

**Mitesh Sanghvi, Ph.D., ('08)**

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## HERBAL ESSENCE

BY KIM DAVIS

MITESH SANGHVI, Ph.D., ('08) came to the United States in search of the American dream. Now, he's living it as a fellow at the National Institutes of Health, where he is working to discover new herbal cancer therapies that will result in less suffering for patients as well as lower health care costs.

"Right now, radiation and chemotherapy are the norm for those diagnosed with cancer," Sanghvi said. "And, while we've made great strides in this arena, there are still many side effects."

Those who suffer greatest from the side effects of chemotherapy and radiation, he said, are older cancer patients. So, his focus has taken him to look specifically at the aging population, how stress affects the body, and how some Chinese plant extracts have proven to be effective in slowing cancer growth.

As part of the NIH's National Institute on Aging Bioanalytical Chemistry and Drug Discovery Section team, Sanghvi is deep in research specifically focused on developing effective herbal treatments.

"Our ultimate goal is to improve treatments for cancer," he said. "And we've found there are answers in specific plant extracts. The United States—and the world for that matter—has come a long way in recognizing the benefits of specific organic compounds that directly result in a good outlook for those with cancer of the brain and breast."

While Sanghvi says his research is preliminary, results are improving every day.

"We don't have the answers yet," he said. "But I'm optimistic that within the next decade we will have new, promising alternatives for cancer treatment."

"I believe we should never lose hope. Each day, we—and I mean all cancer researchers—may be only one experiment away from finding the answer."