



Review of Hyperthyroidism according *Ayurveda*

Dr Avadhesh Shandilya[1] ,DR. Richa Sharma[2]

[1]Assistant professor, Department of swasthvritta,Shekhawati Ayurved College Pilani

[2]M.D.Scholar (PG Dept. Of Kriya Sharir), UPGIAS & R Dr.S.R.Rajasthan ayurved university jodhpur

Abstract

When a person has hyperthyroidism, their thyroid gland produces too many thyroid hormones. The pathology of excess thyroid hormone at the tissue level is referred to as thyrotoxicosis. These two circumstances are not the same, despite being used interchangeably. Thyrotoxicosis is actually a general term that covers hyperthyroidism. *Bhasmaka Roga* is a condition where food is burned down rather than digested. Similar to how extra fuel burns and chars food when we cook it, a severe stomach fire also achieves the same thing. It's intended for the food to burn and char. Less nutritious juices are produced when food is burned, depriving the body's tissues of nutrients. The tissues are damaged; there is severe depletion of energy and thinning of body with loss of fat and muscles. We can see that some patients of hyperthyroidism lose weight. Again when it comes to intervention balance of *pitta* and *vata* in the gut is the key.

Introduction

The thyroid gland is a butterfly formed gland approximately inches in size.[1] Thyroid issues are the maximum not unusual place issues we see in today's world. The characteristic of thyroid gland below regular situation is to hold frame metabolism. This motion is achieved with the aid of using the hormones produced with the aid of using thyroid gland. Under-characteristic of thyroid gland reduces manufacturing of thyroid hormone which decreases frame metabolism and provide upward thrust to many signal and signs and symptoms like fatigue, constipation, dry skin, etc. all collectively covered below heading of hypothyroidism. Similarly, over-characteristic of thyroid gland will increase metabolic price of the frame with the aid of using growing the thyroid hormones and ends in diverse situations like weight loss, anxiety, tremors, etc. which can be collectively referred to as as hyperthyroidism *Ayurvedic* health care system is growing altogether over the planet because it is definitely assimilated by all. holistic approach, higher effectiveness, less adverse reactions compared to chemical compounds of contemporary medical aid science and higher compliance are some their distinctive attributes that evolving sensible tolerance for *Ayurvedic* medicine among people. Long history of flourishing clinical evidences and increase in its scientific validation are creating *Ayurvedic* system of attention additional standard [2]Hyperthyroidism is one amongst the foremost common disorder of ductless gland that is increasing day by day globally particularly in developing countries. *Ayurvedic* classics don't have any direct reference of Hyperthyroidism. Considering numerous factors, it will be compared with *Atyagni* or *Tikshnagni* or *BhasmakaRoga* (related to exaggerated agni)

Material and methods

This study was disburshed by literature search and important review of the obtained facts. The symptoms and treatment of hyperthyroid disorder and *Tikshnagni/Bhasmaka roga* were studied from trendy and writing text books of varied authors and by looking out various o-line medical analysis databases like pubmed, google scholar etc

Table1:SymptomsvofHyperthyroidismasperModernscienceandtheirAyurvedicperspective

S.N.	Symptoms	Interpretation as perAyurveda	Dosha &Dhatuinvolvement
1.	Weightloss	<i>Karsya,S hosha,K rishata</i>	<i>Vatavriddhi&Kaphakshaya</i> causes <i>RasaKshaya</i> <i>MamsaKshaya</i> <i>MedaKshaya</i>
2.	Increased appetite	<i>Atyagni, Atripti, Kshut</i>	<i>Pittavriddhi,</i> <i>Vatavriddhi&Kaphakshaya</i> <i>PittaNanatamaja</i>
3.	Tremor	<i>Kampa, Vepanam, Vepathu</i>	<i>Vatavriddhi,</i> <i>Kaphakshaya,</i> <i>RasaKshaya,</i> <i>VatainSnayu</i>
4.	Palpitation	<i>Hriddrava, Spandana,</i>	<i>Vatavriddhi,</i> <i>Kaphakshaya,</i> <i>RasaKshaya</i>
5.	Insomnia	<i>Alpanidrata, Nidranasha, Prajagarana,Aswapana</i>	<i>Vatavriddhi,</i> <i>Pittavriddhi</i> <i>Kaphakshaya</i>
6.	Excessive sweating	<i>Swedadhikya</i>	<i>Swedavriddhi</i> <i>Pittavriddhi,</i> <i>Pittanantmaja</i> <i>,Pittain Meda,</i> <i>Saman Vayu with Pitta</i>

7.	Increase of Body Temperature	<i>Ushmadhikya</i>	<i>Pittavridhi</i> <i>,PittaNanatmaja</i> <i>,ApanawithPitta,</i> <i>Samana Vayu with Pitta</i>
8.	Oligomenorrhoea and Amenorrhoea	<i>Yathochitkaladarshanam, Alpatam, Rajonasha</i>	<i>Vatavridhi, Kaphakshaya</i> <i>RasaKshaya</i>
9.	Loss of libido	<i>Ashakti maithune</i>	<i>Sukra Kshaya</i>
10.	Heat intolerance	<i>Sheeta Kamita</i>	<i>Pittavridhi</i>
11.	Fatigue	<i>Shrama</i> <i>,Glani</i>	<i>Vatavridhi, Pittavridhi,</i> <i>Rasa Kshaya,</i> <i>MedaKshaya,</i> <i>SukraKshaya</i>
12.	Weakness	<i>Dourbalya</i>	<i>MajjaKshaya</i> <i>,SukraKshaya</i>
13.	Anger	<i>Krodha</i>	<i>Pittavridhi,</i> <i>PittainShira</i>
14.	Hyperacidity	<i>Amlaka</i>	<i>Pittanantamaja</i>
15.	Pruritis	<i>Kandu</i>	<i>SwedaVridhi</i> <i>,Pittavridhi</i>
16.	Nervousness and irritability	<i>Arati</i> <i>Anavasthita-chitata</i>	<i>VatavridhiVat</i> <i>ananatmaja</i>
17.	Burning sensation or Pyrexia	<i>Daha,</i> <i>Santapa</i> <i>,Osha,</i> <i>Antardaha</i>	<i>Pittavridhi, Kaphakshaya,</i> <i>VatawithPitta,</i> <i>PittainRakta,</i> <i>Asthi, Shira, Koshtha, VatainTwak</i>
18.	Hair loss		<i>Asthi Kshaya</i>

Ayurvedic Management

Treating excessive accumulation of *pitta*, Treating *kapha* decrease, Treating *teekshnagni*, Treating *BhasmakaRoga*, *Karshya Chikitsa* - treatment for emaciation and tissue repair, Other inclusions, *Balya* strengthening medicines and diet, *Brimhana* - bulk promoting, medicines and diet, *Rasayana* - immunity modulating, and rejuvenation therapy

Shirodhara and *Sarvangadhara* with oils medicated with *vata* and *pitta* alleviating herbs, *SnigdhaVirechana* - unctuous purgation recipes, *Vasti* oil, *ghee* and medicated milk - enemas, *Nasya* drops with oils processed with *vata* alleviating herbs Also Treatment as per symptoms of the disease Hyperthyroidism should be treated according to the predominant symptom or disease presenting along with symptoms of the disease and biological values of increased thyroid hormones and reduced TSH.

Some pathya ahara and medicines described for Atyagni/Bhasmak Rog

Payasa (milk pudding), *krishara* (thick gruel prepared of rice and lentils), *snigdha* (unctuous), *paistika* (resembling flour paste), various jaggery products, meat of aquatic animals or marshy area especially fish which is mainly in smooth (not salty) and stable water and roasted meat of sheep may be given to pacify the atyagni.[3] *Yavagu* (thick gruel) mixed with bee wax or ghritha should be given whenever patient feels hungry. Mantha prepared from wheat flour or venesection may be advised. Milk medicated with jeevaniya group of drugs along with sugar and ghritha may be given.[4] Paste of fruits, substances containing oil like tila (sesame seeds) with sugar and meat soup with ghee pacifies the agni.[5] three sneha i.e. ghee, abinal fat, bone-marrow fortified with meat soup of animals residing in marshy areas. Milk mixed with wheat flour and curd along with three sneha (ghrita, vasa, majja) may be given. Bark of udumbara mixed with human milk and milk pudding prepared from udumbara and human milk helps in pacifying the atyagni.[6]

Discussion

Pathology, categorization, and Ayurvedic interpretation *Ayurveda* defines a healthy individual as one whose humours and metabolic condition are in balance, whose functional activities of the tissues and excretory products (i.e., the physical state) are in balance, and whose soul, senses, and mind (i.e., the mental state of the body) are in good health. [7] Three bodily principles, or *doshas*, *vata*, *pitta*, and *kapha* are described in *Susruta Samitha* as having distinct purposes. All biochemical and biophysical processes occurring on the *dhatu*s are governed by these three principles both in healthy and pathological conditions (tissues). [8] The six characteristics or attributes of *vata dosha*, according to the *Caraka Samhita*, are roughness, lightness, coldness, hardness, coarseness, and non-sliminess. An overview of the characteristics of *vata dosha* is as follows: *Vata*: stands for the elements of air and space. It is swift, light, cold, dry, rough, subtle, mobile, erratic, and dispersive. [9] When out of balance, *vata* has a tendency to dehydrate the body's tissues, which can lead to osteoporosis, weight loss, or thinning of the air. *Vata*, which is out of balance, causes thoughts to flow fast through the mind, which causes us to take in information quickly but then quickly forget it. When *vata* is present, our physiology functions quickly, and this can make us feel worn out, especially if we push our bodies to maintain this level of hyperactivity day after day. We've discovered that these *vata* imbalance symptoms are also features of thyroid imbalance. This hyperactivity is the precursor of thyroid disease and a prescription for adrenal exhaustion. The endocrine glands cannot handle that amount of intense activity. In the early stages, *vata* aggravation and hyperactivity can push the thyroid gland into a hyperthyroid (or over-active state) and become hypothyroid (or underactive) and unable to produce enough hormones. [10] According to *Ayurveda*, the endocrine system is a component of *majja dhatu* (nerve tissue and bone marrow), which is linked to *majja vaha srotas* (the neurological system) and *mano vaha srotas* (the immune system) (the mental faculty and psycho-neuro system). [11] Hormones, which are molecules produced by the endocrine glands, are absorbed right into the lymphatic or circulation. These hormones influence the metabolic activity and blood chemistry in addition to having an impact on

the important organs. Both cellular and systemic levels are affected by these hormones' actions. As a result, they resemble the *Ayurvedic* idea of *agni*, or the digestive fire. Food is digested, absorbed, and assimilated by this digestive fire, which also controls temperature and turns food into energy or consciousness. As Dr *Vasant Lad* also describes, the thyroid gland helps to regulate body temperature, heart rate, and protein production. It produces calcitonin, which along with the parathyroid glands, regulates the amount of calcium in the blood. There is a temperature regulating centre in the hypothalamus (*murdhni agni*) that stimulates the pituitary gland to produce TSH. In *Ayurvedic* literature, this TSH is called *jatru agni*, [12] and it is the bridge between *jathara agni*, [13] *bhuta agni*, [14] and *dhatu agni*. [15] The thyroid gland controls the body's metabolic activity, which in *Ayurvedic* terminology is the bodily *agni*. There are 13 main types of *agni* in the body: *jatha agni* (in the gastrointestinal tract), five *bhuta agni* in the liver, and seven *dhatu agni*

Conclusion

Ayurveda provides a comprehensive analysis of the many causes of disease. Poor diet, the improper way of living or working, inappropriate relationships, an unsuitable environment, bacteria, viruses, and parasites are only a few of these. *Khavaigunya* (weak space in the body) is the womb from which disease is born, however either an internal or external cause must exist for the disease to be formed. [16] *Ayurveda* emphasises constantly that in cases where a specific sickness's name cannot be found in literature, all symptoms must first be fitted into the disease's fundamental principles before the disease can be treated according to *Ayurvedic* principles. Therefore, it can be stated that by studying thyroid problem from an *Ayurvedic* perspective, it can provide safe and effective medication and promote long-term health. [17] While there is a high prevalence of thyroid conditions, they are treatable. Everybody's individual circumstance is different and treatments will differ according to individual circumstances. *Ayurvedic* techniques are designed to get to the root cause of all problems. [18]

Reference

- 1 Dr. Marc Halpern, Clinical Ayurvedic Medicine Sixth Edition (Nevada City, College of Ayurveda, 2012), 7-3
- 2 Dr. Geeta K. Varma and Dr. Jatved J. Pawar, "A review on Ayurvedic perspective of thyroid disorders", International Journal of Development Research Vol. 06, Issue, 08 (August 2016) p8916-8919.
3. Agnivesa Caraka Samhita of Acharya Charaka, Chikitsasthana. Ch.15. Ver.221 edited by Tripathi B. 2005ed. Gopal Mandir Lane, Varanasi-221001, India: Chowkhamba Surbharati Prakashan; 2005. p.223-224.
4. Ibidem, Caraka Samhita (20), Grahani Chikitsa Adhyaya, 15/225-226.
5. Ibidem, Caraka Samhita (20), Grahani Chikitsa Adhyaya, 15/227-228
6. Ibidem, Caraka Samhita (20), Grahani Chikitsa Adhyaya, 15/229-230
- 7 Translated by Prof. G.D. Singhal & Colleagues, Sushruta-Samhita Vol I, Chapter 15, verse 41, (Varanasi: Chaukhamba Sanskrit Prathishthan, 2015): 141
- 8 Translated by Prof. G.D. Singhal & Colleagues, Sushruta-Samhita Vol I, Chapter 15, verse 4, (Varanasi: Chaukhamba Sanskrit Prathishthan, 2015): 127
- 9 Book Marianne Teitelbaum, Healing the Thyroid with Ayurveda: Chapter 3, The root causes of thyroid malfunction (Rochester, Healing Arts Press, 2019) E-book
- 10 Ibid, Chapter 3

- 11 Dr. Vasant Lad, "Endocrinal Disorders with Special Reference to Ayurvedic Protocols, Part 1", Ayurveda Today, Summer edition (2020): 1
12. Srikantha murthy KR. Astanga Hrdayam, Sutrasthana. Ch. 1, Ver. 20. 8th edition. Varanasi: Chowkhamba Krishnadas Academy; 2011. p. 12.
13. Ankita UM, Kodwani GH, Meera AA. A comparative study of lakshnas and samprapti of bhasmaka rog w.s.r. to Hyperthyroidism. International Journal of Advanced Research and Technology. ISSN: 2454-132X (Volume2, Issue5) Available online at: <https://www.ijariit.com/manuscripts/v2i5/V2I5-1170.pdf>
14. Dwarakanath C. Digestion and metabolism in Ayurveda. Reprint edi. 2010. Chowkhamba Krishna das Academy, Varanasi: 2010. pg.17-19.
15. Dwarakanath C. Digestion and metabolism in Ayurveda. Reprint ed. 2010. Chowkhamba Krishna das Academy, Varanasi: 2010. pg. 41-42
- 16 Dr. Vasant Lad, Textbook of Ayurveda, a complete guide to clinical assessment, First edition (2006), 4 - 5
- 17 Dr. Geeta K. Varma and Dr. Jatved J. Pawar, "A review on Ayurvedic perspective of thyroid disorders", International Journal of Development Research Vol. 06, (August 2016), 8919
- 18 <https://ayurvedicwellnesscentre.com.au/ayurvedic-natural-treatment-hyperthyroidism/>

