden. After starting the alternative therapy marked improvement in the general health condition of the patient was noted. His appetite and strength improved. USS abdomen done on 06.05.02 in SGPGIMS showed 70 ml of organizing fluid in the pelvis. However, the patient clinical improvement was tremendous and within about 6 months of therapy he could begin his normal routine activities. His therapy stopped on 31 March 2003. CT scan done on 13.09.2003 and USG on 04.02.2003 revealed normal study. The patient has completed over 5 years relapse and event free survival.

Case 2:
A 70 years old male presented with irregular growth from the upper lip in Nishat Hospital & Research Centre, Lucknow on 29.11.99. Three years earlier he was operated for a similar benign growth in his upper lip. The patient was diabetic since 10 years and was taking oral hypoglycaemics. The biopsy from his growth (30.11.99) indicated verrucous squamous cell carcinoma. The patient was having financial problem and hence could not react immediately to the situation. Two months later when his pain elevated the patient then consulted Dr. N Hamid of Kanpur who referred him to J K Cancer Institute, Kanpur for further management of his problems. He was seen in the JKC Institute, his biopsy slide was reviewed there and his tumor was staged as T1N1M0. The option of conventional therapy was discussed with the patient. However, because of his old age, poor general health condition coupled with financial problems the patient did not consent for the same. He started the alternative cancer therapy HUMA from March 2000. The patient was unable to take any solid food at the start of therapy because of pain. The patient responded to the alternative therapy, his general condition improved, gradually his tumor showed signs of regression and he was able to take solid food. After 6 months of alternative therapy the tumor regressed completely. No adverse side effect of the therapy was recorded. The last visit of the patient in our clinic was on 20.09.03. The patient so far has completed over 5 years of relapse free survival.

Branch Office of Huma Cancer Society

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