

AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM - A CASE STUDY

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ABSTRACT

We all know that Ayurveda is life science, which has solutions for all health related issues. Hypothyroidism is one of the most common endocrine disorder seen in daily opd. As per *Charak Samhita* we can categorize Hypothyroidism in *Anukta Vyadhies*. *Vata* and *Kapha* are two main *doshas* involved in this *Vyadhies*. Present case is one of my successful case of hypothyroidism. 23 year's female patient suffering from weakness, dry skin, hair loss, constipation, acidity, weight gain, breathlessness, irregular menses since last 2 years, and from last one month all symptoms increases rapidly. Patient having history of diabetes and thyroid and under allopathic treatment since last 2 years. After 35 Days of *Ayurvedic* treatment patient got relief in most of symptoms of disease drastically and TSH level reduced from 34.06 to

6.5 μ IU/ml.

KEYWORDS: Ayurveda, Hypothyroidism, Anukta vyadies, Charak Samhita.

INTRODUCTION

Luxury lifestyle gives pleasure to body. At the same time this pleasure disturbs dos has and ultimate disturb mind and body too. This luxury life gives rise to many lifestyle disorders. Thyroid, Hypertension, diabetes some examples of lifestyle disorder. In society number of cases of thyroid increases day by days. There are 3.8-6% general populations affected with Hypothyroidism.^[1] Thyroid dysfunction is two types i.e over activity and under activity. In Hypothyroidism thyroid gland does not produced enough thy- roid hormone.^[2] Hypothyroidism can be described as underactive Thyroid. Infertility, weight problems, depression and chronic tiredness the most frequent complications of Hypothyroidism.^[3]

Ayurvedic Samhita has description of swelling of the thyroid gland called as *Galganda* which symptoms is like Hyperthyroidism.^[4] There is not a direct description of Hypothyroidism found in *samhitas*. There are many diseases which is not mentioned directly in Ayurveda texts is called as *Anukta Vikar*.^[5] Subclinical Hypothyroid is one of such disease. Though there is lack of direct description of such disease, but its line of treatment described very well. There is description in *Ashtanag Hrudaya* that, if we don't know name of the disease than Vaidya should treat the patient with examination of *Prakruti*, *Adhistahna*, *Bheda*, *Hetu*.^[6] According to Ayurveda Hypothyroidism can be consider as *Anukta Vikara* and discussed as *Vata-kaphaj dushti-janya vyadhi*. Modern science is very well developed with advanced techniques for disease, diagnosis and treatment, but still no easy solution to treat lifestyle disease. Current available medicines are even not capable to give relief on such diseases. While Ayurveda has solution on direct describe and indirect (*AnuktaVikar*) described diseases too.

A CASE REPORT

A 23-year-old female patient came to us with chief complaint of^[7]

- *Drubalya* (Weakness).
- *Twak Rukshata* (Dry Skin)
- *Kesh Patana* (Hair Loss).
- *Malavashtmbha* (Constipation)
- *Amalapitta* (Acidity)
- *Bharvrudhhi* (Weight Gain)
- *Shwasa Kashthta* (Breathlessness)
- *Aniyamit Rajpravartan* (Irregular Menses)

Patient had above complaints in the last 3 years. No H/o / DM, HTN, Asthma, etc.

History of Personal Illness

The patient is of hypothyroidism from last 3 years. She was under modern medicine Tab. Thyrox 100 mcg once a day. Even consumption of modern medicine, patient have been suffering from *Drubalya* (Weakness), *Twak Rukshata* (Dry skin), *Kesh Patana* (Hair Loss), *Malavashtmbha* (Constipation), *Amalapitta* (Acidity), *Bharvrudhhi* (Weight Gain), *Shwasa Kashthta* (Breathlessness), *Aniyamit Rajpravartan* (Irregular Menses) Even all medicine this symptoms increased gradually, then she decide to take Ayurveda treatment. For Ayurvedic treatment she came to our *Kaychikitsa* OPD at SVNHT'S Ayurvedic College & Hospital,

Shrishivajinagar, Rahuri, Ahmednagar.

Ashtavidha Parikshana

- *Nadi* (pulse) = 88 /min. (*kapha-vata*)
- *Mala* (stool) = *Malavshatmbha*
- *Mutra* (urine) = Normal
- *Jeevha* (tounge) = *Saam*
- *Agni* = *Kshudhamandya*
- *Shabda* (speech) = Normal
- *Sparsha* (skin) = *Twak Rukshata*
- *Druka* (eyes) = *Upanetra*
- *Akruti* = *Madhyama*
- *Bala* = *Madhyama*
- *Raktadaaba* (B.P) = 130/90 mm of hg

MATERIALS AND METHOD

Materials

Table 1.

Table 1: Showing material used for study.

SR NO	DRAVYA	DOSE	DURATIO-N	ANUPA-NA
1	<i>Laghumalini Vasant Vati</i>	200 mg	500 mg capsule Bid	Luke warm water
2	<i>Arogyavardhini Vati</i>	200 mg		
3	<i>Trivanga Bhasma</i>	15 mg		
4	<i>Abharak Bhasma</i>	15 mg	500 mg capsule Bid	Luke warm water
5	<i>Kanchanaar Guggul</i>	250 mg		
6	<i>Gandhrva Haritaki</i>	500 mg	H. S	Luke warm water

Methods

Centre of study: SVNHT'S Ayurvedic College & Hospital, Shrishivajinagar, Rahuri, Ahmednagar.

Type of study: Simple random single case study.

OBSERVATIONS AND RESULTS

(Table 2,3) Due to our Ayurvedic management there are revealed Regression of symptoms. The patient had started improving symptoms within 7 days. After 35 Days treatment patient cured subjective as well as objective.

Table 2: Showing daily treatment with prognosis.

Symptoms	1 st (after 7 days)	2 nd (after 14 days)	3 rd (after 21 days)	4 th (after 28 days)	5 th (after 35 days)
<i>Drubalya</i> (Weakness)	++	++	++	+	0
<i>Twak Rukshata</i> (Dry Skin)	++	++	+	0	0
<i>Keshpatana</i> (Hair loss)	++	++	+	0	0
<i>Malavashmbha</i> (Constipation)	++	0	0	0	0
<i>Amalapitta</i> (Acidity)	+	0	0	0	0
<i>Bharvruddhi</i> (Weight Gain)	++	++	+	+	0
<i>Shwasa Kashtha</i> (Breathlessness)	+	+	0	0	0
<i>Aniyamit Rajpravartan</i> (Irregular Menses)	++	+	+	0	0

Table 3: Showing changes in thyroid reports.

THYROID PROFILE			
	BEFORE (4/7/2022)	AFTER (10/8/2022)	NORMAL RANGE
TSH	34.06	6.5	0.3-5.5

DISCUSSION

Hetu of subclinical-Hypothyroidism

Ahar

- Improper and irregular diet.
- Chicken, Matsya sevan (Twice in week)
- Dadhi Thrice in week)
- Biscuit (Daily with Tea)
- Dosa, Idali, Sandwich, Vadapav (Once in week)
- Daily early morning empty stomach luke warm water drinking (500 ml per day)

Vihar

- Prolong seating
- Divaswap

Manasika Hetu: Chinta, Krodh, Vegavrodha these causes Vata Vrudhi

- Dosh: Vata-Kapha.

- *Dushya: Rasa, Rakta, Meda, Shukra*

Vikalpa Samprapti

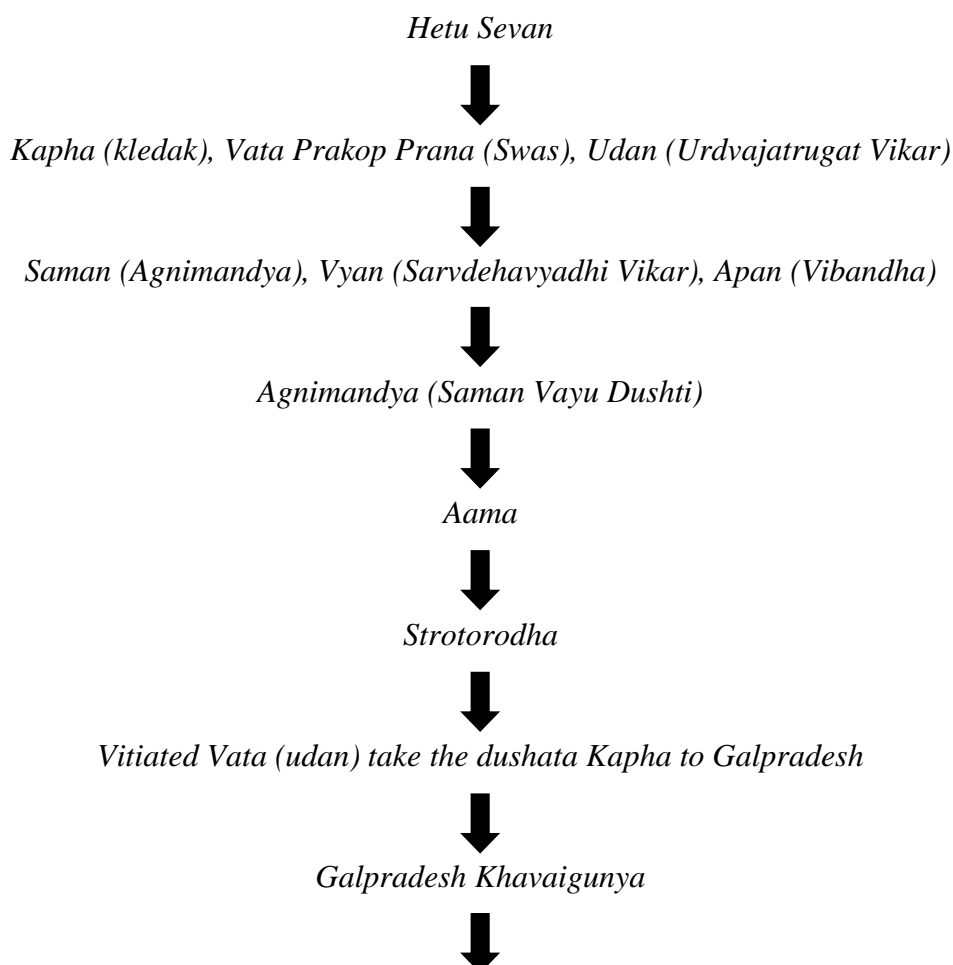
- *Vata dosha- Sheeta Guna*^[8]
- *Kapha dosha- Manda, Sheeta, Guru*

Samprapti

All *hetues* in this case are mainly *Vata* and *Kapha Prakopak*.^[9] Due to *Hetu-sevan aamuttpatti* occurs which causes *agnimandya* and constipation. Due to *hetues* first *aahar-rasa* convert into *Aam*, which make *vikrut rasa dhatu*. All this further disturb and produce *vikrut dhatu-uttpatti*. This may cause *sarvdehik dushti of shukra dhatu* and shown its symptoms. . (Flow chart).

Diagnosis of hypothyroidism with its symptoms along with blood test measuring T3, T4, TSH levels. (Table 4).

Samprapti Ghatak



Galpradesh Stansanshray



Dhatwagnimandya



Ras dhatu vikruti



Uttorotar dhatu vikruti



Oja vyapad (Dushti)



Hypothyroidism

Table 4: Showing how to Diagnosis of hypothyroidism with T3,T4,TS H levels.

TSH	T4	INTERPRETATION
Normal	Normal	Normal Thyroid function
Elevated	Low	Over-Hypothyroidism
Normal	Low	Central Hypothyroidism
Elevated	Normal	Subclinical Hypothyroidism

Table 5: Showing action of drug & other procedure done in study.

SR.NO	DRAVYA	ACTION
1	<i>Laghumalini vasant Vati</i> ^[10]	<i>Rasayana mainly Work on rasa-rakta dhatu, Balya, dipan, panchan.</i>
2	<i>Arogyavardhini Vati</i> ^[11]	<i>Dhatwagnivardhana, malashodhaka, Pakwashyadushti nashka.</i>
3	<i>Trivanga Bhasma</i> ^[12]	<i>Mehaghan, shleshmaghna, balya, prushti, vrushay, pachana, dhatu shaithilyanashak</i>
4	<i>Abharak Bhasma</i> ^[13]	<i>Vatakaphagha, hrudya, balya, Dhatusposahk, dipan, pachana, vrushay</i>
5	<i>Kanchanaar Guggul</i> ^[14]	<i>Kaphaghan</i>
6	<i>Gandhrva Haritaki</i> ^[16]	<i>Anulomna, vatashulnashak</i>

Action of Drug & Other Procedure in Management of Subclinical- Hypothyriodism

(Table 5)

CONCLUSION

Lifestyle disorders becomes headache due its cases increased day by days. Ayurveda has best solution in such type of *Anukta vhyadhi*. With *doshas vichar*, Ayurveda cure such disease &

act as *apunarbhava* also. This is one example of successful case of sub-clinical hypothyroid among my all cured thyroid case. In this case, quick remission of all symptoms completely with value of TSH level just close to normal limit. I will work out further research on same disease.

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