

CLINICAL STUDY TO EVALUATE THE RASAYANA EFFECT OF AROGYAVARDHINI RASA AFTER VAMANA KARMA IN HYPOTHYROIDISM

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ABSTRACT

Hypothyroidism is posing major challenges both in developing and developed countries. Condition is with various causes, but autoimmune disease and thyroid failure accounts for over 90% of cases. It's more prevalent among the female and male: Female Ratio is 1:6. Exact correlation of Hypothyroidism in our classics will be difficult, but on the basis of signs and symptoms, can be understood *agnimandhya* at the level of *dhatwagni* leading to decreased nourishment to further *dhatu* due to *rasa dusti*, which occurring by *margavarana* of *vata dosha* by *kapha dosha* as by its *lakshanas* which mentioned in *ayurvedic samhitas* viz, *gaurava*, *baktha ashradha*, *rukshata* etc showing predominant of *kapha* and *vata dosha*. This is single group clinical study on 20 patients of Hypothyroidism. The objective criteria were assessed before and after treatment. The result was statistically significant with p value <0.001. Satisfactory relief was seen in symptoms and normalcy on TSH values with improved with the quality of life.

Keywords: Hypothyroidism, *Vamana Karma*, *Rasayana*, *Arogyavardhini Rasa*.

INTRODUCTION

Diseases of thyroid are predominantly occurring in about 5% of the population. Among those, common presentations are hypo and hyperthyroidism. Nowadays life style in every aspect is changing rapidly and "Hurry-Worry-Curry" becomes part and parcel of individual life and mental stress has resulted in many metabolic disorders. Among those, Hypothyroidism is one such condition, commonly encountered in clinical practice in recent days.

Hypothyroidism is a clinical syndrome resulting from a deficiency of Thyroid hormone, which results in a generalized slowing down of metabolic processes. The ratio of female to male is 6:1.¹ Thyroid is one of the earliest endocrine gland to build up of thyroid hormone.⁴ Any structural or functional defect of thyroid gland that significantly impairs its output of hormones will lead to the hypo metabolic state of hypothyroidism.² Hypothyroidism is associated with

typical symptoms and signs such as the puffiness of face and eye lids, bilateral peripheral edema, dry and coarse skin, breathlessness, cold intolerance, hoarseness of voice, weight gain, constipation, weakness, lethargy, fatigue, muscle ache, loss of initiation.³ Hypothyroidism in *Ayurveda*, we get scattered references in the classics which help us in understanding the underlying pathology. *Acharya Charaka's* concept of *Asta Nindita Purusha* includes many of the endocrinal presentations⁴. Description of *Galaganda* available in classics simulate with the goitric manifestation of Hypothyroidism. *Mushkavat Lambana* in *Gala Pradesha* which is either *Hraswa* or *Mahan* can be considered as hypothyroidism presenting with goitre.⁵ same *lakshana* will be seen in *mamsa vridhi lakshana*⁶ where protein synthesis mechanism will hamper in thyroid gland leading to gland enlargement. Certain *avarana* pathology, other *Agni mandhya*, *Ajeerna* conditions also we get Hypothyroidism presentation can be considered as cause of disease. For *Kaphaja* disorders, *Dhatwgni madhya* and in *bahu doshavastha* conditions, *Jatrurdhwa Vyadhis*, *Kaphaja* disorders, *Vamana Karma* is consider as best line of purifactory procedure⁷. *Vamana Karma* is considered as best line of purifactory procedure. So, *Vamana Karma* is administered in this study. The symptoms of hypothyroidism are notorious for their nonspecific nature and for the way in which they mimic many symptoms of other diseases. So it remains undiagnosed or misdiagnosed for longer time. Hence, As a *Rasayana*, *Arogyavardhini rasa* with *ushna jala* as *anupana* given for 3 months, it is *Vata – Kaphahara*, *pachana*, *deepana* properties indicated for aliment of *Kapha* and *Medha dushti* and hence, helps to breakdown the pathology of Hypothyroidism.⁸

Objectives: To Study the *Rasayana* effect of *Arogyavardhini rasa* after *Vamana Karma* in the management of Hypothyroidism.

MATERIALS AND METHOD

Source of data:

20 Patients of Hypothyroidism, who are fit for *Vamana Karma* were selected randomly for the study from OPD and IPD of SKAMCH & RC, Bangalore.

Method of collection of data:

This is an open label single group interventional clinical study on 20 patients of either sex diagnosed as Hypothyroidism was selected.

Diagnostic Criteria:

- Signs and symptoms of Hypothyroidism mentioned in modern text.
- In addition an increased Thyroid Stimulating Hormone level will be considered in all patients (>5.0 mIU/ml - <40 mIU/ml).⁹

Inclusion Criteria:

- Patients of either sex aged above 18 years.
- Patients who are fit for *Vamana Karma*.
- Patients with signs and symptoms of Hypothyroidism.
- Increased Thyroid Stimulating Hormone level (>5.0 mIU/ml - <40 mIU/ml).

Exclusion Criteria:

- Pregnant and Lactating Mothers.
- Any other systemic disorders interfering with the course of treatment.
- Patients suffering from neo-plastic, toxic goitre.
- Post Radio-Iodine status.

Study design:

This is an open label single group interventional clinical study. In this study 20 Patients of Hypothyroidism were selected in this Group, Patients were subjected to *Vamana Karma* followed by *Arogyavardhini rasa* for 3months.

Snehapana given with *Panchatikta ghita* till *samyak snigdha lakshana* and then posted for *Vamana Karma* with *Madhana phala pippali lehya* (according to patient's *koshta*).

Investigation

Complete blood count (CBC).

Random blood sugar (RBS).

Thyroid profile (TSH, T3 and T4).

Intervention:

Poorva karma	1. <i>Pachana – Deepana</i> with <i>Trikatu churna</i> (3grm/day) in divided doses with warm water (before food). ¹⁰ 2. <i>Snehapana</i> in <i>arohana krama</i> with <i>panchatikta ghrta</i> . ¹¹ 3. <i>Sarvanga Abhyanga</i> with <i>Murchita Tila taila</i> , followed by <i>bashpa swedana</i> with <i>ushna jala</i> .	For 3 days Till <i>samyak snigdha lakshana</i>
Pradhana karma ¹²	<i>Vamana Karma</i> with <i>Madhanaphala pippali churna lehya</i> .	
Paschat karma ¹³	1) <i>Dhoomapana</i> with <i>haridra dhoomavarti</i> . 2) <i>Kavala</i> with <i>Ushna jala</i> 3) <i>Samsarjana krama</i>	<i>Peyadi karma</i> given according to <i>shuddhi (pravara, madhyama and avara)</i>
Rasayan aushada ¹⁴	<i>Arogyavardhini rasa</i> (Next day of <i>samsarjana krama</i>)	2 tablets early in the morning with <i>ushnajala</i> (3months)

Assessment criteria:

SUBJECTIVE	OBJECTIVE
Lethargy	Body weight
Dryness of skin	T ₃
Loss of Appetite	T ₄
	TSH

STATISTICAL ANALYSIS: Data regarding the above parameter were taken before treatment and after completion of treatment. To calculate the test for significance before treatment and after treatment, in this clinical study, Student paired 't' test was used.

OBSERVATION: Among the 20 patients maximum no of patients belonged to age group 30-40 years.

Most of all patients are females with Positive family history. Among 20 patients 18 patients were Hindus and 2 were Muslim and belong to *Kapha-Vataja prakruthi, Madhyama koshta, Madhyama bala, Madhyama satva, Madhyama satmya, Avara abhyavaharana shakti* and *jarana shakti*.

RESULTS: Results were interpreted after statistically analyzing the grades given in the assessment criteria before and after treatment of all the patients. From the above mentioned table it's clear that there was an improvement in signs and symptoms and controlled thyroid profile, P value < 0.001

Table 2: Showing statistical analysis of Parameters

Parameter	Mean		Difference 'd'	SD	SE	t Value	p Value	Remarks
	BT	AT						
Lethargy	1.4	0.35	1.07	0.82	0.29	4.83	<0.001	HS
Dryness of skin	1.92	0.69	1.23	0.72	0.20	6.15	<0.001	HS
Poor Appetite	1.31	0.18	1.12	0.5	0.12	9.33	<0.001	HS
TSH	9.51	2.91	6.60	3.90	0.87	7.58	<0.001	HS
Body weight	71.6	68.55	3.05	1.53	0.34	8.86	<0.001	HS

DISCUSSION

On Poorvakarma:

Trikatu churna being *deepana* and *pachana* helps in reliving *mandhagni* and converting *ama* into *niramavasta* condition seen in hypothyroidism.¹⁵ As *panchatikta grita* mainly having *tikta dravya* which helps in which helps in *twachagata lakshana* and *kapha* will be alleviated by *tikta rasa pradhana dravya*.¹⁶

On Vamana Karma:

On considering the signs and symptoms of hypothyroidism in ayurveda shows close relation with *kapha avarutha vata lakshana* along with *medha* and *rasa dathu dushti*, As *Vamana Karma* being main *chikitsa* for *kapha* dominant and its best *hetu* and *vyadhi pratyaneeka chikitsa* for *kapholbhana vyadhi* given best result.

On Arogyavardhini rasa:¹⁷

Arogyavardhini rasa mainly contains mineral drugs like *parada*, *gandhaka*, *loha*, *abraka* all mainly ability to reach minute capillaries and tissue pores. *Paradha* is such drug can transfer the blood brain barrier and there it acts on target site. Hence it has direct action over endocrine system. At the level of thyroid gland and controls its secretions. *Loha basma* and *Abraka basma* and *Tamra basma* all these are *balya*, *ayurshya*, *vrisya* and *medhya* helps in building immunity in the individual.

CONCLUSION

“Prevention is better than cure” - as the disease Hypothyroidism is mainly found patients having irregular food, sleep Stress. By, following healthy regimen like *Dinacharya* and *Rutucharya* explained in our classics, by creating, healthy awareness regarding *ahara-vihara* the diseases can be prevented.

Looking into the diseases on the basis of Ayurvedic fundamentals it becomes evident that *kapha* with vitiation of *vayu* is the main event with the vitiation of *agni*, where as in *dushya rasa* and *medha* are mainly involved so *Vamana Karma* followed by *Arogyavardhini rasa* is implemented here.

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