

EFFECT OF VAMANA KARMA FOLLOWED BY SHAMANA CHIKITSA (SHUNTHI CHURNA) IN THE MANAGEMENT OF HYPOTHYROIDISM- A CASE STUDY

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ABSTRACT

Hypothyroidism or ‘Underactive thyroid’ refers to the deficiency of thyroid hormone caused due to various reasons. The incidence and prevalence of Hypothyroidism is increasing alarmingly worldwide as people are leading sedentary lifestyle and are exposed to stress. This case study is a description of successful management of a patient suffering from hypothyroidism with several symptoms and highly raised TSH value. **Presenting concerns:** In this case study, a female patient of 18 years visited the Panchakarma OPD of GACH, Patna on 29.05.2024 with complaints of Puffiness of face, weight gain, abdominal distention, constipation, lower backache, lethargy, weakness, muscle aches, irregular menses, frizzy hair, dry and coarse skin, intolerance towards cold since 2years and severely cracked heels since she was a small kid. She carried laboratory investigations report

with her which shows markedly increase of TSH level (22.10 μ IU/ml) and slightly decreased Sr. T4 level (5.48 micrograms/dL). **Method:** Looking upon the symptoms, chronicity of disease and strength of patient, Vamana karma was planned for the patient followed by Shamana chikitsa (Shunthi Churna). **Results:** After the procedure, patient’s laboratory reports showed remarkable changes and patient got relief in symptoms as well. Discussion: Vamana Karma followed by Shamana Chikitsa (Shunthi Churna) are found to be effective in the management of Hypothyroidism.

KEYWORDS: Hypothyroidism, Vamana Karma, Shunthi Churna.

INTRODUCTION

Hypothyroidism is one of the most common endocrinal disorders seen these days. Decrease secretion of thyroid hormone^[1] or resistance of the body tissue to thyroid hormone^[2] with respect to metabolic demands results in hypothyroidism. Hypothyroidism is typically associated with typical signs and symptoms such as puffiness of face and eyelids, bilateral peripheral oedema, dry and coarse skin, breathlessness, cold intolerance, Hoarseness of voice, weight gain, constipation, weakness, fatigue, lethargy, muscle ache, irregular menses, hair loss etc. Women are affected approximately 6 times more frequently than men.^[3] In Ayurveda there is no direct or exact correlation to Hypothyroidism. But if we try to have a keen insight to the pathogenesis of hypothyroidism according to Ayurveda, we get that it is basically occurring due to dysfunctioning of the Agni. Hypofunctioning of Jatharagni which in turn affects Dhatwagni, eventually, brings out pathological sequence ultimately, diseased condition develops.^[4] It occurs due to vitiation of kapha dosha, vata dosha (Margavarana Janya) and kshaya of pitta dosha.^[5] It occurs mainly due to kapha dosha and kapha sthana samudbhava (neck region). So, we must plan the treatment accordingly. And we all know Vamana Karma works best for treating kapha dosha.^[6] Also Shodhana therapy is 'Kayaagnivardhini'.^[7] The treatment plan must include Deepana, Pachana and Anulomana chikitsa as according to Ayurveda its root cause is Agnimandya and Aam. For Shamana chikitsa Shunthi churna is selected because Acharya Chakrapanidatta mentioned in chikitsa Sangraha, chapter 6 (Agnimaandya chikitsa) that^[8]-

1. The churna of equal quantities of Yavakshara and Shunthi mixed together with Goghrita taken with lukewarm water in the morning stimulates appetite.
2. The powder of Shunthi alone taken with tepid water also does the same.

Also, Acharya Bhava Prakash described about the properties of Shunthi that- it is Ruchya (Increase appetite), Aamvataghni, Pachani (Promotes digestion), useful in kapha-vata disorders, helpful in Vibandha, is Vrishya, is Swarya, useful in Shwasa-kasa, has Shothhara properties etc.^[9] So, Shunthi churna is selected as the Shamana drug.

CASE REPORT

An 18 years old, female patient came to GACH, OPD No.11 (PANCHAKARMA) on 29.05.2024 with the following complaints-

C/O- Puffiness of face, weight gain, abdominal distention, constipation, lower backache, lethargy, weakness, muscle aches, irregular menses, frizzy hair, dry and coarse skin, intolerance towards cold since 2years. Severely cracked B/L heels since she was a small kid.

Also, TFT report impression showed (dated on 20.05.2024)

TSH 22.10 μ IU/ml (Normal 0.51-4.30); highly raised

T4 5.48 μ grams/dL (Normal 5.91-13.20); slightly reduced

Particulars of the patient

Name- XYZ

Age/Sex- 18yrs/ Female

Religion- Hinduism

Marital status- Unmarried

Occupation- Student (12th passed)

Socio-economic status- Upper middle class

Habitat- Urban

OPD NO.-5360

CRN- A26359

IPD No./Bed No.- 1476/ 35

DOA-29.05.2024

DOD-10.06.2024

H/O Past Illness- PCOS (3yrs back took medication for the same for 6 months)

Family History- Patient's mother and maternal grandmother are also diagnosed cases of Hypothyroidism.

Personal history

Appetite- Reduced

Diet- Mixed; Madhur Katu Rasa Pradhana; Vishamashana; Laghu, Ushna, Rooksha diet

Sleep- Disturbed sleep during night; often Diwaswapna

Micturition- 4-5 times a day

Addiction- None

M/H-Menarche- 11 years

LMP not remembered

Duration of flow- (3-4) days

Cycle- (40-45) days cycle, irregular; moderate flow; pain +nt; clot- absent

Type of profession- sedentary with mental strain for 3 years

Systemic examination

CVS- S1 S2 heard, no added sound

R/S- Normal vestibular breathing

GIT- Constipated bowel, inadequate bowel evacuation

CNS- Patient was alert, awake and well oriented to time, place and person

Dashvidha pareeksha

Prakriti- Kapha-Vata dominant

Vikriti- Kapha Pradhan tridoshaja; Rasa and Meda Pradhan dushti; Sadharana pradesh

Sara- Madhyama

Samhanana- Madhyama

Satmya- Sarva rasa Satmya

Aahar shakti: Abhyavaharana- Madhyama; Jaran- Madhyama

Vyayama Shakti- Madhyama

Vaya- 18years old

KOSHTHA of patient is Madhyama

T/t Protocol Adopted

Deepana-Pachana with Panchakol faant

Shodhan Chikitsa- Vamana Karma (with Madanaphala yoga)

Shamana Chikitsa- Shunthi Churna

- ☐ Deepana-Pachana started on 29.05.2024
- ☐ Snehapana with Goghrita (Arohana Krama)

Table 1: Date of snehana with sneha matra.

Day	Date	Sneha matra (Dose)
Day 1	03.06.2024	30ml
Day 2	04.06.2024	50ml
Day 3	05.06.2024	60ml
Day 4	06.06.2024	75ml
Day 5	07.06.2024	90ml
Day 6	08.06.2024	110ml

- ☐ On 09.06.2024 Sarvanga Abhyanga with Sesame oil and Sarvanga VashpaSweda; Kaphotkleshak Aahar (Krishra with Urad dal and Goghrita in excess amount)

- ❑ On 10.06.2024 Sarvanga Abhyanga- Swedana followed by VAMANA Karma
- ❑ Pittanta Vamana; 8 vega (Uttam Shuddhi) and 6 Upvega
- ❑ Peyadi Samsarjana Krama from 10.06.2024 to 16.06.2024 (7days)

Table 2: Treatment procedures described briefly.

Sr. No.	Date	Procedure	Medicine	Observations
1	29.05.2024 to 02.06.2024	Deepana- Pachana	Trikatu Churna (2-3gm BD)	Agni Deepti, Samyaka Aam Pachana
2	03.06.2024 to 08.06.2024	Snehapana	Goghrita in arohana matra for 6 days. (30,50,60,75,90,110ml respectively)	Adhastat sneha Darshana, Snigdha varchas, Vatanulomana, Agni Deepana, Snehodwega
3	09.06.2024	Vishrama Kala (1day)	Sarvanga abhyanga with sesame oil followed by Bashpa sweda. Kaphavrudhdhikar Aahar advised	Samyaka Swedana Lakshanas observed
4	10.06.2024	Vamana karma	Madanaphala yoga (Madanaphala Pippali churna, Yashtimadhu churna, vacha churna, saindhava lavana, Madhu)	Pittanta, 8vega, feeling of laghutva and mana indriya prasada

- ❑ TFT investigation was done on 17.06.2024; findings TSH 5.8 microIU/ml; T4 7.4 micrograms/dL (WNL)
- ❑ From 18.06.2024 onwards Shunthi Churna (1gm BD on empty stomach before meals for 28 days) was given to the patient
- ❑ On 17.07.2024 TFT was repeated (TSH 4.36microIU/ml i.e. WNL and T3, T4 were WNL)

Table 3: Thyroid profile reports on various durations.

	Before Vamana (20.05.2024)	After Vamana (17.06.2024)	After 28 days of Shamana Chikitsa (17.07.2024)	30.12.2024
TSH	22.10	5.85	4.36	1.99
T3	1.43	1.29	1.29	1.41
T4	5.48	7.41	6.50	7.18

OBSERVATIONS AND RESULTS

(Post Vamana karma)

- ☐ Patient lost 5 kgs. of weight. (74kg to 69 kg)
- ☐ She feels lighter
- ☐ Backache disappeared
- ☐ Dryness gone (skin became soft and supple; cracked heels healed; hair became frizz free and lustrous). Patient said on the 3rd day of Snehapana, her left heel got healed completely and right heel almost got healed)
- ☐ Perspires normally
- ☐ Regained lusture
- ☐ Weakness and fatigue gone
- ☐ Menstrual cycle got regulated
- ☐ No side effects observed during the treatment.
- ☐ After 28 days of Shamana Chikitsa when results were seen promising then Shamana chikitsa with Shunthi Churna was extended for 2 more months. After that she did not take any medication, only followed Pathya.
- ☐ Patient was advised to follow the Pathya (Aahar& Vihar) and avoid Apathya. And I must say patient was really obedient, she followed every advice religiously.

DISCUSSION

All the results i.e. after Vamana Karma and even after Shamana are impressive. Not only the thyroid profile results were great also the subjective parameters i.e. the symptoms disappeared and not reoccurred, this gave me immense pleasure as a Vaidya. From the first procedure i.e. Deepana-Pachana, the changes were clearly seen in the patient. Even her menses got regularized with no abnormalities. Patient said she had severely cracked heels since she was a kid but it got completely healed during Snehapana. Vamana Karma has been carried out by many Vaidyas and they have got great results. But I have done a bit of changes to the procedure to simplify it. As I have used Goghrita also I have chosen Shunthi Churna as Shamana dravya to check its efficacy too. Both Goghrita and Shunthi Churna are simple Dravyas but showed effective results. Shamana dravya was administered for 3 months because vitiated Jatharagni can be corrected easily but vitiated Dhatwagni takes time to get corrected. And Shunthi Churna helped with the same.

ACKNOWLEDGEMENT

Firstly, I would mention the patient who was such cooperative, obedient and gave consent for the procedure. As Vamana Karma is a complete team work so I would thank all the team

members including non-technical staffs because of whom the procedure was carried out smoothly and hassle-free.

CONCLUSION

Thus, the above study has shown that hypothyroidism can be managed effectively through Ayurveda, by undergoing Shodhana, Shamana Chikitsa and following Pathya.

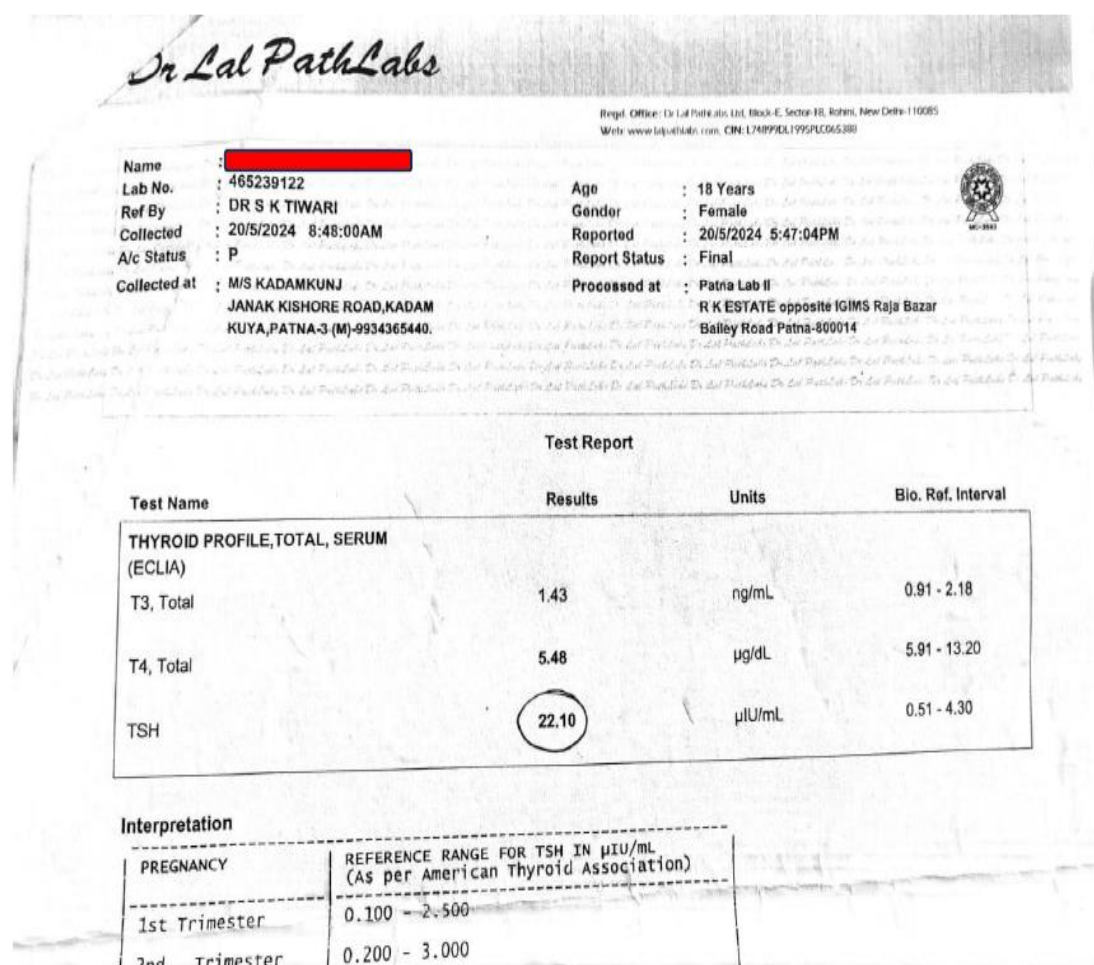


Fig. 1: Thyroid profile test report before treatment.

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Name: [REDACTED]
Lab No.: 468327455
Ref By: SELF
Collected: 17/6/2024 8:50:00AM
A/c Status: P
Collected at: M/S KADAMKUNJ
JANAK KISHORE ROAD, KADAM
KUYA, PATNA-3 (M)-9934365440.

Age: 18 Years
Gender: Female
Reported: 17/6/2024 2:05:59PM
Report Status: Final
Processed at: Patna Lab II
R K ESTATE opposite IGIMS Raja Bazar
Bailey Road Patna-800014

Test Report

Test Name	Results	Units	Bio. Ref. Interval
THYROID PROFILE, TOTAL, SERUM (ECLIA)			
T3, Total	1.29	ng/mL	0.91 - 2.18
T4, Total	7.41	µg/dL	5.91 - 13.20
TSH	5.85	µIU/mL	0.51 - 4.30

Interpretation

PREGNANCY	REFERENCE RANGE FOR TSH IN µIU/mL (As per American Thyroid Association)
1st Trimester	0.100 - 2.500
2nd Trimester	0.200 - 3.000

Fig. 2: Thyroid profile test report after Vamana Karma.

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Name: [REDACTED]
Lab No.: 472370173
Ref By: Dr. AURVEDIC HOSPITAL
Collected: 17/7/2024 8:44:00AM
A/c Status: P
Collected at: M/S KADAMKUNJ
JANAK KISHORE ROAD, KADAM
KUYA, PATNA-3 (M)-9934365440.

Age: 18 Years
Gender: Female
Reported: 17/7/2024 4:33:00PM
Report Status: Final
Processed at: Patna Lab II
R K ESTATE opposite IGIMS Raja Bazar
Bailey Road Patna-800014

Test Report

Test Name	Results	Units	Bio. Ref. Interval
THYROID PROFILE, TOTAL, SERUM (ECLIA)			
T3, Total	1.29	ng/mL	0.91 - 2.18
T4, Total	6.50	µg/dL	5.91 - 13.20
TSH	4.36	µIU/mL	0.51 - 4.30

Interpretation

PREGNANCY	REFERENCE RANGE FOR TSH IN µIU/mL (As per American Thyroid Association)
1st Trimester	0.100 - 2.500
2nd Trimester	0.200 - 3.000
3rd Trimester	0.300 - 3.000

Fig. 3: Thyroid profile test report after 28 days of Shamana Chikitsa.

Fig. 4: Thyroid profile test report after 3 months of Shamana Chikitsa.





Fig. 7: After Vamana.

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