

A CASE STUDY ON HYPOTHYROIDISM TREATED WITH AYURVEDIC MANAGEMENT

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ABSTRACT

Thyroid problems are among the most common endocrine disorder presently seen nowadays life. Hypothyroidism refers to any state that results in deficiency of thyroid hormone including hypothalamic or pituitary disease and generalized tissue resistance to thyroid hormone. The global incidence of hypothyroidism is increasing as the thyroid gland is early responsible for stimuli like stress and anxiety. Women are 2-10 times are more likely to develop this condition. In Ayurveda there is no correlation of hypothyroidism, there are many diseases which is not mentioned in the Ayurveda text which is called *Anukta Vikara*. *Vata* and *Kapha* are the two main doshas involved in this *Vyadhi* as per the symptoms of hypothyroidism it can be predicted that there is the involvement of *Kapha-Vata* disease so it should be managed as *Vata Kaphaja Vyadhis*. The present study deals with a female patient of age 26 years who detected hypothyroidism in June 2021 and had complaints such as weight gain, puffiness, constipation etc. the patient was put under Ayurvedic treatment with a drug like Tablet *Kanchanar Guggulu*, Tablet *Lakshmilasa Rasa*, Powder *Guduchi*, Syrup *Dasamoola Kasaya* while maintaining the *Pathy Apathya* for 4 consecutive

months, monthly observation done after the complete duration of treatment TSH level was successfully dropped from 12.5 to 4.6 μ IU/ml with consecutive relieve of aforesaid symptoms.

Keywords: Hypothyroidism, *Kanchanar Guggulu*, *Dasamoola Kasaya*, *Anukta Vikara*

INTRODUCTION

Hypothyroidism is a condition in which the thyroid gland does not produce enough thyroid hormone or the failure of the thyroid gland to produce sufficient thyroid hormone to meet the metabolic demands of the body. Hypothyroidism is the most common problem in today's modern world. It is the most common disorder in daily O.P.D. the prevalence of hypothyroidism in India is 11% compared with coastal cities (e.g., Mumbai, Goa and Chennai) cities located inland (e.g., Kolkata, Delhi, Ahmadabad, Bengaluru, Hyderabad etc.) have a higher prevalence (11.7% v/s 9.5%).⁽¹⁾ The thyroid gland is situated in front of the neck. It has two lobes on either side connected by an isthmus, which lies at the level of 2nd, 3rd, 4th trachea rings. The gland is highly vascular, and it is composed of a large number of follicles and there is a parafollicular cell in between the follicle. The hormone secreted by the thyroid gland is Thyroxine, T4 (tetra-iodothyronine), T3 (triiodothyronine) and Thyrocalcitonin.⁽²⁾ It can cause several symptoms such as fatigue, depression, constipation, weight gain, oedema, dry skin, hair loss, poor ability to tolerate cold.⁽³⁾ The diagnosis of hypothyroid when suspected can be confirmed with the blood test measuring thyroid-stimulating hormone and Thyroxine level. Thyroid hormones have a profound effect on the various aspect of intermediary metabolism like carbohydrate, lipid, protein, minerals, vitamins etc. in hypothyroidism the BMR of the patient become low (up to 40%). Hence it has a great influence on tissue metabolism all over the body these functions have inevitable similarities with the description of Agni in Ayurveda. Many diseases are not mentioned directly in Ayurvedic text called *Anukta Vikar*.⁽⁴⁾ Because of improper diet (heavy, cold, sweet, and saturated fat,

food items), daily sedentary lifestyle, sleeping after a meal, lack of physical activity, sleeping during day-time, which is nowadays very common, these may lead to a diminution of *Jathara Agni* leading to *Agnimandya* of the body causes the formation of ama (toxins). These amas provoke *Vata* and *Kapha* and result in the manifestation of *Srota Dushti* causing impairment of various dhatu functions as a result multiple dhatu are involved leading to hypothyroidism. Though there are several measures including the introduction of Levothyroxine in the management of hypothyroidism, yet the symptomatic relief is not availed by the patient successfully and the BMR level is not enhanced to the desired level considering this lacuna of modern management the Ayurvedic way of management has been taken. In the present study here enhancement of Agni specially *Jathara Agni* and later dhatu agni like *Rasa Agni*, *Rakta Agni*, *Mamsa Agni* etc has been taken as the main remedy and beside this *Vridhi Nasak* (anti hyperplastic) or anti hyperthyroid drug as well as *Sroto Shodhaka* (channel clearing) agent has been include in the treatment to make *Samprapti Vighatana* (breaking of pathogenic way). As *Kanchanar Guggulu* is good *Vridhi Nasak*, *Agni Deepaka*, *Sroto Shodhaka* agent and *Dasamoola Kasaya* is *Vata Nasak*, *Lakshmiwillasa Rasa* is *Kapha Vata Nasak* useful in *Urdhvajatru Gata Roga* (E.N.T) and *Guduchi* is a known *Samshaman Aushadhi* (homeostatic drug), so these agents have been used to give relief to the patient. The necessary investigation has been done before treatment, during treatment, after treatment to evaluate the action of therapy follow up patient has been done through clinical examination and observation and results have been stated below

MATERIALS AND METHODS

Table 1: Material: The detail of the drug along with doses are given in the table below

S. No	DRUGS	DOSES	ANUPANA
1	<i>Kanchnaar Guggulu</i>	500mg BDPC	Lukewarm water
2	<i>Lakshmvillasa Rasa</i>	250mg BDPC	Lukewarm water
3	<i>Guduchi Churna</i>	3gm BDPC	Lukewarm water
4	<i>Dasamoola Kasaya</i>	15ml BDAC	With an equal quantity of water.

METHOD

- A. **Centre of study:** Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P, Kolkata.
- B. **Type of study:** Simple random single case study.
- C. **Plane of treatment:** The treatment was done on an OPD basis, the drug mentioned in table no 1 were prescribed along with the guidance of *Pathya* and *Apathya* to the patient. The patient was observed on monthly basis for consecutive 4 months, the changes in complaints were noted and a blood report of TSH was done in each visit.
- D. **Case report:** A 26-year-old female patient visited our OPD with complaints of *Abasunnata* (lethargy), *Udvega* (worried), *Visanata* (depression), *kesh Patan* (hair loss), *Vibandha* (constipation), *Bharti* (memory problem), *Ruksha Twaka* (dry skin) and *Swara Vaigunya* (alter voice).

History of Present Illness: -

The patient was suffering from the symptom for the last year and was under modern medicine Levothyroxine 50mcg for the last 6 months still she was suffering

from the symptoms, so she decided to go for Ayurvedic treatment from our hospital.

Clinical Examination

At the first visit to the OPD following examination done- *Nadi* – 68 bpm, *Mala* – *Vibandha*(constipated), *Mutra* – Normal, *Jihva* – Normal, *Sparsha* – *Ruksha Twaka* (dry skin), *Drika* – *Upa Netra*, *Akriti* – *Madhyama*(moderate)

GENERAL EXAMINATION

Weight – 58kg, Height – 5’1”, *Facies*- Normal, *Thyroid gland* – Not enlarged, *Blood pressure* – 110/70mm of Hg, *Oedema* – Not present, *Respiration* – 24 per min, *Sleep*- Disturbed

Blood Examination: -

TSH = 12.5µIU/ml

OBSERVATION AND RESULTS: -

The patient was observed for 4 consecutive months and on each 30 days interval the changes in complaints were noted (Table 02) along with a report of TSH was done after each visit (Table 03)

Table 02

Symptoms	1 st month	2 nd month	3 rd month	4 th month
<i>Abasunnata</i> (lethargy)	++	+	+	-
<i>Udvega</i> (worried)	+++	++	+	+
<i>Vissanata</i> (depression)	+++	++	+	-
<i>Kesh Patan</i> (hair loss)	+++	+++	++	+
<i>Vibandha</i> (constipation)	+++	+	+	-
<i>Bharti</i> (memory problem)	++	+	+	-
<i>Ruksha Twaka</i> (dry skin)	+++	++	++	+
<i>Swara Vaigunya</i> (alter voice)	++	+	+	+

Table 03

TSH	1 st month	2 nd month	3 rd month	4 th month
Normal range: 0.27-4.20µIU/ml	12.3 µIU/ml	8.2 µIU/ml	7.4 µIU/ml	4.6 µIU/ml

DISCUSSION

Hypothyroidism is a common disorder in which the thyroid gland cannot produce enough hormones to meet the body's demands. The thyroid gland is a butterfly-shaped gland located in the lower front of the neck and is normally controlled by a gland in the brain known as the pituitary. When the pituitary release thyroid-stimulating hormone (TSH) the thyroid secretes two kinds of hormones triiodothyronine (T3) and thyroxin (T4) into the bloodstream. The thyroid hormone helps the body to work properly by controlling the rate of metabolism and functions of many organs system. (5) As per the Ayurvedic view all sorts of diseases are caused by *kha vaigunya* or *srota vaigunya* (alternative of the channel) as the thyroid gland (*Avatu Granthi*) is situated as the interior part of the neck which is known as *kapha sthana* so definitely there is *Srota Avarodha* (obstruction of the channel) and *Vata Prakopa* (aggravation of *Vata*) which leads to growth of thyroid gland as the thyroid gland is not releasing enough hormones or enzymes so it is called hypothyroidism which is similar to the thought of Ayurveda *Mandagni* so naturally enhancement of *Agni* (*Agni Deepan*), clearing of channel (*Srota Sodhana*), *Vata Samana* (pacification of *Vata*) and *Vridhi Nasana*. Reduction of growth is the ideal principle of management of this problem. As *Kanchanar Guggulu*⁶ contains *Kanchanar*, *Sunthi*, *Marich*, *Pippali*, *Haritaki*, *Bibhitak*, *Ela*, *Twaka*, *Guggulu* etc which are liable to reduce the growth of thyroid gland by pacifying the *Vata* and enhancing *Agni* and clearing the channel. *Dasamoola Kasaya*⁷ contains *Bilwa*, *Agnimantha*, *Śyonāka*, *Patala*, *Gambhari*, *Brihati*, *Kantakari* are reputed *Vata Nasak* as well as *Srota Sodhan* agent which helps to reduce the hyperactivity and make equilibrium of dosha. *Guduchi*⁽⁸⁾ is the best *Samsamana Aushadhi* which is helpful to treat the inflammatory condition and make equilibrium tri dosha (*Vata*, *Pitta* and *Kapha*). *Lakshmvillasa*⁽⁹⁾ contain *Suddha Parad*, *Suddha Gandhak*, *Abhraka Bhasma*, *Karpur*, *Javitri*, *Jatiphala*, *Ati Bala*, *Nagabala*, *Pana Patra* juice etc which is a potent *Kapha Vata Nasak* agent *Asa* well as *Rasayana Aushadhi* it is very much useful in *Urdhwa Jatru Gata Vikar* (E.N.T). it is a good remedy against *Avarana* state

where *Udan Vayu* is undercover (*Kapha-Vritta Udana Vata*) as the *Tikshna*, *Ruksha* and *Ushna* properties of *Trikatu* helps to penetrate the *Avarana* and make it free of *Vata* by its *Avarodha-Abadhya* condition. So, by use of four medicines *Kanchanar Guggulu* 500mg BDPC with lukewarm water, *Dasamoola Kasaya* 30ml daily in empty stomach, tab *Lakshmvillasa Rasa* 250mg BDPC with lukewarm water, *Guduchi* powder 1gm BDPC with honey have been used for 4 months. Monthly follow up of patient done methodically the sign and symptoms have relieved with deduction of TSH value as per laboratory record. From the above study it has been observed the hypothesis behind *Samprapti Vighatana* (breaking the pathogenic way) was very much successful.

CONCLUSION

After reviewing the observation and result it may be concluded that *Kanchanar Guggulu* in a dose of 500mg, *Dasamoola Kwatha* 30ml in empty stomach, *Lakshmvillasa Rasa* 250mg, and *Guduchi Churna* 1gm for 4month potent remedy against hypothyroidism, no such adverse effect was observed during the treatment schedule.

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Patient Name RAKHI DAS Age / Sex 26 Yrs./FEMALE
Referred By Dr. P B K Mahapatra

BIOCHEMICAL EXMINATION REPORT OF BLOOD (PLASMA / SERUM)done by ECLIA method

Investigations	Result	Reference – Range
Thyroid Stimulating Hormone(TSH)	12.3 µIU/mL	1-6 years: 0.85 – 6.50 µIU/mL 7-12 years: 0.28 - 4.20 µIU/mL Adults: 0.27 - 4.20 µIU/mL

N.B:- The result relate only to the items tested.
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BIOCHEMICAL EXMINATION REPORT OF BLOOD (PLASMA / SERUM)done by ECLIA method

Investigations	Result	Reference – Range
Thyroid Stimulating Hormone(TSH)	8.2 µIU/mL	1-6 years: 0.85 – 6.50 µIU/mL 7-12 years: 0.28 - 4.20 µIU/mL Adults: 0.27 - 4.20 µIU/mL

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BIOCHEMICAL EXMINATION REPORT OF BLOOD (PLASMA / SERUM)done by ECLIA method

Investigations	Result	Reference – Range
Thyroid Stimulating Hormone(TSH)	7.4 µIU/mL	1-6 years: 0.85 – 6.50 µIU/mL 7-12 years: 0.28 - 4.20 µIU/mL Adults: 0.27 - 4.20 µIU/mL

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Patient ID. 6714/HRN/21-22 Report Dt. 01/11/21
Patient Name RAKHI DAS Age / Sex 26 Yrs./FEMALE
Referred By Dr. P B K Mahapatra

BIOCHEMICAL EXMINATION REPORT OF BLOOD (PLASMA / SERUM)done by ECLIA meth

Investigations	Result	Reference – Range
Thyroid Stimulating Hormone(TSH)	4.6 µIU/mL	1-6 years: 0.85 – 6.50 µIU/mL 7-12 years: 0.28 - 4.20 µIU/mL Adults: 0.27 - 4.20 µIU/mL

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