

## ROLE OF *SHWET APARAJEETA* (*CLITORIA TERNATEA*) IN HYPOTHYROIDISM: A CONCEPTUAL STUDY

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### ABSTRACT

Hypothyroidism is common disorder of thyroid gland. It is also called underactive thyroid or low thyroid hormone. Occurrence of Hypothyroidism in Overt form is 0.2% & 2% and in subclinical 3% & 6-8% in male & female respectively. In pregnant women it is found 2.5%. Hypothyroidism shows symptoms like fatigue, abnormal sensation, dry skin, cold sensitivity, poor speech, lethargy, constipation, unexplained weight gain. It can be compared with Ayurvedic *Lakshanas* like *Aangsad*, *Lomaharsha*, *Swedahani*, *Vakswaragraham*, *Agnimandya*, *Gaurav*. i.e. the common symptoms of *Kaphaj-Pandu*, *Kaphaj-Shotha*, *Udanavarta-Vyan*, *Atisthulta*, hence all these signs found in *Galgand* according to Ayurveda. The mode of action of treatment is the drug should be *Vatakaphshaman*, *Medohar*, *Deepan*, *Pachan*, *Bhedan*. Hence the drug *Shwet Aparajeeta* has all these properties. so its role in hypothyroidism is assessed conceptually.

**Keywords:** Hypothyroidism, *Vatakaphshamak*, *Medohar*, *Shwet Aparajeeta*.

### INTRODUCTION

Thyroid disorders are the most common disorders of endocrine glands. It is estimated that about 42 million people suffer from thyroid disorders in India. In general disorders of thyroid gland are Hypothyroidism, Goitre, Iodine deficiency disorders, Hashimoto Thyroiditis and Thyroid cancer. The thyroid gland produces two related hormones T3 and T4. These hormones play a key role in cell differentiation during development and help to maintain thermogenesis and homeostasis.

Hypothyroidism is common disorder of thyroid gland. It is also called underactive thyroid or low thyroid hormone. (1) Occurrence of Hypothyroidism in Overt form is 0.2% & 2% and in

sub-clinical 3% & 6-8% in male & female respectively. (2) In pregnant women it is found 2.5%. (3)

Hypothyroidism shows symptoms like fatigue, abnormal sensation of skin, dry skin, cold sensitivity, hoarseness of speech, lethargy, constipation, unexplained weight gain. (1) It can be found in the common symptoms of *Kaphaj-Pandu*, *Kaphaj-Shotha*, *Udanavritta-Vyan*, *Atisthoulya*. (4,5,6,7)

- Sign found in hypothyroidism i.e. swelling in front of neck can be compared with signs of *Galgand* according to Ayurveda. (8)
- Looking at *Doshdushya Sanklpana* participating in hypothyroidism choice of drug can

be Vataka-phashamak, Medohar, Deepan, Pachan, Bhedan.(9,10,11)

• ShwetAparajeeta has all this properties so the topic is chosen to study the role of Shwet Aparajeeta in hypothyroidism conceptually!

#### MATERIALSAND METHODS

• Details of Hypothyroidism were studied from Harrison's Book of medicine, Textbook of clinical surgery by S. Das, Davidson's principle & practice of medicine from internet.

• Signs & symptoms of hypothyroidism were matched with various Vyadhi Lakshanas from ancient Ayurvedic textbooks like Charak Samhita, Sushrut Samhita, Madhav Nidan & Bhaishajya Ratnavali.

• Detail description of ShwetAparajeeta was collected from Bhavprakash Nighantu & Textbook of Dravygunvidhnyan by Jawlgekar.

• Details regarding the symptomatology was noted down under the heading Discussion.

• REVIEW OF DRUG:-

<b>Drug Name</b>	<i>ShwetAparajeeta</i>
Latin Name	Clitoria Ternatea
Family	Papilionateae
Optional Name	<i>Shankhpushpi, Shweta Mahashweta, Girikarni</i>
Prayojyang	<i>Mool,,beej,parna</i>
Rasa	<i>Tikta ,katu,Kashay.</i>
Virya	<i>Sheet</i>
Vipak	<i>Katu</i>
Guna	<i>Laghu, Ruksha</i>
Karmukata	<i>Doshapachan, Kaphamedohar, Deepan, Pachan, Bhedan .</i>
Doshghnta	<i>Tridoshhar</i>
Chemical composition	Triterpenoids, faronol, glycocides, anthocyanines and steroids.

#### MODE OF ACTION

Shwet Aparajeeta acts as Doshapachan and Vimlapan due to Katu, Tikt , Kashay Rasa.

It also acts as Kaphashodhan &Shothbhedan due to Tikshnguna. It has properties of Deepan,

Pachan & Kaphadushtighn due to Tikta rasa and

Dhatugat Dosha shodhan due to Laghu, Tikshna Guna.

#### RESULT AND OBSERVATION:-

Signs & symptoms found	Lakshanin Ayurveda	Vyadhi	Expected Chikitsa
1) Fatigue	<i>Angsad,Aalasya, Bhrama(4), Utsahhani(7)</i>	<i>KaphajPandu, Atisthoulya</i>	<i>KatuTikshana, Dravya(9) RukshanDeepan</i>
2)Cold sensitivity of skin	<i>Lomharsha(4)</i>	<i>KaphajPandu</i>	<i>KatuTikshn Dravya(9)</i>
3)Dryskin	<i>SwedHani(6)</i>	<i>UdanavrittaVyan</i>	<i>Vatashamak</i>

4)Horseness of voice	Vakswarghaham (4)	KaphajPandu	KatuTikshn Dravya(9)
5)Poor appetite	Agniman-dya(5),Aruchi(4),Alpagni(6),Gaurav(4)	Kaphaj Shotha, KaphajPandu, UdanavrittaVyan	Katu-Dravya,Bhedan(10), Deepan,Pachan(9)
6)Unexpained weight gain	Gourav(4) Sfiknodarlmbn(7)	KaphajPandu Atisthoulya	Vatakaphghn RukshaDee-pan,Pachan
7)Increase insize of thyroid	Guru,Sthir, SavarnaShoth	KaphajShoth(5)	Bhedan Vimlapan

## DISCUSSION

As suggested by modern text mainly three kinds of treatment modalities can be used in hypothyroidism..

- 1) Stimulation of gland,
- 2) Replacement of hormone,
- 3) Regularization Of Hypothalamo–Pitutory-Thyroid axis.

By correlating the signs symptoms with *GalagandaVyadhi*(8) in Ayurveda. The treatment needed is *Bhedan, Deepan, Pachan, Vatakaphashamak, Vimlapan*. *ShwetAparajeeta* has all these properties so can be used in hypothyroidism.

Iodine taken through food is absorbed in small intestine which is converted into iodide. Again it is absorbed by thyroid gland & its oxidation takes place. The final product is again Iodine which is converted into monoiodotyrosine, then into diiodotyrosine and ultimately into triiodothyronine i.e. T3 through bio-chemical reactions.

If any abnormality arises in the above process or T3 decreases due to any reason one can treat it with the replacement of hormone. It means increase in the absorption of iodine is important. It can be explained on the basis of *AgniDeepan & Aampachan* which directly impacts on metabolism and absorption of minerals.

Hypothalamus releases TRH i.e. Thyroxin Releasing Hormone. It acts on anterior pituitary which secretes TSH which gives stimulation to thyroid gland to form T3&T4.

If this function is decreased one has to regularize hypothalamo-pitutory-thyroid axis function. *Rasayan Karma & Majjadhatu Poshan* might be needed to improve this phase. *Shwet Aparajeeta* is *Medhya, Smrutihita, Keshya, Netrahit*. So it can be used for regularization of axis as it acts on *Majjadhatu*.

In this axis the blood portal system from hypothalamus is blocked. Release of TSH is decreased from anterior pituitary. To remove the block *Shothahar, Tikshana, Deepan, Pachan Dravya* are needed. *Shwet Aparajeeta* has all the properties so it can be useful for those functions.

## CONCLUSION

From above correlation & discussion we can conclude that every symptom of Hypothyroidism mentioned above can be treated with *Shwet Aparajeeta* and it is also mentioned in *Madhavidan Galaganda Adhaya*. So it can prove effective as single drug therapy in hypothyroidism.

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