



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Successful Case Study On Ayurvedic Management Of Hypothyroidism.

Author*1: Prof. Dr. Sachinkumar Patil, Ph.D. (Kayachikitsa), M.D. (Kayachikitsa) M.B.A. (HR), M.A. (Sanskrit), P.G.D.E.M.S., D.Y.A., Professor & H.O.D. Kayachikitsa, M. A. M's Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar, Pune-411028, Maharashtra, India.

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 disorder seen in daily opd. As per *Charak samhita* we can categorize Hypothyroidism in *Anukta vyadhies*. *Vata* and *kapha* are two main *doshas* involved in this *vyadhies*. Present case is one of my successful case of hypothyroidism. 32 year's 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 increases 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 vyadhi*; *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 hypothyroid 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 name of the disease than Vaidya should treat the patient with examination of *prakruti*, *adhistahna*, *bheda*, *hetu*^[6]. According to *Ayurveda* Hypothyroidism can be consider as *Anukta vikara* and discussed as *vata-kaphaj dushti-janya vyadhi*. Modern science is very well developed with advanced techniques for disease, diagnosis and treatment, but still no easy solution to treat lifestyle noon). Even consumption of modern medicine, patient have been suffering from *Drubalya* (Weakness), *Twak rukshata* (Dry skin), *Keshpatana* (hair loss), *Malavashmbha* (constipation), *Amalapitta* (acidity), *Shwasa Kashthta* (breathlessness), *Smriti alpata* (poor memory) Even all medicine this symptom increased gradually, then he decides to take Ayurveda treatment. For *Ayurvedic* treatment he came to our O.P.D.

Ashtavidha Parikshana:

- *Nadi* (pulse) = 86 /min.(*Kapha-Vata*)
- *Mala* (stool) = *Malavshmbha*
- *Mutra* (urine) = Normal
- *Jeeva* (tounge) = *Saam*
- *Agni* = *Kshudhamandya*
- *Shabda* (speech) = Normal
- *Sparsha* (skin) = *Twak rukshata*
- *Druka* (eyes) = *Upanetra*

- Akroti = Madhyama
- Bala = Madhyama
- Raktadaaba (B.P) = 125/90 mm/Hg

MATERIALS AND METHOD

Material:

Table No.1 Material

Sr.No.	DRAVYA	DOSE	DURATI ON	ANUPANA
1	<i>Laghmalini vasant vati</i>	200 mg	500 mg capsule bid	Luke warm water
2	<i>Arogyavardhini vati</i>	200 mg		
3	<i>Vanga bhasma</i>	15 mg		
4	<i>Abharak bhasma</i>	15 mg	500 mg capsule bid	Luke warm water
5	<i>Kanchanaar gugul</i>	250 mg		
6	<i>Chandraprabha vati</i>	250 mg		
7	<i>Gandhrva haritaki</i>	500 mg	H. S	Luke warm water

Methods:

Type of study: Simple random single case study.

OBSERVATIONS AND RESULTS

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	1 st (after 7 days)	2 nd (after 14 days)	3 rd (after 21 days)	4 th (after 28 days)	5 th (after 35 days)
<i>Drubalya</i> (Weakness)	++	++	++	+	0
<i>Twak rukshata</i> (Dryskin)	++	++	+	0	0
<i>Kesh patana</i> (Hair loss)	++	++	+	0	0
<i>malavashtmbha</i> (constipation)	++	0	0	0	0
<i>Amalapitta</i> (acidity)	+	0	0	0	0
<i>ShwasaKashthta</i> (breathlessness)	+	+	0	0	0
<i>Smriti alpata</i> (poor memory)	+	+	+	0	0

Table 3: Showing changes in thyroid reports

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

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 vrudhiSanprapti 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 *kapha 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-uttpatti*. Excessive sex and Mastrubation like cause direct act on *shukra dhatu* and shown its symptoms.

Table 4: showing how to Diagnosis of hypothyroidism with T3, T4, TSH levels.

T3	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	ACTIO N
1	<i>Laghumalini vasant vati</i> [10]	<i>Rasayana mainly Work on rasa-rakta dhatu, Balya, dipan, panchan.</i>
2	<i>Arogyavardhini vati</i> [11]	<i>Dhatwagnivardhana, malashodhaka, Pakwashyadushti nashka.</i>
3	<i>Vanga bhasma</i> [12]	<i>Mehaghan, shleshmaghna, balya, prushti, vrushay, pachana</i>
4	<i>Abharak bhasma</i> [13]	<i>Vatakaphagha, hrudya, balya, Dhatuposahk, dipan, pachana, vrushay</i>
5	<i>Kanchanaar guggul</i> [14]	<i>Kaphaghan</i>
6	<i>Chandraprabha vati</i> [15]	<i>Tridoshaghana, balya, vrushya, rasayana,dhatuposhak, agnimadhyanashak, shamak, hrudya</i>
7	<i>Gandhrva haritaki</i> [16]	<i>Anulomna, vatashulnashak</i>

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 vhyadhi*. With *doshas vichar*, Ayurveda cure such disease & act as *Apunarbhava* also. This is one example of successful case of sub-clinical hypothyroid among my all cured thyroid case. I will workout further research on same disease.

CONFLICTS OF INTEREST:

This work is not published anywhere. The authors declare no conflict of interest.

REFERENCES:

1. https://en.m.wikipedia.org/wiki/Lifestyle_disease
2. Harsh mohan (Ed.) Textbook of pathology (5th edn). Jaypee publication, New Delhi, India, pp. 827.
3. Sandhya Kamath (Ed.) APT Textbook of medicine (7th edn). published by association of physician of India, India, pp. 1051.
4. Brhmananda Tripathi (Ed.) Charak Samhita of maharshi charak, Charakacnahdrika commentary, Charaka samhita part 1, (5th edn). Chaukambha Sanskrit sansthana, Varanasi, Uttar Pradesh, India, pp. 372.
5. Brhmananda Tripathi (Ed.) Charak Samhita of maharshi charak, Charakacnahdrika commentary, Charaka samhita part 1, (6th edn). Chaukambha Sanskrit sansthana, Varanasi, Uttar Pradesh, India, pp. 378.
6. Ganesh krusha sarth vagbhat (1st edn). profeshant publication, pp. 67.
7. Sahu Dustidev, Gupta Mahesh Chand, Indoria Anoopkumar (2015) Hypothyroidism an Ayurvedic Perspective – A Critical Review. International Ayurvedic Medical Journal 3(1): 152.
8. Vd Gopakumar (Ed.) Samsidhi- Gk's book on classical thoughts and clinical targets, hypothyroidism (4th edn). mylandoor ayurvedic research center, kerala, India, pp. 108-115.
9. Rangarajan, N Ashwini, Muralidhara (2018) A Ray of Hope to Hypothyroidism: A Case Study: International Journal of Applied Ayurved Research 3(9): 1372.
10. Gune GP Vd (2005) Aushodhigunadharmashtri, part-4, kalpa no-78, India, pp. 440.
11. Gune GP Vd (2005) Aushodhigunadharmashtri, part-2, kalpa no-10, India, pp. 208.
12. Gune GP Vd (2005) Aushodhigunadharmashtri, part-1, kalpa no-13. India, pp. 123.
13. Gune GP Vd (2005) Aushodhigunadharmashtri, part-1, kalpa no-1. India, pp. 19.
14. Brhmananda Tripathi (Ed.) Sharangdhar-samhita of pandit sarangadharacaya (with dipika hindi commentary), madhyama khanda, Chukhambha prakashan, Varanasi, Uttar Pradesh, India, pp. 207.
15. Gune GP Vd (2005) Aushodhigunadharmashtri, part-3, kalpa no-39, India, pp. 311.
16. <https://www.bimbima.com/ayurveda/gandharva-haritaki-churna-benefits-ingredients-dosage/466/>



Dr.Sachinkumar Sahebrao Patil M.D. (Kayachikitsa) Medicine, Ph.D. (Kayachikitsa) Medicine, M.B.A. (H.R.), M.A. (Sanskrit), P.G.D.E.M.S., D.Y.A. Professor and H.O.D., Ph.D. Guide, M.D. Guide, Department of Kayachikitsa, M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar, Pune – 411028, Maharashtra State, India. He is working as an Ayurved Physician and Panchakarma Specialist since last 18 Years. He is a BOARD OF STUDIES MEMBER for Paraclinical Ayurved Board of Maharashtra University of Health Sciences (M.U.H.S.), Nashik. He is a FACULTY MEMBER for Post Graduate Paraclinical Ayurved Board of M.U.H.S., Nashik. He is working as a Research Faculty for Research Methodology and Medical Statistics for M.U.H.S., Nashik. He is a Ph.D. GUIDE for 08 Ph.D. Kayachikitsa (Medicine) students and M.D. GUIDE for 28 M.D. Kayachikitsa (Medicine) students out of which 21 M.D. Kayachikitsa (Medicine) students have been already passed out. His research experience is 15 Years. His research interests in Anxiety disorder, Diabetes Mellitus, Obesity, Hyperacidity, Diarrhoea, Anaemia, Infertility etc.