

AYURVEDIC MANAGEMENT OF SUBCLINICAL HYPOTHYROIDISM – A SINGLE CASE STUDY

Anita¹, Gourishankar Rajpurohit²

¹MD scholar, P.G. Dept, Agad Tantra Evam Vyavhar Ayurveda, Dsraru, Jodhpur, Rajasthan, India

²MD Scholar, P.G. Dept, Panchkarma, DSRRAU, Jodhpur, Rajasthan, India

Corresponding Author: anitarajpurohit8442075030@gmail.com

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ABSTRACT

Hypothyroidism is the low activity of the thyroid gland that leads to inadequate production of thyroid hormones. Hypothyroidism is the most common endocrine disorder, mainly female in present era. Thyroxin is the control the general metabolism by regulating the rate of oxidation and production of energy. In *Ayurveda*, it can be corelated with *Kapha Dosha Dushti*, *Rasavaha Strotasadusti*, *Medadushti* and *Manovaha Strotasa Dushti*. As per *Charak Samhita* we can categorize hypothyroidism in *Anukta Vyadhies*. *Vata* and *Kapha* are two main *Doshas* involve in this *Vyadhies*. A 32 years female patient suffering from weakness, dizziness, breathlessness since last 3 years, and from last 3 months all symptoms are increase rapidly. Patient having history of thyroid disorder and under allopathic treatment since last 3 years. The present case study has focused effectiveness of ayurvedic treatment in subclinical hypothyroidism.

Keywords: Subclinical Hypothyroidism, *Anukta Vyadhies*, *Kapha Dosha*.

INTRODUCTION

Hypothyroidism is clinical condition reflecting hypofunction thyroid gland, characterised by low levels of circulating thyroid hormones. It is called primary when the cause of it lies in the thyroid gland itself. This

condition leads to the reduction in basal metabolic rate, affect physical and mental growth during childhood. It becomes secondary when hypothyroidism occur due to disease of anterior pituitary or hypothalamus.

Subclinical hypothyroidism means biochemical evidence of hypothyroidism (normal T₃, T₄ but raised TSH) without any symptoms of hypothyroidism. It may persist for many years.¹ Female have to be more affected than males[6:1ratio]. It is the most typical endocrine disorder after diabetes. In today's competitive world, people are leading a stressful life and as the thyroid gland is very sensitive to stimuli like stress and anxiety, the global incidence of hypothyroidism is increasing. Recent statistical analysis reveals that deficiency of iodine in the diet is the most common cause of this condition. According to world health organization, 2 billion people are iodine deficient worldwide. The relative iodine deficiency cause Goiter and severe deficiency causes hypothyroidism [in adult] & Cretinism [in children]. In *Ayurveda* mention hypothyroidism mechanism like, due to *Hetu Sevan Jatharagni Mandya*, at first *Rasvaha Strotasadushti* and *Kapha Dosh Dushti* occurs (sub-*Dosha* affected is *Avlambaka Kapha*). The thyroid gland is part of the *Rasavaha strotasa* as it is mainly a Hyper vascular epithelial tissue. *Rasa* and *Kapha*

Table 1: Personal History

Table 2: *Ashtavidh Pariksha*

Diet	Vegetarian
Micturition	5-6 times/day,1-2/night
Appetite	Medium
Sleep	Adequate, rarely disturbed
Bowel habit	Irregular
Addiction	NIL
<i>Nadi</i> (Pulse)	76/min, regular normal in character
<i>Mala</i> (stool)	Often constipation
<i>Mutra</i> (urine)	Frequency-normal
<i>Jihva</i> (tongue)	Coated
<i>Shabda</i> (speech)	Clear
<i>Shparsha</i> (touch)	Normal
<i>Drik</i> (eyes)	Normal
<i>Akruti</i> (built)	Normal

Investigation- Thyroid Function Test will be done. The case was diagnosed Subclinical hypothyroidism on the basis of Report and symptoms of the patient. Patient was treated at OPD level of *Kayachikitsa* department of DSRRAU.

Dushti simultaneous leads to *Meda* and *Mnovaha Strotasa Dushti*.²

CASE REPORT-

A 32 years old female patient, she is housewife suffering from weakness, dizziness, Breathlessness, swelling and mainly subclinical hypothyroidism. visit the OPD (registration nom. 5223) of *Kayachikitsa* department, DSRRAU, jodhpur

History of present illness- A 32 years female patient with history of sub hypothyroidism from last 3 years. she was under modern medicine no relief properly. Then she decided to take *Ayurveda* treatment, for *Ayurvedic* treatment she come to our hospital, DSRRAU, Jodhpur.

History of past illness-

There was no linked his past history

No/h/o- HTN/DM/PTB/BA/Epilepsy/or any other serious problem.

No/h/o- Any surgical illness

Family history- NAD Disorder

METERIAL AND METHOD – The patient had complaints of weakness, breathlessness, swelling and dizziness since last 3 months.

Ayurvedic management for subclinical hypothyroidism is given as:

Table 3: Oral Medication

S.NO.	FORMULA	DOSE	DURATION	ANUPANA
1.	<i>Punarnvadi Kwath +Mhatiktghart</i>	100mg 2Tsp	BD before meal	Luke warm water
2.	<i>Kanchnar Gugaglu</i>	250mg	TD after meal	Luke warm water
3.	<i>Yavkshar</i>	300mg	BD after meal	Luke warm water
4.	<i>Punarnvamandur</i>	300mg	BD after meal	Luke warm water

Table 4: Parnayam and Aasan

S.NO.	PROCEDURE NAME	DURATION
1.	<i>Surayanamskar</i>	12/day
2.	<i>Ujjayi</i>	3-5/day
3.	<i>Setubandhaasan</i>	Same
4.	<i>Sarvangaasan</i>	Same

OBSERVATION AND RESULTS –

Due to our *Ayurvedic* management there are regression of symptoms. The patient had started improving health within 15 days.

- First follow-up (after 15 days) – The symptoms of weakness, Breathlessness, Swelling is reduced. The same treatment was continued, and dose of Tab. Thyroxin was further reduced to 75mcg/day.
- Second follow-up (after 30 days) – The symptoms of all like dizziness, swelling is reduced. the same

treatment was continued, and dose of Tab. Thyroxin was further reduced to 50mcg/day.

- Third follow-up (after 45 days) – No frees complains. Patient was feeling better. Other treatment continued as same and Tab. Thyroxin was further reduced to 25mcg/day.
- Fourth follow-up (after 60 days) – No new complains. Patient was feeling better. TFT was normal. Then, Tab. Thyroxin was totally stopped.

Table 5: Showing Daily Treatment with Prognosis

DAYS Symptoms	1 st Follow up	2 nd Follow up	3 rd Follow up	4 th Follow up
<i>Drubalya</i> (weakness)	++	+	+	0
<i>Shwaskashtha</i> (breathlessness)	++	0	0	0
<i>Shoth</i> (swelling)	++	+	+	0
<i>Kalm</i> (Dizziness)	++	+	0	0

Table 6: Showing Changes in Thyroid Reports

Thyroid Stimulating Harmon	Before treatment	After treatment	Normal range
TSH	18.05microU/ml	4.99microU/ml	0.35 to 5.55

DISCUSSION

Initially the patient was taken allopathic medicine for these complaints Tab. Thyroxin 125mcg. These symptoms *Kapha Dosh Dushti, Rasdushti, Manovaha Strotasa Dushti* and *Meda*

Dhatudushti through *Jathragni* and *Dhatwagni Mandya* was considered. The treatment was planned based on *Dosha Pratyaneek Chikitsa* than *Vyadhi Pratyaneeka Chikitsa* and regulating *Agni*.

Table 7: Detailed described of all medicines are mention in table no 7.

1.	<i>Punarnavadi Kwath</i>	It is beneficial in treating swelling, obesity, ascites, anemia, nervous weakness, paralysis, constipation, cough etc. <i>Punarnava</i> is an excellent diuretic, ant inflammatory, mild laxative and is a heart tonic. When the paste made out of the root of this plant, is applied externally on the skin, this paste is beneficial dressing for swellings, ulcers, and skin diseases. ³
2.	<i>Kanchnar Guggulu</i>	Help to balance the excess <i>Pitta</i> and <i>Kapha Doshas</i> in body as indicated in <i>Granthi, Arbuda</i> . It subsides the <i>Kapha</i> and <i>Meda Dushti</i> and helps to reduce the swelling in neck and in goiter. ⁴
3.	<i>Punarnava Mandur</i>	It is a formulation which may works as a <i>Rasayana</i> in hypothyroidism and also help in <i>Panduta, Aruchi, Asradhdha, Gaurava, Tandra, Angamarda, Agnimandya</i> etc. ⁵
4.	<i>Mhatikt Gharit</i>	It is help to <i>Vata Vyadhi, Vatrakt Galgand, Kandru, Pama, Gulm, Raktpradar</i> etc. It used mainly <i>Kusth Roga</i> . ⁶
5.	<i>Yavakshar</i>	It is used in urinary diseases, uric acid diathesis, leading to gout and rheumatism, uterine irritability, piles, <i>Shoola</i> (colic), cardialgia, acid secreting glands as the breasts, testicles and mesenteric glands, also the liver, spleen and salivary glands. It also used in <i>Agnideepan</i> and <i>Lekhan</i> etc. ⁷
6.	<i>Parnayam and Aasan</i>	They are helpful for physical and spiritual well Being. they promote health, strength, endurance, balance and flexibility. <i>Suryanamaskar</i> is also helping to balance the three <i>Doshas – Vata, Pitta</i> and <i>Kapha</i> according to <i>Ayurveda</i> .

CONCLUSION

Ayurveda has been cured this subclinical hypothyroidism like *Anukta Vhyadhi*. *Ayurveda* is the most important in this time because allopathic treatment is not properly cured the disease and produced the side effects of our medicine, but *Ayurveda* cure such disease & act as *Apunarbhava* also. This is one example of successful case of subclinical hypothyroidism.

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