AN AYURVEDIC MANAGEMENT OF SUBCLINICAL HYPOTHYROIDISM - A CASE REPORT

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Abstract

Ayurved is science of life. Its guide human being for living on preventive & curative both aspect. Its ancient knowledge which is still stand truth to time. There are many diseases which is not mentioned directly in Ayurveda texts is called as Anukta vikar. Subclinical hypothyroidism is one of such disease. Such disease specifically mentioned but its line of treatment described very well. The present case is 28 year old male patient was suffering from Bhaar vrudhi (weight gain) from last 2.5 years while symptoms like Drubalya (fatigue), Sheet prachiti (feeling excessive cold), Bhrama (vertigo), Shwasakashtata (dyspnoea after walking), Katishool (backache) since last 2 years.

Patient on modern medicine still he doesn’t get any satisfy relief, at the end patient decide to take Ayurvedic treatment only. For treatment patient was came to Nakshatra Ayurved Panchkarma clinic & Research center, Mumbai.

Ayurvedic management include internal medicine, Rukshaya bashpa peti sweda. After 1.5 month patient got Excellent Result. All symptoms disappear, weight reduces up-to 4 kg, TSH level comes from 7.71 to 3.23. This is single case study, will Collect data of more cases for further Research.

Keywords: Subclinical Hypothyroidism; Ayurvedic Management; Medovaha-Strotus; Rasavaha-Srotus; Dhatwagnimandya.

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1. Introduction

Nowadays most of patients came with other disease, but its supportive disease is hypothyroidism. Fast & luxury lifestyle disturb doshas, which give birth to thyroid related disease.

Thyroid dysfunction is one of the most common endocrine imbalances seen in clinic. The two main clinical syndromes of the thyroid are over activity and under activity. Hypothyroidism is called as underactive thyroid, in which thyroid gland does not produced enough thyroid
hormone. Infertility, weight problems, depression and chronic tiredness the most frequent complications of hypothyroidism.

Ayurveda has description of thyroid conditions in terms of swelling of the thyroid gland with hyperthyroidism, but a clear description of hypothyroidism is absent. There are many diseases which is not mentioned directly in Ayurveda texts is called as Anukta vikar. Subclinical hypothyroid is one of such disease. Such disease specifically mentioned but its line of treatment described very well. Hypothyroidism in Ayurved can be consider as Anukta vikara and discussed as vata-kafaj dushti-janya vhadhi.

In an era when modern science is progressing with advent of advanced techniques for disease, diagnosis and treatment, there is still no easy solution to treat innumerable disease. Current available medicines are even not capable to give relief on many diseases. While Ayurved has solution on Anukta vikar also.

A case report as follow –
A 28 year old male patient came to us with chief compliant of –
1) Bhaar vrudhi (weight gain).
2) Drubalya (fatigue).
3) Sheet prachiti (feeling excessive cold).
4) Bhrama (vertigo)
5) Shwasakashtata (dyspnoea after walking)
6) Katisshool (backache)

Patient had above complaints since 2.5 years.
No H/o Dm / HTN, Asthma

History of Personal Illness
The patient having history of hypothyroidism from last 2.5 years. He was under modern medicine (Tab.thyronorm 75 mcg). Even consumption of modern medicine, patient have been suffering from Bhaar vrudhi (weight gain), Katisshool (backache), Sheet prachiti (feeling excessive cold), Drubalya (fatigue), Bhrama (vertigo), Shwasakashtata (dyspnoea after walking). From last two months all this symptoms increased. For better treatment patient took treatment from Homeopathy doctors but doesn’t get relief in any symptoms, then he decide to take Ayurved treatment. For Ayurvedic treatment he came to our clinic – Nakshtra Ayurved Panchkarma Clinic & Research Center, Mumbai.

Personal History
Occupation: Working as Police.

Ashtavidha parikshana
Nadi (pulse) = 98/min. (kapha-vata)
Mala (stool) = Malavshtmbha.
Mutra (urine) = Normal.
Jeeva (toungue) = Eshat saam.
Agni = Kshudhamandya.
Shabda (speech) = Rukshya (Hoarse voice).
Sparsha (skin) = shita.
Druka (eyes) = Normal.
Akruti = Madhyama.
Bala = Madhyama.
Raktadaaba (B.P) = 110/80 mm/Hg.

2. Material and Method

Material

| SR.NO | DRAVYA                  | DOSE   | DURATION          | ANUPANA          |
|-------|-------------------------|--------|-------------------|------------------|
| 1     | Medohar gulg            | 250 mg | 2 BID After food  | Luck warm water  |
| 2     | Kanchanaar gulg         | 125 mg | 2 BID before food | Luck warm water  |
| 3     | Arogyavardhini vati     | 500 mg | 1 BID before food | Luck warm water  |
| 4     | Trifala gulg            | 250 mg | 1 BID After food  | Luck warm water  |
| 5     | Laghualini vasant vati  | 125 mg | 1 BID After food  | Luck warm water  |
| 6     | Gandhrva haritaki       | 500 mg | 2 HS              | Luck warm water  |
| 7     | Dashamul granules       | 2 Gm   | At morning        | Luck warm water  |

Table 2: showing panchkarma done in study

| PANCHKARMA         |
|--------------------|
| Ruksha peti sweda  |

Method

Centre of study: Nakshtra Ayurved panchkarma clinic & research center, Mumbai.
Type of study: Simple random single case study.

3. Observations and Result

Table 3: showing daily treatment with prognosis

| DAYS | 1ST | 2ND | 3RD | 4TH | 5TH |
|------|-----|-----|-----|-----|-----|
| TREATMENT | Medicine (1,2) | Medicine (1,2) | Medicine (1,2) + Ruksha peti sweda. | Medicine (1,2) + Ruksha peti sweda | Medicine (1,2) |
| Symptom | Bhaar vrudhi (weight gain) | 92kg | 90kg | 89 kg | 87 kg | 86 |
|         | Drubalya (fatigue) | +++ | ++ | + | 0 | 0 |
|         | Sheet prachiti (feeling excessive cold) | ++++ | +++ | ++ | + | + |
Table 4: Showing changes in thyroid reports

|                | BEFORE (8/7/2017) | AFTER (28/8/2017) | NORMAL RANGE |
|----------------|-------------------|-------------------|--------------|
| **T3**         | 91                | 93                | 60-200       |
| **T4**         | 6.3               | 7.2               | 4.5-12       |
| **TSH**        | 7.71              | 3.23              | 0.3-5.5      |

Clinical examination of the patients revealed Regression of symptoms due to our Ayurvedic management. The patient had started improving symptoms within 7 days. After 1.5 months treatment patient cured subjective as well as objective.

4. Discussion

**Hetu of subclinical-hypothyroidism as -**

1) Ahar
   - Improper and irregular diet
   - Ambuja anup mamsa Matsya sevan (daily)
   - Dadhi

2) Vihar
   - Prolong standing
   - Excessive running
   - Ratri jagran

3) Manasika nidan- Chinta, bhaya, and vegavrodha causes vata vrudhi

**Sanprapti Ghatak**

- Dosh: vata-kapha.
- Dushya: Rasa, Rakta, meda

**Vikalpa Samprapti** (5)

- Vata dosha- sheeta guna
- Kapha dosha- manda , sheeta, guru

**Samprapti** (6)

Hypothyroidism is under activities Agni. Due to various hetu dhatu level Agni is inhibited. In this case we found Rasa-Medovaha srotus dushti hetu. This hetu cause vata and kapha prokop. Which leads Rasavaha and Medovaha srotus dushi.

- Due to Agnimandya of Medodhatu, vikrut medo dhatu produced. Its cannot participate into asthi dhatu poshana. This vikrut medo dhatu accumulate in body which cause Bhaar vrudhi (weight gain). Bhaar vrudhi also sign of Rasavahadushti & kapha vrudhhi in body.
- Katisshool due to lack of asthi dhatu poshana & vata vrudhi.
- **Sheet prachiti** due to *kapha & vata Dosha* (as vata is *yogvahi* its increased sheet *guna* double in strength).
- **Drubalya** (fatigue) due to *vata vrudhi* and *rasa dushti*.
- **Bhrama** (vertigo) due to *vata vrudhi*.
- **Shwasakashtata** (dyspnoea after walking) due to *vata vrudhi*.

Diagnosis of hypothyroidism with its symptoms along with blood test measuring T3, T4, TSH levels.

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

**5. Action of Drug and other Procedure in Management of Subclinical- Hypothyroidism**

| SR.NO | DRAVYA               | ACTION                                                                 |
|-------|----------------------|------------------------------------------------------------------------|
| 1     | Medohar gugul(7)     | Medaghna, lekhan karya.                                                |
| 2     | Kanchanaar gugul(8)  | Kaphaghan                                                             |
| 3     | Arogyavardhini vati(9)| Dhatwagnivardhana, malashodhaka,Pakwashyadushti nashka.               |
| 4     | Trifala gugul(10)    | Rasayana, malavashbhanashak,lekshan.                                   |
| 5     | Laghumalini vasant vati(11)| Rasayana mainly Work on rasa-rakta dhatu, shothahara.          |
| 6     | Gandhrva haritaki(12)  | Anulomna, vatashulnashak                                               |
| 7     | Dashamul granules(13)| Vatashamak, dipan, shothaghna.                                      |
| 8     | Ruksha peti swedan    | Vatashamna, kaphashman.                                               |

**6. Conclusion**

Due to change in modern life style Hypothyroidism cases increased day by days. Ayurved has best solution in such type of *Anukta vhyadhi*. With *doshas vichar*, Ayurved 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 do further research on same disease.

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