



Role of Ahara and Yoga in the Prevention of lifestyle disorders w.s.r Galaganda (Hypothyroidism)

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Abstract:

Ayurveda is one of greatest gift to the sages of ancient India to Mankind. The key to health and disease does not lie in the application of drugs or chemicals or special therapies but in the prime factors i.e Aahar , Nidra , Brahmacharya which are pillars of Ayurveda. Aahar has been termed as Mahabhaishjya by Kashyapa can be used as preventive tool in various disease. Lifestyle disorder has been substantially increased in modern era due to improper lifestyle which include poor diet, lack of exercise & sleep. According to WHO Hypothyroid is Second to Diabetes Mellitus. Hypothyroidism can be correlated with Galaganda under concept of Kaphaja nanatamja roga , Agni vishmaya, Kaphaavrita vata. In this article put forward etiopathogenesis of Hypothyroid and Nidana as per ayurvedic text & also management of hypothyroidism using suitable Aahara Kalpana.

Keywords: Aahar, Hypothyroidism, Galaganda, lifestyle disorder.

Introduction

Hypothyroid is a condition in which the body's metabolic demand are not met due to deficiency thyroid hormone by hypothalamic or pituitary disease and generalized tissue resistance to thyroid.¹ As per survey it has been estimated that about 42 million people in In india suffers from thyroid diseases. It is very sensitive to stress and external stimuli because of that incidence of pts of hypothyroidism is increasing day by day. In Modern medine, as hypothyroid is autoimmune condition levothyroxine has to be taken lifelong also there are side effects of it like weight loss, increase appetite, osteoporosis, chestpain, irregular heartbeat, heat intolerance. hence there is need of developing alternative medicine in order to prevent lifestyle disorder like Thyroid. Ayurveda is a science of life aim of attaining health and curing disease of ill. Food is supreme or Brahma and also among trividh upasthambh i.e pillars Aahar, Nidra and Brahmacharya for a healthy life.² It is universally accepted fact that All the beings are originated from food. Acharya Charaka also emphasis importance of food. The body as well as disease are formed by food, wholesome & unwholesome food are responsible for health & disease.³ Also it is very much important fact that same Aahara shows different effect in the same person. So pathaya and apathya always include Aahar and Vihara Both. Owing to importance of Aahara and vihara in prevention of disease. Here in this article review of Ahara and vihara in prevention of hypothyroid is done.

Aim:

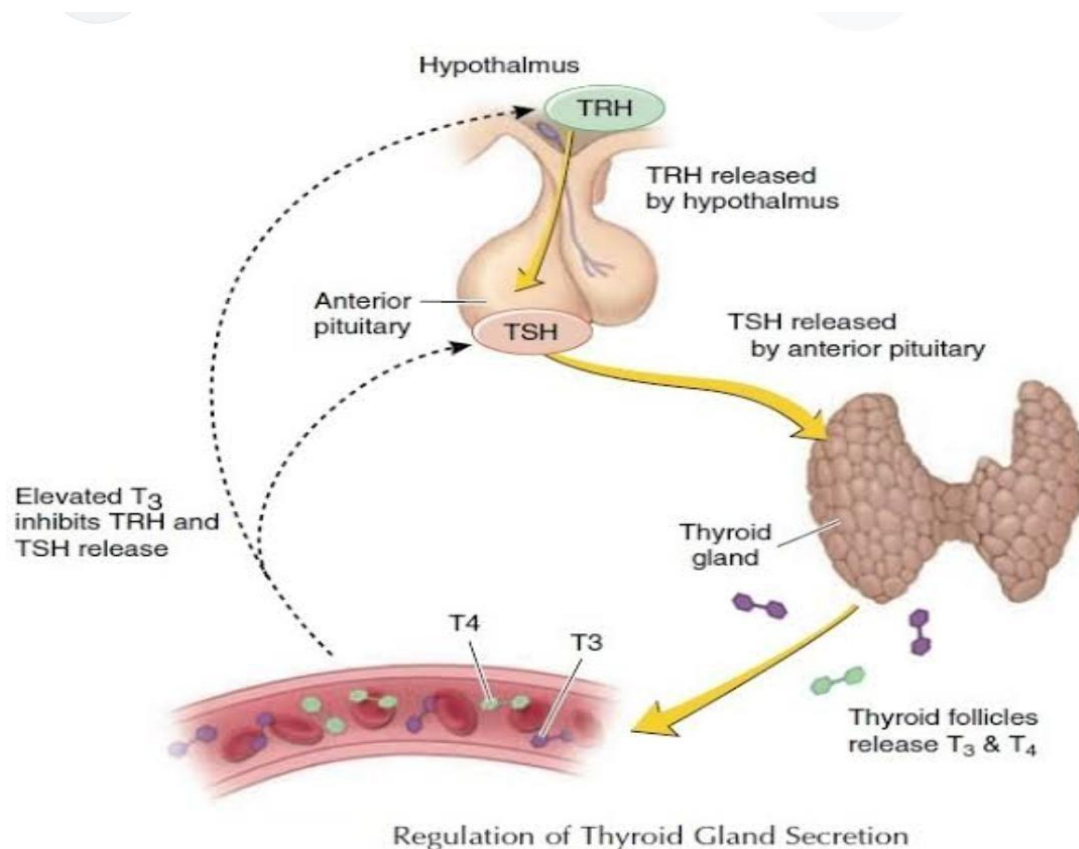
1. To explore concepts of Galaganda from Ayurvedic Classics.
2. To explain role of Aahar in management of Hypothyroidism
3. To explain role of yoga in management of Hypothyroidism.

Materials and methods: All Ayurvedic reference , Online research article available in Context with management of Hypothyroidism are reviewed and analysed.

Disease Review

Thyroid gland is one of most important endocrine gland in our body. Hypothyroidism result from Inadequate thyroid Hormone. TSH is secreted by thyrotrope cells of the anterior pituitary plays pivotal role in control of thyroid axis and serves as the most useful physiologic marker of thyroid hormone action. The thyroid axis is a classic example of an endocrine feedback loop.⁵ Hypothalamic TRH stimulates pituitary production of TSH which in turn stimulates thyroid hormone synthesis and secretion. Thyroid hormone feedback to inhibit TRH and TSH production as shown in fig (1.1)

The “set point” in this axis is established by TSH. Thyroxine plays vital role in regulation in basal metabolic Rate. These functions are similar to Agni.



Ayurvedic Perspective of Thyroid Gland

As per Ayurveda there is no direct reference of hypothyroidism in classical text. But still disease named galaganda is there in Samhitas. Acharya Charaka has mentioned Galaganda in context of Shvayathu chikitsa defines Galaganda as Shotha at the Neck (gala) region which is place of Kapha dosha is termed as per Charaka in Ayurveda.⁶ Sushruta described it as out of seven layers sixth layer is Galaganda. At the same time in nidasthana of sushruta described it as mushkavata shotha in anterior part of neck like scrotum.⁷

Considering the Function of Thyroid hormone of metabolism which is always done by pitta Dosha as per Ayurveda. Also due to etiological factor i.e Aharaj and Viharaja Nidana causes vitiation of Vata and Kapha dosha which leads to accumulation of medha dhatu Galaganda. In Galaganda, Agni Vaishamyata occurs due to Pitta Kshaya, vata kapha vrudhi.

According to Sushruta “Sankshepta kriya yoga Nidana Parivajanam” avoiding causative factor is the first line of treatment of Disease.⁸ By these ideal quotation one can understand Galaganda can be prevented by avoiding those Nidanas. These Nidanas are being classified into Aharaja Nidana and Viharaja Nidana

Aharaja nidana: Ayurveda explains “Ahara sambhavam vastu Rogascha Ahara sambhava”⁹ so it is very important to take aahar in proper quantity in order to yield health and happiness Increased intake of Madhura¹⁰for example Ksheera, Ksheeravikrut Aaharai.e curd, buttermilk, condensed milk,cream Added sugar in Sweets,icecream, , Mityaaahar ,Vishamashana increases Vata and kapha dosha

Viruddha Aahar:

Viruddha Aahar is also one of potent causative factor for Several Disease . Viruddha is something special or contradictory or incompatibility

There are 18 types of of Incompatibility (Viruddha) which should be avoided to keep oneself free from Viruddha aaharjanya Vyadhi i.e galaganda.¹¹

Examples : Milk is incompatible with Jackfruit, curds heated , ghee in equal proportion honey, Kapota mamsa processed in Sarshapa Taila should not be consumed with madhu and paya

Viharaja Nidan : Divaswapna, Avyayama

Involvement of Agni:

Jataragni is the responsible for life, strength, complexion and metabolism. There are 3 types of Agnis: Jatharagni, dhatavani & bhutagni and thereby food is digested in smaller form as 'Aahar ras and kitta bhaga (mala) by jatharagni and metabolised to dhatu by dhatavagni at different levels circulated by srotas

Hence it can be said that any impairment in these Agni results in Ama formation i.e toxins. If Jatharagni is impaired , less ras formation occurs and more mala is produced that obstructs srotas(channels) resulting Strotolepa and Rasadhavagni mandya janita Ama leading to Rasadhatu vaishmya . Hence Aruchi , Gaurava, Tandra, Angamarda, Pandu, Agninasha ,Klaibhya. Also due to Rasadhatvagnimadhyo uttarottar Dhatu vaishmya and Strotodushti occurs less nutrition formation to next levels. Further if Dhatavagni is impaired which results in respective Dhatu dushti.

	Symptoms	Dosha	Dhatu
1	Weight gain	Kapha vrudhhi Pitta kshaya	Rasa dhatu
2	Loss of appetite	Kapha vrudhhi Pitta kshaya	Rasa Dhatu
3	Dry & coarse Hair	Vata vrudhhi Pitta kshaya	Rasa Dhatu
4	Anaemia	Kapha-Vata vrudhhi Pitta kshaya	Rasa Dhatu
5	Constipation	Vata vrudhhi	Rasa Dhatu
6	Hoarseness of Voice	Kapha-Vata vrudhhi	Rasa Dhatu
7	Generalised body aches	Vata vrudhhi Pitta kshaya	Mamsa Dhatu
8	Puffiness of body	Kapha vrudhhi	Rasa Dhatu
9	Osteoporosis	Vata vrudhhi Pitta kshaya	Majja Dhatu
10	Libido	KaphaVata vrudhhi Pitta kshaya	Shukra Dhatu

Samprapti of Hypothyroidism

Nidan: Aharaja & Viharaja

Dosha: Kapha vrudhhi , Pitta dushti and Vata vrudhhi

Dooshya: Rasa and Meda

Agni: Jatharagni and Dhatavagni

Dhatwaagnimadya

Srotas : Udakavaha , Annavaha, Medovaha, Swedavaha, Purishvaha, Rasavaha

Sanchara Sthana: Sarvasheera

As per Samprapti ghatk, Due Aaharaja, viharaja, Manasika nidanas causes vitiated doshas. Ultimately leading to Jataragni vishamya.

From Ayurvedic perspective Stress plays important role for causing imbalance of Doshas. All the three doshas are involved in Samprapti of Hypothyroidism but out of that major contributor is Kapha because of that symptoms of weight Gain, Depression, Lowered metabolism show resembles to Kapha Gunas. The Vitiated Kapha with Medha will prevent Pitta Dosha at cellular level function thereby causing Dhatwagnimadya .Thus main aim of treatment is to balance Kapha and Vata Doshas and also Strengthen Agni this can be Achieved by Both Diet and exercise.

Role of Aahara for Prevention of Hypothyroidism

The main aim of Ayurvedic science is to maintain the health of Healthy individuals and cure the diseased one. These can be prevented well by following the principle of Ayurveda

Importance of Aahar

Food has been given the prime importance since vedic period. It is considered as BRAHMA in Upanishad. Anna or Aahar has been termed as “virtikaranam shreshta” in agrayasangraha which means sustain life.

Following are list of Ahara Varga mentioned in Charaka Sutra 27 chapter Annapanavidhi adhaya:-

SHUKA DHANYA

Yava	Ruksha, sheeta , Laghu, Alpa Kashay , Kaphavikaranashak , Kapha , Meda ,Mutrahras
Raktashali Tandul	Tridoshashamak

SHAMI DHANYA

Muga	Kashay, Madhur, Ruksha , sheeta ,Laghu, katu vipaki , vishad , kaphamedavikar nashak
Rajmash	Sarak , kapha , shukranashak, ruksha, kashay, vishad , guru
Kulitha	Ushna , kashay, Amlavipaki , kaphashukravatanashak
Tur	Kaphanashak,
Chana	Madhur, kashay, sheeta , ruksha , kaphavikarat shreshta
Masur	Kashay, madhur ,kaphamedavikarnashak
Salichya Lahya	Laghu, sheeta , dipak, kaphapittaharak, meda ,kapha nashak

SHAKVARGA

Patha , kasavinda , kachori, chakvat, changeri	Tridoshanashak
Kakamachi	Tridoshanashak
Rajshavaka (Dudhi bhopla)	Laghu, Tridoshashamak
Kalashak	Katurasa, agnidipak, shothanashak -
Ambat chukka	Ushnavirya, agnidipak , kaphavikarnashak.
Kardai	Ruksha , Amla, Ushnavirya, Kaphanashak
Gulavelichya pananchi bhaji , Suran , Chitrak, Shreyasi, Bilvaparni, Bilvapatra bhaji	Vatanashak
Mandukparnadi	Kaphavikaranashak, tikta rasa , katu vipaki, sheeta virya.
Karle	Katu, agnidipak, kaphanashak
Vange	Katu, Tikta , Ushna, kaphavataharak , agnivardhak.
Kohol	Vatapittaharak
Mula	Suklela mula -Vatakaphaharak Hirva Mula – Tridoshakararak
Dukarkanda	Katu, ushna, Vatakaphanashak

PHALAVARGA

Paravat	Madhur –Madhur , sheet virya Amla- amla, ushna virya bhasmak roghar
Aavla	Lavan sodun sarv rasa visheshtah; kapha pitta vikarnashak
Behada	Ruksha , kashay, amla, madhur, rasa, rakta, mans , meda vikrutijanya vyadhi nashak
Safarchand	Amla- ushna Madhur- sheeta , Agnishaman

Kavat	Tridosaharak
Shushka chinch , bore	Laghu, sarak , kapha , vata, nashak
Baelphal	Dipak, kaphavataharak
Jambhul	Kaphapittaharak
Dalimb	Madhur- pitta harak Amla- kaphavata harak
Drakshe	Kashay, sheeta, Snigdha, Vatapitta,
Lakuch	Kashay, Guru, ushna , Tridosakopaka, Agnimnadya ,
Uruman	Ushna, Vatahara, kaphapittahara
Lichi	Ushna, Sara guna, VataKaphaPittahara

HARITVARGA

Aale	Vata , Kapha ,AgniPradipak
Limbu	Kapha , Vata , Pachak kruminashak
Tulas	Kaphavatavikarnashak
Gandir, Panpimpali, Tirphal, Shrungverika	Tikshna, Ushnavirya, Katu, Ruksha ,Vat Kaphanashak
Owa	Kaphavatavikarnashak
Gajar	Vata, kapha vikarnashak, tikshna
Lasun	Snigdha, Ushnavirya, Katu, Guru

MADYAVARGA

Jagal	Kaphavatavikarnashak, Ruksha, Ushna, shohtnashak, pachak
Arishta	Kaphavikarnashak, Agnidipak
Pakwaras sidhu	Agnidipak, Shotha, Shosh Kaph vicar nashak
Apakwaras sidhu	Pachak, Lekhan ,Vibhandhanashak
Gaud	Mala bhedak , Truptikar , Dipak
Surasav, Madhyasav	Dosh chedan , tikshana
Madhumadya	Kaphaghna, Alpa vatakar
Amla kanji	Vatakaphanashak , Srotas marga mokle krte ,Jathargni Pradipak
Madya	Nave – Guru Tridoshkar June – Srotoshodhak, Agnidipak, Laghu, Ruchya.

It is possible to make a person disease free by just consuming above mentioned Aahar according to its properties. Aahar increases vitality, strength & makes the body sturdy at same time increases enthusiasm , memory, agni, lifespan, lusture & ojas. The disease can be cured without any medicine by just following wholesome regimen. No medicine is equivalent to food.

Also Ayurveda explain in detail 8 essential attributes related to the food (Charaka Vimana 1/21)

1 Prakriti - Qualitative characteristics of the food One should consume food as per qualitative nature as mentioned above in table

2 Karana - Processing of food which leads transformation of inherent characters of substance

e.g Rice when washed with water then cooked by boiling ,transform qualities of raw rice from heavy to light

3 Samyoga -Mixing combination of two or more substances

e.g combination of ghee & honey Fish & milk . Such combination should be avoided

4 Rasi - The quantity of food to be taken.

5 Desa - Habitat of the person.

Food should be consumed according to Desha i.e Jangala, Anupa, Sadharana

6 Kala -Time & seasonal variation

One should consume food two times a day also according to season as told in Rutucharya 7 Upayoga Samstha -Variable digestibility of various food articles according to person Thus Aharavidhividhana plays a significant task in both causation and curing of the disease One should consume food in prescribed manner. The knowledge of usefulness of food, whether it is wholesome for him or not should be thought. If it is consumed inappropriately that will cause imbalance of Doshas As wholesome diet plays a crucial task in growth and development of the body, person has to patently know which is wholesome and which is unwholesome to him. Wholesome varies from person to person. The Aahara which is Saatmya (wholesome) to one person may be Asatmya (unwholesome) to other.

Regarding the Satmya Asatmya qualities of food, Ayurvedic classics have laid down some rules and regulations. A man taking wholesome food, but without pursuing the rules may become a victim of various discomforts. Unwholesome food if taken also bestows the same effect. On the other hand the wholesome food taken with proper rules aid to restore the dynamism in sick.

Rules for taking Aahar

1. Eat warm food It increases Agni ,gets digested quickly Also Vata dosha gets Pacified Reduces the excess of Kapha.
2. Eat unctuous food It stimulates the digestive fire & gets digested fast. It nourishes the body, strengthens the sense organs Also Promotes strength & brings out good complexion
3. Eat according to quantity If food is taken in proper quantity it prolongs life, it does not aggravate dosas. Easily passes down to rectum. does not impair the power of digestion gets digested without difficulty so food should be taken in proper quantity.
4. Eat after feeling of hunger One should take food after the digestion of previous food. Otherwise improperly digested food mixes with food product & aggravates all doshas.
5. Eat food which is not Contradictory One should take food which are not having contradictory properties. Otherwise person may get afflicted with diseases like skin diseases (kustha), visarpa etc.
6. Eat in desired place with desired articles By doing this one does not get afflicted with factor which result in emotional strain, one should be supplemented with all accessories.
7. Do not eat in hurry
8. Do not eat very slowly - does not give satisfaction.
9. Eats more than required. Also food becomes cold. irregularly digested.
10. Eat with concentration without talking and laughing Similar problems as in case of fast intake of food occurs.
11. Eat after considering one self thoroughly One should consume food

Yogasanas:

Hypothyroidism is known to increase Stress and emotional vulnerability , Muscle weakness.The Yogaasanas like Halasanas, Paschimothasanas, Matsyasanam, Sarvagaasanas,pavanmuktasanam, Suryanamaskaram, Simhagarjanam, Kandarasanam are found beneficial. The breathing exercise like Pranayam-sheetali, Seethkari, Anuloma viloma pranayama and Ujjay Swasa helps in proper functioning of thyroid gland . Regular Yogic practices leads to significant improvement in psychomotor stability and exercise tolerance.

Conclusion:

Hypothyroidism can be considered as condition due to Agni dushti. Also due to Agnimadya Kapha vata dosha Vruddhi and Pitta kshaya occurs. In order to prevent this matravata aahara and vihara are necessary. In this way we can prevent hypothyroidism by consuming Aahara according to its properties along with rules laid down by Ayurveda.

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