

## CORRELATION BETWEEN HYPOTHYROIDISM AND KAPHAVRUTTA VATA ACCORDING TO AYURVED

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### ABSTRACT

Hypothyroidism<sup>1</sup> is the condition in which the body lacks sufficient thyroid hormone. The main function of thyroid hormone is to run body metabolism. So people with hypothyroidism have symptoms associated with slow metabolism i.e. reduced B.M.R. (Basal metabolic rate). Now a days it has become a common disorder .Approximately 10% of women<sup>2</sup> are having some degree of thyroid hormone deficiency. Millions of people are currently suffering from Hypothyroidism and even don't know it. People over age 60 are commonly affected and it is more common in woman than in men<sup>3</sup>. It is so common disorder but no permanent remedy is there for it. At present for Hypothyroidism, drug Levothyroxine<sup>4</sup> is given according to per Kg body weight. It has to be taken lifelong. If we correlate hypothyroidism with signs and symptoms in Ayurveda, it can be considered similar with "*Kaphavrutta Vata*". Symptoms given under *Kaphavrutta Vata* in the classic texts of Ayurveda are similar with that of Hypothyroidism. Depending upon this similarity, the treatment described for *Kaphavrutta Vata* in classic *Samhitas*, can be prescribed for Hypothyroidism. Thus permanent remedy for hypothyroidism can be discovered.

**Key words:** *Kaphavrutta Vata*, Hypothyroidism, Goiter, Myxedema.

In Ayurvedic classic literature *Samhitas* there is detailed description about *vata vyadhi*<sup>5</sup>, i.e. diseases caused due to *vikrut vata dosha*. In that reference, *Avrutta vata vyadhis* are described. Under this topic signs and symptoms of *Kaphavrutta Vata* are explained. These signs and symptoms can be correlated with that of Hypothyroidism. They are found to be similar. Accordingly, the treatment prescribed for *Kaphavrutta Vata* in the classic texts can be given for Hypothyroidism to achieve permanent remedy without any side effects and drug reactions.

### Aims and Objectives:-

1. To study signs and symptoms of Hypothyroidism.
2. To study *Kaphavrutta Vata* symptoms quoted in classic texts of Ayurveda.
3. To correlate signs and symptoms of Hypothyroidism with that of *Kaphavrutta Vata*.
4. To apply treatment prescribed for *Kaphavrutta Vata* for Hypothyroidism.
5. To discover safe and permanent remedy for Hypothyroidism, as it is becoming very common disease.

### Materials and Methods:-

#### A. Signs and symptoms of Hypothyroidism—

Following table can elaborate the signs and symptoms<sup>6</sup> commonly seen in hypothyroid person.

**Table 1**

Symptoms	Signs
· Fatigue	· Dry coarse skin
· Feeling cold	· Cool extremities
· Poor memory and concentration	· Myxedema
· Dyspepsia	· Hair loss
· Constipation	· Slow pulse rate
· Weight gain	· Swelling of limbs
· Poor appetite	· Delayed relaxation of tendons
· Shortness of breath	· Pleural effusion
· Hoarse voice	· Pericardial effusion
· Heavy menstrual periods	·
· Poor hearing	·

### B. Symptoms of Kaphavrutta Vata---

Symptoms of *Kaphavrutta Vata* given in classic texts i.e. *Samhitas* of Ayurveda are as follows -----

#### 1. *Kaphavrutta vata*<sup>7,8</sup>---

- Shaitya*- Feeling of coolness.
- Gaurav*- Heaviness or lethargy in body.
- Shool*- Pain or ache in various body parts.
- Langhana*- No desire to eat food (Poor appetite).
- Ruksha*- Dryness of skin and hair.
- Ushnakamitva*- Desire of hot things.

#### 2. *Kaphavrutta Prana vayu*<sup>9,10</sup>---

- Tandra*- Lack of mental orientation.
- Aruchi*- Anorexia
- Nishwaso shwasa sangraha*- Difficulty in breathing (Dyspnea)
- Vami*- Dyspepsia

#### 3. *Kaphavrutta Udan vayu*<sup>11,12</sup>---

- Gurugratatva*- Heaviness in body parts.

- Swaragraha*- Hoarseness of voice.

- Balavarna pranasha*- Dry coarse skin.

#### 4. *Kaphavrutta Vyan vayu*<sup>13,14</sup>---

- Skhalita gatra*- Fatigue.
- Guruta angeshu*- Heaviness in body parts.
- Vakgraha*- Difficulty in talking.

#### 5. *Kaphavrutta Apan vayu*<sup>15,16</sup>---

- Sakapham mutra shakrut*- difficulty in passing urine and stool (constipation).

#### 6. *Kaphavrutta Saman vayu*<sup>17,18</sup>---

- Himangatva*- Feeling cold.
- Manda vanhita*- Loss of appetite.

### Result:-

After comparing the signs and symptoms of Hypothyroidism with that of *Kaphavrutta vata*, we can find both to be similar.

Respective signs and symptoms are compared in the following table on next page---

**Table 2**  
**Similarity in Signs and symptoms**

<b>Hypothyroidism</b>	<b>Kaphavrutta Vata</b>
1. Fatigue	1. <i>Skhalita gatra</i>
2. Feeling cold, cold extremities	2. <i>Shaitya,</i> <i>Atisheetata</i>
3. Weight gain	3. <i>Gaurava,</i> <i>Guru gatrata,</i> <i>Guruta angeshu</i>
4. Poor appetite	4. <i>Langhana</i> <i>Aruchi</i> <i>Manda vanhita</i>
5. Dyspepsia	5. <i>Vami</i>
6. Dry coarse skin	6. <i>Ruksha</i> <i>Balavarna pranasha</i>
7. Poor memory and concentration Lack of mental orientation	7. <i>Tandra</i>
8. Shortness of breath and slow pulse rate	8. <i>Nishwaso shwasa sangraha</i>
9. Hoarse voice	9. <i>Swara graha</i> <i>Vakgraha</i>
10. Delayed relaxation of tendon	10. <i>Parvasthi graham</i> <i>Guruta angeshu</i> <i>Gaurav</i> <i>Gurugatratva</i>
11. Constipation	11. <i>Sakaph mutra shakrut</i>

Thus we can correlate almost all the symptoms of Hypothyroidism with *Kaphavrutta Vata* as per classic texts of Ayurveda.

## DISCUSSION

Meaning of *Kaphavrutta vata* means – *Vata dosha* is covered with *kapha dosha* (which is increased in quantity), and activity of *vata dosh* is disturbed or suppressed.

In the present scenario, it is essential to discuss following point according to Ayurvedic point of view

### 1. Reduced secretion of thyroid hormone in Hypothyroidism---

*Vata dosha* is considered to be responsible for stimulating glands of body to secrete their secretions. Here in Hypothyroidism, secretion of Thyroxin is reduced due to decreased or suppressed activity of *Vata dosha*. This decreased activity is seen only on Thyroid gland as it is situated in the region of *Kapha dosha*,<sup>19</sup> i.e. *kantha* (neck) which is also involved in the process. (*Vata* is covered by *kapha* i.e. *Avarana*).

## CONCLUSION

Thus, after above discussion and comparison, we can enlighten the fact that-- Hypothyroidism is similar with *Kaphavrutta Vata*.

So we can apply the treatment recommended for *Kaphavrutta Vata* to Hypothyroidism.

In Ayurvedic classic texts, treatment is explained for *Kaphavrutta Vata*.<sup>20, 21</sup> After considering these references we can give following treatment for the patients of Hypothyroidism.

1. *Deepan* (To increase appetite) and *Paachan* (To improve digestion) medicines can be used.

E.g. *Pippali* (*Piper longum*), *Marich* (*Piper nigrum*), *Shunthi* (*Zinziber officinale*)

2. *Kaphaghna* (pacifies kapha dosha) and *Anulomak* (Laxative) treatment can be given<sup>22</sup>.

3. *Swedan* (sweating therapy)—*Sarwanga swedan* (whole body sweating) can be given.

4. *Virechana* (Purgation)—If patient is healthy, we can give light *Virechana* with *Haritaki* (*Terminalia chebulia*) and *Yashtimadhu* (*Glycyrrhiza glabra*) - mixed in equal quantity – 10 to 15 gms, with hot water, at bedtime.

5. *Basti*-- The best Part of treatment for Hypothyroidism is *Basti chikitsa* (Enema therapy)

*Niruha basti*<sup>23, 24</sup> can be introduced to patient depending on his bala (strength). This basti helps in removing *doshas* (stuck inside the body tissues) in the form of faeces. It can be repeated twice or thrice after every 15 days. *Dashamula decoction* or *Trifala decoction* can be used for *basti*.

6. Exercise—Along with the treatment and medicines, exercise like brisk morning walk, cardio exercise etc. can be planned for the patient. Exercise is *Kaphaghna* (pacifies kapha dosha) and *vatanulomak* (Laxative). Hence it will help in the treatment.

#### Further work plan to be conducted:-

Related with the subject, further work can be planned as follows---

1. Systematic clinical trials are to be conducted for the further result.

2. Ayurvedic treatment stated above will be given along with the prescribed dose of Levothyroxine to the patient.

3. Dose of Levothyroxine will be reduced slowly along with Ayurvedic treatment.

4. Above treatment will be continued for at least 3 months after normal TSH level is achieved; to get permanent result (Remedy).

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**Source of Support:** Nil

**Conflict of Interest:** None Declared