



EFFECTS OF VYAYAM AND NASYA IN THE MANAGEMENT OF HYPOTHYROIDISM: CONCEPTUAL REVIEW

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ABSTRACT

Lifestyle is accountable for the origin of a diseases; it is a very ancient and famous theory in Ayurveda. Nowadays there has been a profound change in the dietary habits and lifestyle of human being due to modernization. Deleterious eating habits, along with sedentary lifestyle, cause various ailments including metabolic disorders. Thyroid gland is a key part of the human endocrine system and works together with nervous and immune system and it regulates metabolism by producing and secreting hormones into blood. Inadequate production of thyroid hormone is considered as hypothyroidism. Auto immunity plays a key role in the etiology of hypothyroidism. Global incidence of hypothyroidism is rising rapidly, and it is posing a major health challenge in both developing as well as developed world. Hypothyroidisms influence the standard of life of individuals, despite many progresses the modern management of hypothyroidism remains disappointing. Looking into the pathogenesis and complication of hypothyroidism, it requires a systemic and radical therapy for which ayurveda may provide a ray of hope through panchakarma, there is abnormality of *Jatharagni* and *Dhatwagni*, *urdhvajatrugata sthan* along with abnormality of *Kapha* and *Vata Dosha* as well as *Kaphamedo-Avrta Vata*. Thus, the line of treatment involves *Deepana*, *Pachana*, *Srotoshodhana*, *Nasya*, *Vyayam* and *Kapha vata shaman*.

Keywords: Hypothyroidism, *Agnimandya*, Metabolism, *Nasya*, *Vyayam*.

INTRODUCTION

Manner of living is accountable for the origin of a diseases; it is a very famous theory in Ayurveda. Nowadays, there has been an extreme change in the dietary habits and lifestyle of individuals due to modernization and influence of western culture. Unhealthy eating pattern, along with sedentary lifestyle, cause various diseases including metabolic disorders.

Thyroid gland is a key part of the human endocrine system and works together with nervous and immune system and it regulates metabolism by producing and secreting hormones into blood. [1] Inadequate production of thyroid hormone is considered as hypothyroidism and which is characterized by signs and symptoms like slower metabolism rate, weight gain, hair fall, forgetfulness, sleepiness, fatigue, constipation, dry and cold skin, menstrual disturbance etc. [2]

It is the most common disorders of thyroid gland and commonly encountered problem in clinical practice. It is also the commonest endocrine disorder and is believed to be common health issue in India as it is worldwide. According to projection, from various studies on thyroid disorders, it has been estimated that about 42 million Population in India is suffering from thyroid disorders. [3]

Global incidence of hypothyroidism is rising rapidly, and it is posing a major health challenge in both developing as well as developed world. [4] The prevalence of hypothyroidism is high affecting approximately one in 10 adults in population and subclinical hypothyroidism is about 11% and more prevalent among the females, with male to female ratio being

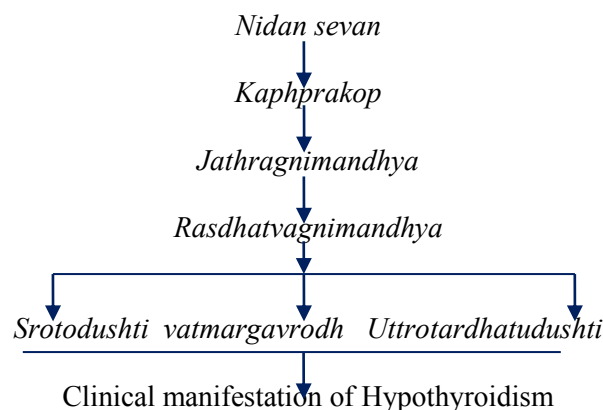
1:6 [5]. It is found to be 10.95% in adult urban population with significantly female number outweighing the males i.e. 15.86% in females and 5.02% in males. The prevalence of primary Hypothyroidism is high accounting for over 95% of total Hypothyroidism patients. Central Hypothyroidism of pituitary origin, occurrence rate is even lower i.e. 1 from 1000 cases [6]

Hypothyroidisms influence the standard of life of individuals, in spite of many progresses the modern management of hypothyroidism remains upsetting. The only treatment available is synthetic thyroid hormone which patient has to take lifelong and has certain side effects causes muscle cramp, weakness, restlessness, cardiac arrhythmia, palpitation, tachycardia, osteoporosis etc. [7]

DISEASE REVIEW

In Ayurveda classics there is no direct citation about how to understand the pathogenesis of hypothyroidism but ayurveda helps us to understand this pathophysiological phenomenon and the clinical manifestation. Certain pathogenic phenomenon that includes *kaphavarit-vata* [8] *kapha-medo-avrita vata* [9] *galgand* [10] in *urdhvjatrugat rogas*, *dhatvagnimandhya janya vikrati* [11] appear to have lead role in disease manifestation.

Vridha Kapha by obstructing the channels vitiates the Vata Dosha also and Jatharagni gets impaired due to this Vridha Kapha which leads to dhatwagnimandhya. This dhatwagnimandhya plays an important role in pathogenesis of hypothyroidism



MANAGEMENT

Niragni swedana (Vyayam) and *nasya* are capable of carrying out all sorts of actions by virtue of the specific type and drugs are utilized in it and effectively encounter the pathogenesis of hypothyroidism. *Niragni Swedan* is indicated in *kaph-medavrita vata*.^[12] *Niragni swedan* is performed in the form of *Vyayam*.^[13] *Vyayam* does kindling of agni and increases basal metabolic rate. Thyroid gland is

situated in supraclavicular region (*urdhvajatrugata sthan*), which is a *kaphsthan*. *Nasya* is considered as the most specific procedure for disease of head and neck region. As in Ayurveda nose is considered as the door of head, hence nose is the suitable route for drug administration in *urdhvajatugata*^[14] rogas. This procedure helps us to achieve desired therapeutic outcomes.

Procedure	Duration	Drug	DOSE	TIME
Nasya	1-21 Days (7 Days + 1day Rest +7 Days + 1day Rest +5days Nasya)	Katutumbi tail	6 drops in each nostril	Purvahn kal
Niragni swedan	1-21 Days	Vyayam	Till Balardh vyayam lakshan appear	-

MATERIALAND METHODS:

Literary resources like classical textbooks of Ayurveda, clinical trials, published manuscripts and clinical experience of treating cases.

1. **Nasya :-** Nose is the portal (gateway) of head^[15] The drug administered through nose as *Nasya dravya* reaches to the brain and eradicates only the morbid Doshas accountable for causing the disease.^[16] Thyroid gland is situated in supraclavicular region (*urdhvajatrugata sthan*.) As in Ayurveda nose is considered as the door of head, hence nose is the appropriate route for drug administration in *urdhvajatugata rogas*.

Nasya is the method of introducing medicine through the nose for either pacifying or rinsing or strengthening the supraclavicular region.^[17] The disease Hypothyroidism is *Kapha* dominant; hence the drugs which are having *Kaphashamaka* properties such as *Ushna*, *Teekshna guna* should be used in curing the disease. *Katutumbi taila* have *Ushna*, *teekshna* and *Kaphashamaka* properties. Thyroid gland is situated in *urdhwajatrugata*, which is a *kaphasthana*, hence the management of Hypothyroidism by katutumbi tail Nasya may be a better choice. *Nasya* has a direct influence on the functioning of thyroid gland.

2. **Niragni swedan (Vyayam):-** *Niragni Swedan* is advised in *kaph-medavrita vata*.^[18] *Niragni swedan* is performed in the form of *Vyayam*.^[19]

Vyayam does kindling of agni and increases basal metabolic rate.

Vyayam gives about feeling of lightness of the body, increases ability to act, stability, capacity for all sorts of sorrow and mitigation of three *doshas*.^[20] Regular *vyayam* slow down the process of ageing, assist body to shape up, improve muscle strength, augments power of digestion and maintain health, removes laziness and produce tolerance towards tiredness, thirst, fatigue, heat and cold.^[21] *Vyayam* does kindling of agni and increases metabolic activity which helps to digest the morbid doshas and mala, cleans the srotas and removes *margavrodh*. *Vyayam* is not only lightness of the body but also it gets rid of all imperfections and accretion of the digestive fire. *Vyayam* upgrades energy level and provides oxygen and nutrients to whole body assisting it to work more effectively. *Vyayam* plays an essential role in maintaining and stimulating the function of thyroid gland.

DISCUSSION

Hypothyroidism is *kapha* dominant; hence the drugs which are having *kaphashamk* properties should be utilized in curing the disease. With the help of previous pharmacological research^[22], we got that all the herbs evaluated here act on hypothalamus and pitui-

tary gland directly or indirectly and stimulate the thyroid gland by *nasya* therapy. Hypothyroidism is known as lifestyle or stress or metabolic or autoimmune disorder. *Vyayam* (Physical activity) can indirectly improve subjective well-being. *Vyayam* plays an unambiguous role in the prevention and treatment of mental and physical health problem.

CONCLUSION

Hypothyroidism is major endocrine problem in present era. Katutumbi tail is more efficient in counteracting the pathogenesis of hypothyroidism at different levels. *Nasya* is a good measure for treat hypothyroidism. *Vyayam* is more effective in metabolic and stress disorder.

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