



## EFFICACY OF VIRECHANA IN HYPOTHYROIDISM- A CASE STUDY

Vishwanath Gachchinamath<sup>1</sup>, Vishal Chougule<sup>2</sup>, Seema Holeppagol<sup>3</sup>, Pooja D<sup>4</sup>

<sup>1</sup> Associate professor, <sup>2</sup> Professor and HOD. <sup>3</sup> Assistant professor. <sup>4</sup> Assistant professor. Department of Panchakarma, N A Magadum Ayurvedic Medical College Hospital and PG Research Centre Ankali, Belgavi, Karnataka, India.

Corresponding Author: [drvishwarg@gmail.com](mailto:drvishwarg@gmail.com)

<https://doi.org/10.46607/iamj3213032025>

(Published Online: March 2025)

### Open Access

© International Ayurvedic Medical Journal, India 2025

Article Received: 06/02/2025 - Peer Reviewed: 27/02/2025 - Accepted for Publication: 08/03/2025.



## ABSTRACT

Nowadays, due to sedentary lifestyle and improper and irregular eating habits, lifestyle disorders are emerging rapidly in India and all over the world. The modern lifestyle has led to the disturbance in the activities of neuro-endocrine systems, resulting in a sudden rise of new metabolic health challenges that also include hypothyroidism. It is a new health-related concern that affects millions of people all over the world, impacting the work and productivity of the person suffering from hypothyroidism. Hypothyroidism is a common condition of thyroid hormone deficiency, which is readily diagnosed and managed but potentially fatal in severe cases if untreated as the hypothyroidism can be viewed as Tridoshajavyadhi with Agnimandya at the dhatu level and srotodushti. Virechana is a primary panchakarma procedure to treat the vitiated pitta. Here, vitiated pitta can be taken as agnimandya and is associated with kapha dosha. So, virechana can be done under this condition.

**Keywords:** Virechana, hypothyroidism, panchakarma

## INTRODUCTION

Hypothyroidism is the most common pathological condition of deficiency in thyroid hormone. If it is left untreated, it may lead to serious health issues and

may cause death. Because of the absence of similarity or variation in the clinical presentation and symptom

specificity, the definition of hypothyroidism is mainly or predominantly biochemical.

Clinical primary hypothyroidism is defined as thyroid-stimulating hormone concentrations above the reference range and free thyroxine concentrations below the reference range. Mild or subclinical hypothyroidism, commonly considered a sign of early thyroid failure, is defined by TSH concentrations above the reference range and free thyroxine concentrations within the normal range<sup>1</sup>.

Since there is no direct reference to hypothyroidism in classical treatises, the disease can be viewed as a *tridoshaja vyadhi* (caused by vitiation of all the *tridoshas*) with *agnimandya* (Decreased digestion power) at the *dhatu* (body tissues) and *srotodushti* (~ vitiation within channels) levels. *Virechana* is a commonly used procedure in *panchakarma* for *srotoshodhana* (~cleansing the *srotas*), correction of *agni*, and *bahudosh* removal from the body as a result *virechana* will be clinically evaluated and validated in hypothyroidism.

The thyroid gland is an endocrine gland in the neck. It forms two hormones that are secreted into the blood. Thyroxine (T4) and triiodothyronine (T3) Are hormones that are necessary for all the cells in the body to work normally. The primary function of the thyroid gland is as a catalyst for maintaining oxidative metabolism. Hypothyroidism is the most common endocrine disorder observed all over the world at present. The normal and abnormal thyroid gland functions can be co-related to *Agni's* healthy and altered status. So, hypothyroidism can be considered as a stage of *Agnimandya*, resulting in the formation of *Ama* leading to *Bahudoshavastha*. In *Ama's Bahudoshavastha* condition, *Doshavasechana* is done. In this case study, *Virechana* is performed by *Trivrut Lehya* after *Deepana-Pachana* and *Shodhananga Snehapana* were performed by *Guggulu Tiktaka Gritha*. This

study shows significant improvement in signs and symptoms of hypothyroidism and thyroid function tests.

Hypothyroidism, also called underactive thyroid, is when the thyroid gland doesn't make enough thyroid hormones to meet your body's needs. The thyroid is a small, butterfly-shaped gland in the front of your neck. Thyroid hormones control how your body uses energy, so they affect nearly every organ in your body, even how your heart beats. Without enough thyroid hormones, many of your body's functions slow down<sup>2</sup>.

#### Objectives:

To evaluate the efficacy of *Virechana* in Hypothyroidism

#### MATERIALS & METHODS:

A single case study is done to assess the efficacy of *Virechana* in Hypothyroidism

#### Case report

##### Chief complaints:

- ✓ Heaviness of body
- ✓ Increased body weight
- ✓ Pain in joints
- ✓ Back pain

##### Associate complaints:

- ✓ Excessive sweating

##### History of present illness:

The patient was apparently normal 4 years ago, then her weight gradually increased, and she had heaviness of her body, bilateral knee joint pain & back pain; she consulted an allopathy physician and got symptomatic treatment but did not get relief then came to our hospital for further treatment.

##### Previous History:

The patient has a history of hypothyroidism, and she is under regular medication.

##### Family history

No history of hypothyroidism or any other related diseases in family members.

#### Personal History:

##### Table showing subjects' personal history:

Name: XYZ	Koshta: Madhyama
Age: 29 years	Agni: Madhyama

Marital status: Married	Appetite: Moderate
Occupation: Housewife	Menstrual history: Irregular
Bala: Madhyama	Weight: 115kg
Nidra: Prakruta	Height: 159cms

**Clinical findings:**

- Nadi: Vata Kaphaja
  - Mala: 1- 2 times/day
  - Mootra: 4-5 times/day
  - Jihwa: Prakruta
  - Akriti: Sthoola
  - Aharaja Hetu - Madhura Ahara
  - Viharaja Hetu - Avyayama, Divaswapna
  - Dosha –Vata Kaphaja
  - Dushya - Rasa, Meda and Mamsa
  - Desha - Anupa
  - Sattva - Madhyama
  - Sara - Medosara, Mamsasara
  - Samhanana - Madhyama
  - Pramana – Sthula
  - Satmya - Madhyama
  - Ahara Shakthi
- Abhyavarana Shakthi - Uttama  
Jarana Shakthi - Uttama

Vyayama Shakthi – Avara

- Vaya - Madhyama/29 Years
- Bala – Madhyama

**Systemic Examination:**

CNS: Conscious/oriented  
CVS: S1 S2 heard, no added sounds  
RS: NBVS heard  
P/A: Soft non-tender

**Treatment schedule:**

Deepana pachana with Arogyavardhini vati 2 tid for 7 days  
Arohana krama snehapana with Guggulu tikta ghrita until Samyak snigdha lakshanas attained  
1<sup>st</sup> day-30ml,  
2<sup>nd</sup> day-50ml,  
3<sup>rd</sup> day-80ml,  
4<sup>th</sup> day-120ml  
Abhyanga and swedana for 3 days  
Virechana was given with Trivrut leha- 50gms with Triphala Kashaya 150ml as sahapana at 9 am.

No. Of Vegas	Timing	BP	PR
1	9:30 am	120/70 mmhg	76bpm
2	9:45 am	110/80mmhg	78bpm
3	10:13 am	120/80mmhg	77bpm
4	10:18 am	110/80mmhg	79bpm
5	10:35 am	110/90mmhg	77bpm
6	10:52 am	110/70mmhg	76bpm
7	11:15 am	120/70mmhg	78bpm
8	11:41 am	120/80mmhg	76bpm
9	12:43 pm	110/70mmhg	76bpm
10	1:30 pm	110/80mmhg	75bpm
11	2:20 pm	120/90mmhg	78bpm
12	3:30 pm	120/80mmhg	76bpm
13	5:30 pm	120/70mmhg	72bpm

Madhyama shudhi was observed and Peyadi samsarjana krama advised for 5 days

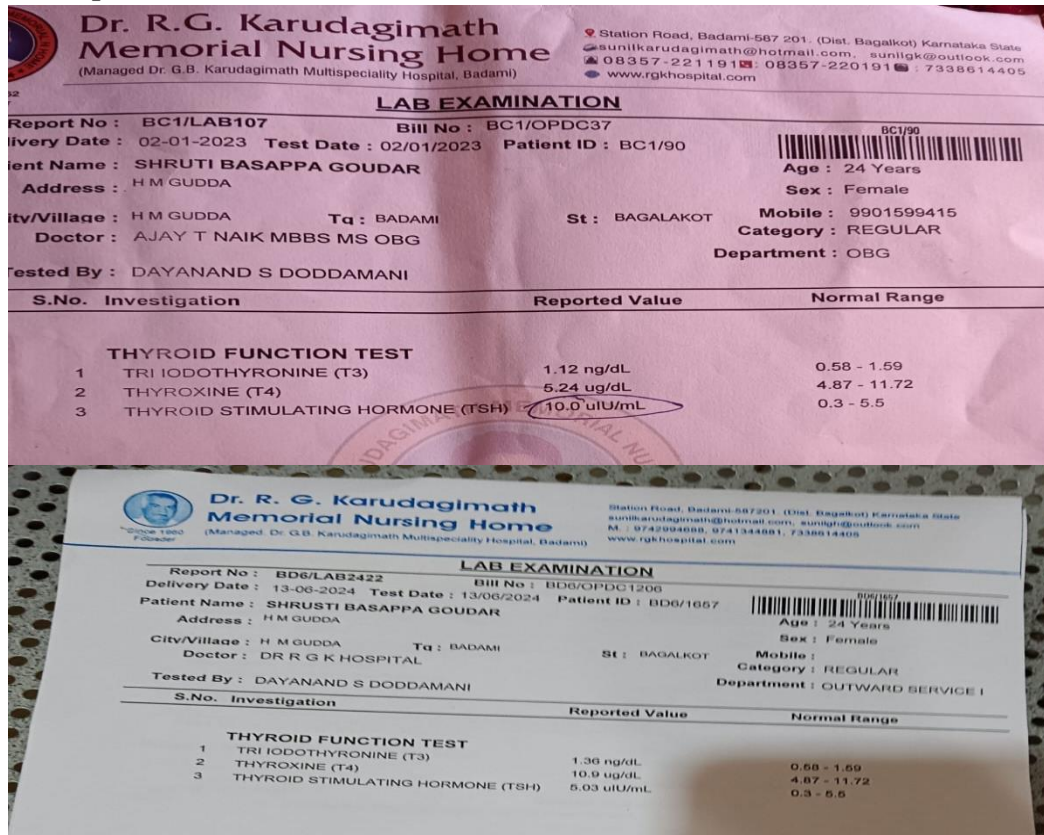
**Table Showing Assessment**

SI.no	Lakshanas	Before treatment	After treatment
1	Increased body weight	115kg	101kg (change to 110kg)
2	Pain in joints	+++	+

3	Low backache	+++	+
4	Heaviness of the body	+++	+

(+++)- Severe presentation of symptom, (++)-Moderate symptom,(+)-Mild symptom, (-)- No symptom

**Lab reports Before and after treatment:**



**DISCUSSION**

Virechana is very important in pitta and kapha anu-bandha pitta, so to conclude, there is a need to discuss Virechana's mode of action.

The endocrine gland responsible for maintaining the normal basal metabolic rate of the body is the Thyroid gland. When the secretion of thyroid stimulating hormone (TSH) by the pituitary gland, the thyroid secretes two kinds of hormones, Triiodothyronine(T3) and thyroxine(T4), into the stream of blood. The principal function of the thyroid gland is to act as a catalyst for maintaining oxidative metabolism. Improper lifestyle, i.e., a sedentary lifestyle, irregular intake of food, junk food, etc., leads to many metabolic disorders. According to Ayurveda, metabolism can be correlated with Agni. If the agni is balanced, it leads to improper functioning of Kapha and vata

doshas. As in the case of Hypothyroidism, it can be considered as Bahudoshavastha, so virechana as a shodhana karma was selected.

Hypothyroidism is a pathological condition of the thyroid gland with a deficiency of thyroid hormones. Based on Ayurvedic fundamentals, it becomes evident that Kapha associated Pitta Dushti and vitiation of Vayu is the main event with vitiation of Agni. All these factors finally lead to Annavaha and Rasavaha-Srotodushtipredominantly.

Virechanadravyas have Ushna, Teekshna, Sukshma, Vyavayi, Vikasi properties and Adhobhagahara Prabhava<sup>4,5</sup>.

Virechana has an agnideepana property. According to Sushruta chikitsa, it is said that Buddhi prasadam balamagnideeptim According to Charaka Acharya, Aruchi, gourava, angamarda, and agni nasha are considered as rasa

pradoshaja janya vikara, and langhana is best Aushadha for Rasaja vikaras, Virechana is one among the dashavidha langhanas, so in this study, we taken Virechana for Hypothyroidism.

## CONCLUSION

From the above case study, we can conclude that virechana reduces the symptoms of hypothyroidism and affects the thyroid function test parameters. Before- and after-treatment lab reports show significant variation in the thyroid function test.

We can expect good clinical results in hypothyroidism. However, further study is needed on the effectiveness of virechana in Hypothyroidism, i.e., we should do this case study on a larger number of patients to get unbiased results.

## REFERENCES

1. [https://pmc.ncbi.nlm.nih.gov/articles/PMC6619426/#:~:text=Primary%20hypothyroidism%20is%20defined%20by,population%20studied%20\(figure%201\).](https://pmc.ncbi.nlm.nih.gov/articles/PMC6619426/#:~:text=Primary%20hypothyroidism%20is%20defined%20by,population%20studied%20(figure%201).)
2. (<https://www.niddk.nih.gov/health-information/endocrine-diseases/hypothyroidism>).
3. Prasuna V.V.L, Textbook of Thyroid in Ayurveda, Part 2, Varanasi, Chowkhamba Sanskrit Series, 31/12/2010, Page no 50.)
4. Dr. Bramhanand Tripathi, Madan kalpa adhyaya, Charak Samhita of Agnivesh, Kalpa sthana, Volume 2, chapter 1, verse no.5, edition 6, Varanasi, Chaukhamba Surabharati Prakashan,1999, page 1072.
5. Prof. K.R.Srikantha Murthy, Vamana virechana sadhyopadrava chikitsa, Illustrated Sushruta Samhita, Chikitsasthan, Volume 2, chapter 33, verse no. 33, Reprint Edition, Varanasi, Chaukhamba Orientalia, 2010, page 307)
6. Sushruta samhita Illustrated, by Prof K R Srikantha Murthy, Chaukhamba Orientalia, chikitsa sthana chapter no.33 shloka no.26-27,
7. Agnivesha; Charaka samhita; with Ayurveda Dipika commentary by Chakrapanidatta; edited by Harshchandra sinh kushavaha; Chaukhamba Orientalia, Varanasi; Reprint 2024; Chikitsa sthana, Chapter no 27, shloka no.25.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Vishwanath Gachchinamath et al: Efficacy of virechana in hypothyroidism- a case study. International Ayurvedic Medical Journal {online} 2025 {cited March2025 }