

A CASE REPORT- MANAGEMENT OF HYPOTHYROIDISM THROUGH AYURVEDA MANAGMENT

Sunita^{1*}, Indumati Sharma² and Ruhi Zahir³

¹PG Scholar, PG Department of Kaya Chikitsa,

²Asso. Professor, PG Department of Kaya Chikitsa,

³Assi. Prof., PG Department of Kaya Chikitsa,

M.M.M. Government Ayurved College Udaipur, Rajasthan. (PIN 313001).

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*Corresponding Author

Dr. Sunita

PG Scholar, PG Department
of Kaya Chikitsa, M.M.M.
Government Ayurved
College Udaipur, Rajasthan.
(PIN 313001).

ABSTRACT

Hypothyroidism is the most common endocrine disorder observed all over the world in present time. Hypothyroidism is a common condition with various causes. The normal and abnormal functions of thyroid gland can be co-related to healthy and altered status of *Agni*. So, hypothyroidism can be considered as a stage of *Agnimandya*, resulting in the formation of *Ama* leading to *Bahudoshavastha*. In the *Bahudoshavastha* condition of *Ama*, *Doshavasechana* is done. Ayurveda is traditional medicine system with historical roots in the Indian subcontinent. The theory and practice of Ayurveda is scientific. The clinical presentation depends on the duration and severity of the hypothyroidism. 20-year-old female come for ayurvedic treatment for

hypothyroidism. First, we planned *Panchkarma* therapy as *Shodhan Chikitsa* in sequence of *Snehan & Swedan* as *Purva Karma* and *Virechana* as *Pradhan Karma*. We use classical *Virechana Yog*. After complition of 7 days *Sansarjan karma* we gave *Sanshamana Chikitsa*, Significant symptomatic and laboratorical results were found in 2 months.

KEYWORDS: Hypothyroidism, *Agni*, *Virechana*, *Snehan*, *Swedan*.

INTRODUCTION

Thyroid gland is one of the most important and sensitive endocrine glands. The major function of thyroid gland is to control the rate of metabolism. Hypothyroidism is a common condition with various causes, but autoimmune disease and thyroid failure following or surgical treatment of thyrotoxicosis account for over 90% of cases, except in areas where

iodine deficiency is endemic. Women are affected approximately six times more frequently than men.^[1] Hypothyroidism results from inadequate production of thyroid hormone. Any structural or functional defects of thyroid gland that significantly impairs its output of hormones will lead to the hypo metabolic state of hypothyroidism. Ayurveda has not mentioned endocrine disorders, instead for treatment of unspecified syndromes, it emphasizes on careful observation of symptoms and patho physiology. In Ayurveda it can be co-related with the actions of “AGNI.” To be more precise, the signs and symptoms of hypothyroidism are similar to those of *Kapha Vriddhi* (increase in *kapha*), *medas dhatwagni mandya* (slow metabolism at adipose tissue level), *Rasa Dushti* (Pathology of blood), *Medas dushti* (pathology of adipose tissue) and *kapha Avarana janya Dhatwagni Mandya* slow metabolism due to blockage of *kapha*.

CASE REPORT

A female patient of 20 years old, housewife came to OPD of Government Ayurveda hospital, Moti chohtta, Udaipur with chief complaints of

- Weakness
- Loss of hair
- Lethargy
- Weight gain
- Irregular and Scanty menstruation etc. in the last Two year.

After taking proper history, the patient was done for investigations of blood Hb%, T3, T4, TSH etc. After seeing the report, the patient was diagnosed as hypothyroidism. The patient was first diagnosed here. Since her TSH was 18.956 μ IU/ml, T3 0.97 and T4 4.82 μ g/dl. After diagnosis the patient, herself was interested for Ayurvedic treatment. She had no family history for similar conditions and no significant past history. She also had no any history of hypertension, diabetes, cardiac problem or any other complicated diseases.

Personal history

- Patient name- XYZ
- Age -20 years
- Bowel habit- constipated
- Appetite – low
- Weight- 76 kg

- Family History - No
- BP-114/78mmHg
- Pulse-76/min
- Height-5' 3" Ft
- PCOD

Ashtavidha pariksha

- *Nadi- Kapha-Vataj*
- *Mutra- Pitaabh*
- *Mala- Vibandhita*
- *Jiva- Malavrita*
- *Shabd- Spasta*
- *Sparsh- Rukha, Sheeta*
- *Druk- Prakrut, Swetabh*
- *Aakruti- Sthool*

Dashavidha pareeksha

▪ *Prakriti – Kaph-Vataj* ▪ *Aharaja Hetu - Madhura Ahara, Atisneh Jnaya Aahar* (Fast food consumption) ▪ *Viharaja Hetu - Avyayama, Diwaswapna* ▪ *Dosha - Kapha Pitta* ▪ *Dushya - Rasa, Meda* ▪ *Desha – Anupa* ▪ *Sattva – Madhyama* ▪ *Sara - Medosara, Mamsasara* ▪ *Samhanana - Madhyama* ▪ *Pramana - Sthula* (Ht - 5.3ft & Wt - 76 kgs) ▪ *Satmya – Madhyama* ▪ *Ahara Shakthi o Abhyavarana Shakthi – Madhyama & Jarana Shakthi – Avar* ▪ *Vyayama Shakthi – Avara* ▪ *Vaya – Yuva* ▪ *Bala - Madhyama*

Treatment

Poorvakarma- Snehapana

- *Triphla Ghrita-* for 7 days

Day	1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
<i>Snehapan Matra</i>	25 ml	50 ml	75 ml	100 ml	125 ml	150ml	175ml

- ***Pradhana karma- Virechana karma***

Yoga- Amlatas Kwath (150ml), *Eranda Sneha* (20 ml), *Avipattikar Churna*(15gm)

- ***Pashchata karma- Sansarjana karm*** for 7 days

MATERIALS

Table 1: Material: The detail of the drug along with doses are given in the table below.

S. No	Drugs	Doses	Anupana
1.	<i>Arogyavrdhini vati</i>	250 mg	Twice a day with honey in the form of combination
2.	<i>Punarnva Mandur</i>	250 mg	
3.	<i>Trikatu Churna</i>	500 mg	
4.	<i>Shilasindura</i>	65 mg	
5.	<i>Ajamodadi Churna</i>	3 gm	
6.	<i>Kachanara Guggulu</i>	2 tabs (500 mg each)	Twice a day with water, after meal
7.	<i>Kumaryasava</i>	20 ml	Twice a day with 30 ml water, after meal
8.	<i>Dhashamularishta</i>	10 ml	

Table 2

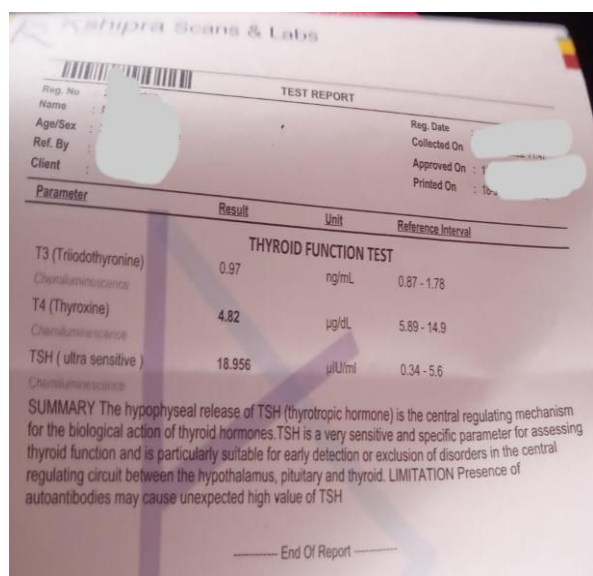
Symptoms	Befor treatment	After treatment
Weakness	++++	--
Irregular menstruation	+++	Regular
Lethargy	++	--
Hair loss	+++	--
Increased weight gain	76 kg	68 kg

Table 3

Investigation wise results

S. no.	Investigation	Before treatment	After treatment
1.	T ₃	0.97 ng/ml	1.05 ng/ml
2.	T ₄	4.82 µg/dl	8.23 µg/dl
3.	TSH	18.956 µIU/ml	4.109 µIU/ml

Lab investigation



Kshipra Scans & Labs

TEST REPORT

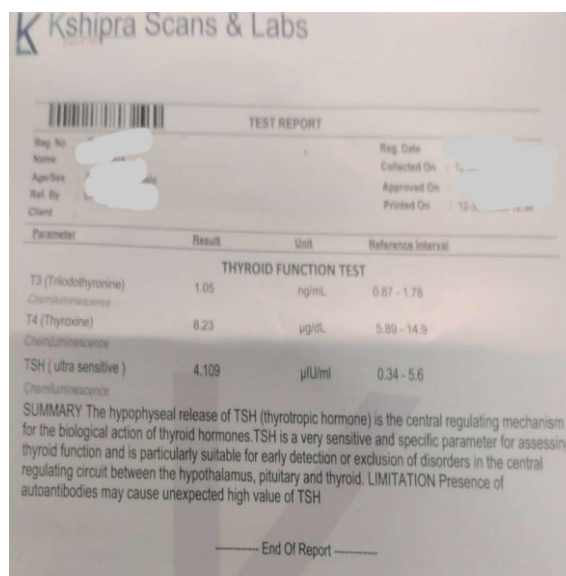
Reg. No. [Redacted]
Name [Redacted]
Age/Sex [Redacted]
Ref. By [Redacted]
Client [Redacted]

Reg. Date [Redacted]
Collected On [Redacted]
Approved On [Redacted]
Printed On [Redacted]

Parameter	Result	Unit	Reference Interval
THYROID FUNCTION TEST			
T3 (Triiodothyronine)	0.97	ng/mL	0.87 - 1.78
T4 (Thyroxine)	4.82	µg/dL	5.89 - 14.9
TSH (ultra sensitive)	18.956	µIU/ml	0.34 - 5.6

SUMMARY The hypophyseal release of TSH (thyrotropic hormone) is the central regulating mechanism for the biological action of thyroid hormones. TSH is a very sensitive and specific parameter for assessing thyroid function and is particularly suitable for early detection or exclusion of disorders in the central regulating circuit between the hypothalamus, pituitary and thyroid. LIMITATION Presence of autoantibodies may cause unexpected high value of TSH

End Of Report



Kshipra Scans & Labs

TEST REPORT

Reg. No. [Redacted]
Name [Redacted]
Age/Sex [Redacted]
Ref. By [Redacted]
Client [Redacted]

Reg. Date [Redacted]
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End Of Report

OBSERVATION AND RESULTS

The patient was advised to undergo investigations of Hb% and T3, T4, TSH after each month of treatment. The patient felt better and improving symptoms after one month and the intervals of symptoms gradually reduced after 1st and 2th months. No any adverse effects were found throughout the treatment period's report in every month is reduced from 18.956 to 4.109 μ IU/ml respectively. Gradually recurring of symptoms was decreased and after 2 months the symptoms were not observed. The patient was appeared normal clinically. The patient was fully satisfied with Ayurvedic treatment.

- **Action of medicine-** After *Shodhana Karma-Virechana*, patient showed much improvement in her health status. The normal as well as abnormal functions of thyroid gland can be correlated to healthy and altered status of *Agni*. So hypothyroidism can be considered as a stage of *Agnimandya* resulting in the formation of *Ama*. In the *Bahu doshaavastha* of *Ama*, *Doshavsechana* or *Sansodhana* is done which includes expelling out *Ama* by *Virechana*. Properties of *Virechana Dravyas*: *Ushna*, *Tikshana*, *Sukshma*, *Vyavayi* and *Vikasi*. *Panchabhautika Sanghathana*: These drugs consist of *Prithvi* and *Jala Mahabhutas*. *Virechana* is the best treatment for *Pitta* and *Pitta* associated with *Kapha* or *Vata*.^[2]

- **Trikatu churna**

पिप्पली मरिचं शुण्ठी त्रिभिस्त्रयूषणमुच्यते दीपनं श्लेष्ममेदोघ्नं कुष्ठपीनसनाशनम् । जयेदरोचकं सामं मेहगुल्मगलामयान् ।। (शा.स.6/12)

- **Ajmodadi Churna-** It gives relief in *Vata* and *Kapha* and increases *Pitta*, reduces *Sotha* (swelling).

अजमोदा विडङ्गानि सैध्व देवदारु च ।।

चित्रकः पिप्पलीमूलं शतपुष्पा च पिप्पली । मरिचं चेति कर्षाशं प्रत्येकं कारयेद् बुधः ।। कर्षास्तु पञ्च पथ्याया दश स्युर्वृद्धदारुकात् । नागराच्च दशैव स्युः सर्वाण्येकत्र चूर्णयेत् ।। पिबेत् कोष्णजलेनैव चूर्णं श्वयथुनाशनम् । आमवातरुजं हन्ति सन्धिपीडां च गृध्रसीम् ॥ कटिपृष्ठगुदस्थां च जङ्घयोश्च रुजं जयेत् । तूनीप्रतूनीविश्वाचीकफवातामयाञ्जयेत् ॥ समेन वा गुडेनास्य वटकान् कारयेद्विषक् ।

- **Kanchnar guggulu** helps to balance the excess *Pitta* and *Kapha doshas* in body. It also helps to reduce the swelling in neck and in goiter. It helps to reduce or break down the deep seated *Kapha* and supports the digestive fire. It also supports proper circulation of blood & promotes elimination of toxins from body.

काञ्चनारत्वचो ग्राह्यं पलानां दशकं बुधैः ॥

त्रिफला षट्पला कार्या त्रिकटु स्यात् पलत्रयम् । पलैकं वरुणं कुर्यादलात्वक्पत्रकं तथा ॥ एकैकं कर्षमात्रं स्यात् सर्वाण्येकत्र चूर्णयेत् । यावच्चूर्णमिदं सर्वं तावन्मात्रस्तु गुग्गुलुः । सङ्कट्य सर्वमेकत्र पिण्डं कृत्वा च धारयेत् । गुटिकाः शाणिकाः कार्याः प्रातर्ग्राह्या यथोचितम् ॥ गण्डमालां जयत्युग्रामपचीमर्बुदानि च । ग्रन्थीन् व्रणांश्च गुल्मांश्च कुष्ठानि च भगन्दरम् ॥ प्रदेयश्चानुपानार्थं क्वाथो मुण्डतिकाभवः । क्वाथः खदिरसारस्य पथ्याक्क्वाथोष्णकं जलम् ॥

- **Kumaryasava** - It is beneficial in managing various conditions like weakness, abdominal disease (*Udar rog*). *Kumaryasava* has many benefits as *Bala* (power), *varna* (clearness), *Dhatuvrdhak*, *Ruchikar* etc.
- **Arogyavardhini vati**- Works basically on the *Medas dhatu* and the *dhatwagni* thus digesting and removing the *Ama janit medas dhatu vrudhi* (increase in *medas dhatu* that is undigested).
- **Shilasindur**- It is beneficial in managing various conditions like *Meda*, *Kushth* (leprosy), *Kanthmal Raktavikar* etc. *Mansila* (Arsenic disulphide) is *Sarak*, *Lekhan*, *Kaphaghna*, *Meda Shamak* etc.^[6]

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