



A Case Study: Management of Hypothyroidism through Ayurveda

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ABSTRACT

We all know that *Ayurveda* is a life science that has solutions for all health problems. One of the most common endocrine disorders seen in daily practise is hypothyroidism. Hypothyroidism is caused by a lack of thyroid hormone or resistance of body tissue to thyroid hormone in relation to metabolic demand. Although the diagnosis and treatment of hypothyroidism are frequently thought to be simple, a large number of people with this condition receive suboptimal care. Thyroid disorders are common in India, with hypothyroidism being a condition that is currently not adequately controlled. Because of the disease's broad scope and high prevalence in society, the current issue was chosen for study and management using Ayurvedic principles. A 47 years old male patient on 9/3/2021 came to OPD of Govt. Ayurveda Hospital, Moti Chauhatta, Udaipur with general body weakness, dry skin, weight gain, cold intolerance and hair fall. Firstly he was taking allopathic treatment now he wants ayurvedic treatment. After 30 days of Ayurvedic treatment patient got relief in mostly symptoms and TSH level decreased by 13.401 to 2.820uIU/ml.

KEY WORDS- *Ayurveda*, Endocrine disorders, Hypothyroidism

INTRODUCTION

The luxury lifestyle provides pleasure to the body. At the same time, this pleasure disturbs *Doshas* and, as a result, the mind and body. This high-end lifestyle leads to a variety of lifestyle disorders. Thyroid diseases, hypertension, and diabetes are some examples of lifestyle disorders. The number of thyroid cases in society is growing by the day. Hypothyroidism affects up to 5% of the general population, with a further estimated 5% being undiagnosed. Over 99% of affected patients suffer from primary hypothyroidism.¹ Thyroid hormone is required for the normal functioning of each and every tissue of the body. In Hypothyroidism, there are elevated TSH level and free T3 & T4 levels are within normal limit. In this disease there are multisystem involvement. Hypothyroidism can be caused by primary gland failure or a lack of thyroid gland stimulation by the hypothalamus or pituitary gland. Here in this article we discuss about the treatment protocol of Hypothyroidism through principles of *Ayurveda*.

Case report

A male patient of 47 years old came to OPD of Govt. Ayurveda Hospital, Moti Chauhatta, Udaipur with complaints of-

- General body weakness
 - Dry skin
 - weight gain
 - Cold intolerance
 - hair fall
- since 2 years. Patient was interested for Ayurvedic treatment.
k/c/o- DM

Personal examination

Patient age – 47 years

Height – 5 ft. 7 inch

Weight – 79 kgs.

Temperature – 98 F

Physical examination

Asthavidha Pariksha

Nadi (Pulse) - *Kaphaja*

Mutra (Urine) – *Samyak Mutra Pravritti* (Normal micturition), Pale yellow

Mala (Stool) – *Alpa* (Scanty)

Jiwha (Tongue) – *Sama* (Coated)

Shabda (Voice) - *Gambhira*

Sparsha (Touch) – *Sheeta* (Cold)

Drika (Eye) – *Samanya* (Normal)

Aakriti (Physical structure) - *Madhyama* (Medium)

Dashvidha Pariksha

Prakriti (Physical constitution) - *VataPittaja*

Vikriti (Morbidly) – *Vikriti Vishama Samveta*

Sara (Excellence of *Dhatu*s) – *Rakta*

Samhanana (Compactness of organs) – *Madhyama* (Medium)

Pramana (Measurement of the organs of the body) – *Madhyama* (Medium)

Satmya (Homologation) – *Madhyama* (Medium)

Satva (Psychic conditions) – *Madhyama* (Medium)

Vaya (Age) – *Praudha* (Adult)

Vyayam Shakti (Power of performing exercise) – *Avara* (Less)

Ahar Shakti (Power of intake and digestion of food) – *Avara* (Decreased)

Family History- Brother has same disease (Monozygotic twin)

Past history- No significant past history



Laboratorical findings-

TSH- 13.401uIU/ml (13/02/2021)

Table no. 1 Treatment protocol

S.No.	Aushadha	Matra	Kala	Anupana/Sahapana
1.	<i>Arogyavardhini Vati</i> <i>Punarnava Mandura</i> <i>Kravyada Rasa</i> <i>Chaushatha Prahari</i> <i>Pippal</i> <i>Giloy Satva</i> <i>Aswagandha Choorna</i> <i>Manjishtha Choorna</i>	250mg. 250mg. 250mg. 250mg. 500mg. 2gm. 2gm.	Before food twice a day	Honey
2.	<i>Kanchnar Guggulu</i>	2 tabs	After food twice a day	Lukewarm water
3.	<i>Punarnvasava</i> <i>Makoya Arka</i>	15ml. 15ml.	After food twice a day	Equal amount of lukewarm water
4.	<i>Triphala Choorna</i>	3gm.	Before sleep	Lukewarm water

DISCUSSION

*Arogyavardhini Vati*² – This medicine widely used in every kind of disease, it improves immunity which is helpful to reducing clinical features of Hypothyroidism. It is used in excessive swelling especially at face, throat, ankle and wrist, loss of appetite and low pulse rate.

*Punarnava Mandura*³ – It has special benefits on heart and blood which is helpful to reduce swelling. In *Shotha* there is accumulation of water and *Rasa Dhatu*, when water is removed from the blood by sweating and urination, the water stored under the skin gets absorbed into the blood.

*Kravyada Rasa*⁴ – This Rasa Yoga has special potency to improve *Dhatvgni*, which is helpful in breakdown of the pathology of hypothyroidism.

*Chaushatha Prahari Pippal*⁵ - Having all qualities of *Pippali*, there is special increase in qualities because of blending with *Pippli Swarasa* for 64 *Prahara*. This medicine is very beneficial in *Vataja* and *Kaphaja Vikara* like *Agnimandhya*, anorexia etc.

*Giloy Satva*⁶ - *Guduchi* has *Rasayana* property, which maintains three *Doshas*. It has special property to relieve pain, swelling and improves digestion which is helpful in the symptoms of hypothyroidism.

*Aswagandha Choorna*⁷ - It has *Kapha Vata Shamaka* capacity. It is *Shothahara* in Karma, acts as an appetizer, mild purgative, diuretic which ultimately reducing the clinical features of hypothyroidism.

*Manjishtha Choorna*⁸ - *Manjishtha* has *Amahara*, *Deepana-Pachana*, *Rochana*, *Anulomana*, *Balya* properties which is helpful in symptomatic and systemic relief in Hypothyroidism.

*Kanchnara Guggulu*⁹ - *Kanchanara* has a balancing activity on the thyroxin production, increasing any deficient production and decreasing any excess. It also clears swellings in the neck and goitre. It helps to correct thyroid imbalances by removing *Kapha* from the body and *Guggulu* has *Rukha*, *Laghu*, and *Sukhma* (minute) *Guna*, *Ushna Virya* (hot potency), *Katu Vipaka* and *Lekhana* (scraping properties with thermogenic activity), so it is useful in the treatment of *Kapha Meda* predominant disorders in hypothyroidism. As a result, it aids in the reduction of excess body weight. Overall, *Kanchnara Guggulu* balances the *Kapha* and *Medadushti*, supports proper function of the lymphatic system, balances *Kapha Dosh*, promotes elimination of inflammatory toxins, reduce thyroid gland swelling, and supports the *Jatharagni*.

*Punarnvasava*¹⁰ - It is an excellent diuretic and cardiovascular tonic and specially acts on heart, kidneys, liver and spleen which is helpful to reduce *Shotha*.

*Makoya Arka*¹¹ – It acts on *Tridosha*. It has special property to cure *Shotha* of external and internal organs. It has *Deepana* property which is useful to maintain normal body or gland functioning.

*Triphala Choorna*¹² – It is great rejuvenator and mild purgative. This works on *Shotha* because of its mild purgative function.

CONCLUSION

In this era where lifestyle disorders being common due to altered life style *Ayurveda* is the best way to heal body, mind and soul. Hypothyroidism can be managed with the treatment which is fully based on principles of *Ayurveda*. In this case, the medication produced encouraging results.

After treatment TSH- 2.820uIU/ml (28/4/2021)

During 30 days of treatment patient didn't take any allopathic treatment.

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