

A COMPARATIVE STUDY OF SHAMAN CHIKITSA AFTER VAMAN IN THE MANAGEMENT OF HYPOTHYROIDISM W. S R TO KAPHAJ GALAGANDA

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ABSTRACT

Hypothyroidism is a syndrome characterized by clinical and biochemical manifestation which results from decrease synthesis of thyroid hormone. **Aim:** To evaluate the efficacy of *Vamana karma* and effect of *Shamana* drugs (*Ayurveda* and modern) with *Vamana Karma* in primary hypothyroidism. **Methodology:** In group-A, *Vamana Karma* followed by *Avardhamān Pippali prayoga*(5-10) as a *Shamana* Drug, In group-B *Vamana Karma* followed by *Shunthyādi choorn* with *Anupāna* of *Triphalā kwāth*(ch.chi.12/21) as a *Shamana* Drug, In group-C, *Vamana Karma* followed by *Avardhamān Pippali prayoga*(5-10) and *Shunthyādi choorn* with *Anupāna* of *Triphalā kwāth* (ch.chi.12/21) as a *Shamana* Drug, and in group -D *Vamana Karma*

performed by classic followed by modern medicine (levothyroxine sodium) for hypothyroidism. **Result:** In this study *Vamana Paschat Avardhaman Pippali prayoga* along with *Sunthyādi Choorna*(Group-C) shown best result in relieving the signs and symptoms , However HRT provided good result in decreasing the values of thyroid function test than group-A and B therapy. But Group-C shown best result in reducing the values of TSH in comparison to other group. **Conclusion:** After *Vaman*, use of *Sunthyādi choorna* has shown as *Agnideepan*, *Pāchana* and *Sothahara* drug and use of *Pippali* as *Rasāyana*, shows synergistic effect in relieving the sign and symptoms of hypothyroidism.

KEYWORDS: Hypothyroidism, *Vaman*, *Sunthyādi choorna*, *Avardhamāna Pippali*, *Rasāyana* and *Deepan*.

INTRODUCTION

Hypothyroidism is the most common form of thyroid disorder and is a very commonly encountered problem in clinical practice. In India 42 million people are suffering from thyroid disorders, out of which hypothyroidism is most common with prevalence of 5.4%. Incidence is more common in women than in men. Iodine deficiency is the most common cause of hypothyroidism worldwide.

In *Ayurveda*, hypothyroidism is not as such mentioned but on basis of its clinical presentation correlation can be possible with *Kaphaja Galganda* for local symptom related with thyroid gland and *Kaphaja - Rasaja Vikāra* for its general symptoms. *Sushruta* and *Vāgbhata*, both have prescribed *Vamana Karma* in the treatment of *Kaphaja Galganda* (Su.Chi. 28/50, As. Hr. Ut. 22/71). In hypothyroidism dominance of *Kapha* and *Dushti* of *Rasa Dhātu* are the main features. According to *Sthāna Visheshā* hypothyroidism is progressing in the thyroid gland, situated in neck region which is the *Sthāna* of *Kapha Dosha* with *Kapha* predominant symptoms. *Kapha Dosha* plays a major role in the pathogenesis of Hypothyroidism. Due to its slow onset, hypothyroidism became a chronic disease where *Dosha* vitiated at its maximum level. For the *Utklishta Dosha* and *Jirna Vyādhi*, *Ayurveda* always suggests, *Shodhana* therapy. Due to dominance of *Kapha Dosha* and *Vamana Karma* being specially prescribed for *Kapha Dosha*, so amongst *Shodhana Cikitsā*, it may be effective for the patients of hypothyroidism.

Though thyroid as such is not mentioned in *Ayurveda*, but on the basis of its clinical presentation it can be co-related with certain conditions. Many diseases described in modern medicine are not described by that name in *Ayurvedic* text. It is suggested that *Ayurvedic* scholar should diagnose and treat that diseases according to their *Lakshana* (sign and symptoms), status of *Agni*, *Dosha*, *Dhātu* and *Mala*.

Because of different etiologies, at different sites, disease will occur at different sites. When we analyze the pathogenesis of hypothyroidism, *Agnimandya* seems to be the basic cause. In *Charak Samhita* eight type of *Nindita Purushas* (Ch. Su-21/3) have been described, which can be taken as functional disorders of endocrine.

Moreover in *Ayurvedic* literatures Thyroid disease is commonly named as *Galaganda*. It has been described as of three kinds, *Vataj*, *Kaphaj* and *Medaj*. This disease is more predominant in the North Eastern India, Where rivers arise from the foothills of Himalayan region. As per

Ayurvedic literature *Galagand* is caused due to the bad quality of water and soil, the climate having persistent dampness and food rich in fat and carbohydrate. As per *Tridosh* concept, it is due to the imbalance of *Kapha dosha* and *Meda dhātu*.

AIMS AND OBJECTIVES

1. To establish the aetiopathogenesis of hypothyroidism in the light of *Ayurvedic* principles.
2. To evaluate the efficacy of *Vamana karma* in the management of hypothyroidism.
3. To compare the efficacy of *Shamana* drugs (*Ayurveda* and modern) with *Vamana Karma*.
4. To evaluate the efficacy of *Vama na karma* along with levothyroxine regimen.
5. To propose a comprehensive remedial therapy from the hidden treasure of *Ayurveda*.

MATERIAL AND METHODS

A randomized control study were conducted on patients of age group 20-60. 131cases were included in the study.

Selection of Case and Their Groupings

Diagnosed patients of hypothyroidism were selected from OPD and IPD of M.S.M. Institute of *Ayurved*, *Khanpur Kalan, Sonipat, Haryana*. The Clinical study were conducted with about 131 patients. Patients were randomly divided into 4 groups: Group A, Group B, Group C. and Group D. and were treated according to following schedule.

The patients of Group-A, Group-B, Group-C were advised to discontinue any drug relevant to hypothyroidism one month (30days) before the commencement of trial.

Detail summery of the patients treated in this research work

Group	Total patients Completed the treatment	Total Dropped out patients	Total patients registered
Group: A -(vaman karma & Avardhamān Pippali)	26	7	33
Group: B -(Vaman karma & Sunthyādi choorna)	26	6	32
Group: C Vaman karma -Avardhamān Pippali & Sunthyādi choorna)	26	7	33
Group D- Vaman karma & (levothyroxin)	27	6	33
Total	105	26	131

Method of Drug Administration**Group A:** About 33 cases*Vamana Karma performed in all group patients before Shaman therapy.*

No.	Procedure	Drug and Dose	Duration
1.	<i>Deepana, Pāchana</i>	<i>Trikatu Churna</i> 2gms/TDS with Luke warm water <i>Pippali</i> - Piper longum (fruit) <i>Maricha</i> - Piper nigrum (fruit) <i>Shunthi</i> – Zingiber officinale (tuber)	3-5 days
2.	<i>Sneha pana</i>	<i>Go-Ghrita</i> (as per <i>Koshtha</i> and <i>Agni</i>)	3-7 days
3.	<i>Abhyanga and Swedana</i>	BalaTaila (<i>Sida cardifolia</i>) - 2 times a day	1 day
4.	<i>Abhyanga, Swedana, Vamana Karma</i>	<ul style="list-style-type: none"> • Milk(1-2 lit) • <i>Madanaphala Pippali Churna</i> (<i>Randia dumatorium</i>) - 6-10 gms • <i>Vacha</i> (<i>Acorus calamus</i>) - 2-5 gms • Rock salt - 5-10 gms • Honey - 30-50ml • <i>Yashtimadhu Phant</i> (<i>Glycerrhiza glabra</i>) - 2-3 Litre 	1 day
5.	<i>Samsarjana Krama</i>	Diet (As per <i>Shuddhi</i>)	3-7 days

Internal Shamana Yoga : *Avardhamān Pippali* in powder form were given in following doses.5 *Pippali* for 50-60 kg Body weight.6 *Pippali* for 60-70 kg Body weight.7 *Pippali* for 70-80 kg Body weight.8 *Pippali* for 80-90 kg Body weight.9 *Pippali* for 90-100 kg Body weight.10 *Pippali* for above 100kg Body weight.

Anupāna – Honey/ Milk

Duration- 60 days.

Group B: About 32 cases(i) *Vamana Kalpa* as mentioned in group-A.(ii) Internal Shamana Yoga:- *Shunthyādi choorn* (ch.chi.12/21).**Dose** – 3gms twice a day.*Annupāna* –Triphalā kwāth 50ML

Duration- 60 days.

Ingredients of *Shunthyādi choorn*

Sr.	Drug	Latin Name	Part used	Quantity
1	<i>Shunthi</i>	Zingiber officinale	Tuber	500mg
2.	<i>Pippali</i>	Piper longum	Fruit	500mg
3	<i>Marich</i>	Piper nigrum	Fruit	500mg
4	<i>Kutki</i>	Picrorhiza kurroa	Root	500mg
5	<i>Trivritha</i>	Operculina turpethum	Root	500mg
6	<i>Lauhabhasm</i>	Iron oxide		500mg
	<i>Triphalā kwāth</i>			
7	<i>Haritaki</i>	Terminalia chebula	Fruit	25gm
8.	<i>Bibhitaka</i>	Terminalia belerica	Fruit	25gm
9.	<i>Amalaki</i>	Emblica officinale	Fruit	25gm

Group C, About 33 cases

Vamana Kalpa as mentioned in group-A

A combination of *Avardhamān Pippali* and *Sunthyādi choorn*.

- *Avardhamāna Pippali* (as mentioned in group -A) in the morning time after breakfast
- *Shunthyādi choorna* 3gms after lunch and dinner with 50ml *Triphalā kwāth*.

Duration- 60 days.

Group D, About 33cases

(i) *Vamana Kalpa* as mentioned in group-A

(ii) Levothyroxine sodium - dose: 1.6ug/kg body wt.

Duration- 60 days.

OBSERVATION

Table. 1: Occupation wise distribution of 131 patients of hypothyroidism.

Occupation	Number of patients				Total	Percentage (%)
	Group-A	Group-B	Group-C	Group-D		
Student	1	2	0	3	6	4.58
Service	8	4	7	6	25	19.08
House wife	22	25	23	21	91	69.46
Business	2	1	3	3	9	6.87

Table. 2: Symptoms of Hypothyroidism observed in 131 patients.

Cardinal features of Patients	Number of patients				Total	Percentage (%)
	Group-A	Group-B	Group-C	Group-D		
Dry and coarse skin	33	32	33	33	131	100
Bilateral peripheral Oedema	29	27	28	31	115	87.78
Puffiness of face	31	29	30	32	122	93.12
Breathlessness	28	27	29	30	114	87.02
Constipation	25	23	27	24	99	75.57
Lethargy	32	30	31	29	122	93.12
Weakness	24	23	25	26	98	74.80
Fatigue	30	28	29	26	113	86.25
Cold intolerance	29	27	28	28	112	85.49
Neck swelling	15	13	14	12	54	41.22
Aches and pains	31	30	29	28	118	90.07
Deepened gruff voice	28	26	29	26	109	83.20
Weight gain	33	32	33	33	131	100
Sleepiness/Drowsiness	33	32	33	33	131	100

Table. 3: Associated Symptoms of Hypothyroidism observed in 131 patients.

Associated Complaints	Number of patients				Total	Percentage (%)
	Group-A	Group-B	Group-C	Group-D		
Menstrual Abnormality	10	12	12	14	48	36.64
Infertility	4	3	2	3	11	8.39
Anaemia	9	7	9	6	31	23.66

Table. 4: Dashavidha parikshya observed in 131 patients of hypothyroidism.

Dashavidha parikshya		Number of patients				Total	Percentage (%)
		Group-A	Group-B	Group-C	Group-D		
Prakriti	Kaphapittaj	13	11	9	10	43	32.82
	Vata pittaj	5	7	6	6	24	18.32
	Kapha Vata	15	14	18	17	64	48.85
	Tamasika	19	21	22	24	88	67.17
Sara	Pravara	1	2	0	1	4	3.05
	Madhyama	15	13	14	12	54	41.22
	Avara	17	17	19	20	73	55.72
Samhanana	Pravara	3	2	1	3	9	6.87
	Madhyama	12	13	12	8	45	34.35
	Avara	18	17	20	22	77	58.77
Satmya	Pravara	5	5	5	8	23	17.55
	Madhyama	13	12	14	11	50	38.16
	Avara	15	15	14	14	58	44.27
Satwa	Pravara	7	9	4	5	25	19.08
	Madhyama	12	11	13	10	46	35.11
	Avara	14	12	16	18	60	45.80
Abhyavaharana Shakti	Pravara	5	5	4	6	20	15.26
	Madhyama	10	12	10	12	44	33.58

	<i>Avara</i>	17	15	19	15	66	50.38
<i>Jarana Shakti</i>	<i>Pravara</i>	4	1	1	1	7	05.34
	<i>Madhyama</i>	9	13	11	9	42	32.06
	<i>Avara</i>	20	18	21	23	82	62.59
<i>Agni</i>	<i>Sama</i>	1	2	1	3	7	5.34
	<i>Tikshna</i>	0	0	0	0	0	0
	<i>Manda</i>	25	26	28	26	105	80.15
	<i>Vishama</i>	7	4	4	4	19	14.50
<i>Vyayama Shakti</i>	<i>Pravara</i>	1	2	2	1	6	4.58
	<i>Madhyama</i>	4	5	5	5	19	14.50
	<i>Avara</i>	28	25	26	27	106	80.91

RESULT

Table. 5: Effect of *Vamanottora Avardhamāna Pippali prayoga* on major sign and symptoms of Patients of Hypothyroidism in Group-A.

Sign and symptoms	N	Mean score			% of Relief	Wilcoxon test			
		B.T.	A.T2.	Diff.		+SD	+SE	w	P
Dry and coarse skin	26	2.769	1.692	1.007	36.36	.392	.076	325	<.0001
Bilateral peripheral Oedema	26	2.538	1.308	1.231	48.5	.815	.159	317	<.0001
Puffiness of face and eye lids	26	2.538	1.5	1.038	40.89	.344	.067	325	<.0001
Breathlessness	26	2.577	1.308	1.269	49.24	.533	.104	325	<.0001
Constipation	26	2.231	1.231	1.00	44.82	.565	.110	253	<.0001
Lethargy	26	2.538	1.308	1.2231	48.5	.587	.115	300	<.0001
Weakness	26	2.462	1.385	1.077	43.74	.392	.076	325	<.0001
Fatigue/tiredness	26	2.615	1.346	1.269	48.52	.452	.088	351	<.0001
Cold intolerance	26	2.846	1.57	1.269	44.58	.452	.088	351	<.0001
Aches and pains	26	2.731	1.423	1.308	47.89	.549	.107	325	<.0001
Deepened gruff voice	26	2.692	1.5	1.192	44.27	.633	.124	276	<.0001
Weight gain with poor appetite	26	2.923	1.615	1.308	44.74	.617	.121	300	<.0001
Sleepiness	26	2.769	1.5	1.269	45.82	.452	.088	351	<.0001
Agnivala	26	2.692	1.5	1.192	44.27	.799	.147	231	<.0001
Jaranashakti	26	3.00	1.769	1.231	41.03	.514	.1009	325	<.0001
Menstrual bleeding	22	2.636	1.455	1.182	44.84	.394	.084	253	<.0001

Table. 6: Effect of *Vamana Karma* followed by *Shunthyādi choorn* prayoga on major sign and symptoms of Group-B Patients of Hypothyroidism.

Sign and symptoms	N	Mean score			% of Relief	Wilcoxon test			
		B.T.	A.T2.	Diff.		+SD	+SE	W	P
Dry and coarse skin	26	2.808	1.885	.923	32.87	.271	.053	300	<.0001
Bilateral peripheral Oedema	26	2.615	1.731	.884	33.80	.325	.063	276	<.0001
Puffiness of face and eye lids	26	2.577	1.692	.884	34.30	.325	.639	276	<.0001
Breathlessness	26	2.615	1.692	.923	35.29	.271	.053	300	<.0001
Constipation	26	2.154	1.269	.884	41.03	.431	.084	253	<.0001
Lethargy	26	2.577	1.654	.923	35.81	.271	.053	300	<.0001
Weakness	26	2.423	1.423	1.00	41.27	.4	.078	300	<.0001
Fatigue/Tiredness	26	2.692	1.769	.923	35.69	.271	.053	300	<.0001
Cold intolerance	26	2.808	1.731	1.077	38.35	.627	.123	253	<.0001
Aches and pains	26	2.692	1.615	1.077	40.00	.483	.094	300	<.0001
Deepened gruff voice	26	2.692	1.769	.923	34.28	.271	.053	300	<.0001
Weight gain with poor appetite	26	2.923	1.923	0.923	31.16	.271	.053	300	<.0001
Sleepiness	26	2.808	1.885	.923	32.87	.271	.053	300	<.0001
<i>Agnivala</i>	26	2.808	1.846	0.961	34.22	.445	.087	276	<.0001
<i>Jaranashakti</i>	26	2.962	1.538	1.423	48.04	.702	.137	276	<.0001
Menstrual bleeding	20	2.75	1.50	1.25	45.45	.444	.099	210	<.0001

Table. 7: Effect of therapy on major sign and symptoms of Group-C Patients of Hypothyroidism.

Sign and symptoms	N	Mean score			% of relief	Wilcoxon test			
		B.T.	A.T2.	Diff.		+SD	+SE	w	P
Dry and coarse skin	26	2.731	1.308	1.423	52.1	.503	.988	351	<.0001
Bilateral peripheral Oedema	26	2.654	1.192	.884	55.08	.325	.063	276	<.0001
Puffiness of face and eye lids	26	2.5	1.00	1.5	60	.648	.127	300	<.0001
Breathlessness	26	2.615	1.192	1.423	54.41	.503	.098	351	<.0001
Constipation	26	2.231	1.00	1.231	55.17	.587	.115	300	<.0001
Lethargy	26	2.538	1.115	1.423	56.06	.503	.098	351	<.0001
Weakness	26	2.423	1.038	1.385	57.16	.571	.112	325	<.0001
Fatigue/tiredness	26	2.577	1.038	1.538	59.68	.508	.099	351	<.0001
Cold intolerance	26	2.769	1.269	1.5	51.39	.583	.114	325	<.0001
Aches and pains	26	2.808	1.346	1.462	52.06	.508	.099	351	<.0001
Deepened gruff voice	26	2.731	1.308	1.423	52.1	.503	.098	351	<.0001
Weight gain with poor appetite	26	2.885	1.231	1.654	52.61	.561	.110	325	<.0001
Sleepiness	26	2.885	1.346	1.538	53.31	.508	.099	351	<.0001
<i>Agnivala</i>	26	2.769	1.115	1.654	59.73	.485	.095	351	<.0001
<i>Jaranashakti</i>	26	3.038	1.115	1.923	63.29	.483	.094	351	<.0001
Menstrual bleeding	20	2.75	1.00	1.750	63.63	.444	.099	210	<.0001

Table. 8: Effect of therapy on major sign and symptoms of Group-D Patients of Hypothyroidism.

Sign and symptoms	N	Mean score			% of relief	Wilcoxon test			
		B.T.	A.T2.	Diff.		+SD	+SE	w	P
Dry and coarse skin	27	2.815	1.963	.851	30.23	.362	.069	276	<.0001
Bilateral peripheral Oedema	27	2.630	1.852	.777	29.54	.423	.081	231	<.0001
Puffiness of face and eye lids	27	2.593	1.815	.777	29.96	.423	.081	231	<.0001
Breathlessness	27	2.630	1.889	.74	28.13	.446	.085	210	<.0001
Constipation	27	2.596	1.370	.888	34.2	.577	.111	231	<.0001
Lethargy	27	2.519	1.704	.814	32.31	.395	.076	253	<.0001
Weakness	27	2.556	1.815	.740	28.95	.440	.085	210	<.0001
Fatigue/tiredness	27	2.704	1.815	.888	32.84	.423	.081	276	<.0001
Cold intolerance	27	2.778	1.963	.814	32.85	.395	.076	253	<.0001
Aches and pains	27	2.704	1.815	.888	36.98	.423	.081	276	<.0001
Deepened gruff voice	27	2.667	1.852	.814	38.88	.395	.076	253	<.0001
Weight gain with poor appetite	27	2.852	1.963	.851	36.36	.362	.069	276	<.0001
Sleepiness/drowsiness	27	2.741	1.926	.814	29.69	.483	.093	231	<.0001
Agnivala	27	2.778	1.963	.814	29.30	.395	.076	253	<0.001
Jaranashakti	27	2.926	2.074	.851	29.08	.362	.069	276	<0.001
Menstrual bleeding	21	2.762	1.905	0.857	31.02	.358	0.078	171	

Table. 9: Comparing the % of relief on various symptoms of Hypothyroidism in Group-A, B, C, and D.

Sr. No	Signs and symptoms	Group –A	Group –B	Group-C	Group -D
1	Dry and coarse skin	36.36	32.87	52.1	30.23
2	Bilateral peripheral Oedema	48.5	33.80	55.08	29.54
3	Puffiness of face and eye lids	40.89	34.30	60.00	29.96
4	Breathlessness	49.24	35.29	54.41	28.13
5	Constipation	44.82	41.03	55.17	34.20
6	Lethargy	48.5	35.81	56.06	32.31
7	Weakness	43.74	41.27	57.16	28.95
8	Fatigue/tiredness	48.52	35.69	59.68	32.84
9	Cold intolerance	44.58	38.35	51.39	32.85
10	Aches and pains	47.89	40.00	52.06	36.98
11	Deepened gruff voice	44.27	34.28	52.1	38.88
12	Weight gain with poor appetite	44.74	31.16	52.61	36.36
13	Sleepiness	45.82	32.87	53.31	29.69
14	Agnivala	44.27	34.22	59.73	29.30
15	Jaranashakti	41.03	48.04	63.29	29.08
16	Menstrual bleeding	44.84	45.45	63.63	31.02

Table. 10: Comparative study of lab investigations in Group-A, B, C and D patients of Hypothyroidism.

Sr. No.	Investigation	% of relief in group-A	% of relief in group-B	% of relief in group-C	% of relief in group-D
1	HB gms%	6.61	5.25	7.4	2.69
2	TLC	2.31	1.95	2.5	1.44
3	ESR	19.89	26.62	21.52	17.59
4	Blood Urea	2.36	1.66	2.54	1.14
5	Sr. Creatinine	20.77	18.93	17.57	18.37
6	Sr. Uric acid	10.41	8.6	11.2	8.34
7	Sr. Cholesterol	3.69	3.22	4.47	3.18
8	Sr. Triglyceride	2.93	2.29	3.95	1.84
9	Sr. Bilirubin	27.81	24.22	28.33	21.29
10	SGOT	7.37	6.03	5.66	5.11
11	SGPT	5.48	5.76	6.02	4.82
12	Sr. T3	11.58	10.18	11.12	8.8
13	Sr. T4	6.65	5.48	9.56	5.05
14	TSH	7.38	7.49	28.74	23.46
15	FBS	5.42	4.75	2.271	3.85
16	BMI	6.58	4.57	8.55	3.78

DISCUSSION

Mode of Action of the Therapy

Pāchana & Deepana

Deepana helps to make the *Dosha* free from its adherence to *Dhātu* and *Pāchana* helps to make the *Apakwa Dosha* to *Pakwavastha*.

Snehana: In this study by *Snehapāna* the vitiated *Doshas* liquefies and increases in volume in their sites. This is achieved by *Snehana*, *Vishyandana* and *Kledana Karma* of *Sneha*. Hence the role of this *Sehan* procedure is to transport toxic substances and waste products which remain obstructed somewhere in the body and to bring them to channels from where the body can expel them during the purification.

Abhyanga: It facilitate the diffusion of *Dosha* towards *Koshtha*. But *Abhyanga* is mandatory before any *Shodhana*. Pressure given by *Abhyanga* in direction of Lymph drainage will increases the flow of lymph and it will bring this excess *Doshas* from tissue spaces towards *Koshtha*.

Svedana: By doing *Svedana* heat is transformed inside the body which liquefies the *Dosha* and increases the blood flow and leads to increased osmotic pressure.

Mode of Action: Vamana and Virechana

The properties of *Vaman* drugs are *Ushna*, *Tikshna*, *Sukshma*, *Vyavāyi* & *Vikāsi*. Due to its *Vyavāyi Guna*, it is quickly circulated in to large and small capillaries of the body. It pervades all over the body By virtue of its *Ushna* and *Teekshna Guna*, it liquifies and disintegrates the accumulated *Doshas*. Because of its *Vikāsi Guna* it detaches the *Malas* from *Dhātus*. Owing to the presence of *Sukshma Guna* and *Anupravana* properties the *Malas or Doshas* float because already body has got *Samyak Snigdhata* and pass through smallest capillaries and ultimately reaches to *Aamashaya*. Detached *Malas* would not be obstructed even in the smallest capillaries (*Asajjannamiti- Na Kwachidapi Sangha Gacchati*). From where the *Vamana Dravya* encouraged by *Udāna Vāyu* and owing to the ‘*Agni, Vāyu Mahābhautika* predominance”, they flow in upward direction expel the vitiated *Doshas* through *Vamana*.

Role of *sunthyādi chorrna*. As the drugs contain *Trikatu* it has *Deepan* and *pachan* properties which elevate *Agni* and reduce *Dushi Visha* in the body. Also it pacifies the *kapha*. *Kutki* and *Trivrit* has *Anuloman* action and pacify *Vata Dosha*.

Role of action of *avardhamān Pippali*

It has *Rasāyana* properties. So it increase the *Dhatwagni* and induce the Immunity by which autoantibody formation may decrease.

CONCLUSION

- Hypothyroidism is a disease of thyroid gland in which deficiency of the thyroid hormones takes place. Analyzing the symptomatology of the disease in view of *Ayurvedic* fundamental it is evident that *kapha dusti* associated with vitiation of *Vata dosha* is the main event along with *Agnimandya*. All these factors lead to *Annavah* and *Rasavah Srotadusti*.
- Major etiological factors found responsible in the occurrence of the disease in this study were due to *Agnimandya*.
- Involvement of *Annavah Srotas* and *Pitta Sthana* is observed in this study. Though many patients were having complained of digestive disturbances, constipation, *Mandagni* etc, that indicates the involvement of *Pitta Sthana*.
- In this study *Vamana Paschat Avardhaman Pippali prayoga* along with *Sunthyādi Choorna*(Group-C) shown best result in relieving the signs and symptoms, However *HRT* provided good result in decreasing the values of thyroid function test than group-A and B

therapy. But Group-C shown best result in reducing the values of TSH in comparison to other group.

- After *Vaman*, use of *Sunthyādi choorna* has shown as *Agnideepan*, *Pāchana* and *Sothahara* drug and use of *Pippali* as *Rasāyana*, shows synergistic effect in relieving the sign and symptoms of hypothyroidism.

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