

MANAGEMENT OF HYPOTHYROIDISM THROUGH AYURVEDA: A CASE REPORT

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ABSTRACT

Ayurveda the science of life has a solution to almost all the health-related issues. Thyroid disorders are on the rise across the world. Ayurveda is an ancient Indian system of medicine which uses herbal and herbo-mineral medicines to treat diseases. Luxury lifestyle gives pleasure but due to modernization and impact of western culture, the dietary habits and lifestyle of individuals have changed a lot leading to various types of lifestyle disorders like hypertension, diabetes mellitus, thyroid disorders etc. Hypothyroidism refers to deficiency of thyroid hormone caused due to various reasons. Hypothyroidism is one the most common endocrine disorder seen in daily life. There is no direct correlation of hypothyroidism in the classics but according to Charaka Samhita it can be categorised in *Anukta Vyadhi*. *Vata* and *Kapha Dosha* are mainly involved in this *Vyadhi*. A 27-year-old female patient came to OPD of Government Ayurvedic College and Hospital, Guwahati presenting with complaints of weakness, hair fall, dry skin, constipation and irregular menstruation from the past 1 year. After 3 months of Ayurvedic treatment patient got relief in almost all the symptoms and the TSH level reduced from 17.99 μ IU/ml to 4.07 μ IU/ml.

Keywords: *Hypothyroidism, Anukta Vyadhi, Kanchanara Guggulu, Agnitundi Vati.*

INTRODUCTION

Endocrine disorders are common among Indian population, out of which thyroid disorders represent an important subset of these endocrine disorders. The prevalence of Hypothyroidism in India is nearly 11%. The thyroid gland consists of two lobes connected by an isthmus. It is located anterior to the trachea between the cricoids cartilage and the suprasternal notch. The normal thyroid is 12-20 g in size, highly vascular and soft in consistency. The thyroid gland produces two related hormones, thyroxine(T₄) and triiodothyroxine(T₃)^[1]. In Hypothyroidism, thyroid gland does not produce enough thyroid hormone^[2]. Hypothyroidism can be described as underactive thyroid. Infertility, weight problems, depression and chronic tiredness are the most frequent complications of hypothyroidism. There is no direct description of hypothyroidism in the Ayurvedic classics though it has the description of *Galaganda* as the swelling of the thyroid gland^[3]. There are many diseases which are not mentioned in Ayurvedic texts which are known as *Anukta Vikara*^[4] and hypothyroidism is one of its which is discussed as *vata kaphajanya vyadhi*. Since it is *Anukta Vikara*, treatment should be done on the basis of prakriti, *adhithana*, *bheda*, *hetu* according to *Astanga Hridaya*.

Case Study

Chief Complaints

A 27-year-old female patient came with complaints of weakness, dry skin, hair loss, body pain, breathlessness, constipation and irregular menstruation from last 1 year.

On doing investigations TSH level came to be as 17.99 μ IU/ml on 20/03/20.

Treatment Plan:

Treatment was planned to keep the symptoms in mind. Tab *Agnitundi vati* was given at a dose of 125 mg twice daily before meal and *Kanchanara guggulu* was given at a dose of 250mg twice daily after meal. The patient was asked to avoid cabbage, cauliflower and soya beans from her diet. Patient was then advised to undergo TSH investigation after 1 month. After 1 month her TSH levels came down to 11.59 μ IU/ml with reduction in her symptoms. The same treatment

along with *pathya* and *apathya* was continued for another 1 month and then TSH was again repeated where her TSH levels came down to 4.07 μ IU/ml with relief in symptoms. She was then further observed for another 6 months where she was advised to take *Kanchanara guugulu* alone along with the maintenance of *Pathya* and *Apathya*. She was asked to get her TSH levels checked at an interval of 3 months.

DISCUSSION

Hypothyroidism is the most common endocrine disorder affecting mostly the females in today's era. The condition if not treated can lead to complications like myxedema, infertility etc. People now are inclined towards Ayurveda for chronic diseases. Proper Ayurvedic treatment with maintenance of *Pathya* and *Apathya* can be beneficial in Hypothyroidism. In Hypothyroidism, the metabolism becomes decreased thereby there is *Agnimandya*. It is a *Vata-Kaphaja* disorder, so treatment is planned to keep all these in mind. *Agnitundi vati* mentioned in *Bhaisajya Ratnawali*, *Agnimanda Rogadhikar* works on *mandagni* and *Kanchanara guggulu* mentioned in *Bhaisajya Ratnawali*, *Galaganda Rogadhikar* is known to maintain the secretion of thyroid hormones and regulates the functioning of the thyroid gland and improves the condition.

Pathya- Apathya:

Pathya: Iodine rich diet, light easily digestible foods, regular exercise and *yogasanas* like *Suryanamaskar*, *Halasana*, *Matysasana* are beneficial. *Ujjayi Pranaayama* is also found to be beneficial for the condition.

Apathya: Cabbage, Soya beans, Cauliflower, Junk foods, *Sedantary* lifestyles are contra indicated.

CONCLUSION

Hypothyroidism is the most common metabolic disorder. It is not described in Ayurvedic texts. But based on clinical presentation the involved *dosha* are *Kapha - vata dosha* and there is *mandagni*. Ayurveda tries to treat the disease from the root rather than treating the symptoms like modern drugs. The case has been

treated with *Agnitundi vati* and *Kanchanara guggulu* with *pathya* and *apathya* with no side effects or any complications. Therefore, more studies on Hypothyroidism should be conducted for the betterment of human mankind. Thus, Hypothyroidism can be managed effectively with Ayurveda with proper drugs. In this case the patient got relief from all the symptoms without any side effect. Thus, the treatment plan was found to be beneficial in hypothyroidism.

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