

BALANCING THYROID HARMONY: A HOLISTIC JOURNEY WITH AYURVEDA- A CASE STUDY

Vd. Chandrika Urs P.^{1*}, Vd. Seema Sajjanar², Vd. Swarnalatha³ and Vd. Deepshikha Kumari⁴

¹Assistant Professor, ^{2,3,4}Second Year PG Scholar,

Department of Rachana Shareera, Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan.

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***Corresponding Author**

Vd. Chandrika Urs P.

Assistant Professor,

Department of Rachana
Shareera, Shri Dharmasthala
Manjunatheshwara College
of Ayurveda and Hospital,
Hassan.

ABSTRACT

Hypothyroidism is a prevalent endocrine condition linked to multisystemic conditions. The traditional medical system of Ayurveda provides Holistic approaches for treating these kinds of ailments. Present case is of a female patient aged about 23years, who was diagnosed with Hypothyroidism associated with severe unilateral headache and K/C/O obesity. Trividha, Astavidha, Dashavidha Pareeksha were conducted and observed vitiation of Kapha and Vata causing Srotosangha and Rasa-Medo dhatu dushti. Accordingly, the treatment approach was planned along with prescribed wholesome diet and regimen. Patient was treated with Ayurvedic therapies such as Deepana, Pachana, Shodhana (Vamana), Samsarjana followed by Shamana and Rasayana chikitsa. A significant result was noted after treatment in terms of Reduction in level of TSH from 7.95 μ IU/ml to 3.28 μ IU/ml, Weight from 102.6kg to 96 kg immediately after Vamana and further reduced to 90kg after 2months, Headache from 90% to 2%

and there was no recurrence after the treatment until recent follow up. A satisfactory improvement observed in overall health of the patient proving significant efficacy of Principle based holistic approach of Ayurveda.

KEYWORDS: Hypothyroidism, Vamana, Rasayana, Shamana, Principle based treatment.

INTRODUCTION

Hypothyroidism, a leading endocrine disorder demanding lifetime dependency over high dosage of anti-thyroid hormonal medications. The patients who are approaching Ayurveda are in a great regret over following hormonal therapy for its long-term dependency of medication and conscious about its untoward effects. Successfully treated present case of Hypothyroidism, on the strong lines of holistic principles of Ayurveda, is providing a promising answer to multisystemic conditions.

A case report

A female patient aged about 23 years, a software professional approached us with chief complaints of

- Severe Headache- radiating from right side of face to right side of head since one and half month, pain increased since 1 week and unable to expose to sunlight
- Fatigue, Lethargy
- Sleep disturbance
- Anxiety about recently diagnosed hypothyroidism since 2 months

History of present illness

The patient is a software professional working nightshift till 2 am from home since 1 year. She is a K/C/O Obesity since her childhood. Since the beginning of her working days, she was noticing heaviness of head, episodes of severe headache frequently. Her daily routine usually starts at 11 am to 12 pm with sedentary lifestyle with minimal physical activity, used to have heavy foods almost all the days of the week. Recently since last 3 months started getting severe headache, fatigue, lethargy, indigestion, and further increase in bodyweight. So, she immediately approached nearby allopathy hospital and advised to undergo Lipid profile test and Thyroid function test. She was prescribed with Anti- thyroid hormonal medication as there was increased level of TSH and Triglycerides. The patient approached us c/o above mentioned symptoms and was not willing to continue anti-thyroid hormonal medication, wanted to take Ayurveda medication for the same, hence approached - SDM Ayurveda Hospital, Hassan.

Family history: Mother also recently diagnosed with Hypothyroidism at her menopausal age.

Menstrual history

Menarche at the age of 13 years

Interval: 28-30days with 4- 5 days of menstruation

Dysmenorrhea- present

Bleeding- clot, froathy, odour +

Ashtavidha pareeksha^[1]

Nadi – Kaphavata

Mala- 2 times/day

Mutra- Normal

Jihva- Lipta

Agni- Mandya

Shabda- Normal

Sparsha- Twak Rukshata

Drik- Normal

Akruti- Sthoulya

Bala- Avara

Raktacchapa- 120/76 mm/hg

Dashavidha pareeksha^[2]

Prakruti- Kaphapittaja

Vikruti- Kaphavataja Rasa medodushti

Sara- Medosara

Samhanana- Madhyama

Pramana- 102.6kg weight, 158 cm, BMI- 41, Obese class III

Satmya- Ushna desha and Ushna ahara

Satva- Pravara

Ahara Shakti- Manda

Vyayama Shakti- Alpa

Vaya- Youvana, 23 years

Materials

Amapachana:- for first 7 days

- Shirashoolari Vajra Rasa^[3]

- Kanchanara Guggulu^[4]
- Avipattikara Churna^[5]
- Udwartana^[6] and Bashpa Sweda
- Chitrakadi Vati^[7]

Snehapana:- With Guggulu tiktaka Ghrita,^[8] Shunti Jala

Vishrama kala:- Sarvanga Abhyanga with Dhanwantara taila and Bashpa Sweda with Kaphotkleshakara ahara.

Vamana karma^[9]:- with Madanaphala Churna 10gm, Yastimadhu Churna 5gm, Saindhava 5gm, Vacha 2gm, Pippali 1gm, Honey Q.S along with Ksheera, Yastimadhu Phanta, Saindhava jala.

Advice on discharge

Chitrakadi vati 1-1-1

Kanchanara Guggulu 2-2-2

Navaka Guggulu¹⁰ 2-2-2

Chyavanaprasha Avalehya¹¹ 0-0-5gm HS

Diet

Ahara- The patient is advised to strictly avoid curd, fried items, oily, spicy, cabbage, pineapple and nonveg.

Vihara- Avoid exposure to cold, wind.

Avoid Divaswapna (Day sleeping) and Ratri jagarana (Night awakening)

Advised routine practices of some relaxing stretches and exercises with conscious breathing sessions.

Methods

Centre of Study: SDM Ayurveda Hospital, Hassan

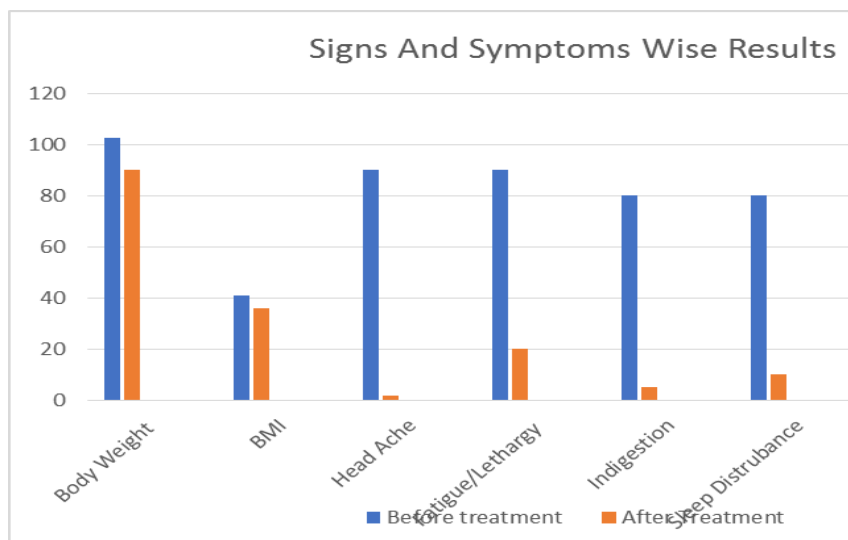
Type of Study: Simple Random Single case study

RESULT

Table 1: Signs and Symptom wise Result.

SI No	Effect of treatment	Percentage wise results	
		BT	AT
1	Weight and BMI	102.6 kgs BMI- 41 (Obese class III)	96kg during discharge, after 2months of oral medications reduced to 90kg

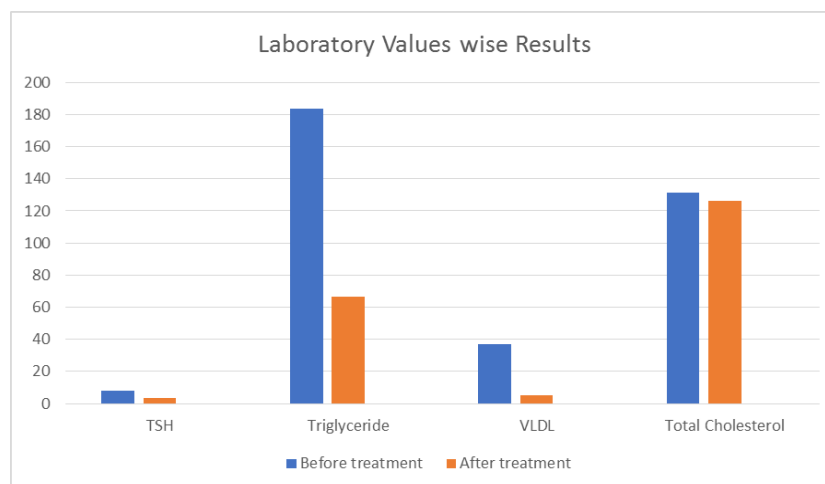
			BMI-36 (Obese Class II)
2	Headache	90%	2%
3	Fatigue/ Laziness	90%	20%
4	Sleep disturbance	80%	10%
5	Indigestion	80%	5%

**Table 2: Thyroid profile report.**

SI No	Investigation	Before treatment	After treatment
1	T3	0.98 μ IU/ml	0.76 μ IU/ml
2	T4	6.37 μ IU/ml	6.42 μ IU/ml
3	TSH	7.95 μ IU/ml	3.28 μ IU/ml

Table 3: Lipid profile report.

SI No	Investigation	Before treatment	After treatment
1	Total Cholesterol	131.1 mg/dl	126 mg/dl
2	HDLC	32.7 mg/dl	32.5 mg/dl
3	LDLC	61.7 mg/dl	88.3 mg/dl
4	VLDL	36.7 mg/dl	5.2 mg/dl
5	Triglycerides	183.8 mg/dl	66.4 mg/dl



In the present case of Hypothyroidism, we could able to achieve immediate and long run positive health results in terms of reduction in weight, headache, fatigue, lethargy, along with bringing back the laboratory values of TSH and Triglycerides within range. Even in the recent follow up of the patient, there is no recurrence of headache, lethargy, fatigue, and no further increase in body weight. Patient is following the prescribed diet and regimen.

DISCUSSION

Nidana- Ahara: Junk foods like Sandwich, Pizza, Burger, Noodles, etc; Irregular and improper diet timings.

Vihara: Prolonged sitting, Ratri jagarana, Diva swapna, Vegadharana, Alpavyayama

Samprapti- Nidana → Kaphavata Prakopa → Aama formation → Agnimandya → Rasa and medo dhatu dusti → Lakshanas.

Chikitsa- The clinical evidence of this case falls under the conditions of Kaphavataja vyadhi with Bahudosha lakshana. Hence the Treatment is planned to balance Kapha and vata dosha along with Srotoshodhana and Apatarpana.

- Deepana, Pachana, Vata anulomana done with Avipattikara churna 0-0-2.5gm, Chitrakadi vati 1-1-1 B/F, Udwartana with udwartana churna.
- After Niraama lakshanas, planned for Vamana- Snehapana with Guggulu thiktaka Ghrita along with Shunti jala (3 days); In Vishrama kala, Sarvanga abhyanga with Dhanwantara taila and Bashpa sweda for a day; followed by Kaphotkleshakara ahara sevana.
- Vamana karma done with Madanaphala Churna 10gm, Yastimadhu Churna 5gm, Saindhava 5gm, Vacha 2gm, Pippali 1gm, Honey Q.S along with Ksheera, Yastimadhu Phanta, Saindhava jala with the signs of Madhyama Shuddhi.

CONCLUSION

Ayurveda is a time tested and meticulously researched principle based medical science. At every level of assessment of patient, starting from methodical assessment of Nidana, Lakshana, and planning the treatment, Ayurveda has got a deeper and strong promising holistic approach. Present case of Hypothyroidism is one of the successful cases treated through Ayurveda. The clinical manifestations in Hypothyroidism mainly falls under the Kaphaja vikara spectrum along with equally vitiated Vata dosha causing Srotosanga. Hence balancing Dosha with respective Nidana parivarjana and panchakarma procedures such as Udwartana, Vamana, Basti with specific wholesome Ahara, Vihara and Achara has become a cost effective and promising holistic approach for overall health.

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