



AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM

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ABSTRACT

The endocrine system is a series of glands that produce and secrete hormones that the body uses for a wide range of functions. Hypothyroidism is an endocrine disorder. The synthesis and transportation of thyroid hormones plays a vital role in the normal physiology and functioning of the body. Hypothalamic-pituitary-thyroid axis (HPT axis) with its negative feedback mechanism helps in maintaining normal hormone levels. The level of TSH is the primary indicator of hypothyroidism and a thorough evaluation is needed to know the pathology behind before starting hormone supplementation therapy. In hypothyroidism Kapha and Vata doshas are aggravated and pitta Dosha is reduced from normal. Some physicians also consider it as a Sthanik vyadhi (local disease) under Galaganda roga. It's Lakshanas due to improper functioning are seen in whole body. Hence while analyzing the signs and symptoms of hypothyroidism, involvement of all Strotas should be noticed.

The line of treatment has to be considered under dhatwagni chikitsa. The diseases which are not mentioned directly in ayurvedic texts are considered under AnuktaVyadhis (unsaid disease). Hypothyroidism is categorised under AnuktaVyadhis as per Charak Samhita where vata and kapha doshas are mainly involved.

Key words:- Hypothyroidism, Vishamagni, shiva Gutika, Arogya vardhini vati, Trikatu churna,

INTRODUCTION:

Thyroid gland is a tiny, butterfly-shaped gland located right below Adam's apple at the base of the front of the neck. The thyroid gland is an endocrine gland that is found in the lower front and sides of the neck. The thyroid gland generates hormones that control heart, muscular, and digestive function, as well as brain development and maintenance. Hypothyroidism, hyperthyroidism, goitre, Hashimoto's thyroiditis and thyroid cancer are all common thyroid problems. Hypothyroidism is the most frequent of these disorders. In India, one out of every 10 people is affected by the disease. The thyroid gland is made up of several spherical follicular cells. Tri-iodothyronin (T3) and Tetra iodothyronin (Thyroxine) (T4) are secreted by follicular cells. Parafollicular cells, which secrete calcitonin, are found between follicular cells. T3 and T4 are iodine-containing tyrosine derivatives.

The thyroid hormones, tri iodothyronine and Tetra iodothyroxine, have a huge impact on human health, affecting every part of our metabolism. Hypothyroidism is a disorder in which the thyroid gland produces insufficient thyroid hormone, causing problems with heart rate, body temperature and other elements of metabolism. It is more common in older women. Hypothyroidism is not directly mentioned in Samhitas. Many ailments are not directly mentioned in ayurvedic scriptures, according to madhavnidaan, "It is not required for Vaidya to know the name of the disease before commencing the treatment, but Vaidya should cure the patient on the basis of examination of Prakruti (physical and mental constitution), Vikruti (pathology), Saartaa (elemental tissues and mind), Sahanan (compactness of the body), Pramaan (quantity), Saatmya (compatible), Satva (mental status), Aahaar Shakti (digestive power), Vyaayaam Shakti (capacity of doing physical work), Vaya (age) Adhithaan (location), Bheda, (types) and Hetu (cause), Shata-kriya-kala (the stage of a sickness) should also be elicited to determine the curability of the disease and thus accordingly patient should be treated. According to Ayurveda, impairment of functions of Agni is the prime cause of hypothyroidism. Hypofunctioning of the Jatharagni (digestive power) affects the Dhatavagni and Medogni, (digestive power of adipose tissue) resulting in a pathological cascade. Ayurvedic medicines and Panchakarma (five purification procedures) treatments, such as Vamana (induced vomiting) and Virechana, (induced purgation) are employed because they are relatively effective and have little negative effects.

Many lakshanas of Hypothyroidism correlates with symptoms seen in the vishamagni patients. Hypothyroidism is a classic example of Vishamagni at Dhatu level since it showed the signs and symptoms of hyperthyroidism. For which Agni-deepana and Ama pachana should be given. Among the signs and symptoms of hypothyroidism, Shotha is considered to be due to influence of Kapha¹ and Kantha is the region of Udanavata.² So, the line of treatment aimed at mitigating Vata-kapha and strengthening the Dhatu by Rasayana. Considering the auto-immune, inflammatory nature of the disease; drugs which are having immune modulatory and anti-inflammatory properties are advisable to palliate this condition. Shiva gutika is a herbo-mineral preparation explained as Rasayana in classical texts of Ayurveda. Shilajatu, the main ingredient of Shiva gutika has significant anti-inflammatory,³ immune-modulatory,⁴ antiviral and antioxidant activity.⁵

Shilajatu is useful in alleviating Tridoshas (~three humours).⁶ It possesses Rasayana property and useful in treating Shotha (~inflammation).⁷ It is said that there is no such disease which cannot be managed with Shilajatu.⁸ Shilajatu is also used as Yogavaha as it increases efficacy of many drugs.⁹ Apart from this, the other drugs in Shiva gutika have Kapha-vata shamaka property. The active principle of Trikatu is piperine, which is mainly responsible for enhancing the bioavailability of administered drugs. The possible mode of action of the Trikatu churna may be due to its property of thermogenesis and its action as bioavailability enhancer.¹⁰ The Ushna guna and Katu rasa of Trikatu stimulates Pitta. It has predominance of Agni, Vayu and Akasha mahabhuta, which is responsible for Kapha shamana. It has Deepana (~enhancing metabolic fire) and Pachana (~enhancing digestion) property and it promotes Agni. Besides Tikshna ensures tissue

penetration thereby showing its action on Agni at the Dhatwagni (~metabolic fire) and Bhutagni level.¹¹ Arogya vardhini compound is an emerging herbo-mineral formulation of thirteen ingredients formulated for the treatment of metabolic disorders. Compounds of Arogya vardhini compounds like Kajjali (~combination of Mercury and Sulphur) have Yogavahi (~increasing potency of formulation and not altering the pharmacological action of contents in combinations) and Rasayana property.¹² Hypothyroidism phases were managed on the lines of Vishamagni chikitsa.

S CONCLUSION:

Ayurveda attempts to heal the root imbalance of hypothyroidism rather than treat symptoms for the remainder of a patient's life. The recent research reveals that if a patient is willing to reduce their stress through lifestyle changes and take key therapeutic herbs, healing from this chronic disease seems possible. To appease vata and kapha making necessary lifestyle changes must include slowing down in a society that is fast paced and demanding. This would reduce anxiety and depression, which may be prodromal symptoms of hypothyroidism, and would pacify *vata* and kapha in the body. Changing our lifestyle from multitasking and getting things done will certainly prove difficult in this modern era, but it is clear from the research that for those who are dedicated enough to do what it takes to get results will find success.

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