

STUDY OF KAPHAJ PANDU IN RELATION TO HYPOTHYROIDISM

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(Maharashtra).**ABSTRACT**

The disease Hypothyroidism is more prevalent among Thyroid disorders. For giving proper Ayurvedic treatment to patient of Hypothyroidism, it is important to study this disease in the view of Ayurveda. In Ayurveda, there is no direct reference of the disease which can be correlated to Hypothyroidism. But, some of the signs and symptoms of Hypothyroidism are parallel to *Kaphaj pandu* and hence to see Correlation between them detailed study of *Kaphaj pandu* is also done.

KEYWORDS: Hypothyroidism, Thyroid disorders, Kaphaj pandu.**INTRODUCTION**

Thyroid disorders are the conditions which effect the thyroid gland anatomically and its metabolic functions. The thyroid has important roles to regulate numerous metabolic processes throughout the body. Many hormones are regulated by it.

There are two kinds of thyroid conditions seen – Hypothyroidism and hyperthyroidism. Symptoms that occur in hypothyroidism are *tiredness, weight gain, cold intolerance, dry skin, puffiness of face, minimal sweating, de- pression, aches and body pain, muscle cramp and stiffness, constipation, hoarseness of voice, irregular menstruation cycle, recurrent infection, sluggish ness of body functions.*

Ayurvedic nidan that can be correlated to hypothyroidism are symptoms related to kaphaj pandu symptoms are:^[1]

Guruta (heaviness), tandra, chardi(vomit), skin going pale, fainting, giddiness's, tiredness, breathlessness, hoarseness of voice

The thyroid gland is the butterfly-shaped gland that is located at the base of your neck. This gland controls the metabolism of the body as well as the speed of the heartbeats. The metabolism of the body determines the rate at which the body turns food into energy. The most common thyroid problems are the overproduction or underproduction of the thyroid hormone.

When there is too much hormone production, it causes a condition called hyperthyroidism and when it's too low it's called hypothyroidism.

When the thyroid gland produces too little of the thyroid hormone it causes hypothyroidism. Since the condition slows down the body's metabolism it makes a person feel very sluggish.

Other symptoms are dry skin, dry hair, hair loss, changes in the menstrual cycle, fatigue, depression, sensitivity to cold, swelling of the thyroid gland, unexpected weight gain, difficulty losing weight, carpal tunnel syndrome, and constipation.

The most common reason for hypothyroidism is thyroiditis or the inflammation of the thyroid gland. Hashimoto's thyroiditis is an autoimmune disorder that causes the body to attack the thyroid. Sometimes thyroiditis is caused by a viral infection. Other causes include radiation damage, radioactive iodine treatment, thyroid surgery, inadequate iodine intake, thyroid problems at birth, pregnancy and problems with the pituitary or hypothalamus. When there has been any radiation given to the neck area to cure cancer it can render the thyroid incapable of producing enough hormone. Similarly, the radioactive iodine treatment given for hyperthyroidism can damage the gland so much that it then causes hypothyroidism.

Sometimes when surgery is performed on the thyroid and only a part of the gland is removed the rest can produce enough hormone for the body's needs. But in other cases, it leads to hypothyroidism. Since the body requires enough iodine to produce the hormone, an inadequate iodine intake can cause too little of the hormone to be produced. Some babies are born with thyroid problems at birth which is called congenital hypothyroidism. Pregnancy can cause the thyroid to malfunction. It results in very high hormone levels that are followed by very low levels. It's called postpartum thyroiditis and usually regains normalcy without any treatment.

A very rare form of hypothyroidism is caused by the hypothalamus not producing enough of the hormone called TRH which controls the pituitary gland's production of TSH. TSH is called

the thyroid-stimulating hormone which controls the production of the hormone by the thyroid. Certain drugs that are used to treat other conditions can cause thyroid hormone production to be affected.

Ayurveda and Thyroid Problems

Ayurveda considers thyroid problems to be a result of stress and lifestyle issues. Thyroid problems are not specifically mentioned but can be equated to different Ayurvedic issues. Pitta Dosha is the Dosha that controls the function of the thyroid gland. Depending on the location of the problem that the thyroid malfunction is causing problems it is classified under different Sthanas. All three Doshas have a connection with the thyroid function. The Dhatus involved are the Medha and Rasa Dhatus. Hypothyroidism symptoms are related to the Kaphaj Pandu symptoms. So hypothyroidism is a Kapha-Vata Dosha problem with a diminished Agni and hyperthyroidism is a Pitta-Vata Dosha problem with an unstable Agni. Hyperthyroidism is caused by the Pittaj Pandu and the Amayukta Mala and leads to Dhatukshaya.

Treatment for hypothyroid disorders in Ayurveda includes Kapha Vatahara and Atisthoulya Chikitsa to strengthen the Agni. Hyperthyroidism treatment tried to stabilise the unstable Agni with treatments such as Swedanam, Snehapanam, Virechanam, and Vasti.

Treatment of Hypothyroid in Ayurveda

- Lifestyle and food habits should be corrected, try to avoid heavy foods and liquids.
- Reason for agnimandya (like impaired digestion) and ajirna should be avoided.
- Rasadhatu pachan should be done.
- Lekhan chikitsa for medha should be done.
- Swedan can be given.
- Panchakarma like vaman, virechan, basti, Head massage, Nasya, Udvartanam, Shirodhara are helpful.

Herbal drugs that can be given

- Varunadi kashay, punarnavadi kashay,
- Kanchanar guggul, manasmitra,
- Musta, triphala guggul, saraswatha grutha, bruhat vat Chintamani, punarnvadi gugul are the main drugs used.

Yoga for thyroid

Along with medicine yoga plays a important role in keeping the thyroid function in equilibrium.

- Ujjani pranayama is effective
- Sarvanga asan is one of the best yoga for thyroid
- Ujjani acts on the throat area and is relaxing and stimulating effects
- Nadi shodan pranayama is useful in re balancing metabolism

Pathya (diet)

- Add iodized salt for hypothyroid
- Garlic, onion, trikatu, sigru (moringa), yava kullatha, kakamachi, for hypothyroidism.
- Old rice, Barley, Moong dal, Bengal gram, Heavy food is to be avoided
- It is found that coconut oil offers much help in hypothyroidism

Apathyam (diet to avoid) for hypothyroid

Curd, heavy food, nonveg in abundance, masha, day sleep.

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