

ROLE OF KANCHANAR GUGGULU IN THE MANAGEMENT OF GALAGANDA WITH RESPECT TO HYPOTHYROIDISM: A SINGLE CASE STUDY

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ABSTRACT

Hypothyroidism is a prevalent endocrine disorder that often manifests as galaganda in Ayurveda. This case study explores the therapeutic potential of Kanchanar Guggulu, a classical Ayurvedic formulation, in the management of galaganda in a patient diagnosed with hypothyroidism. The study highlights the clinical presentation, treatment protocol, and outcomes, providing insights into the efficacy of Kanchanar Guggulu as an alternative or complementary therapy for hypothyroidism.

KEYWORDS: Kanchanar Guggulu, Galaganda, Hypothyroidism.

INTRODUCTION

Thyroid is one of the endocrine glands to build up.^[1] Hypothyroidism is a condition where there is hypo functioning of thyroid gland, and less secretion of T3 and T4. The disease is more prevalent in females around 6-8 times, between 40-50 year.^[2] Thyroid hormone is required for the normal functioning of each and every tissue of the body, hence deficiency manifest as multi system involvement. Iodine is the trace element for the synthesis of thyroid hormone. When there is iodine deficiency, the daily requirement of iodine recommended is 150ug/day. The thyroid compensates by increasing the iodine trapping mechanism and synthesis of hormone under the influence of TSH. This results in diffuse enlargement of the gland, which later on becomes multinodular.^[3]

The onset and progression of disease is very gradual, the basal metabolic rate is Decreased, deposition of Haluronidase in dermis and all tissues and hence leading to Non pitting oedema i.e., myxoedema, which is the result of long lasting Hypothyroidism. Other symptoms weakness, malaise, lethargy, and weight gain, peri orbital puffiness Are the early symptoms. It is followed by cold intolerance, loss of hair, skin changes Consist of dry and scaly skin, nails become brittle, Hoarseness of voice and slowness of Speech, constipation, irregular cycle, PCOD and infertility. Also cardio vascular Manifestation includes Bradycardia, Mild diastolic hypertension and breathlessness. The Neurological manifestations are stiffness, cramps in muscles, mental slowness, carpal Tunnel syndrome, depression and rarely seen myxoedema madness.

AIMS AND OBJECTIVE

Aim: Evaluate the Role of Kanchnar Guggulu in the management of Galaganda w.s.r To Hypothyroidism.

Objective

- 1) To study the Role of Kanchnar Guggulu in the management of Galaganda w.s.r to Hypothyroidism.
- 2) To Study the Mode of action of Kanchnar Guggulu in detail.

MATERIALS AND METHOD

Drug preparation The Drug used in the study is commercially available Kanchnar Guggulu.

A case of a 23years male patient with known case of hypothyroidism was treated in the hospital of YMT Ayurvedic medical college. He was presented with complaints of puffiness of face, hoarseness of voice, lethargy, hair fall and constipation since 3 and half month.

Lifestyle Modifications: - Daily practice of yoga and pranayama (breathing exercises), focusing on poses beneficial for thyroid health. – Regular physical activity, including brisk walking for 30 minutes daily.

He was suffering from hypothyroidism since his TSH total done on 24/11/22 was 19.31iu/mL. The treatment was planned according to the signs and symptoms of the patient, Tab Kanchnar guggulu 2 BD with luke warm water was advised and also the brief Knowledge of pathya apathya was given and explained to the patient. Patient was then advised to undergo TSH investigation after 5 months. After 5 months, patient noticed that the intensity of symptoms reduced. His TSH Total done on 3/4/23, was reduced upto to 9.11 iu/ml. Tab Kanchnar guggulu help to maintained his TSH

level and patient was appearing normal clinically.

REPORTS



DISCUSSION

The patient exhibited marked improvement in both clinical symptoms and laboratory parameters over 5 months of treatment with Kanchanar Guggulu. The antiinflammatory and thyroid-stimulating properties of Kanchanar Guggulu, along with dietary and lifestyle changes, likely contributed to these positive outcomes. Kanchanar guggulu is considered as drug of choice for all kinds of Granthis, hence the drug was chosen.

Kanchanara Guggulu is one of the important Ayurvedic preparations. Properties of its ingredients according to rasa, guna, virya, vipaka are as follow

Sr. no	Ingredients	Rasa	Guna	Virya	Vipaka	Action C Indication
1	Kanchanar (Bauhinia variegata linn)	Kasaya	laghu, ruksha	Sheeta	Katu	Kaphapittasamaka, anulomana, galganda
2	Guggulu (Commiphora mukullin)	Kasaya	Laghu, sukshma	Ushna	Katu	Tridosahara
3	Pippali (Piper longum linn).	Katu	Laghu, snighdha, tikshana	Anusnas heeta	Madhura	Kaphapittavata shamaka, agnidipana, rasayana, pacaka
	Maricha (Piper nigrum lin).	katu, tikta	Laghu, tikshan a, ruksha	Ushna	Katu	Kaphavata shamaka, agnidipana, ruch ya, chedana, medohara
5	Shunthi (Zingiber officinale Roscoe).	Katu	Laghu, snigdha, guru	Ushna	Madhura	Kaphavatasamaka, agnidipana, kanthya
6	Amalaki (Embellica officinalis Gaertn).	Amla pradhana madhurarasa	Guru, ruksha, sheeta	Sheeta	Madhura	Tridosahara
7	Bibhitaki (Ternstroemia bellirica (Gaertn))	kasaya	Laghu, ruksha,	Ushna	Madhura	Tridosahara

	tin). Roxb)					
8	Haritaki (Termieliac hebu la).	Madhura, kasaya	Laghu, ruksha,	Ushna	Madhura	Tridosahara
9	Varuna (Cratena religiosa).	Tikta, kasaya, madhura	Laghu, ruksha,	Ushna	Katu	Kaphavatashamaka, mutrala, anulomana
10	Tvaka (Cinnamomum verum linn). Silva manso)	Katu, tikta, madhura	Laghu, ruksha, tikshna	Ushna	Katu	Kaphavatashamaka, grahi, dipana
11	Ela (Elettaria cardamomum).	Madhura, kAtu	Laghu, ruksha	Sheeta	Madhura	Tridosahara, dpana, kasaghna, kaphanisaraka
12	Tejpatra (Cinnamomum tamala).	Madhura	Tikshna, picchila	Ushna	Katu	Kaphavatashamaka, Ruchya, dipana

CONCLUSION

- 1) This case study demonstrates the potential efficacy of Kanchanar Guggulu in managing hypothyroidism and associated galaganda vyadhi.
- 2) The significant improvement in thyroid function suggest that Kanchanar Guggulu Can be a valuable adjunct therapy in hypothyroidism management.
- 3) During the course of treatment, no side effect or any complications were seen, patient very well tolerated the treatment.

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