

A CASE REPORT ON GALAGANDA

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ABSTRACT

Galaganda, as described by *Acharya Sushruta* in the *Nidana Sthana* is the condition characterized by swelling that is firmly attached to the neck and hangs loosely, resembling the appearance of a scrotum, regardless of its size, is scientifically referred to as goiter or cervical goiter. *Acharya Charaka*, in *Trishotiya Adhyaya* of the *Chikitsa Sthana*, classified *Galaganda* as an "*Ekadeshiya Shotha*" (Localized swelling) and categorized it under *Nanatmaja Kaphaja Roga*, indicating its association with *Kapha dosha* imbalance. **Case report** – In this present study, A 26-year-old Indian female patient presented with a swelling in the neck region that had been present for 2 years. The patient was treated with a combination of *Punarnavaasthak kwath*, *Kanchanar Guggulu*, *Vridhivadhika vati* and *Gandoosha* with *Fitkari* (Alum) *Kashaya*. **Result** – The patient underwent 40 days of treatment with oral medication (*Punarnavaasthak kwath*, *Kanchanar Guggulu*, *Vridhivadhika vati*) and *Gandoosha* therapy with *Fitkari* (Alum) *Kashaya*. This regimen resulted in a noticeable regression of the thyroid gland size & leading to significant relief in the associated signs and symptoms. The treatment demonstrated efficacy in managing *Galaganda*, providing a potential approach for faster and more effective resolution of thyroid swellings.

KEYWORDS: *Galaganda*, Goitre, *Sotha*.

INTRODUCTION

In *Sharira sthana*, *Acharya Sushruta* mentions that of the seven layers of skin, the sixth layer, *Rohini*, is the seat of *Galaganda*. In *Nidanasthana*, he describes *Galaganda* as one or two encapsulated swellings, either small or large, located at the anterior angle of the neck. These swellings are said to hang in a manner similar to a scrotum. This anatomical description correlates with the typical presentation of thyroid-related swellings in modern medicine, such as goitre.

Galaganda is commonly correlated with thyroid disorders in modern science, which can result from either reduced secretion of thyroid hormones (Hypothyroidism) or increased secretion (Hyperthyroidism). A goiter, characterized by a single large swelling in the neck, is a clinical manifestation of such thyroid dysfunction. It may occur with normal thyroid function, or be associated with either an increase or decrease in thyroid hormone levels.

A case report

A 26-year-old female patient, height 5'4" and weighing 62 kg, presented to the Shalya OPD with a primary complaint of swelling on the right side of her neck, which she was concerned about due to its cosmetic appearance. She had been treated with allopathic medicine for six months, followed by homeopathic treatment for an additional six months, but experienced no improvement. Seeking a more effective treatment, she came to our hospital. She reported no history of diabetes mellitus, hypertension, or thyroid disorders.

Present complaints

- Neck swelling (*Nibaddha Shwayathu*)
- Weakness (*Daurbalya*)
- Hoarseness of voice (*Swarabheda*)

History of present illness

The patient had been suffering from *agnimandya* (Digestive weakness) for 2 years, with the neck swelling progressively increasing over the past 6 months. She was referred for a thyroidectomy from a rural hospital in Sampla on October 24, 2024. However, due to personal concerns, the procedure was not feasible. She subsequently visited my hospital on October 16, 2024, seeking alternative treatment.

Previous medical history- The patient consulted a general physician, where she was diagnosed with a non-cancerous cyst in the neck based on ultrasonography and Fine Needle Aspiration Cytology (FNAC) results.

Family history- No significant medical or surgical family history.

Past history – No history of Hypertension/ Diabetes/ Asthma/TB/ any major surgery.

On examination

Temperature- Afebrile

BP- 120 / 80 mmHg

Pulse – 72/min

Weight – 62 kg

Systemic examination

RS – AEBE clear

CVS – S1S2 normal

CNS – Conscious and oriented

P/A – Soft

Dashavidhapariksha

Nadi – Vata Pitta Pradhana

Mala – Baddha

Mutra – Samanya (5-6/ Day)

Jihva – Sama

Akruti – Madhyama

Agni – Mandya

Koshtha – Krura

Shabda – Samanya

Sparsha – Anushnasheeta

Druka – Shweta

Hetusevana

- Exposure to Sun and Wind.
- *Atikatushevana* like spicy food.

- Suppression of Vegas like urine Hunger and Thirst.
- *Atilavana – amla sevana.*

Investigation

1. USG Guided FNAC – Swelling right lobe thyroid gland- Adenomatous nodule right lobe thyroid (BETHESEDA GRADE-2).
2. Thyroid Profile- WNL

Treatment

- *Gandoosha* with *Fitakari kashaya*
- *Punarnavaasthak kwath* – 25ml with 60 ml water BD
- *Kanchnar Guggulu* – 500 mg BD (With lukewarm water)
- *Vridhivadhika vati*- 500 mg BD (With lukewarm water)

MATERIALS AND METHOD

Requirement

- One tablespoon fitkari
- 500ml water

Preparation of medicine- Boil one tablespoon fitkari in 500 ml water till it reduces to 250 ml.

Method - Early morning, before eating anything, *Kashaya* prepared with alum is taken.

Mouth is filled with *kashaya* until the following symptoms came –

- Uncontrollable salivation
- Secretions of mucus and thin watery discharge through nose and eyes (*Kanthasrava* and *akshisrava*)
- When a watery discharge comes from the eyes and nose, it should spat out
- Filling of throat with oropharyngeal secretion (*Kaphapurnaashyata*)

RESULT

A 40-day course of medication was administered to the patient. A significant reduction in swelling was observed after 7 days, with complete resolution of the swelling. No recurrence was noted after 3 months.

First follow-up (15 days after initiation of treatment) showed a reduction of approximately 50% in the swelling.

Second follow up (30 days after the start of treatment) - More than half of this swelling is reduced.

3rd follow up (45 days after start of treatment) - Complete relief.

4th follow up (3 months after start of treatment)-There is no recurrence.

Punarnavaasthak kwath is known for its anti-inflammatory and detoxifying properties, *Kanchanara Guggulu* is mentioned in *galaganda prakaran* of *bhaisajyaratnavali*. it has *deepan*, *pachan*, *lekhan*, *tridosha hara* properties, it is useful in *galaganda*, *gulma*, *granthi*, *apachi*, *vrana*. *Vriddhivadhika Vati* works as anti-inflammatory, analgesic, antioxidant, *deepaniya*, *lekhaniya* and *Gandoosha* with Fitkari (Alum) *Kashaya* is believed to have astringent and anti-inflammatory effects, it is also *kanthya*, *mukharoga nashak*, *Kleda shoshak*, *kapha roga nashak* and have *samkochak prabhava*. The treatment aimed at reducing swelling, balancing *doshas*, and supporting the thyroid function, in alignment with *Ayurvedic* principles for managing *galaganda* (Goitre-like conditions).

DISCUSSION

In *Ayurvedic* texts, disorders of the thyroid gland are described in the context of *Galaganda*, This condition can be correlated with modern *goitre*, a pathological enlargement of the thyroid gland. Because in modern science a single large swelling occurring at the neck region is known as Goitre.

CONCLUSION

This case study explores the use of *Punarnavaasthak Kwath*, *Kanchnar Guggulu*, and *Vriddhivadhika Vati* as internal medications, alongside Fitkari (Alum) *Kashaya Gandoosha* as a local treatment for *galaganda* (Goiter). The combination of these *Ayurvedic* remedies has been found to be safe and cost-effective, offering a potential alternative to thyroidectomy. By addressing the underlying causes of thyroid enlargement, this treatment plan effectively reduces the need for surgery, minimizing associated risks and complications.

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