

AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM - A SINGLE CASE STUDY

Dr. Smita Pradeep Makasare*¹ and Dr. Arti Firke²

¹MD (Scholar) Swastavritta Department College of Ayurved & Research Centre, Nigdi, Pune
– 44 University – Maharashtra University of Health Science.

²Asso. Professor, Swastavritta Department College of Ayurved & Research Centre, Nigdi,
Pune – 44 University – Maharashtra University of Health Science.

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***Corresponding Author**

**Dr. Smita Pradeep
Makasare**

MD (Scholar) Swastavritta
Department College of
Ayurved & Research
Centre, Nigdi, Pune – 44
University – Maharashtra
University of Health
Science.

ABSTRACT

Hypothyroidism is indeed a complex condition, and its diagnosis can be challenging due to the nonspecific nature of its symptoms. Hypothyroidism may manifest with symptoms such as tiredness, weight gain, hair loss, cold intolerance, mood disturbance, indigestion and dry rough skin. However, these signs can overlap with other common conditions, making diagnosis tricky. Therefore identification of hypothyroidism is important in clinical practice. The initial blood test typically measures the level of thyroid-stimulating hormone (TSH). Ayurveda plays very important role in treating chronic disease where modern medicines fails. But for this to happen basic principles of Ayurveda should be applied to that specific disease condition. Case report: In this present study a female patient aged 39 years known case of hypothyroidism since 8years was treated with Shamanoushadhi, Rasayana and specific Pathya followed as per Sthaulya Chikitsa. Results: After 2 months of treatment there was a significant reduction in the signs and symptoms of the disease with a 60% improvement in the condition.

KEYWORDS: Hypothyroidism, Shamanoushadhi, Rasayana.

INTRODUCTION

Thyroid gland pathologically broadly divided into two types. First one is structural pathological conditions such as colloidal goitre, abscess, malignancy and the second one is functional pathological conditions such as hyperthyroidism and hypothyroidism.

There may be a third variety which is blend of both structural and functional pathological conditions and sometimes may also have a complication in all the above conditions as Graves' disease.

Each of the pathology presents with its own signs and symptoms here in this study the functional pathology of thyroid gland is elaborated that is hypothyroidism which presents itself with tiredness, weight gain, hair loss, cold intolerance, mood disturbances, indigestion, dry rough skin and the treatment to this condition is hormone replacement. This clinical picture mimics the condition of Sthoulya and hence, it has to be treated in terms of Sthoulya Chikitsa.

The treatment of this condition mainly focus on Shodhana and Shamana, Vyadhihara Rasayana. A lot of clinical studies done on the management of hypothyroidism. But less emphasis laid on trying Shamanoushadhis, so, the present case report shows the successful management of hypothyroidism.

Case Presentation

The patient discussed here is a female patient aged 39 years. At present she complaints of weight gain associated with increased tiredness and hair loss since 6 months. She is known case of hypothyroidism since 8years on regular medication Thyroxine 75 mg at morning daily before food. Her Previous weight was 65 kg now her weight increased to 74 kg. She is also presented with indigestion and dry rough skin.

There is no history of diabetes or hypertension, cardiac problem or any other complicated diseases and there was no relevant family history of thyroid disorders. The appetite is reduced, sleep is sound, bowel is regular and micturition is 4 to 5 times per day.

All the vitals and systemic examination were within normal limits.

Thyroid local Examination**On Inspection**

Localized swelling - Absent

On palpation

Size - Normal

Shape – Normal

Localized temperature - Not Raised

Tenderness - Absent

Localized temperature – Absent

Case Report

Name: XYZ

Age: 39 years

Sex: Female

Weight: 74kg

Religion: Hindu

Status: Housewife

Family history: No specific family history

Menstrual history: Regular-5 days

Diet History

As she was having agnimandya she used to take very less diet and that too stale, spicy, fast, food, cold water etc.

Vihar: She was not doing any kind of exercise, yoga as she always prefer to sleep due to weakness.

Ashtavidh parikshan: -Ashtavidh parikshan was done according to yog Ratnakar

Nadi: Vatkaphatmak

Mala: Prakrut

Mutra: Prakrut

Jinvha: Sam

Shabda: Ksheen

Sparsa: Sheet

Druk: Prakrut

Akruti: Sthaul

Treatment given

The treatment was planned according to the state of Rogabala (strength of the disease) and Aturabala (strength of the patient).

The following medicines are administered to the patient for a period of 2 months. The patient was advised to indulge in light diet, pranayam and yoga.

Diet

The patient is advised to follow a strict diet regime. Sweets, sour, spicy, oily, fast food, junk food, bakery items, curd, frozen food items, snacks, cold water were strictly prohibited. She was advised to take kushmand, mudga, yush, tanduliyak etc were advised.

Pranayam and yoga

Patient was advised to anulom-vilom, omkar, shavasana, makarasan, sarvangasana.

Table 1: Intervention.

SN	Name of drug	Dosage	Time of administration	Frequency and Anupana
1.	Nityananda Rasa	2 tablet	After Food	Thrice a day with lukewarm water
2.	Dhatri Loha	1 tablet	Before Food.	Thrice a day with lukewarm water
3.	Yashtimadhu	2capsule	Before food.	Thrice a day with lukewarm water

RESULT

Table 2: Symptom wise result.

SN	Effect of treatment	Percentage wise results	
		BT	AT
1.	Weight	74 kg	70 kg
2.	Fatigue	80%	20%
3.	Hair loss	80%	20%
4.	Dry skin	70%	50%
5.	Indigestion	70%	2%

Table 3: Thyroid profile report.

SN	Investigation	Before treatment	After treatment
1.	T3	76.0	68.0
2.	T4	8.70	6.46
3.	TSH	40.20	11.0

DISCUSSION

Hypothyroidism is a condition where the thyroid gland fails to produce enough thyroid hormones, leading to a decreased metabolism of the body. In Ayurveda, hypothyroidism involves the imbalance of the kapha dosha and vata dosha, and a decrease in pitta dosha.

Sthaulya, on the other hand, is a condition that can be compared to obesity. It is due to lack of physical activities causes accumulation of sheeta and guru guna of kapha and increase in meda Dhatu which causes sthauilya.

The clinical picture of hypothyroidism does indeed simulate Sthaulya in certain aspects, such as weight gain and lethargy. Therefore, treating hypothyroidism in terms of Sthaulya Chikitsa makes sense from an Ayurvedic perspective. However, it's important to note that while there are similarities, hypothyroidism and Sthaulya are distinct conditions and the treatment approach may vary based on individual symptoms and constitution. Suitable Shamanoushadhi was planned in this case,. Nityananda Rasa is very beneficial in case of Medogata Vikaras. As Sthoulya is Meda Pradhana Vyadhi, Each and every ingredient in Nityananda Rasa possess the quality of Vata Kaphahara and it has the properties like Lekhana and Rasayana. Dhatri loha treats indigestion and Tridoshahara and act as Rasayan also. Yashtimadhu helps in dry skin. After 2 months of shamanoushadi and Rasayan chikitsa. Patient got 60% relief from symptoms. So patient gained trust in Ayurveda and motivated to follow Ayurveda's Aim(Swasthyasya Swasthyarakshanam) to prioritize health first. Following are the properties of the medicine used.

Table 4: Ingredients, properties and action of the drugs.

Drug	Ingredients	Properties & Action
Nityananda Rasa	Triphala, Trikatu, Parada Gandhaka, Kasya, Tamra, Vanga, Tuttha, Shankha Bhasma, Haratala, Vidari, Vidanga, Loha, Bhasma, Pancha Lavana, Chavya, Pippali Moola, Hapusha, Vacha, Patha, Devadaru, Ela, Vriddhadharu, Trivrut, Chitraka, Danti, Shati	Vatakaphahara, Agnideepana, Amapachana, Lekhana and Rasayana
Dhatri Loha	Amalaki, Loha Bhasma, Yashtimadhu, Guduchi	Tridoshahara, Rasayana
Yashtimadhu	Yashtimadhu	Balavarnakrit, Vatapittahara, Shothahara, Kantya

CONCLUSION

From the above study it can be concluded that Nityananda Rasa, capsule Yashtimadhu, Dhatri Loha are effective in the management of hypothyroidism. So, there was a significant reduction in the signs and symptoms of the disease, and also in thyroid profile report. The medicine showed encouraging results in this case. The results need to be studied in more numbers of patients for the better assessment.

Patient Consent: Written permission for publication of this case study has been obtained from the patient.

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