



## Oxidative Stress: The Hidden Cancer Pathway

### Dr. Haresh Kumar

Dr. Haresh Kumar holds a Ph.D. in Medical Science and is an experienced academician in medical education and research. He currently serves as an Associate Professor at a leading private medical university and has served at institutions such as Universiti Malaya (UM), Universiti Tunku Abdul Rahman (UTAR), and MAHSA University. With over a decade of teaching experience, he specializes in medical microbiology, lecturing medical (MBBS) and dental (BDS) undergraduate students while supervising undergraduate and postgraduate research projects. Recognized for his expertise in academic administration and graduate education, Dr. Haresh is dedicated to advancing medical knowledge and developing future healthcare professionals through teaching and research.

Chronic infections are a major but often underrecognized cause of cancer, contributing to approximately 15–20% of cancer cases worldwide. Unlike acute infections, they persist for long periods, creating chronic inflammation that

promotes cancer development. Persistent viruses, bacteria, and parasites continuously activate the immune system, leading to DNA damage, impaired repair mechanisms, and the accumulation of abnormal cells. Infectious agents contribute to cancer through two main mechanisms: chronic inflammation, which generates harmful molecules that damage cellular components and increase mutation rates, and direct cellular alteration, where pathogens interfere with gene regulation, tumour-suppressor functions, and cell growth controls. The progression from chronic infection to cancer is strongly influenced by the body's immune surveillance and ability to manage oxidative stress. A healthy immune system can remove infected or abnormal cells, while controlling free radicals helps prevent DNA damage and genomic instability. Therefore, maintaining strong immune function, reducing chronic inflammation, and limiting oxidative stress are important strategies for lowering cancer risk associated with chronic infections.



## Chronic infection and Cancer: Unani Perspective

### Dr. Hakim K. T. Ajmal, MD

HAKIM K.T. AJMAL, MD is a renowned Unani physician, academician, and entrepreneur from Kerala, India. He is recognized as Kerala's first Unani degree holder and first Government Unani Medical Officer. A founder-batch graduate of Z.V.M. Unani Medical College and Hospital (1992), he completed his medical degree in 2010. He founded Calicut Unani Hospital and Research Centre in 1997, serving more than half a million patients. He established Hermas Unani Herbal Pharmaceuticals, manufacturing more than 400 classical and over 150 patented products. He is a pioneer in paediatric Unani formulations and academic contributions worldwide.

In Unani Medicine, chronic infection is understood as a persistent state of *fasād* (corruption), *ta'affun* (putrefaction),

weakened *quwwat-e-mudabbira-e-badan* (body's vital force), disturbed *mizaj* (temperament), and retention of morbid matter. It presents with recurrent inflammation (*warm-e-muzmin*), discharge, foul odor, tissue damage, and progressive weakness. Core concepts include *su-e-mizaj* (imbalances in temperament), *zo'f-e-quwwat* (debilitating strength), and *sudda* (obstruction), reflecting internal imbalance rather than microbial causation. Conditions like chronic sinusitis, ulcers, and urinary disorders arise from stagnation and poor elimination. Treatment emphasizes *tanqiya* (cleansing), *taqwiya* (strengthening), *islah-e-mizaj* (balancing temperament), and restoring drainage. This holistic model complements modern pathogen-based approaches.



## Latent Pathogens (Fu Xie) and Tumorigenesis: A Traditional Chinese Medicine Perspective on Cancer Development

### Dr. Tan Wen Tien

Dr. Tan Wen Tien is a registered Traditional Chinese Medicine (TCM) practitioner under the Ministry of Health Malaysia, an educator, and a researcher with over 10 years of clinical experience. She obtained her Ph.D. in Chinese Medicine from Shanghai University of Traditional Chinese Medicine. Dr. Tan serves as a part-time lecturer at International Medical University (IMU) and Director of Ming Dao Traditional Chinese Medicine and Acupuncture Centre. Dr. Tan is actively involved in clinical teaching, academic exchange, and public education in TCM. She is also a columnist for *Sin Chew Daily* and *China Press*, the author of several publications, and has been featured as a speaker on *Astro's "Food Psychology"* and *AiFM's "How TCM Views Emotional Disorders."*

This presentation explores the Traditional Chinese Medicine (TCM) concept of "Latent Pathogens" (Fu Xie) and its relationship to tumorigenesis and cancer development. Drawing from classical TCM theories and modern clinical perspectives, the talk discusses how unresolved external pathogens, emotional disturbances, internal organ dysfunction, and hidden pathogenic factors may gradually contribute to chronic inflammation, immune imbalance, and the formation of tumors. The session also examines the relevance of Fu Xie theory in cancer prevention, early intervention, and supportive care, highlighting how TCM offers a holistic framework for understanding the long-term progression of disease.



## Chronic Miasms, Infection & Carcinogenesis: A Homeopathic Perspective on Cancer Predisposition

### Dr. Avanish Shukla

Dr. Avanish Shukla, Ph.D., is an eminent homeopathic consultant, researcher, and wellness trainer with extensive international experience. A second-generation homeopath, he serves as Founder, Director and Senior Consultant at Global Homeopathic Centre Malaysia and is a registered practitioner under Malaysia's Ministry of Health and India's Central Council of Homoeopathy. He holds a Ph.D. from the University of Cyberjaya, along with qualifications in homeopathic medicine, healthcare management, and an MBA in International Business. He has also completed a Master Course in Advanced Homeopathy from HHF Academy, Mumbai. Additionally, Dr. Shukla is also a Co-Founder of Self Love Training Academy.

This topic explores cancer predisposition through a homeopathic lens, focusing on the role of chronic miasms as described by Samuel Hahnemann. It highlights how deep-seated miasmatic imbalances, combined with chronic infections and emotional suppression, weaken the vital force and increase susceptibility to carcinogenesis. Unlike conventional views centered on cellular mutation, homeopathy interprets cancer as a systemic energetic disturbance influenced by mind-body interactions. The study emphasizes prevention through constitutional treatment, miasmatic correction, and emotional healing, promoting a holistic approach that integrates physical, psychological, and energetic dimensions to support long-term health and resilience.



## Role of Ayurveda and Music Therapy in Palliative Care

### Dr. Shubham Kulkarni

Dr. Shubham Kulkarni, BAMS, MD (Masters in Ayurveda), PGDPC (Masters in Palliative Care), is an Indian music therapist and classical vocalist, specializing in end-of-life care and mental health through Ayurveda and music therapy. His work integrates Ayurveda and music therapy with holistic healing approaches to support emotional, neurological, and spiritual well-being. He works extensively across India and six other countries, offering workshops, lectures, and therapeutic interventions. Dr. Kulkarni is also one of the authors of the upcoming book *Death & Dying*. His mission is to bring dignity, peace, and compassionate care through the confluence of music, medicine, and consciousness.

This presentation explores an integrative approach to palliative care through Ayurveda and music therapy, focusing on improving quality of life throughout the course of serious illness, including the end-of-life phase. It highlights how Ayurvedic principles support individualized care, symptom management, and balance at physical and psychological levels. Music therapy serves as a complementary modality to reduce anxiety, alleviate distress, and provide emotional and spiritual support. Together, these approaches offer a compassionate, patient-centered model addressing the whole person. The aim is to introduce gentle, non-invasive interventions that enhance comfort, resilience, and dignity throughout the continuum of care.



## Vaccination, Screening and Public Health Prevention

### Dr. Arnil George Sirimanne

Dr. Arnil George Sirimanne is a Clinical Oncologist at Icon Oncology, practicing at Prince Court Medical Centre, with over 15 years of experience across public and private healthcare sectors. After completing his medical degree in Ireland and his specialist oncology training at Universiti Malaya (UM), he focuses on supporting individuals and families through all solid cancer types with a compassionate, patient-centered approach.

He believes medical care is a collaborative journey that is most effective when paired with holistic, supportive care—integrating nutrition and psychosocial support. Passionate about community well-being, he deeply values public education on vaccination, screening, and prevention to ensure individuals feel genuinely supported and informed at every stage.



## Infection Driven Cancers: Tiny Microbes, Big Impact on Colorectal Cancer

**Assoc. Prof. Dr. Chandramathi Samudi**

Dr. Chandramathi Samudi is an Associate Professor and Head of the Department of Medical Microbiology, Faculty of Medicine, Universiti Malaya. Her research focuses on gut microbiota, colorectal cancer, host-pathogen interactions, and dengue and Zika immunopathogenesis. She pioneered studies on *Blastocystis* sp. and *Klebsiella pneumoniae* in colorectal cancer and contributed to dengue biomarker discovery. She has over 80 ISI-indexed publications, an H-index of 23, and serves as a reviewer and editorial board member for several international journals including *Frontiers in Microbiology* and *Parasitology Research*. A dedicated educator and invited speaker, she has received multiple awards, including the Nadchatram Medal (2025) and Outstanding Woman Researcher Award (2024).

This session explores the critical role of the gut microbiome in the initiation and progression of colorectal cancer. While the gut hosts trillions of microbes, specific pathogens like *Fusobacterium nucleatum* and *Escherichia coli* can actively drive malignancy by triggering chronic inflammation and damaging cellular DNA. The presentation also explores how oncogenic viruses and general dysbiosis—an imbalance in microbial communities—impair the body's natural defences to create a pro-cancer environment. By understanding these complex microbial interactions, attendees will discover how the microbiome serves as a vital biomarker for early detection and a promising target for innovative preventative and therapeutic strategies.



## Hidden Infections, Hidden Risks: How Some Parasites Are Linked to Cancer

**Dr. Arutchelvan Rajamanikam**

Dr. Arutchelvan Rajamanikam, a Senior Lecturer at the Department of Parasitology, Faculty of Medicine, Universiti Malaya. His research focuses on how gut parasites and microbes interact, influence health, and develop drug resistance at the genetic level. Much of his work centres on the gut parasite model, *Blastocystis* sp., particularly its pathogenic outcome and relationship with the gut microenvironment. He collaborates with researchers from the UK, USA, and Southeast Asia and has published around 20 scientific papers. Beyond research, he is committed to mentoring young scientists and promoting collaborative, data-driven approaches to infectious disease and microbiome research worldwide.

Most people view gut parasites as simple infections that cause symptoms like

stomach upset, fatigue, or skin problems. However, some parasites can have longer-term effects on our health, including increasing the risk of certain cancers. This talk introduces how certain parasitic infections may be linked to cancer, in a way that is easy to understand and relevant to daily life. While many parasites cause mild or short-term illness, some can remain in the body for years and gradually affect organs. Examples include liver flukes/tapeworms which are linked to bile duct cancer and bladder cancer, intestinal protozoa linked to colon cancer. This does not mean that everyone with a parasite will develop cancer, but it emphasizes why prevention and early detection matter. The session will highlight how infections occur, why long-term effects matter, and simple steps to reduce risk through awareness and prevention.



### **Vyadhikshamatva (Immunity) and Chronic Infection: An Ayurvedic Strategy for Cancer Prevention**

**Dr. Ramesh R. Varier**

Born into an Ayurvedic family as the son of Dr. P. V. Raghava Varier, Dr. Ramesh R. Varier graduated as the top-ranking student from Madras University. After a brief stint as a tutor at Ayurveda College, Coimbatore, Dr. Ramesh joined AVN, the family-run Ayurvedic institution. Dr. Ramesh brings with him a rich experience spanning over 25 years of successful Ayurvedic clinical practice. Keenly interested in integrating modern scientific principles with traditional Ayurvedic concepts and in an integrated approach to healthcare, Dr. Ramesh has been highly successful in establishing comprehensive healthcare solutions for a variety of chronic diseases.

## MODERATORS



### **Prof. Dr. Koshy Phillip**

Prof. Dr. Koshy Phillip is a Malaysian microbiologist and biotechnology expert with extensive academic, research, and industry experience. He has served at Universiti Malaya (UM), SEGi University, UCSI University, Lincoln University College, and the National Institute of Integrative Medicine, Melbourne. His expertise includes microbial and industrial biotechnology, gut and oral microbiome research, fermentation, bioprocessing, antimicrobial peptides, sustainable agriculture, and functional foods. He has led funded research projects, published widely in peer-reviewed journals, and earned prestigious national and international accolades, including a Gold Medal at the Geneva International Inventions Exhibition.



### **Prof. Dr. G. Suresh Govind**

Prof. Dr. Suresh Kumar P. Govind, FASc, is an Honorary Professor and former Head of the Department of Parasitology, Faculty of Medicine, Universiti Malaya. An internationally recognised parasitologist, he obtained his Ph.D. from the National University of Singapore and has dedicated over three decades to research, teaching, and community service. His pioneering work on *Blastocystis* has earned numerous national and international awards, including the Malaysian Young Scientist Award, the Dr. S. C. Parija Oration Award from the Indian Academy of Tropical Parasitology, Malaysia-Toray Science Award and the Sandosham Gold Medal for outstanding contribution to the field of Parasitology. He has published more than 160 papers supervised over 100 postgraduate students, and served as an expert advisor for drinking water guidelines to WHO for many years. Beyond his scientific pursuits, Prof. Suresh is deeply committed to humanitarian service and nation-building. He is highly active in the Sathya Sai International Organization, where he coordinates community engagement and actively promotes human values, selfless service, and interfaith dialogue to foster a harmonious, resilient, and compassionate society.