



AYURVEDIC APPROACH TO MANAGE HYPOTHYROIDISM - A SINGLE CASE STUDY

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<https://doi.org/10.46607/iamj5010102022>

(Published Online: October 2022)

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Article Received: 24/09/2022 - Peer Reviewed: 09/10/2022 - Accepted for Publication: 12/10/2022



ABSTRACT

Hypothyroidism comes under the broad spectrum of lifestyle disorders. It can be difficult to diagnose, as its signs and symptoms are non-specific, and no global consensus exists on screening. It can be difficult to determine when to test for hypothyroidism, as patients may present with symptoms that are subtle or that overlap with other common conditions, and guidelines can be vague regarding who and when to test. However, the identification of hypothyroidism is important in clinical practice. The major symptoms of hypothyroidism include tiredness, weight gain, hair loss, cold intolerance, mood disturbances, indigestion, and dry rough skin. **Aims And Objectives** – To evaluate the effects of Ayurvedic medications in the management of Hypothyroidism by a single case study. **Case report:** In the present study, a hypothyroid case has been treated successfully with a combination of *Kanchanar guggulu*, *Trikatu churna*, and *Vidanga churna*. **Results:** After 3 months of treatment the patient showed a significant response to reduction of serum TSH level reduced from 9.51 to 2.84. The present case study has focused effectiveness of *Ayurvedic* medicines in primary hypothyroidism.

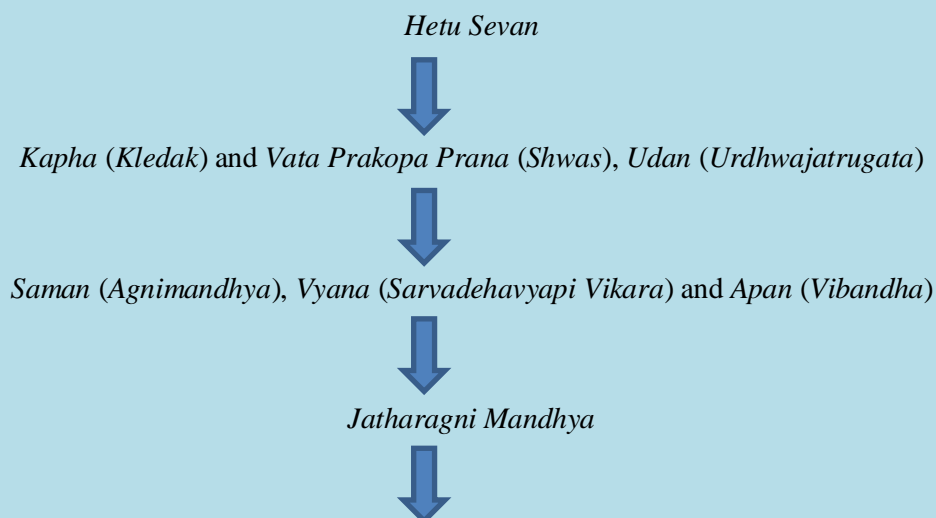
Keywords: Hypothyroidism, Lifestyle disorder, *Shamanoushadhi*

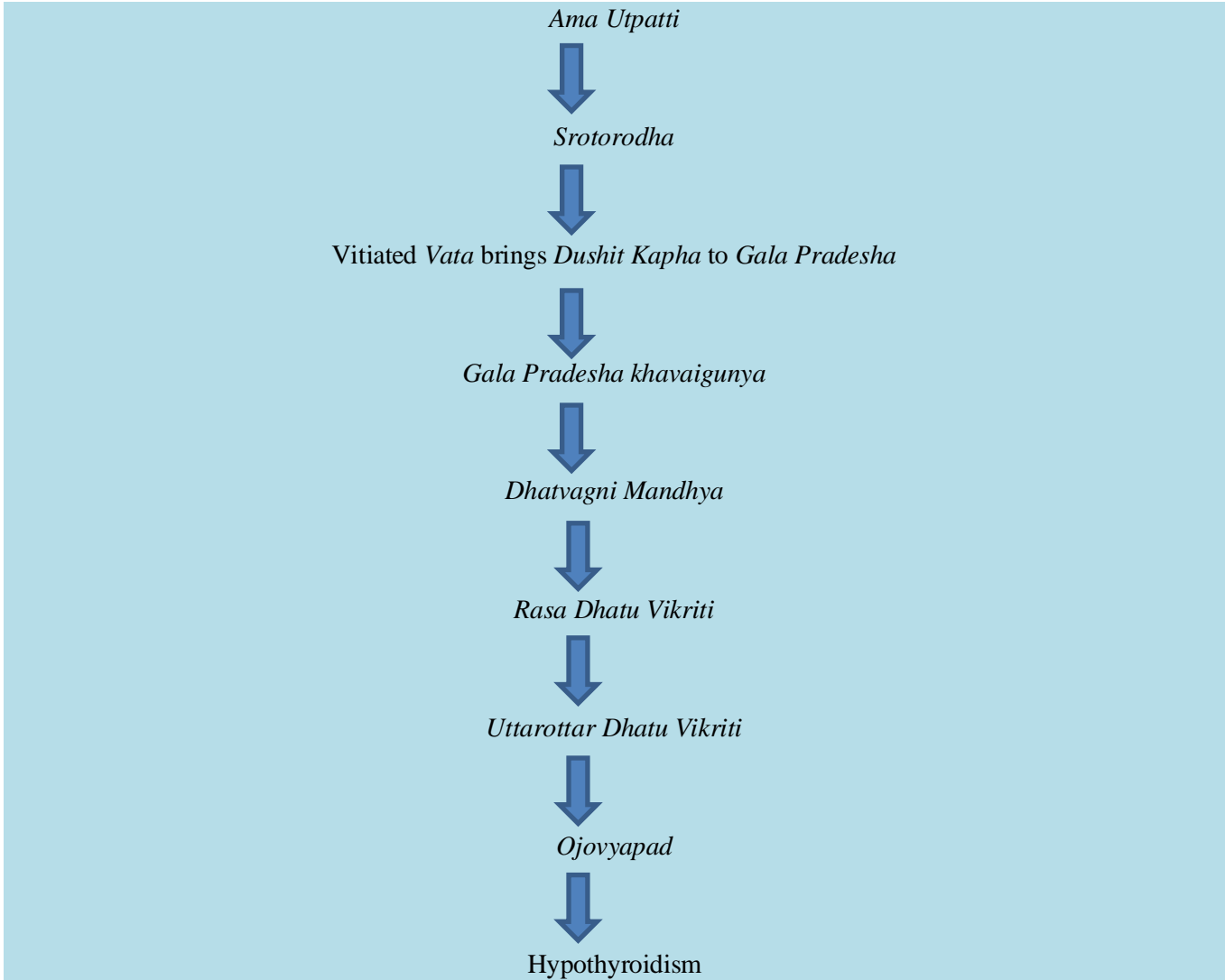
INTRODUCTION

A sedentary lifestyle gives pleasure to the body. At the same time, this pleasure disturbs *dosha* and ultimately disturbs the mind and body too. These sedentary and luxurious lives give rise to many lifestyle disorders. Thyroid, Hypertension, and Diabetes are some examples of lifestyle disorders. In society number of cases of thyroid disorders is increasing day by day. There is 3.8-6% general population affected by Hypothyroidism^[1]. Thyroid dysfunction is two types viz. overactive thyroid i.e., Hyperthyroidism and under active thyroid i.e., Hypothyroidism, though the third variety of euthyroid goiter is also existed in which no thyroid dysfunction is there but there is the presence of of Goiter. In Hypothyroidism, the thyroid gland does not produce enough thyroid hormone viz. T3 and T4^[2]. Hypothyroidism can be described as an underactive thyroid. Infertility, Weight issues, depression, chronic fatigue, and lethargy are the most frequent complications of hypothyroidism^[3]. The ayurvedic text has a description of swelling of the Thyroid gland mentioned as *Galaganda* whose symptoms are similar to Hyperthyroidism^[4]. A direct descrip-

tion of hypothyroidism is not found in classical *Ayurvedic* text. Many diseases which are not mentioned directly in *Ayurveda* texts are called *Anukta vikara*^[5]. Subclinical hypothyroidism is one such disease. Though there is a lack of direct description of such a disease, its line of treatment is described very well. There is a description in *Ashtanag hrudaya* that, if we don't know the name of any diseases then *Vaidya* should treat the patient with an examination of *prakriti, adhistahna, bheda, and hetu*^[6]. Hypothyroidism, according to *Ayurved*, can be considered as *Anukta vikara* and could be described under the broader category of *vata-kaphaja dushti-janya vyadhi*. Modern science is very well developed with advanced techniques for the diagnosis and treatment of diseases, but it is still inadequate to treat lifestyle diseases. Currently, available medicines are not even capable to provide relief for such diseases, whereas *Ayurveda* has described management for both directly describe diseases i.e., *Ukta vikara*, and indirectly described diseases i.e., *Anukta vikara* along with preventive aspects of lifestyle disorders.

Samprapti of Hypothyroidism





Case Report –

A female patient Hindu female housewife of *Kapha-Vata Prakriti* visited the OPD of Kriya Sharir, National Institute of Ayurveda, Jaipur with chief complaints of weakness, puffiness of the face, hoarseness of voice, loss of hair, weight gain, poor memory, irregular menstruation and along with increasing tiredness since a long a time. She was a known case of hypothyroidism for the last 2 years and was on regular medication Thyroxine 75 mcg of in the morning daily one hour before food/tea. Her Previous weight was 65 kg which increased to 73 kg. She also presented with indigestion and dry rough skin. There is no history of diabetes or hypertension, cardiac problems, or any other complicated disease and there was

no family history of thyroid disorders. The appetite was reduced, sleep is sound, the bowel was regular and micturition frequency was 4 to 5 times every day. All the vitals and systemic examinations were within normal limits.

Thyroid local Examination

On Inspection

- Localized swelling – Absent

On palpation

- Size - Normal
- Shape - Normal
- Localized temperature - Not Raised
- Tenderness – Absent

Ashtavidha Parikshana

- *Nadi* (pulse) = 86 /min. (*Kapha-Vata*)

- Mala (stool) = Malavshambha
- Mutra (urine) = Normal
- Jivha (tongue) = Saam
- Agni = Kshudhamandya
- Shabda (speech) = Normal
- Sparsha (skin) = Twak Rukshata
- Druka (eyes) = Upanetra
- Akrti = Madhyama
- Bala = Madhyama
- Raktadaaba (B.P) = 124/90 mm/Hg

MENSTRUAL HISTORY –

- Duration – 2 days, Interval – 45-48 days
- Regularity – irregular, Amount – scanty
- The character of Flow – with clots
- Colour – blackish red
- Pain – mild and lower abdomen and lower back

MATERIALS AND METHODS: The treatment was planned to see the state of *Rogabala* (strength of the disease) and *Atura Bala* (strength of the patient). Treatment like *Ama Pachan* (digestion of undigested food), *Agni Deepan* (increasing appetite), *Anuloman* (proper bowel movement), *Medoharan* (anti-obesity), and *Vata-Kapha Nasan* medicines were administered to the patient. The treatment was continued for 3 months. The patient was advised as per *Ayurvedic* fundamental principles to avoid *Apathy-Ahara* (food) and *Vihara* (daily activities) like fast and junk food, cabbage, cauliflower, soybean, excessive sleep, and another sedentary lifestyle, etc. She was advised to follow *Pathya* like a light diet, other green vegetables, sea food, old rice, barley, and aerobic exercises, etc.

Table NO 1 Prescribed Medicines

S. No	Dravya	Dose	Duration	Anupana
1	Kanchanar Guggulu	500 mg	Two times a day	With Lukewarm water
2	Trikatu Churna	3 gm	Two times a day	With Lukewarm water
3	Vidang Churna	3 gm	Two times a day	With Lukewarm water

Observations and Results- With *Ayurvedic* management, regression of symptoms occurred. The patient started showing improvement in symptoms within 15 days. After two and half months of treatment, the patient got 70% of relief in her symptoms.

Table 02: showing daily treatment with prognosis.

Symptoms	1 st visit	2 nd Visit	3 rd Visit	4 th Visit	5 th Visit
<i>Daurbalya</i> (Weakness)	++++	+++	+++	++	+
<i>Twak Rukshata</i> (Dry Skin)	+++	++	+	+	-
<i>Kesh Patana</i> (Hair loss)	++++	+++	+++	++	+
<i>Malavashmbha</i> (constipation)	++	+	+	-	-
<i>Amalapitta</i> (acidity)	+++	++	++	+	+
<i>Shwasa Kashtha</i> (breathlessness)	+++	+++	++	+	+
<i>Smriti Alpata</i> (poor memory)	++	+	+	-	-

Table 03: Changes in Thyroid function test

S.NO	Date	T3	T4	TSH
1 st Month	14/03/2022	0.96 ng/ml	7.34 ug/dl	9.51 mIU/ml
2 nd Month	14/04/2022	0.98 ng/ml	6.30 ug/dl	5.18 mIU/ml
3 rd Month	14/05/2022	1.03 ng/ml	7.0 ug/dl	2.84 mIU/ml

DISCUSSION

Hypothyroidism mainly occurs due to the vitiation of *Vata* and *Kapha dosha*. This vitiated *dosha* deranges the *jatharagni* (digestive fire), ultimately leading to the production of *ama* and lastly vitiated *medo dhatu*. This *ama* blocks the channels (*srotorodha*) in the body. Lethargy, fatigue, weight gain, weakness, glandular enlargement, etc...symptoms are mainly seen due to accumulation of *Kapha* and *Medo dhatu*, *srotorodha*, constipation and muscle pain, loss of libido, amenorrhea, etc. Mainly seen due to vitiated *Vata dosha* by *avarana*. The Primary ingredients of *Kachanar guggulu* are *Guggulu*⁷ (50%) and *Kachanar*⁸ (25%). It has *Ruksha*, *Laghu Guna*, *Kashaya Rasa*, *Katu Vipak* but its *Prabhav* is *Gandamala Nashak*. (Effective in Cervical lymphadenitis, thyroid, and glandular enlargement). *Kachanar* has a great ability to dry up vitiated *Kapha* and *Meda Dhatu* because of its potent astringent property. Its *grahi* property helps to remove excessive fluid from swollen tissues. It helps correct the thyroid imbalance by removing *Kapha* from the body. *Guggulu* is said to be the best *Vata* and *Medohara* drug in *Ayurveda*. It has *Laghu*, *ruksha* and *sukshma guna*, *Ushna virya*, *Katu Vipak* and *Lekhan* property. So, it is effective in the management of *Kapha meda* predominant disorders in Hypothyroidism⁹. So, *Kachanar guggulu* helps to reduce or break down deep-seated *Kapha Dosha* and *Medo dhatu* and clears the obstruction of the channels. In this way, it restores the functions of this gland, prevents weight gain and puffiness of the face, and corrects hoarseness of voice, menstrual abnormalities, and constipated caused due to Hypothyroidism. *Vidang*¹⁰ possesses *Ruksha*, *Laghu*, *Tikshna*, *Ushna*, *Deepan*, *Lekhan*, *Vata-Anuloman*, and *Vata-Kapha shamak* properties. So, it breaks *Kapha-Medo* disorder and corrects *Ama*, clears *Sroto-rodha*, and subsides *avarana* of *Vata dosha* in hypothyroidism¹¹. *Trikatu* is predominantly having *Ushna*, *Tikshna*, *Ruksha*, *Laghu guna*, *Katu rasa*, *Katu Vipak*, and *Ushna Virya*. Hence it exhibits *Kapha Vata Shamak*, *Deepan*, *Pachan*, *Srotovishodhan*, and *shothahara* properties¹². Hence, it improves the *agni* and helps in the removal of *ama* (toxins) from the body, breaks

medodhatu, and clears the channel in Hypothyroidism. All the above-mentioned medicine has evidence to cure hypothyroidism.

CONCLUSION

Lifestyle disorders have become a nuisance as their cases are increasing day by day. *Ayurveda* has the best solution in such type of *Anukta Vyadhi*. With *dosha vikara*, *Ayurveda* cures such diseases & acts as *Apunarbhava* also. From the above study, it can be clearly concluded that *Kachanar guggulu*, *Trikatu churna*, and *Vidanga churna* are combinedly effective in the management of primary hypothyroidism without apparent evidence of side effects or any complications. These medicines showed encouraging results in this case. The results need to be studied in more numbers in the early stage of the disease for better assessment.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Anil Kumar et al: Ayurvedic Approach to Manage Hypothyroidism - A Single Case Study. International Ayurvedic Medical Journal {online} 2022 {cited October 2022} Available from: http://www.iamj.in/posts/images/upload/2977_2982.pdf