



CRITICAL STUDY ON AYURVEDIC INTERPRETATION OF HYPOTHYROIDISM THROUGH INTEGRATED APPROACH

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ABSTRACT

Thyroid disease is one of the most prevalent endocrine disorder world wide. Hypothyroidism can result from any of a variety of abnormalities that lead to insufficient synthesis of thyroid hormones. While analyzing the signs and symptoms of hypothyroidism in Ayurvedic view, we note the involvement of all srotas. The kapha dosha and vata dosha vrudhi is elicited and pitta dosha kshaya is seen. Ayurvedic management by understanding pathogenesis of hypothyroidism as per the principle of Ayurveda plays important role in treatment of hypothyroidism. In spite of many advances, the modern management of hypothyroidism still remains unsatisfactory and had many adverse effects. Excessive thyroid hormone replacement carries the potential for serious long-term metabolic complications. The most important thing is to search out safe, effective and cheaper remedies. Such remedies could be explored from the huge wealth of ayurved. All the ayurvedic therapies adopted as a part of various research studies proved to have significant results in the management of hypothyroidism. So the ayurvedic diagnosis is important for proper treatment.

Keywords: Hypothyroidism, kapha dosha vrudhi, vata dosha vrudhi, pitta kshaya

INTRODUCTION

Thyroid problems are the most common endocrine disorders presently seen world wide . It is second only to diabetes mellitus as the most common endocrine disorders. Hypothyroidism is one of the most common functional disorder of thyroid gland. Hypothyroidism results when the thyroid gland fails to produce enough of the thyroid hormone, due to structural or functional impairment that significantly impairs its output of hormones, this leads to the hypo metabolic state^[1]. It refers to any state that results in a deficiency of thyroid hormone, including hypothalamic or pituitary disease and generalized tissue resistance to thyroid hormone and disorders that affect the thyroid gland directly. According to WHO , 2 billion people are iodine deficient worldwide.

Aim- To understand ayurvedic interpretation of hypothyroidism through integrated approach.

MATERIAL AND METHOD

ANALYSIS OF HYPOTHYROIDISM IN AYURVEDIC VIEW:

In charaka Samhita, Ashta nindita purushas have been discussed which can be taken as functional disorders of endocrine gland.

INVOLVEMENT OF TRIDOSHA

	Symptoms involved	Dosha involved
1	Weight gain	Kapha vruddhi, pitta kshaya
2	Loss of appetite	Kapha vruddhi, pitta kshaya
3	Puffiness of body features	Kapha vruddhi
4	Constipation	Vata vruddhi
5	Minimal or absent sweating	pitta kshaya
6	Generalized aches, pain	Vata vruddhi
7	Muscular cramps, stiffness	Vata vruddhi

INVOLVEMENT OF DHATU

	Dhatu	Symptoms
1	Rasa	Weight gain, Heaviness of body, lethargy, loss of appetite, puffiness, hairloss
2	Rakta	Dry skin, lethargy, slowing of mental activity
3	Mamsa	Heaviness of body, muscle ache, galaganda
4	Meda	Tiredness, sleepiness, Dyspnea on exertion
5	Asthi	Osteoarthritis, osteoporosis
6	Majja	Osteoporosis
7	Shukra	Infertility, loss of libido

INVOLVEMENT OF SROTAS

	Srotas	Symptoms
1	Annavaha	Malabsorption, loss of appetite
2	Rasavaha	loss of appetite, Weight gain, Heaviness of body, lethargy, puffiness,
3	Raktavaha	Dry skin, lethargy, slowing of mental activity,slow pulse rate
4	Mamsavaha	Oedema, Galaganda
5	Medovaha	Tiredness, Dyspnea on exertion, Hyperlipidemia, sleepiness

6	Asthivaha	Osteoarthritis, osteoporosis, hairloss
7	Majjavaha	Osteoarthritis
8	Shukravaha	Infertility, loss of libido
9	Purishvaha	Constipation
10	Swedavaha	Dry & coarse skin, absent/minimal sweating

THYROID HORMONE AND AGNI

Majority of body metabolic functions are maintained by thyroid hormones according to modern system of medicine and through agni according to Ayurveda. Thyroid hormone aids in carbohydrate, protein and fat metabolism.^[2] Enhanced or diminished level of thyroid hormone disrupts the normal metabolism and results in hypothyroidism or hyperthyroidism. Impaired agni is the root cause of all imbalance and diseases^[3]. weakened agni causes vitiation of doshas and produces symptoms like that of hypothyroidism.

SAMPRAPTI (PATHOGENESIS)

Functions of thyroid hormone are similar to functions of agni. Kapha kara aahar-vihar causes jatharagni mandya which leads to formation of ama . Ama causes obstruction in strotas. If process of ama formation advances, it brings about dhatwagni mandya which increases dhatwgata malasanchyaya and causes morbid dhatu formation. Vata also get involved in pathogenesis as it gets vitiated by kapha and ama. Agnimandya, vitiated kapha and sluggish vata lowers the metabolic process throughout the body.^[4]

Dosha-kapha, vata

Dushya-rasa, meda

Agni-agnimandya

Adhisthana-sarva sharir

Udbhavsthana-aamashaya

Vyaktisthana-sarva sharir.

RUPA (CLINICAL PRESENTATION)

Hypothyroidism results in various signs and symptoms which are similar to symptoms of kapha –vata increment. Kapha symptoms like weight gain , sluggishness, puffy appearance of body, loss of appetite, hoarseness of voice etc. vata symptoms like menstrual disturbances, bradycardia, fatigue, constipation, muscle-joint pain, dry-coarse skin, hairs etc. all these symptoms are produced due to hypo functioning of agni and kapha-vata increment.

AYURVEDIC MANAGEMENT

Ayurveda has advised three fundamental modalities to manage every disease i.e Nidana parivarjana, Sanshodhana chikitsa and sanshamana chikitsa.

1. Nidana parivarjana^[5]- avoidance of the various causative factors of the disease is the first line of treatment of any disease. Hypothyroidism manifests as a result of kapha-vataavridhi, Agnimandya , rasa dhatu dushti and formation of amadosha. Therefore , all the kapha-vatadosha aggravating and agnimandyakarakaahaara-vihara should be avoided in hypothyroidism.
2. Samshodhana Chikitsa: Hypothyroidism is categorized as chronic disease where involved dosha are at its maximum level. In case of pravridha, bahu dosha and jirna vyadhi ayurved always suggest shodhana therapy^[6]. In the pathogenesis of hypothyroidism due to the dominance of kapha dosha vaman (emesis) karma being specially prescribed for kapha dosha^[7].Virechan (purgation) can also be used if shothe is dominant feature. For evacuation of bowel and to regularize agni, Niruha basti (medicated enema) should be administered. In case of medovridhi Lekhana basti (enema) may also be given.^[8]
3. Samshaman chikitsa:
 - At thyroid gland level : thyroid stimulatory drugs are recommended.
 - At metabolism level (agni): deepana, pachana, ushna, teekshna, sukshma, lekhana drugs
 - Thyroid stimulatory drugs like kanchanar guggul are also found to be effective in various clinical studies.^[9]
 - Immunomodulatory drugs like guduchi ^[10] may be prescribed in autoimmune related conditions.

SPECIFIC FORMULATIONS

- Vati/guggulu- kanchanar guggul^[11,12,13], Medohar guggul^[14], Triphala guggul^[13], Arogyavardhinivati^[13], vyoshadi guggul, Guduchi Ghana vati ^[10]
- Kwatha- Kanchanaradi kwatha^[9], Dasamula kwatha ^[12,14]
- Churna- Panchakola churna^[15], Trikatu churna ^[16]
- Lauha/Mandoora- Punarnava Mandura ^[17], Tryushnadi lauha ^[17], guduchyadi lauha^[17]

DIETARY AND LIFE-STYLE MODIFICATIONS

- Iodine rich foods such as sea food, fish, oatmeal, beetroot, parsley etc. should be taken.
- Diet should be high in fibre and low in calorie. Salt intake should be kept at a minimum.
- Avoid goitrogenic foods such as cabbage, cauliflower, soyabean products, broccoli, pears, maize, sweet potatoes, mustard. ^[18]
- Minimize intake of caffeine drinks like cola, coffee and smoking. ^[19]
- Physical and emotional stress should be reduced by doing yoga & pranayama.

YOGA^[20]

- Sarvangasana is the most suitable and effective asana for thyroid gland. By this powerful posture pressure is placed on the gland.
- Other beneficial asana after sarvangasana is Surya Namaskar, pawanmuktasana, supta vajrasana, viparitakara, jalandharabandha, trikona asana.

PRANAYAM^[21]

- Ujjayi is the most effective pranayama. It acts on the throat and its relaxing and stimulating effects are most probably due to stimulation of the throat area, which are controlled by the brain stem and hypothalamus.
- Bhramari pranayama, also found helpful.
- Surya, Chandra Nadi shodhana pranayama is useful in balancing metabolism.

CONCLUSION-

Functions of thyroid hormones are similar to functions of agni. Symptoms of ama and hypothyroidism are almost similar. Nidana parivarjana is the basic treatment of any disease in Ayurveda. The causative factor of ama formation is agnimandya. Thus the etiology of agnimandya can be considered as nidana of ama. By using ayurvedic interpretation in treatment of hypothyroidism the mode of treatment becomes easy and the complications of modern drugs can be avoided and we can give the health in such drug dependent disease.

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