



# Afaya Plus: Promise and Potential

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It has long been known that many plants contain cancer-fighting compounds. In fact, several chemotherapy drugs are synthesized from plants—ie taxanes come from the Yew tree and vinca alkaloids come from the Periwinkle plant. Researchers are always searching for promising new plant compounds which could be made into blockbuster cancer drugs.



Now, an age-old plant from the Middle East is slowly emerging with promise and potential.

*Arum palaestinum*, a perennial plant that produces a deep purple lily flower, has a long history of use as a medicinal plant in the Middle East, including as a cancer treatment. One survey of Palestinian healthcare providers suggested that *Arum palaestinum* was the most commonly used herbal medicine by oncology

patients<sup>1</sup>. This aesthetically beautiful plant, also referred to as black calla lily, contains an impressive list of active compounds which provide several anticancer mechanisms, but U.S. based company Hyatt Life Sciences discovered that by fortifying the Arum extract with other additives such as isovanillin, harmala, and turmeric, its cancer-fighting effects are enhanced.<sup>2</sup> Hyatt's unique blend, dubbed Afaya Plus, is available as a dietary supplement, however, they are also seeking an FDA approval as a novel drug against certain cancer types.

Building on its historical use in Traditional Middle Eastern Medicine, Hyatt has spent the last few years doing the clinical research needed to confirm the safety and benefits of these compounds. The early results are in and the Afaya Plus blend of herbal extracts has exhibited strong anticancer effects both in vivo and in vitro. A 2015 study showed efficacy against prostate tumors in mice and a 2018 clinical trial at the University of Kansas Medical Center demonstrated the combination of the herbal blend with Cisplatin improved efficacy of the chemotherapy in head and neck cancer.<sup>3,4</sup> In addition to its anticancer effects, Afaya Plus has also been reported to exhibit

positive effects on blood sugar control, which is usually the root cause of metabolic syndrome, diabetes, and even immune dysfunction.

As for safety, there are no significant concerns given its historical use in the Middle East and the early clinical evidence. Afaya Plus should be taken with a fat-containing meal and is typically dosed at two capsules, 1-3 times a day. In addition, a cautious approach would still be advised as far as spacing it out from some types of chemotherapy agents where interactions cannot be ruled out.

While we await further clinical studies to be done, I believe the Afaya Plus should be considered a safe and beneficial supplement for cancer patients looking to improve their chance of having a good outcome with their disease.

**Available through  
the Riordan Clinic  
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**[store.riordanclinic.org](http://store.riordanclinic.org)  
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## References

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