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## Role of psychological support in cancer care and treatment

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Cancer has a major impact on society across the world. It is among the leading causes of death worldwide. This examines the evidence for psychological factors and therapies that affects the patient's journey from diagnosis through treatment and long-term survivorship or end of life. Every disease is psychosomatic. Psychological therapies help to increase patient's quality of life, boost their immune system and help them live longer. Implementation of this study may decrease the number of deaths of cancer causing patients. Evidence is convincing that emotional distress, depression, anxiety, uncertainty, hopelessness and negative thoughts unite and interact with pain. This unrelieved pain can increase the desire for hastened death. A variety of psychological therapies and processes can reduce pain severity and interference with function, as indicated in multiple meta-analysis and high quality randomized controlled trials. The effective methods and therapies include healing, yoga, meditation, breathing techniques and one of the most powerful Sudarshan Kriya which was introduced by Sri Sri Ravishankar ji who is an Indian. His years of meditation gave birth to this process which significantly reduces stress, depression, anxiety, pain, and increases well-being both mentally and physically. Experimental work performed on various patients suffering from cancer and this process helped them to develop positive energy, will power and self Confidence to fight with the physiological treatments like radiation, chemotherapy, surgery and the patient wins in the battle of life and death and survives. This introduces the modern medical science with ancient Indian healing and Sudarshan Kriya. "Approach of psychology over physiology" and the results were very positive. Research also demonstrates that the effects of Sudarshan Kriya reach all the way down to the molecular level, to our DNA. Exercise study have evaluated outcome. This showed promising results like better diagnosis, responds well to treatment, recovery rate got increased, high and positive energy level, enjoying better state of health. Study has done in India and China. The survey was taken from hospitals and organizations in order to know about the psychological support provided till date for the cancer patients. This study may bring the awareness among doctors and patients for the importance of psychological support in cancer in present time. Evaluation of methods has been described and the data set is prepared for the same. There are also few case studies discussed which shows the positive results of these therapies. Multidisciplinary teams are essential in oncology settings to integrate analgesic care, expertise in psychological support, therapies in standard care for symptom management, better effect of treatment as well as exact diagnosis including pain relief.

### Biography:

Ms. Shriya Shripad Ambhaikar is Studying in 3rd year, Clinical Medicine, M.B.B.S. in Dali Medical University, Dali, Yunnan Province, China. She has cleared her previous exams in honors. She has received a prize for her performance in International Day Ceremony of Dali University on April 2015. She has given a seminar on Addison's disease during clinical medicine seminar in china and received a Best Presentation Award on October 31st 2015. She has also received a best performance award in international competition in 2015. She has also received an award of Excellence on 6th January 2016 for her best performance. She has also published a research paper 'Role of Information and communication technologies in medical science and research' in an International Conference on Advances in Information technology and Management 2016 and her paper also published in International Journal IJCA. She is also doing her research in diabetes over artificial pancreas and preparing data bases on the same. She has a great interest in the field of research. She wants to contribute her study and knowledge for the better healthcare of society.