

A SINGLE CASE STUDY OF SAMSHODHANA KARMA-VIRECHANA IN HYPOTHYROIDISM

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INTRODUCTION

Thyroid is one of the most prevailing endocrine disorders now-a-days. Thyroid gland secretes tetraiodothyroxine or thyroxine (T₄) and triiodothyronine (T₃). The common presentation of thyroid disease is Thyrotoxicosis, Hypothyroidism, and Cretinism in children and enlargement of gland known as Goiter. Iodine is the trace element required for thyroid hormone synthesis. In Hypothyroidism TSH level is increased whereas T₃ and T₄ levels are decreased. The treatment of Hypothyroidism in modern science is done with Thyroxine hormone supplements. The major function of Thyroid gland is to control rate of metabolism. Thyroxine act as catalyst in oxidative metabolism in cells and tissue which can be correlated with the function of Agni. The symptoms of hypothyroidism are vertigo, weight gain, mood disturbances, tiredness, slowness of memory, menstrual irregularities, dry rough skin, thin brittle hair, hair fall, muscle stiffness, myalgias, weakness and fatigue, cramps, constipation, hoarseness of voice and goiter etc. In Ayurveda, Galganda and Gandmala have been frequently used in the text. Gandmala is presentation of multiple Granthi around the neck and Galganda is swelling on Parshav of neck. Galganda can be correlated with goiter or some tumor pathology, where thyroid function may or may not be affected. But hypothyroidism is not just an disease, its an disorder so it is better not to restrict it to galganda. In this disorder metabolism is disturbed ie Dhatuvagni mandya is there at each dhatu level.

The treatment depends on two pillars, firstly to maintain hormone levels and second is to improve metabolism. Modern drug will fulfill the first criteria but ayurvedic therapy will help in both of this. Present study deals with effect of virechana karma in hypothyroidism.

CASE REPORT

A 35 yrs old female patient was presented in O.P.D no 13 of Kayachikitsa department in R.A.Podar college(worli) having chief complaints of Generalised weakness, Fatigue, Weight gain, Bodyache, Constipation, Dry skin, Hairfall since 2 months. Around 1 year back the patient was in healthy situation. Later on she presented with symptoms of Lack of interest in surroundings, Bodyache, Depression, Irritation, Disturbed sleep.. There was no significant past history of any other chronic illness, no history of any kind of allergy or addiction. In family history her father was suffering from Daibetis mellitus and is on treatment since 10yrs. When she visited to O.P.D first of all we carried all routine blood investigations like complete blood count, blood sugar level, liver function test, renal function test, thyroid function test to rule out any possible associated disorder. Tsh reports were found to be abnormal while rest of the investigations were within normal limits. She was not taking any allopathic treatment like hormone supplements for this. As her Tsh levels were raised but T₃ T₄ levels were within normal limits. Due to clinical presentation of abnormal symptoms of patient, she was considered for further treatment.

O/E- Blood pressure – 130/80 mm Hg, Pulse – 76/min

S/E- Respiratory system- Air entry bilaterally equal, Cardiovascular system- S1S2 normal

Dosha-Dushya Analysis^{1,2}

Dosha-Tridosha, Vata Kapha dominant

Manodosha- Tama

Dooshya- Rasa, Rakta, Meda

Agni-Mandya at Dhatu level

Astavidh pariksha-

Nadi(Pulse)- Manda (Slow and sluggish)

Mala(Stool) – Malavarodh(Constipation) (on &off)

Mutra(Urine) - 4-5 times a day, no burning sensations, no obstructed stream

Jivha(Tongue) – Saam (white coated)

Shabd(Voice)- Gambhir(Deep)

Sparsha(Touch)- Ruksha(Dry)

Netra(Eyes)-Pittabh shweta(Yellowish white)

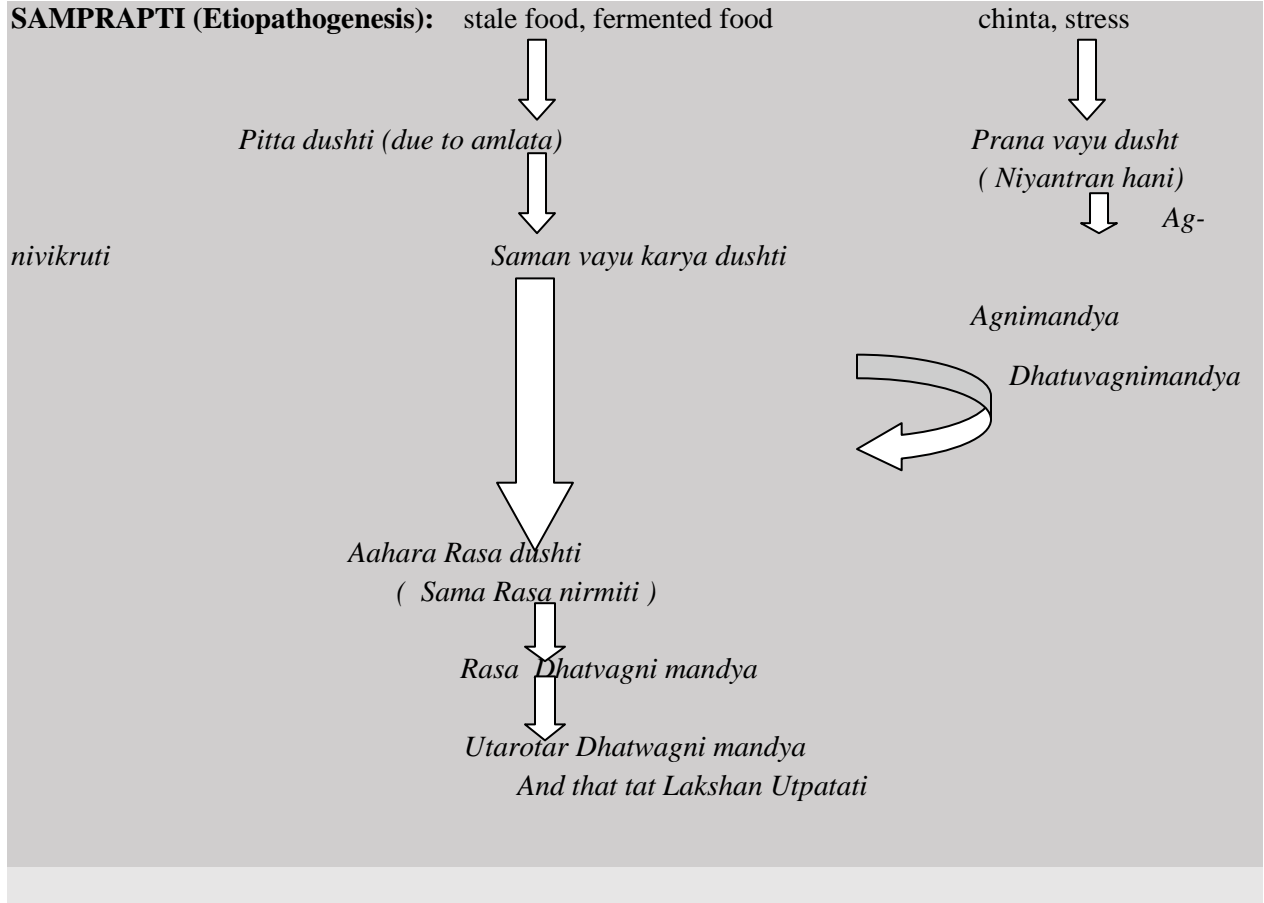
Akruti(Body structure)- Sthul(Fatty)

Nakha(Nails)- Raktabh(Pinkish)

Nidan panchak: HETU(Causes)- Having stale food, bakery products, divaswap, ratri jagran, spicy and fermented product, sweets, stress,

PURVAROOPA (Earlier symptoms)- fatigue, disturbed sleep, bodyache, weight gain

ROOPA (Present symptoms)- Generalised weakness, weight gain, fatigue, bodyache, hair-fall, depression, irritation, lack of interest



Different dhatuvagni mandya lakshanas seen in this respective patient.⁴

Rasa dhatuvagni mandya: Guruta, Bodyache, Generalised weakness

Rakta dhatuvagni mandya: Dry rough skin, Irritation

Mamsa dhatuvagni mandya: Galaganda

Meda dhatuvagni mandya : Weight gain

Aasthi dhatuvagni mandya: Khalitya (Hair fall)

Vikalpa samprapti- Aamla guna of Pitta, Sheeta guna of Vata, Manda Sheeta guna of Kapha

Treatment Given:

Line of Treatment

- | | |
|--|----------------------------|
| 1. DhatuAgni deepana | 4. VataKapha shamana |
| 2. Dhatugata Malapachana | 5. Manoharshan |
| 3. Strotoshodhana-Panchkarma-Virechana | Drugs for Treatment |

Drugs given	Action	Dose
Shadushan choorna³	For DhatuAgni deepana and Dhatugata malapachana	3gms BD in between meals (Samankali) was given for 7 days.
Kanchanaar guggul Arogyavardhini tablet	Va-takaphanashak aushadhi	500gmTDS for 7 days 1st dose- early morning empty stomach(prabhat kaal) 2nd and 3rd dose- After meals (vyaanudaan kaal)
Plain Goghrita	Snehapaan	30ml on 1 st day, in increasing order with addition of 30ml each day till sneha siddhi lakshanas occur. Sneha siddhi lakshana ⁵ occurred at 150ml ie at the 5 th day.
Trivrutta decoction Triphala decoction Aragwadh majja decoction Eranda Sneha	Virechana karma	1.Tivrutta bharad 10 gms 2.Triphala bharad 10 gms 3.Aragwadh majja 10 gms Decoction (120ml) prepared by this and 30ml of Eranda sneha was added in this. It was given at 10.00am to the patient. The virechan vega were 16 in number with Madhyam Shuddhi lakshanas.
Samsarjana Krama⁵	After Virechana karma	1 st day-Peya(Ricewater)(1 part rice+14 parts water and cook) 2 nd day- Vilepi(Gruel)(1 part rice+4 parts water and cook) 3 rd day-Mudga yusha(Soup of greengram)(1 part greengram + 16 parts of water)without salt trikatu choorna 4 th day - Mudga yusha(Soup of greengram)(1 part greengram + 16 parts of water)with salt trikatu choorna 5 th day - Khichadi(Rice + greengram+salt+spices) 6 th day - Complete meal

After Samsarjana karma-

1. Yoga- Suryanamaskar and Kapalbhaati in morning
2. Pathyaapathya- Avoid (stale, fermented food, guru aahar, Ratri jagran , chinta)

Karyakaaran bhava of treatment

1. Before given shodhana, deepana and pachana is the necessary step. Shodhana is to be performed in niraam avastha state. Hence

Shadaushan churna was selected for deepana-paachan karma which will bring sama-vastha state to niraam avastha. All the 6 ingredients of Shadaushan churna are best at deepana-pachana karma with Maricha having another property of 'Pramathi'. Pramathi dravyas bring all the leen doshas out by its own bala.

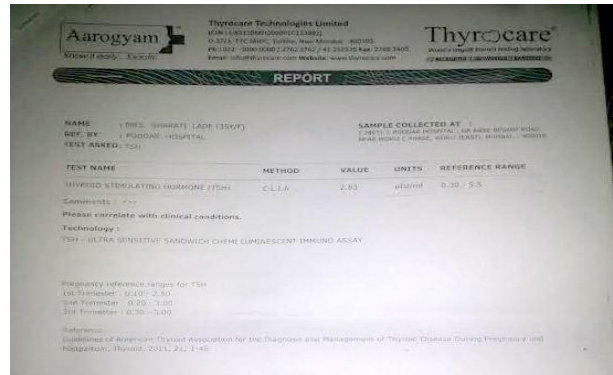
- Along with this for Dhatugata malapchana 'Arogyavardhini vati' and for Vatakapha shamana 'Kanchanar guggul' were selected. These medicines also help in strotoshodhana by their lekhan property without harming bala of the patient.
- After Niraam avastha of patient, Shodhana karma- Virechana was planned. As in this Patient Dosha had lead to Dhatugatva which has caused samprapti to be gambhir

and Tiryak gati of Dosha. And as treatment of Tiryak dosha is said to be by Shodhan Treatment, here virechan is been used. Virechana leads to Srotoshuddhi, Kapha cheddana, removal of sanga from strotas and dhatwagni deepana. Srotoshuddhi helps in removing avaran from receptors which help in proper functioning of them and in improving or mentainng metabolism.

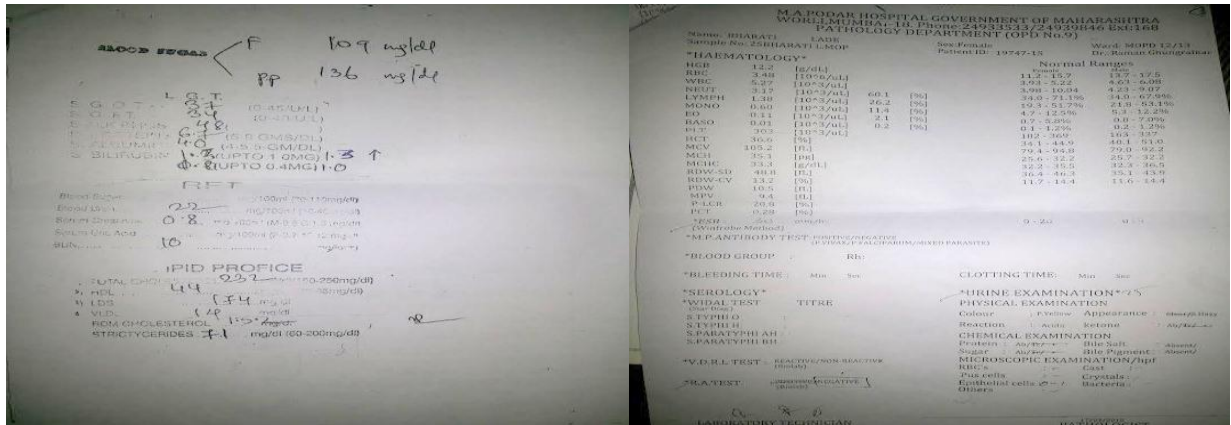
Thyroid profile-Before and After treatment.

On 17/3/15

On 4/4/15



All routine investigations done at R.A Podar college Laboratory, Worli, Mum-18 on 17/3/15



INVESTIGATIONS

Name of Investigation	17/3/15(Before)	16/4/15(After)
Haemoglobin %	12.2	12.3
Liver function tests- Serum Bilirubin	1.3	0.6
Total cholestrol	232	201
LDS	174	153
Serum Triglycerides	71	76
Serum creatinine	0.8	0.8

Weight

89 kgs

84 kgs

DISCUSSION

From the above case studies it seems that removing the avarana at the Dhatwagni level, thereby correcting the Agni is the line of treatment

TSH levels came to normal from 6.07 to 2.83 μ IU/ml

Appetite was increased

Generalized weakness of the patient was decreased to maximum.

Weight of the patient is reduced from the 89kg to 84kg

Dryness of skin , Bodyache ,Constipation was not there

For assessing relief in hair fall and Disturbed sleep the patient has to be observed for more interval

After Shodhana Karma-Virechana, patient showed much improvement in her health status. Oral medications to be continued only if patient shows any symptoms again by assesing her dincharya ,aahar-vihaar. Yoga and Pathya-apathya will take care to maintain balance in the hormones.This is the beauty of Ayurvedic treatment where patient is not forced to go on lifelong medication without improving their life-style.Agni deepana is the central theme of this lifestyle disorder for which viruudhashan, adhyashan,ajirnashana,chinta,raag,shok,dwesh etc sharirik and mansik bhavas have to be controlled .

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