



Role Of Ayurveda In The Management Of Hypothyroidism: A Critical Review

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ABSTRACT

Hypothyroidism is the most common endocrine disorder spread through worldwide. In Ayurveda, it is not directly mentioned as a disease, but it is correlate with conditions like Galaganda, Dhatwagnimandya, Sthaulya and Shotha. This article gives Ayurvedic perspective and explores management strategies gives in classical text. A detailed review of Ayurvedic Tantra (scriptures) – Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Modern endocrinology references , contemporary Ayurvedic research articles was conducted. Clinical presentations of hypothyroidism analysed in term of Dosha, Dushya, Agni, Srotas and Ama. Hypothyroidism primarily developed due to Kapha – Vata vitiation, Agnimandya and Dhatwagnimandya. Involvement of Rasavaha and Medovaha Srotas leads to slow down of systemic metabolism. Ayurvedic management is Agni Deepan, Ama Pachana, Kapha – Vata Shamana, Shodhana, Rasayana and Pathya – Apathya. Herbal formulations, Yogasana and Pranayama plays significant role. Combination of Herbal formulations, Detoxification therapies and lifestyle correction gives complete management .

KEYWORDS : Hypothyroidism, Agnimandya, Dhatwagnimandya, Galaganda, Ayurvedic management, Herbal formulations for hypothyroidism, Shamana and Shoshana therapy , Yogasana and Pranayama.

INTRODUCTION

Hypothyroidism is a very common thyroid illness. The thyroid gland is component gland of the endocrine system, play a vital role in regulation of bodily activity like metabolism , reproduction and nervous activity. Hypothyroidism is caused by inadequate secretion of thyroid hormone. Clinically, seen the symptoms of hypothyroidism like cold intolerance, fatigue, constipation, dry skin, low appetite, depression, weight gain. Hypothyroidism affects approximately 1 in 10 adults in India. It represent a national prevalence rate of approx. 11% in India. ^[1] It is more common in females than males. Hypothyroidism can lead to severe complication like dyslipidemia, it is a risk for various serious health conditions. Allopathic treatment comes with very

adverse effects. Therefore, it is an urgent need to explore the Ayurvedic treatment. Hypothyroidism is not directly written as disease, but it can be understood under the concept of Anukta Vyadhi, Galaganda, Agnimandya and Dhatwagnimandya. [2,3] These indicates impaired Agni, Ama Utpatti, Agnimandya, slow metabolism due to imbalance in Kapha and Vata Dosha. For this goal of Ayurvedic treatment is Agni Deepan (enhance digestive fire), Ama Pachana (remove the debris), Kapha-Vata Shamana (balance the Kapha and Vata Dosha), and Srotoshodhana (clear the body channels). Mostly symptoms of hypothyroidism resembles like other conditions. So that many times it is misdiagnosed. So it is called as 'silent disease'.

MATERIAL AND METHODS

This review of hypothyroidism from an Ayurvedic perspective and aims to develop corresponding treatment. A comprehensive literature was taken modern pathology references and multiple online medical databases, including Pubmed, Google scholar, Ayu care and other national repositories, to collect clinical data on hypothyroidism.

Classical Ayurvedic texts were meticulously examined to understand the disease's pathophysiology concerning Dosha (bioenergetic forces), Dushya (tissues), Agni (metabolic fire), and Srotas (body channels).

LITERARY REVIEW

- Charaka Samhita gives Galaganda among Shleshma Vikaras. [4]
- Shushruta Samhita gives Rohini, the 6th skin layer, as the Adhithana for Galaganda Roga. [5]
- Ayurveda correlates hypothyroid features with Pandu Roga, Sthaulya and Shotha. [2,6]
- Atharvaveda gives Apachi (neck swelling).

SAMPRAPTI (ETIOPATHOGENESIS)

Table no. 1 : Samprapti

No.	AYURVEDIC MECHANISM	CLINICAL CORRELATION
1	Nidana Sevana	Sedentary lifestyle, heavy, cold food & stress
2	Vitiation of Kapha & Vata	Cold intolerance, lethargy, dryness
3	Jatharagni Mandya	Slow metabolism
4	Production of Ama in Amashaya	Undigested food and toxin production in stomach
5	Ama Utpatti (toxin accumulation)	Heaviness, dullness, uncomforness
6	Srotorodha	Blockage of channels, oedema, weight gain
7	Rasadhatvagnimandya	Improper tissue conversion
8	Accumulation of unstable Rasa	Low nutritious digestive juice
9	Medovaha Srotodushti & secondary Dhatu depletion	Fat deposition, Swelling, Obesity
10	Fully Hypothyroidism presentation	Swelling on face, facial hair growth, Irregular menstruation in females

RUPA (CLINICAL FEATURES)

Hypothyroidism develop due to failure or partially work of thyroid gland to produce enough thyroid hormone which is help in metabolism of the body or resistance of peripheral tissues to thyroid hormone. It results in slow down metabolism and lowering of energy. It presents multiple signs and symptoms. The severity of the manifestation of the disease depends on the dysfunction of the thyroid gland. In hypothyroidism almost all systems are involve. Clinical presentation of hypothyroidism along with Ayurvedic perspective given below :

Table No. 2 : Symptoms, Doshik Involvement and Srotas affected.

SYMPTOMS	DOSHIK INVOLVEMENT	SROTAS AFFECTED
Cold intolerance	Vata, kapha	Rasavaha
Muscle pain, Joint pain 7 weakness in extremities	Vata	Asthivaha, Mamsavaha
Decrease appetite	Kapha	Rasavaha, Annavaha
Dry skin, Hair fall	Vata	Rasavaha, Asthivaha
Constipation	Vata	Purishavaha
Weight gain	Kapha	Medovaha
Oedema	Kapha	Rasavaha
Hoarseness of voice	Kapha	Pranavaha
Fatigue	Vata, Kapha	Rasavaha
Depression	Vata	Manovaha
Dullness	Vata	Manovaha
Excess sleepiness	Kapha	Rasavaha, Medovaha
Slow speech	Kapha	Rasavaha
Menstrual disturbance, infertility	Vata	Artavaha, Shukravaha
Slow heart rate	Kapha	Rasavaha
Tingling in hands	Vata	Rasavaha, Asthivaha

AYURVEDIC CORRELATION

Galaganda : Goitre (structural swelling in the neck)^[4,5]

Pandu : Anemia, weakness , cold intolerance ^[7]

Shotha : Oedematous swelling due to Kapha Vruddhi^[2]

Sthaulya : Obesity with Kapha – Meda Vruddhi^[6]

Dhatwagnimandya : Reduced tissue metabolism^[2]

MANAGEMENT THROUGH AYURVEDA

1. Nidana Parivarjana (Avoid causative factors) : Fast foods, Cold items , Cold drinks, oily , fatty foods, Excess use of dairy products, Items made from Meda, Bakery items, Diwasvapa (sleeping in day time), Sedentary lifestyle. ^[2,3]
2. Shamana Therapy : Agni Deepana (Increase digestive fire), Ama Pachana (Digest and remove the toxins), Kapha-Vatahara Aushadha Prayoga (Medicine use for subside the increased Kapha-Vata). ^[2]

Single Medicine ^[2]

- Kanchanara (*Bauhinia variegata*) : It balance the Kapha Dosha and purify the lymphatic system. Its main function is Lekhana (scraping), which break down abnormal tissue deposits and Gandamala Nashana (lymph – clearing) properties.
It primary balances the Kapha and Pitta Dosha, functioning as a potent decongestant and anti-inflammatory agent that breaks down tissue stagnation, fluid retention and glandular swelling. It regulates the endocrine system. It is also busts the metabolism.
 - Shigru (*Moringa Oleifera*) : It balances Kapha and Vata Dosha. It reduces the inflammation and pain. It boosts digestion and metabolism. It purifies the blood. It stimulates the conversion and secretion of thyroid hormones (T3 & T4).
 - Guggulu (*Commiphora mukul*) : It act as a potent metabolic stimulant, anti-inflammatory agent, and channeling herb that directly reverses the root cause of hypothyroidism, known as Agnimandya (Low metabolic fire), and Kapha-Meda imbalances. It stimulates the thyroid gland to increase T3 and t4 hormone production., lowers elevated Thyroid Stimulating Hormone (TSH) levels, and aggressively burns away the systemic toxic waste (Ama) responsible for weight gain and sluggishness.
 - Ashwagandha (*Withania somnifera*) : It act as a potent Rasayana (Rejuvenator) and Balya (Strength Provider) that treats hypothyroidism by pacifying vitiated Vata and Kapha Dosha, boosting low metabolic fire (Agni) and stimulate thyroid gland to increase T3 and T4 hormone production. It restores Ojas (life source), eliminates chronic fatigue, and rebuilds immune resilience. It reduces stress and normalizes cortisol. This allows the thyroid gland to function optimally.
 - Punarnava (*Boerhavia diffusa*) : Addresses secondary symptoms of a slow thyroid, specifically reducing the water retention, puffiness and swelling (Shopha) caused by sluggish metabolism.
 - Varuna (*Crataeva nurvala*) : It clears deep – seated tissue blockages and reduce glandular enlargement in the neck region.
3. Shodhana Therapy : It act as eliminating accumulated toxins (Ama), clearing blocked bodily channels (Srotas) and restoring metabolic fire (Agnimandya).
- Vamana (Therapeutic Emesis) : Administered in highly kapha dominant cases where patients experience severe fluid retention, puffiness and heavy congestion in the upper body and neck area.
 - Virechana (Therapeutic Purgation) : It targets Pitta and Kapha accumulation in the gut, helps clear metabolic obstructions, balances the liver and in weight management.
 - Basti (Medicated Enemas) : Niruha (decoction) or Anuvasana (oil) enemas helps balance Apana Vata. This directly modulates the gut-thyroid axis, regulating hormonal secretion and relieving chronic constipation .
 - Nasya (Nasal Therapy) : Anu Tail via nasal passages stimulates the central nervous system and hypothalamus-pituitary-thyroid (HPT) axis.
4. Rasayana : To revitalize cellular metabolism (Dhatwagni), clear blocked channels (Srotorodha), and naturally balance thyroid hormone secretion after detoxification. Shilajita, Triphala , Guduchi mostly used. ^[2]

5. Formulations use in Hypothyroidism : [1,2]

FORMULATIONS	PROPERTIES	ROLE IN HYPOTHYROIDISM
Kanchanara Guggulu	Kapha-Medahara, lekhaana	Reduces goiter, regulates thyroid
Triphala Guggulu	Deepan, Pachana	Improves digestion, reduce cholesterol
Kaishora Guggulu	Rakta Shodhaka, Agni Deepan	Beneficial in secondary hypothyroidism
Arogyavardhini Vati	Agni Deepan, Medohara	Corrects metabolic sluggishness
Varunadi Kashaya	Agni Deepan, Medohara	Weight management
Hamsapadyadi Kashaya	Kapha-Vatahara	Regulates functions of thyroid gland
Chandraprabha Vati	Medohara, Lekhana	Energy production
Punarnavadi Kashaya	Lekhana	Reduce oedema

6. Yogasanas :

A particular Yogasanas give benefits in management of hypothyroidism. These includes Bhujangasana (cobra pose), Matsyasana (fish pose), Halasana (plough pose), Sarvangasana (shoulder stand), Viparita Karani (Legs up – the wall pose), and Surya Namaskara (sun salutation). Breathing exercise such as Kapalabhati, Ujjayi, Bhastrika and Nadi Shodhana Pranayama are good for improving function of thyroid gland and improve metabolism.

7. Pathya – Apathya :

Pathya (wholesome) includes light, warm, less oily, freshly cooked food like millets, moong dal, boiled vegetables (bottle gourd, pumpkin, ash gourd), warming spices (ginger, turmeric, black pepper) and herbal tea. Moderate exercise, yoga, oil massage and taking early meals are beneficial.

Apathya (Unwholesome) includes cold, heavy, oily and processed foods, raw vegetables, curd and its items, mild and milk products, soyabean, refined sugar and cold drinks. Avoid Day time sleeping, stress and sedentary life style.

Focus on boost metabolism, detoxify the body and improve digestion.

DISCUSSION

In Ayurveda, Hypothyroidism as Agnimandya leading to Ama Utpatti and Srotorodha. [2,3] Modern endocrinology gives this with diminish metabolic rate and dyslipidemia. [8] Ayurvedic treatment corrects both Agni and elimination of Ama, which is similar to modern treatment. Formulations like Kanchanara Guggulu, Arogyavardhini Vati, Triphala Guggulu shown good efficacy in clinical trials. [9]

CONCLUSION

Hypothyroidism is not directly given as a disease in the text, but it can be understood as the Agnimandya (loss of digestive fire) and Kapha – Vata Dushti (vitiation of Kapha & Vata Dosha). Ayurvedic Therapy restoring Agni, balances the Doshas and rejuvenate the tissues. With the help of herbal formulations, detoxification and lifestyle changes gives safe and good healthy life to the person.

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