A Successful Case Study on Ayurvedic Management of Hypothyroidism

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Abstract

We all know that Ayurveda is life science, which has solutions for all health-related issues. Hypothyroidism is one of the most common endocrine disorders seen in daily OPD. As per Charak Samhita, we can categorize Hypothyroidism in Anukta vadhies. Vata and kapha are two main doshas involved in this vadhies. Present case is one of my successful case of hypothyroidism. 32-year-old male patient suffering from weakness, dry skin, poor memory, hair loss, constipation, acidity, breathlessness since last 8 years, and from last one month all symptoms increase rapidly. Patient having history of diabetes and thyroid and under allopathic treatment since last 8 years. After 1.5 months Ayurvedic treatment patient got relief in most of symptoms of disease and TSH level reduced from 18.71 to 3.05.

Keywords: Subclinical hypothyroidism; Anukta vadhie; Ayurved

Introduction

Luxury lifestyle give pleasure to body. At the same time this pleasure disturbs doshas and ultimate disturb mind and body too. This luxury life give rise to many lifestyle disorders. Thyroid, hypertension, diabetes some examples of lifestyle disorder. In society number of cases of thyroid increases day by days. There are 3.8-6% general population affected with hypothyroidism [1]. Thyroid dysfunction is two types i.e. over activity and under activity. In Hypothyroidism thyroid gland does not produced enough thyroid hormone [2]. Hypothyroidism can be described as underactive thyroid. Infertility, weight problems, depression and chronic tiredness the most frequent complications of hypothyroidism [3].

Ayurvedic Samhita has description of swelling of the thyroid gland called as Galganda which symptoms is like hyperthyroidism [4]. There is not a direct description of hypothyroidism found in Samhitas. There are many diseases which is not mentioned directly in Ayurveda texts is called as Anukta vicar [5]. Subclinical hypo-thyroid is one of such disease. Though there is lack of direct description of such disease, but its line of treatment described very well. There is description in Ashtanag hrudaya that, if we don't know the name of the disease than Vaidya should treat the patient with examination of prakruti, adhisthaha, bheda, hetu [6]. According to Ayurveda Hypothyroidism can be consider as Anukta vikara and discussed as vata-kafaj dushti-janya vhadhi. Modern science is very well developed with advanced techniques for disease diagnosis and treatment, but still no easy solution to treat lifestyle disease. Current available medicines are even not capable to give relief on such diseases. While Ayurveda has solution on direct describe and indirect (Anukta vikar) described diseases too.

A Case Report

A 32-year-old male patient came to us with chief complaint of [7]

- Drubalya (Weakness).
- Twak rukshata (Dry skin)
- kesh patana (hair loss).
- malavashtmbha (constipation)
- amalapitta (acidity)
- shwasaKashthta (breathlessness)
- smriti alpata (poor memory)

Patient had above complaints in the last 8 years. k/c/o Dm (for 7 years) (insulin, mixsl 30-70) (36 unit at morning & 40 units at night), (tab. vogli 0.2 at afternoon) No H/o / HTN, Asthma

History of Personal Illness

The patient is k/c/o Dm with history of hypothyroidism from last 8 years. He was under modern medicine (insulin, mixsl 30-70) (36 unit at morning & 40 units at night), (tab. vogli 0.2 at after-
noon). Even consumption of modern medicine, patient have been suffering from *Drubalya* (Weakness), *Twak rukshata* (Dry skin), *kesh patana* (hair loss), *malavashtmbha* (constipation), *amalapitta* (acidity), *shwasaKashtha* (breathlessness), *Smriti alpata* (poor memory) Even all medicine this symptoms increased gradually, then he decide to take Ayurveda treatment. For Ayurvedic treatment he came to our clinic – Nakshta Ayurved Panchkarma Clinic & Research Center, Mumbai.

**Ashtavidha Parikshana**

- Nadi (pulse) = 86 /min.(kapha-vata)
- Mala (stool) = Malavshmbha
- Mutra (urine) = Normal
- Jeeva (tounge) = saam

**Materials and Method**

**Materials**

(Table 1)

| SR NO | DRAVYA                   | DOSE   | DURATION       | ANUPANA          |
|-------|--------------------------|--------|----------------|------------------|
| 1     | *Laghumalini vasant vati* | 200 mg | 500 mg capsule bid | Luke warm water  |
| 2     | *Arogyavardhini vati*    | 200 mg |                |                  |
| 3     | *Vanga bhasma*           | 15 mg  |                |                  |
| 4     | *Abharak khasma*         | 15 mg  |                |                  |
| 5     | *Kanchanaar gogul*       | 250 mg | 500 mg capsule bid | Luke warm water  |
| 6     | *Chandraprabha vati*     | 250 mg |                |                  |
| 7     | *Gandhirva haritaki*     | 500 mg | H. S           | Luke warm water  |

**Methods**

**Centre of study**: Nakshta Ayurved panchkarma clinic & research center, Mumbai.

**Type of study**: Simple random single case study.

**Observations and Results**

(Table 2,3) Due to our Ayurvedic management there are revealed Regression of symptoms. The patient had started improving symptoms within 7 days. After 1.5 months treatment patient cured subjective as well as objective.

**Table 2** : showing daily treatment with prognosis.

| DAYS Symptoms       | 1st (after 7 days) | 2nd (after 14 days) | 3rd (after 21 days) | 4th (after 28 days) | 5th (after 35 days) |
|---------------------|--------------------|---------------------|---------------------|---------------------|---------------------|
| *Drubalya* (Weakness) | ++                 | ++                  | ++                  | +                   | 0                   |
| *Twak rukshata* (Dry skin) | ++             | ++                  | +                   | 0                   | 0                   |
| *kesh patana* (Hair loss) | ++               | ++                  | +                   | 0                   | 0                   |
| *malavashtmbha* (constipation) | ++           | 0                   | 0                   | 0                   | 0                   |
| *amalapitta* (acidity) | +                | 0                   | 0                   | 0                   | 0                   |
| *shwasaKashtha* (breathlessness) | +            | +                   | 0                   | 0                   | 0                   |
| *smriti alpata* (poor memory) | +             | +                   | +                   | 0                   | 0                   |

**Table 3** : Showing changes in thyroid reports

| THYROID PROFILE | BEFORE (9/4/2018) | AFTER (16/6/2018) | NORMAL RANGE |
|-----------------|-------------------|-------------------|--------------|
| TSH             | 18.71             | 3.05              | 0.3-5.5      |

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Discussion

Hetu of subclinical-Hypothyroidism

Ahar
i. Improper and irregular diet.
ii. Chiken, Matsya sevan (3 times in week)
iii. Dadhi (twice in week)
iv. Biscuit (daily with milk)
v. Dosa, idali, sandwich (daily)
vi. Daily empty stomach water (4-5 glass per day)

Vihar
i. Prolong seating
ii. Ratri jagran
iii. Excessive sex / Mastrubation

Manasika nidan: Chinta, vegavrodha causes vata vrudhi

Sanprapti Ghatak
- Dosh: vata-kapha.
- Dushya: Rasa, Rakta, shukra

Vikalpa Samprapti
- Vata dosha- sheeta guna [8]
- Kapha dosha- manda, sheeta, guru

Samprapti

All hetues in this case are mainly vata and kafa prakopak [9]. Due to hetu-sevan aamuttpatti occurs which causes agnimandya and constipation. Due to hetues first aahar-rasa convert into Aam, which make vikrut rasa dhatu. All this further disturb and produce vikrut dhatu-uttppatti. Excessive sex and Mastrubation like cause direct act on shukra dhatu and shown its symptoms. It also does dhatu kshaya via pratilom gati and show as per symptoms [10-16].

(Flow chart)

Diagnosis of hypothyroidism with its symptoms along with blood test measuring T3, T4, TSH levels. (Table 4)
Table 4: showing how to Diagnosis of hypothyroidism with T3,T4,TSH levels.

| TSH       | T4    | INTERPRETATION       |
|-----------|-------|----------------------|
| Normal    | Normal| Normal thyroid function |
| Elevated  | Low   | Over-hypothyroidism   |
| Normal    | Low   | central hypothyroidism |
| Elevated  | Normal| subclinical hypothyroidism |

Table 5: Showing action of drug & other procedure done in study.

| SR.NO | DRAVYA                        | ACTION                                                                 |
|-------|-------------------------------|------------------------------------------------------------------------|
| 1     | Laghumalini vasant vati [10]   | Rasayana mainly Work on rasa-rakta dhatu, Balya, dipan, panchan.        |
| 2     | Arogyavardhini vati [11]       | Dhatwagnivardhana, malashodhaka, Pakwasyadushti nashka.                 |
| 3     | Vanga bhasma [12]              | Megahkan, shleshmaghna, balya, prushti, vrushay, pachana                |
| 4     | Abharak bhasma [13]            | Vatakaphagha, hrudyaa, balya, Dhatuposahk, dipan, pachana, vrushay      |
| 5     | Kanchanoor guggul [14]         | Kaphaghan                                                              |
| 6     | Chandraprabha vati [15]        | Tridoshaghana, balya, vrushya, rasayana, dhatuposhak, agnimadhyanashak, shamaal, hrudyaa |
| 7     | Gandhrva haritaki [16]         | Anulomma, vatashulnashak                                                |

Action of Drug & Other Procedure in Management of Subclinical- Hypothyroidism

(Table 5)

Conclusion

Lifestyle disorders becomes headache due its cases increased day by days. Ayurveda has best solution in such type of Anukta vyayadi. With doshas vichar, Ayurveda cure such disease & act as apunarbhava also. This is one example of successful case of subclinical hypothyroid among my all cured thyroid case. I will work out further research on same disease.

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