

**AYURVEDIC MANAGEMENT OF LIFESTYLE DISORDER-
HYPOTHYROIDISM A SINGLE CASE STUDY****Dr. Sayali Nayan Zaavde^{1*} and Dr. Ashvini Deshmukh²**

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ABSTRACT

Introduction: Rapidly changing lifestyle have led to the advent of lifestyle disorders like Diabetes, Hypertension, Thyroid disorders, etc. in the recent era. These disorders usually involve endocrine gland dysfunction and hence require long term treatment. In the present study an attempt has been made to treat the case of Hypothyroidism by *Ayurvedic* management. **Objective:** To assess clinical efficacy of *Ayurvedic* drugs in the management of Hypothyroidism. **Methodology:** A 43-year-old female patient presented complaints of weakness, lethargy, loss of hair, puffiness of face, oligomenorrhoea and backache since 1 month. Patient had no previous history of Diabetes mellitus or Hypertension. She had no family history for similar conditions. Investigations revealed TSH- 5.64mIU/ml and T3 and T4 levels within normal limits. Raised TSH levels led to the diagnosis of Hypothyroidism. *Ayurvedic* formulations namely *Rasapachak Yoga*,

Rasnasaptak Kwath, Tab. *Kaklarakshak Yoga* and *Yograj Guggul* were given for a period of 2 months. **Result and Conclusion:** There was reduction in symptoms after taking medication for 10 days. Prominent reduction of symptoms like lethargy, oligomenorrhoea and backache was seen. Patient was advised to undergo investigation of TSH, T3 and T4 after *Ayurvedic* treatment of 2 months. TSH level was 4.5mIU/ml and T3, T4 levels were within normal limits. *Ayurvedic* management of Hypothyroidism comprised of *Kapha shaman*, *Vaat shaman*, *Deepan*, *Pachan* and *Rasa dhatu dushti shaman*.

KEYWORDS: Hypothyroidism, *Ayurvedic treatment*, lifestyle disorder.

INTRODUCTION

In earlier times, communicable diseases were on the rise in India, and wreaked havoc with the lives of people. However, due to rapidly changing lifestyles brought about by dietary changes (e.g. inclusion of smoking, alcohol in everyday life) and rigorous job profiles, there has been an upsurge in non-communicable diseases like obesity, heart diseases, thyroid disorders and stress related disorders. These diseases are also termed as 'lifestyle disorders'.

Hypothyroidism refers to the common pathological condition of Thyroid hormone deficiency, which is readily diagnosed and managed but potentially fatal in severe cases if left untreated.^[1] In an epidemiological study conducted in eight cities across India, it reported the overall prevalence of hypothyroidism to be 10.95%, which included 7.48% of self-reported hypothyroidism cases.^[2] The most common symptoms in adults are fatigue, lethargy, cold intolerance, weight gain, constipation, change in voice and dry skin but clinical presentation can differ with age and sex, among other factors. The standard treatment is thyroid hormone replacement therapy with levothyroxine.^[3]

Hypothyroidism finds no direct reference in Ayurveda, but the symptoms of hypothyroidism can be co-related with *Rasa dhatu dushti vyadhi*, *Vata kafaj dushti*, and *Shotha*. Ayurvedic treatment of hypothyroidism not only provides symptomatic relief, but also stimulates the normal functioning of the thyroid gland.^[3]

A CASE REPORT

A 43-year-old female patient presented the following complaints

- Weakness
- Lethargy
- Loss of Hair
- Puffiness of Face
- Constipation
- Oligo menorrhoea
- Backache.

She was suffering from these complaints since a month. Patient had no previous history of Diabetes mellitus, Asthma or Hypertension. She had no family history for similar conditions.

Ashtavidha Parikshan

- *Nadi* (Pulse) - 80/min (*Vaat-kafaj*)
- *Mala* (Stool) - *Malavashthambha*
- *Mutra* (Urine) - Normal
- *Jivha* (Tongue) – *Saam*
- *Shabda* (Speech) – Normal
- *Sparsha* (Skin) – Dryness
- *Druka* (eyes) – Normal
- *Akruti* – *Madhyam*
- *Bala* – *Madhyam*
- *Agni* – *Manda*
- B.P. – 110/70 mm of Hg.

METHODOLOGY

Type of Study: Simple random single case study

The following Medicines were given for a period of two months.

Table 1: Material used for Study.

Sr. No.	Ayurvedic Medicine	Dose	Duration	Anupana
1.	<i>Rasapachak Vati</i>	250mg	2 tab TDS	Luke warm water
2.	<i>Rasnasaptak Kwath</i>	20ml	BD	
3.	<i>Kaklarakshak Yoga</i>	250mg	1 Tab OD	
4.	<i>Yograj Guggul</i>	250mg	2 tab TDS	
5.	<i>Gandharva Haritaki Vati</i>	500mg	H.S	

OBSERVATION AND RESULT

There was reduction in symptoms after taking medication for 10 days. Prominent reduction of symptoms like lethargy, oligo menorrhoea, constipation and backache was seen. Weakness and lethargy disappeared completely after 15 days and she started feeling better. Patient was advised to undergo investigation of TSH, T3 and T4 after *Ayurvedic* treatment of 2 months.

Table 2: Thyroid reports.

	Before treatment 23/09/2022	Normal Range	After treatment 1/1/2023	Normal Range
TSH	5.643	0.54 – 5.3 mIU/ml	4.5	0.4 – 4.2 mIU/ml
T3	1.656	2.10 – 4.40 pg/ml	97.26	70 – 204 ng/ml
T4	1.065	0.89 – 1.76 ng/dL	8.38	5.93 – 13.29 ug/dL

DISCUSSION

Hypothyroidism mainly occurs due to vitiation of *Vata* and *Kapha doshas*. This vitiated *doshas* derange the *Jatharagni* (digestive enzymes etc.), ultimately leading to the production of *Ama* and lastly vitiates *Medadhātu*. This *Ama* blocks the channels (*Srotorodha*) in the body. Lethargy, fatigue, weight gain, weakness and glandular enlargement etc. symptoms mainly occur due to accumulation of *Kapha* and *Medadhātu*. *Srotorodh*, constipation, muscle pain, loss of libido, amenorrhoea etc. mainly seen due to vitiated *Vatadosha* by *Avarana*. So the *Ayurvedic* management of Hypothyroidism comprised of *Kapha shaman*, *Vaat shaman*, *Deepan*, *Aam Pachan* and *Rasa dhatu dushti shaman*.^[4]

Rasapachak Vati has *Indrayava*, *Patol* and *Kutaki* which is described in *Rasagat Jwara Chikitsa*. Therefore, it does *Aam pachan* in *Rasa dhatu*. *Rasnasaptak Kwath* comprises of *Rasna*, *Gokshur*, *Eranda*, *Devdaru*, *Punarnava*, *Guduchi* and *Aragvadh*. All these *dravyas* pacify *Vaat* and *Kafa dosha* and relieve muscle pain. *Punarnava*, *Gokshur* and *Rasna* have Anti-inflammatory and Analgesic properties. *Guduchi* being an Immunomodulator, this *Kwath* promotes *Aam pachan*. *Kaklarakshak Yoga* is a propriety medicine which contains *Kanchinar*, *Ashwagandha*, *Guduchi*, *Chitrak* and *Guggul*. *Kanchanara* has great ability to dry up the vitiated *Kapha* and *Meda* because of its potent astringent property. Its *grahi* (enhancing absorption) property helps to remove excess fluid from swollen tissues. It helps correct the thyroid imbalance by removing *Kapha* in the body. It is considered as a drug of choice for all kinds of *Granthi vikara* (glandular diseases) and *Galaganda* in *Ayurveda*.

Yograj guggul is works as *Vaat shamak* and *Anulomak*. The patient was mainly suffering from Myalgia, backache, oligo menorrhoea and constipation which were relieved by *Deepan*, *Pachan* and *Vaatanulomak* property of *Yograj Guggul*. *Gandharva haritaki Vati* serves as *Vibandha nashak* and *Vatanulomak*. After *Ayurvedic* treatment of two months there was considerable symptomatic relief to the patient. The Thyroid investigations comprising of TSH, T3 and T4 serum levels showed much improvement. Serum TSH levels were almost within normal limits and Serum T3 levels had also increased up to normal level.

Table 3: Ayurvedic Medicine and Mode of Action.

Sr. No.	Ayurvedic Medicine	Action
1.	<i>Rasapachak Vati</i>	<i>Deepan</i> , <i>Pachan</i> , <i>Ras dhatugat kledanashan</i> , <i>Jwaraghna</i>
2.	<i>Rasnasaptak Kwath</i>	<i>Vaat- Kafa shaman</i> , <i>Aamnashak</i> ,
3.	<i>Kaklarakshak Yoga</i>	<i>Vaat- Kafa shaman</i> ,

4.	<i>Yograj Guggul</i>	<i>Vatanulomak, Deepan, Pachan, Shoolaghna</i>
5.	<i>Gandharva Haritaki Vati</i>	<i>Anuloman, Vaat nashak</i>

CONCLUSION

From the above study it can be clearly concluded that *Ayurvedic* formulations namely *Rasapachak Yoga*, *Rasnasaptak Kwath*, *Tab. Kaklarakshak Yoga*, *Yograj Guggul* and *Gandharva haritaki* were combined effective in the management of primary hypothyroidism without apparent evidence of side effects or any complications.

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