

CRITICAL STUDY OF HYPOTHYROIDISM AS ANUKTA VYADHI

¹*Vd. Vishnu P. Chaudhari and ²Vd. Preeti Popatrao Bhalke¹Assistant Lecture, Sanskrit Samhita Siddhant Department Radhakishan Toshniwal Ayurved College, Akola.²Assistant Lecture, Shalyatantra Department Radhakishan Toshniwal Ayurved College, Akola.Article Received on
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*Corresponding Author

Dr. Vd. Vishnu P.
ChaudhariAssistant Lecture, Sanskrit
Samhita Siddhant
Department Radhakishan
Toshniwal Ayurved College,
Akola.

ABSTRACT

Hypothyroidism is a clinical syndrome resulting from insufficient production of thyroid hormones, which is commonly seen in society. The incidence of hypothyroidism increases rapidly. It is estimated to have affected 2-5% of global population. In India prevalence rate hypothyroidism is double of global population. It is more prevalent among females. Sedentary lifestyle and unhealthy food habits may be considered as a primary reason behind increasing hypothyroidism disorders. Increasing levels of stress and anxiety is also contributing to hypothyroidism. Clinical features of Hypothyroidism Example Weight gain, Feeling of heaviness, Lethargy, Drowsiness, Excessive sleep.

KEYWORDS: Hypothyroidism, *Anukta*, *Agni* and *Dosha*.

INTRODUCTION

Ayurveda is a science that imparts all knowledge of life.^[1] It benefits health and factor responsible for its maintenance and promotion.^[2] It is the science which did not stand only for fundamental understanding, but also developed from observation of phenomenon which was then analyzed and systemized. *Ayurveda* does not only deal with *Vyadhi* and treatment, but also it is a way to live healthy life.^[3] It has wider concept focusing on finding the actual cause of *vyadhi* thus stressing on elimination of that cause in order to prevent its recurrence and treating them right from roots. All these things are possible because of its basic principles.

Hypothyroidism is a commonly seen in society. In today's era people are falling prey to

number of new diseases, due to their changing environment, sedentary lifestyle and unhealthy food habits and increasing stress. In *Ayurved Samhita* like hypothyroidism, *Chikungunia* etc diseases not mentioned, so for all that diseases in *Charak Samhita* told basic concept of *Anukta Vyadhi*.^[4]

Anukta means Unstated / Untold / Hidden. *Anukta Vyadhi* means the disease which is not explained in the *Ayurvedic Samhita*, but given such concept which useful for evaluations disease causes, pathology, diagnosis and treatment. In the present era, due to drastic change in climate environment and living of lifestyle, many newer diseases arise which is not mentioned in *Samhita*. To solve this problem, Acharya has state that *Anukta Vyadhi* should be treated as per *Hetu* and vitiated *Dosha* and their *Sthana*.

AIM

To evaluate the pathology of Hypothyroidism by *Ayurvedic* point of view on the basis *Anukta Vyadhi* concept.

OBJECTIVE

1. To discuss the scientific background of the Hypothyroidism pathology by *Ayurvedic* point of view.
2. To enlighten the Hypothyroidism pathology on the basis of *Anukta Vyadhi* concept.

MATERIALS AND METHODS

The study of various *Ayurvedic Samhita* were made critically and an effort is made to understand the complete pathogenesis of hypothyroidism in terms of *Dosha*, *Dushya*, *Agni*, and *Srotas*.

INVOLVEMENT OF TRIDOSHA^[5]

	Symptoms involved	Dosha involved
1	Weight gain	Kapha vruddhi, Pitta kshay
2	Puffiness of body features	Kapha vruddhi
3	Loss of appetite	Kapha vruddhi, Pitta kshay
4	Dry and coarse skin	Kapha vruddhi, Pitta kshay
5	Minimal or absent sweating	Pitta kshay
6	Anemia	Kapha- Vata vruddhi, Pitta kshay
7	Constipation	Vata vruddhi
8	Hoarseness of voice	Kapha- Vata vruddhi
9	Generalized aches, pain	Vata vruddhi
10	Muscular cramps & stiffness	Vata vruddhi
11	Sluggishness	Kapha vruddhi

INVOLVEMENT OF DHATU^[5]

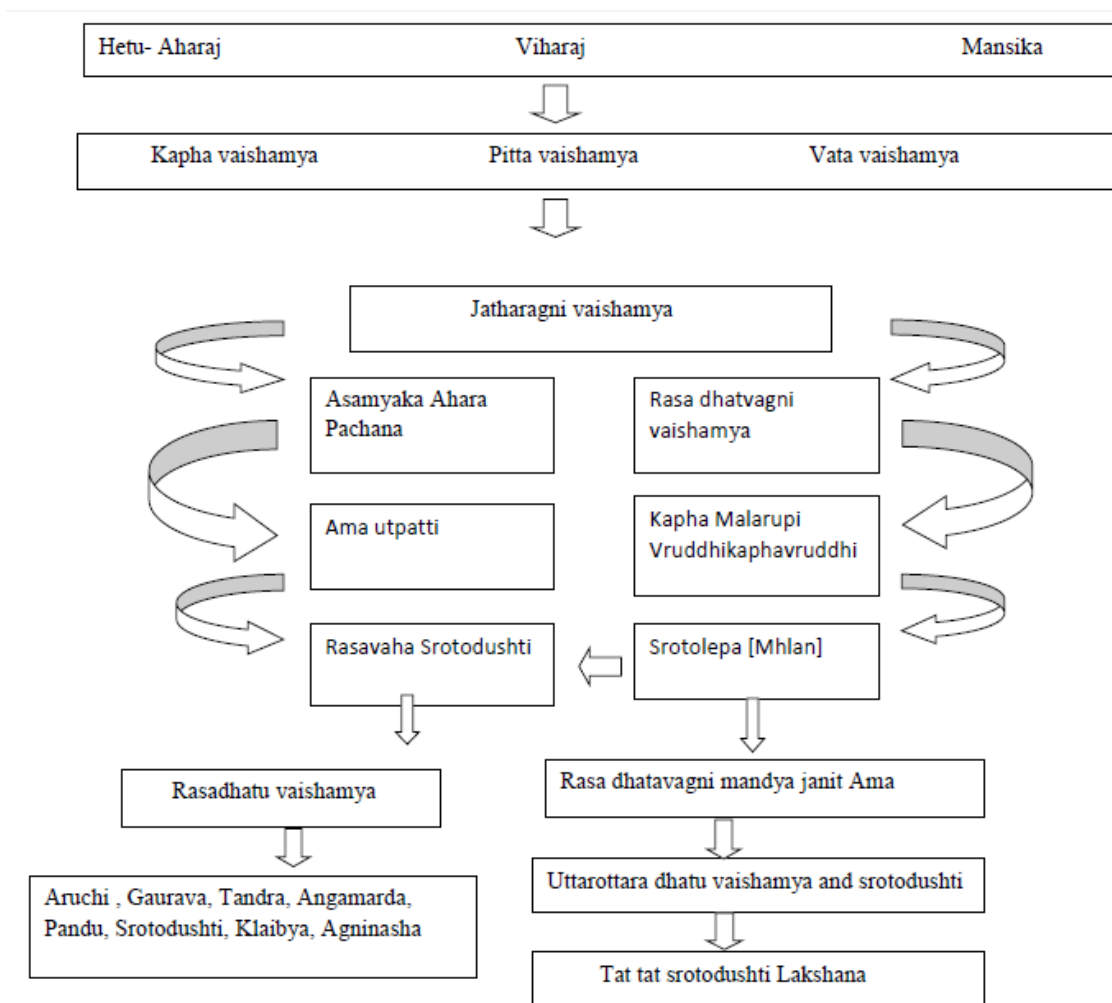
	Dhatu	Symptom
1	Ras	Weight gain, Loss of appetite, Heaviness of body, lethargy, generalized aches, premature aging symptoms like hair loss, Cold intolerance, Puffiness, Anaemia, Menstrual disturbance, Infertility,
2	Rakta	Slow pulse rate, Dry skin
3	Mamsa	Heaviness in body, Muscles ache, Granthi, Galganda
4	Meda	Tiredness, Sleepiness, Sluggishness, Dyspnea on exertion
5	Asthi	Osteoporosis, Osteoarthritis
6	Majja	Osteoporosis
7	Shukra	Loss of libido, Infertility

INVOLVEMENT OF SROTAS^[5]

	Srotas	Symptoms
1	Annavaha	Loss of appetite, Malabsorption,
2	Rasavaha	Weight gain, Loss of appetite, Heaviness of body, Lethargy, Premature aging symptoms like hair loss, Cold intolerance, Puffiness, Anaemia, Menstrual disturbance, Infertility,
3	Raktavaha	Slow pulse rate, Dry skin, Slowing of mental activity
4	Mamsavaha	Oedema, Galganda
5	Medovaha	Tiredness, Sleepiness, Sluggishness, Dyspnea on exertion
6	Asthivaha	Osteoporosis, Osteoarthritis, Hairloss
7	Majjavaha	Osteoporosis,
8	Shukravaha	Loss of libido, infertility
9	Purishvaha	Constipation
10	Swedavaha	Dry skin, Minimal or absent sweating
11	Artavavaha	Loss of libido, Infertility, Secondary amenorrhea

SAMPRAPTI

Dosha	:	Kapha - Vata vruddhi, Pitta dushti
Dushya	:	All Dhatus, predominantly Ras Meda
Agni	:	Jatharagni ^[6] , Dhatavagni
Ama	:	Jatharagni mandya janita, Dhatavagni mandya janita
Srotas	:	All srotas
Sroto dushti	:	Sanga, Vimargamana ^[7]
Adhistan	:	Galapradesh
Udbhavsthan	:	Amashaya
Rogmarga	:	Bahyamarga ^[8]
Vyaktasthan	:	Sharir

SAMPRAPTI TABLE^[9]**CHIKITSA SIDDHANT**Nidan parivarjan^[10]

Hetuviparit chikitsa

Doshviparit chikitsa

DISCUSSION

The major function of thyroid gland is to control the rate of metabolism which is similar to the function of Agni. Hence the dysfunction of *Jatharagni* is the basic cause for the manifestation of hypothyroidism. Due to *Jatharagni mandya* its depended *Dhatvagni* and *Bhutagni* get affected. *Dhatvagnimandya janit Ras Dhatu* and *Medo Dhatu vrudhi*. Hypothyroidism patients have symptoms like vitiated *Kapha Dosha*, *Vata Dosha* and *Meda Dhatu vrudhi*. All these *Dosh- Dushya samruchchhana* lead to symptom like weight gain, low metabolism, constipation, joint pain, low self-esteem, depression etc.

Agni is one of the most important and basic concept described in Ayurveda. Function of Agni is digestion, assimilation and metabolism.

CONCLUSION

Hypothyroidism is lifestyle disorder, which occurred due to sedentary lifestyle. Commonly seen *Hetu* in Hypothyroidism is *Avyayam*, *Adhyashan*, stress, anxiety etc. In hypothyroidism due to *Jatharagni mandya Kapha-Vata vruddhi* seen. All dhatus are involved but predominantly *Ras dhatu* and *Meda dhatu* involved. In this disease all srotas dushti seen but mainly *Avarodhjanit Rasavah* srotodushti predominantly seen. *Adhasthan* of hypothyroidism is *Galapradesh* and *Udbhavsthan* is *Amashaya*

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