

CONCEPT OF HYPOTHYROIDISM THROUGH AYURVEDIC PROSPECTIVE AND PRINCIPLE

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ABSTRACT

Hypothyroidism is one of the earliest endocrine gland disorders after diabetes. Hypothyroidism is second most prevailing disorders in day to day clinical & biochemical parameter of consecutively enrolled patients with diabetes were systematically collected & analyzed. Primary hypothyroidism is commonly caused by chronic auto immune thyroiditis less common cause being radio iodine treatment & thyroidectomy salt iodination which is perform routinely in many countries, may increase the incidents of overt hypothyroidism. The incidence of clinical & subclinical hypothyroidism as in clinical comma there is great need to find out a safe & effective remedy which symptoms but also increase in sense of well being leading to more

acceptability & better compliance the definition of hypothyroidism is based on statistical reference range of relevant biochemical parameters & its increasingly a matter of debate.

KEYWORDS: Jalkumbhi Bhasma, Gomutra, Hypothyroidism.

INTRODUCTION

Hypothyroidism is a clinical syndrome resulting from deficiency of thyroid hormones due to

their insufficient synthesis which in turn results in generalized slowing down of metabolic process. It is characterized by a broad clinical spectrum ranging from an asymptomatic or subclinical condition in this condition normal level of thyroxine T_4 & T_3 , triiodothyronine & mildly elevated levels of serum TSH, to an overt state of myxedema, end organ effect & multisystem failure which is about 10%. It is more common in females than males & in women middle age women are more affected. The symptoms of hypothyroidism in middle age females similar to aging or menopause means it misleads to menopause. In infants one out of 5000 without thyroid gland. It is more common than anyone would believe & millions of people are currently hypothyroidism & do not know it.

There is a great need to find out a safely effective remedy which not only relieves symptoms but also increases in sense of well being leading to more acceptability & better compliance. More research has been carried out all over the world in exploring new modes of treatment for hypothyroidism. It can be traced from rich, time tested under sheath treasure of knowledge of Ayurveda.

Ayurveda is a science of life which has aim of providing health to the mankind. Ayurveda has able to relevance beyond time due to the fact that it practiced on the law of nature & not merely on tentative rules for medicine. Ayurveda is science of life with practical approach & scientific research in field of life provide us ground to reach the truth to know the spheres the truth to know the spheres & its limitation & finally to know its applied aspects both theoretical & practical knowledge led to need invention discovery & achievement. It can offers need dimensions for understanding the aetiopathogenesis & successfully management of hypothyroidism.

Hypothyroidism is a disease with Vata Kapha predominance & Pitta-cshaya. In hypothyroidism Jatharagnimandhya leads to Dhatvagnimandhya. So therefore we have selected drug which is triusha Shamak, mainly with Kaphavata Shamak property. So we will use gomutra bhavita Jalkumbhi Bhasm (pistia stratiotes) for treatment of hypothyroidism. Further hypothyroidism is a disease which may also be due to immunity.

The jalkumbhi bhasma which has laghu, rucsha, guna & is tridosha shamak jalkumbhi bhasma has shothhar properties which are one of the major symptoms in hypothyroidism. It is also a diuretic and also a good immunomodulator. The flavonoids have anti inflammatory & anti allergic properties. Quercetine has also cyclo oxygease 5-lipoxygenase path way for

prostacyclin leukotriene synthesis.

Quercetin has been performed inhibitory histamine release by allergin stimulated human basophills. Glycosides have patent to innibition of histamine from mast cells. (Hirano etc.)

Cow urine (Gomutra) enhances the phagocytic activity macrophages so act as antibacterial agent. It has property to synthesis of interlukin-1 & interlukin-2 augments band T lymphocyte blastogenesis & IgA, IgM & Ig G antiobdy tires. It is also found in investigation that cow urine has antigenotoxic & antioxidant properties.

DISCUSSION

Discussion is must in each & every aspect of life to add new dimension & thereby improving its understanding as per concern of Ayurveda, Hormone replacement is not possible through other drugs. But lceeping the principle of vitation of Agni in mind, wholesome activity of thyroid gland may be brought to a Cognigible by means of Ayurvedic drugs earlier. therefore here an attempt is made to understand hypothyroidism through Ayurvedic perspective & principle.

CONCLUSION

In Ayurvedic literature Hypothyroidism is a Vata Kapha dominance disease vitiation of Dhatwagni leads to Hypothyroidism.

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