



ROLE OF AYURVEDIC TREATMENT IN THE MANAGEMENT OF HYPERTHYROIDISM – A SINGLE CASE STUDY

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ABSTRACT

Hyperthyroidism is a clinical syndrome characterized by hyper metabolic state that causes Nervousness, Anxiety, Rapid heartbeat, Hand tremors, Excessive sweating, Weight loss and Difficulty sleeping.¹ As per Ayurveda the signs and symptoms related to thyroid diseases are compared to many diseases like *Galganda*, *Atyagni*, *Bhasmak*. Imbalance of three *Dosha*, as *Pitta & Vata Vriddhi* and *Kapha Kshaya* are more prevalent to cause symptoms like Hyperthyroidism and considering pathology of Hyperthyroidism it can be co related with *Dhatwaagnijanya* disorder particular with *Meda Dhatwaagni*. The present case study is of 30 years old female patient who visited panchakarma OPD at Government Akhndanand Ayurveda Hospital with the complain of *Daurbalayanubhuti* (weakness), *Gamane Swasa Kashatata*(breathlessness while walking),*Galapradesha Shotha*(swelling on neck),*Nigalane Kashatata*(difficulty in swallowing),*Sarvang Sharirapradesha Shoola*(body ache) and Weight loss since 1 years, here patient was teated according to *Dosha-pratyanika chikitsa* and got significant Relief.

KEY WORDS

Hyperthyroidism, *Pitta Vriddhi*, *Vata Vriddhi*,*Virechankarma*, *Shamana Chikitsa*

INTRODUCTION

Thyroid is one of most prevailing endocrine disorder now-a-days. Thyroid gland secretes Tetraiodothyroxine or Thyroxine(T4) and Triiodothyronine(T3)². The common presentations are Hyperthyroidism, Hypothyroidism, and enlargement of thyroid gland. In Hyperthyroidism TSH level decreased whereas T3 and T4 level increased. Excessive thyroid hormone import excessive stimulation on the metabolism. They also exacerbate the effect of the sympathetic nervous system. As the consequence there is speeding up of various systems of the body. The most common reason of Hyperthyroidism is Graves' disease. Hyperthyroidism has many symptoms that can vary from person to person. Some common symptoms of hyperthyroidism are Nervousness or Irritability, Fatigue or Muscle weakness, Heat intolerance, Trouble sleeping, Hand tremor,Rapid and irregular heartbeat, Frequent bowel movements or Diarrhea³, Weight loss, Mood swings, Goiter, which is an enlarged thyroid that may cause the neck to look, Swollen and can interfere with normal breathing and swallowing. The major function of Thyroid gland is to control rate of metabolism.

Thyroxine act as catalyst in oxidative metabolism in cells and tissue which can be correlated with the function of *Agni*. Definitive treatment of Hyperthyroid depends on the underlying cause and may include antithyroid drugs, radioactive iodine or surgery. All these treatments have many side effects like Aplastic Anemia⁴, Peripheral neuritis. In Ayurveda, *Galganda* have been frequently used in the text. *Galganda* is presentation of swelling on neck. *Galganda* can be correlated with goiter or some tumor pathology, where thyroid function may or may not be affected. But hyperthyroidism is not just disease, it's a disorder so it is better not to restrict it to *Galganda*. In this disorder metabolism is disturbed ie *Dhatvagni Vaishamaya* is there at each dhatu level. The signs and symptoms related to hyperthyroid diseases are compared to Ayurvedic diseases like *Atyagni*, *Bhasmaka*. The signs and symptoms of hyperthyroidism may be compared to *Pitta-vriddhi*, *Vata-vriddhi*⁵ and *Kapha kshaya-lakshana* (symptoms). So this case deals with Dosha-pratyanik chikitsa, The treatment depends on two pillars, firstly to maintain hormone levels and second is to improve metabolism. Modern drug will fulfill the first criteria but ayurvedic therapy will help in both of this. Present study deals with effect of *Virechana karma* in hyperthyroidism.

CASE REPORT

A 30 years old female patient visited at O.P.D. No 5 (*PANCHAKARMA*) at Government Akhandanand Ayurveda Hospital on 25th march 2022 with the complains of

Daurbalayanubhuti (Weakness)- since 1 year

Gamane Swasa Kashatata (Breathlessness while walking)- since 1 year

Galapradesha Shotha (Swelling on neck)- since 6 months

Nigalane Kashatata (Difficulty in swallowing)- since 6 months

Sarvang Sharirapradesha Shoola (Body ache)- since 2 months

Weight loss since last 1 years.

The patient was relatively healthy, then she gradually developed the symptoms of Weight loss, Weakness, Breathlessness while working, Swelling on neck, Difficulty in swallowing, Body ache, Anorexia, Irritability. When she visited to O.P.D first time all routine blood investigations like complete blood count, blood sugar level, liver function test, renal function test, thyroid function test to rule out any possible associated disorder, were carried. Thyroid function test reports were found to be abnormal while rest of the investigations were within normal limits. She was taking allopathic treatment like hormone supplements for this, But no any improvement. As her TSH levels were less but T3 T4 levels were raised Image no.1 [Thyroid function test report at 28/3/2022]. Due to clinical presentation of abnormal symptoms of patient, she was considered for further treatment.

PAST HISTORY – K/C/O – Hyperthyroidism since 1 years.

FAMILY HISTORY- NOT ANY

ALLERGY- NO ANY ALLERGY

PERSONAL HISTORY

Diet- Vegetarian

Sleep- Irregular

Appetite- *Vishama*

Bowel movements- regular, semi-solid or liquid, 2-3time/day

Micturition- 4-5times/day, 0-1 times/night

Pulse- 100/min

B.P – 130/80 mmHg
R.R- 15/min
Temp – 98.6° F

Menstrual history- Regular/2-3 days/28-30 days interval/less flow/painful

Examination of patient-

DASHAVIDHA PARIKSHA-

- 1)Prakruti- Vatanubandhi pitta
- 2)Vikruti- Lakshana Nimitta
- 3)Sara- Madhayama Sara
- 4)Samhanana- Madhyam
- 5)Pramana- Madhyam
- 6)Satmya- Avara
- 7)Satva- Madhyam
- 8)Aharashakti- madhyam
- 9)Vyayam Shakti- Avara
- 10)Vaya- Madhyam

TREATMENT PLAN

Virechana karma:

Table no.1[Treatment chart with duration]

DATE	KARMA	MEDICINE	DOSE	DURATION
26/3/2022 To 30/03/2022	Dipana and Pachana	Trikatu Churna	3gms TDS with Ghrita before meal	4days
31/04/2022 To 4/04/2022	Sodhanartha Snehapana in Vardhamana Krama	Gugglu tikta ghrita	31/03-30ml 1/04-60ml 2/04-90ml 3/04-120ml 4/04-140ml (early morning 7:00- 7:30am) at empty stomach with Luke warm water	5days

5/04/2022 To 8/04/2022	Abhyanga and Swedana	Abhyanga with Nirgundi Taila and Nadi Swedana		30 minutes for 4days
08/04/2022	Virechan karma Vega- 16	-Trivrutta Churna -Triphala Kwatha -Aragwadha Phalamajja Phant	Trivrutta churna- 10gms Triphala kwatha- 100ml Aragwadha phala majja phant-50ml	1day
08/04/2022 to 12/04/2022 (5days)	Samsarjana krama as of Madhyama Shuddhi		Morning	Evening
			-	Peya
		Date	Peya	Vilepi
		08/04/2022	Vilepi	Akrita Mudga Yusha
		09/04/2022	Akrita Mudga Yusha	Krita Mudga Yusha
		10/04/2022		
		11/04/2022		
12/04/2022	Krita Mudga Yusha	Samanya Bhojan		

Table No. 2: *Shamana Chikitsa-15 days*

S.N.	Medicine	Dose	Frequency	Time of administration	Anupana	Duration
1	Gokshuradi Guggulu	2tab	BD	After food	lukewarm water	15days
2	Patola Churna Kutaja Churna Katuki Churm	500mg 500mg 500mg	TDS	Before food	lukewarm water	15days
4	<i>Punarnavadi Kawath</i>	40ml	BD	At morning, empty stomach	-	15days

RESULTS:

Symptom wise result:

Table no.3[Result before and after Treatment]

Sr.no.	Symptoms	Before Treatment (25/3/22)	After Virechana karma (14/4/22)	After Shamana karma (30/4/22)	AFTER 2month of Treatment (20/5/22)
1	<i>Daurbalayanubhuti</i> (weakness)	Severe	Mild	Absent	Absent
2	<i>Gamane-Swasa</i> <i>Kashatata</i> (breathlessness while walking)	Severe	Mild	Absent	Absent
3	<i>Galapradesha</i> <i>Shotha</i> (swelling on neck)	severe	Mild	Absent	Absent
4	<i>Nigalane</i> <i>Kashatata</i> (difficulty in swallowing)	Moderate	Absent	Absent	Absent
5	Sarvang-Sarirapradesha Shoola(body ache)	Moderate	Mild	Absent	Absent
6	Weight loss	56 Kg	54kg	56.7kg	58 Kg

BEFORE THE TREATMENT

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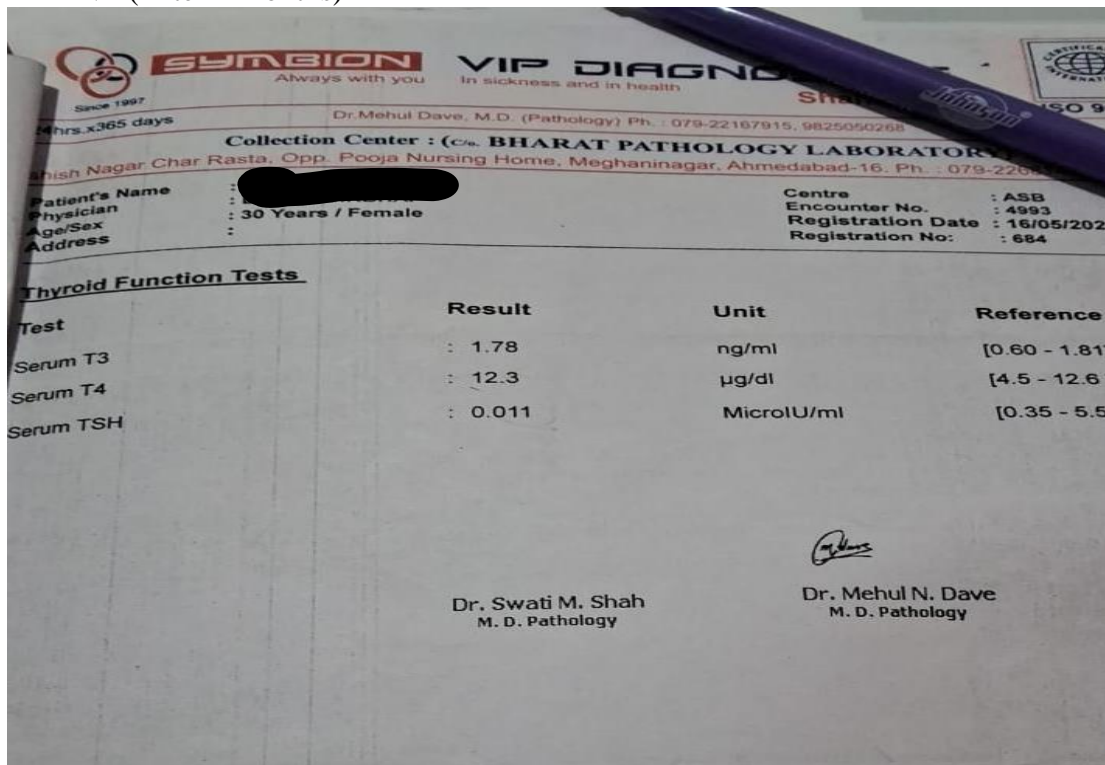
Patient's Name :
Physician :
Age/Sex : 30 Years / Female
Address :
Centre : ASB
Encounter No. : 60229
Registration Date : 28/03/2022
Registration No. : 866

Thyroid Function Tests

Test	Result	Unit	Reference Range
Serum T3	: 2.29	ng/ml	[0.60 - 1.81]
Serum T4	: 20.16	µg/dl	[4.5 - 12.6]
Serum TSH	: 0.005	MicroIU/ml	[0.35 - 5.50]

Image no.1 [Thyroid function test report at 28/3/2022]

AFTER TREATMENT (After 2 months)



SYMBION Always with you **VIP DIAGNOSIS** In sickness and in health

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Dr. Mehul Dave, M.D. (Pathology) Ph. : 079-22167915, 9825050268

Centre : ASB
 Encounter No. : 4993
 Registration Date : 16/05/2022
 Registration No. : 684

Thyroid Function Tests

Test	Result	Unit	Reference
Serum T3	: 1.78	ng/ml	[0.60 - 1.81]
Serum T4	: 12.3	µg/dl	[4.5 - 12.6]
Serum TSH	: 0.011	MicrolU/ml	[0.35 - 5.5]

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Image no.2[Thyroid function test report at 16/5/2022]

DISCUSSION

The main causative factors for the manifestation of Hyperthyroidism are *Pitta & Vata-Vriddhi and Kapha-Kshya* associated with disturb Dhatvagni. By continuous consumption of *Nidana Sevana* leads into manifestation of symptoms. this case study, patient had thyroid hormones imbalance which effected metabolism and presented with weight loss, generalized body weakness, swelling on neck, swallowing difficulty, body ache, irritable nature, tremor. These all symptoms were correlate with *Vata-Pitta-Vriddhi, Kapha-Kshaya and Meda Dhatwaagni Dushti Lakshana*. As part of *Shodhan* therapy, *Virechana Karma* was planned.

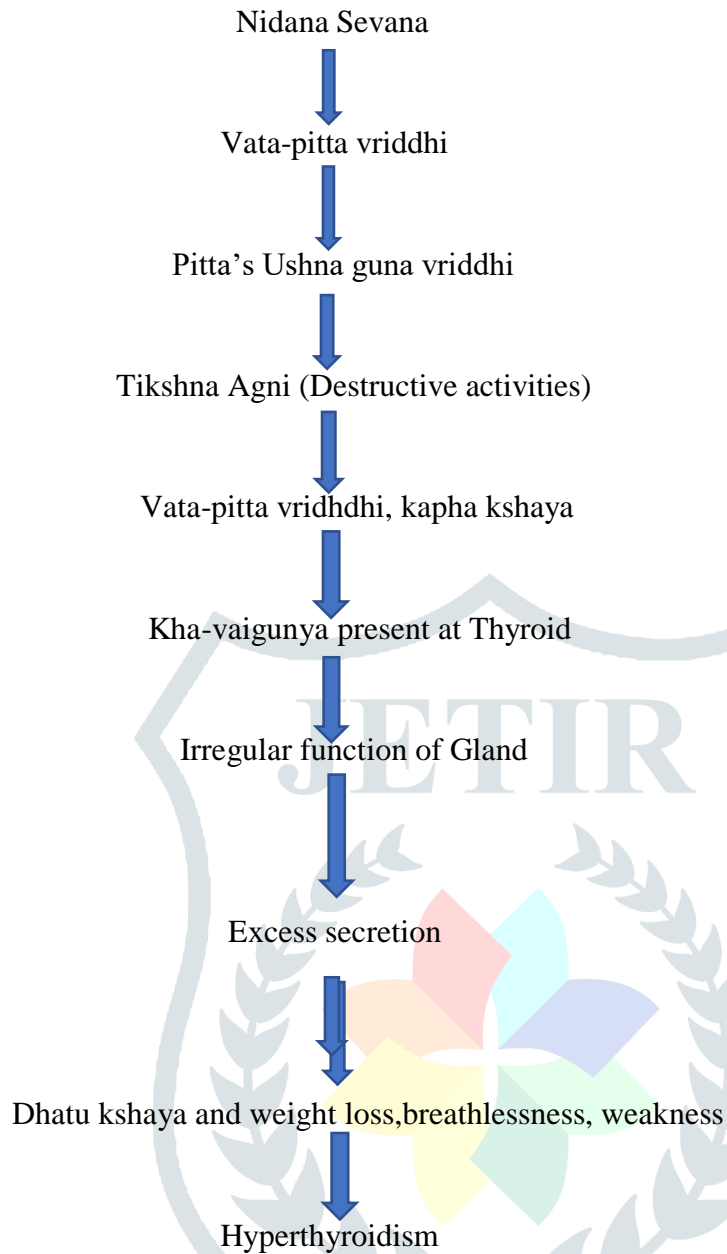
NIDANA-PANCHAK

Hetu: Having stale food, bakery products, *Divaswapan, Ratrijagaran*, spicy and fermented product, sweets, stress, *Vata and Pitta Dosha vriddhi Nidan sevana*⁶

Purvaroopa: fatigue, disturbed sleep, body ache, weight loss

Roopa: Generalized weakness, weight loss, fatigue, body ache, swelling on neck region, swallowing difficulty, irritation, lack of interest

Anupashaya: *Atyadhika Katu, Amla, Lavana Dravya Sevana Uprant Lakshanavriddhi.*

Samprapti:***Samprapti ghataka******Dosha- Pitta-Vata-Kapha******Dushya- Rasa-Mamsa-Meda******Agni - Tikshana******Ama- Ama******Strotas- Rasavaha, Mamsavaha, Medavaha Strotas******Udhbhavasthana- Pakwashaya******Adhistan- Deha******Vyakti Sthana- Sarvang (Vishesh – kantha-pradesh)******Rogamarga- Shakha***

Swabhava- Ashukari

Sadhyasadyata- Krucchrasadya

- As it corrects Pitta related pathologies which are seen in hyperthyroidism, *Virechana*⁷ is the most preferred *Shodhana*. It *does Vatanulomana*, and also worked on Agni. For the purpose of *Snehapan*, *Gugglu tikta ghrita* was chosen.
- *Gugglu tikta ghrita*⁸ is *Pitta-hara* in nature due to its *Tikta Guna*, *Vata hara* due to *ghrita*, and also work on *meda dhatu* due to *guggul* and also indicate in *Soth, Swasa, Yakshma*. *Snehapana* do *Utkleshan* (increasing the *Dosha*) of *Dosha* and its separates toxins accumulated in the body. The separated morbid *Dosha* are eliminated by *Sodhana Karma*. *Virechana* has also effect on *Agni* which is *Kayaagnisha Anuvartanam*⁹. It means normalize *Agni* which leads to normal metabolism.
- *Punarnavadi kwatha*¹⁰ given here were *Vata-Pitta Hara* and *Sothahara, Swashara* in nature. It is beneficial in all conditions with aggravation of *Pitta Dosha* and has anti-inflammatory and antimicrobial properties.
- *Gokshuradi Gugglu*¹¹ pacifies *Vata* and *Pitta doshas* and balances the *Kapha* and also work on *Meda dhatwagni*.
- *Kutaja, Patola, Katuki Churna*¹² were given here. These medicine has *Laghu, Tikta, Ruksha Guna* which work on *Dhatwaagni*, remove *Srotoavrodha, Mala anulomaka*, improve digestive fire, normalize vitiated *Pitta-Kapha Dosha*, excellent in metabolic disorder. These are the content of *Rasagata-jwara chikitsa*, helps to maintain *Dhatwagni* in equilibrium.

Throughout the *Shodhan* and *Shaman* procedure, the patient was advised to follow strict diet restrictions. *Nidana Parivarjana* was aimed to prevent further increase in *Pitta and Vata Dosha*.

The outcome was combined effect of both *Shodhan* and *Shamana Chikitsa* along with *Pathya Ahara-Vihara Sevan*.

CONCLUSION-

In this case of Hyperthyroidism, *Sodhana* therapy is used as *Vyadhiupshamayati*¹³, *Agniabhiwardhate, prakruti Sthapanam*. Due to The treatment, All dhatus get *samyaavstha* and normalize *dhatwaagni*. Both internal purifications along with *Pathya Ahara-Vihara* was found effective in doing the *Samprapti Vighatana*. The patient got relief in all symptoms and completely stop the use of allopathic medicine.

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