

**EFFECT OF AYURVEDIC MEDICINE IN HYPOTHYROIDISM: A
CASE STUDY****Dr. Ravindra B. Ghaywate***

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ABSTRACT

Hypothyroidism Is a Disease Where Thyroid Gland Produced less amount of Thyroxin Hormone. Now Days Hypothyroidism is the most Common Endocrine disorder observed Mainly in Females. Nature Always Play Role for Samyak (Balance) For Life. Atiyoga and Ayoga, Vrudhi and Kshaya of Dosha, Dhatus, Mala of body are the Prime factors for Producing the Diseases. Ayurveda always believes in Samyak (Balance) Of Dhatus Which Is the Ultimate Aim of Ayurved Chikitsa (Treatment) Also. Thyroid gland Situated in Neck region Secretes Thyroxin hormone. The function of Thyroid Gland is Metabolism of Body. Pituitary gland also involved in Producing Thyroxin hormone by releasing Thyroid releasing hormone (TRH). The concept of Hypothyroidism resemble with Agni level. Jatharagni,

Dhatwagni, Bhutagni are the 13 types of Agni described in Ayurveda. Agni Plays Important role for Digestion and Various Activities in the body. Present Case Study Was done to Study The concept of Hypothyroidism in Ayurved View, To Study Effect of Kanchanar Guggulu, Vaishwanar Churna, Punarnavasavam in Hypothyroidism, To study the effect of Ayurved treatment on Symptoms of Hypothyroidism and Investigation on Modern Parameters.

KEYWORD:- Ayurved, Samyak, Chikitsa, Agni.**INTRODUCTION**

Ayurved Is the Indigenous System of Medicine. It Is Science of Life for Curative and Preventive Aspect. According to Ayurveda Health is the State of Samyak (Balance) of Dosha, Dhatu, Mala as well as Prasannata of Aatma, Indriya and Mana. Whenever Balance of Dosha, Dhatus, Mala Disturbed Disease Occurred in Body. According to Ayurveda

Hypothyroidism is a Condition of Ayoga of Agni and Vrudhi of Dosha Mainly Vata and Kapha. Agni Prime Important Play role to Digestion and Various Metabolic Activity of Body. When Jatharagni Diminish by Multiple Hetues leading to Agnimandya of body. Agnimandya Causing Formation of Aama (Toxines). Aama Cause Provoke the Vata, kapha Vrudhi. There is Stotras involvement by Sang type Sroto Dushti Causing impaired the various Dhatus function. As a result Multiple Dhatus involved leading to Hypothyroidism. The Treatment of Hypothyroidism in Modern Perspective Is Life long and limited for controlling the stage of Hypothyroidism. The Basics of Ayurveda Is Work On Karya-Karanbhav Siddhant. Aim to find out the Root Cause of Diseases and Safe Medication not only for Controlling but also Complete Cure of Diseases.

Case study

A 50 year female Patient Came in OPD with Presenting Complaint Of

- Sudden Weight Gain
- Swelling on Face and body
- Constipation
- Joint pain,
- Stiffness
- Laziness of Body

History of present illness

Patient was apparently alright 6 Month before. Gradually She Experience the Laziness of body And puffy face, eyes 6 month before. She taken the Modern treatment but not relieved. After that she gaining the weight 3 kg in 2 month. And heaviness in body, along with above Symptoms Joint Pain and Stiffness of body.

Past history

Non HTN, Non DM, Koch's, BA

Family History

Father-HTN, DM

Mother-Hypothyroidism

On Examination (O/E)

G.C-Fair

BP-110/80 mmHg

Pulse-80/min

SpO₂-97

Weight-72kg

Height-5 Ft

Systemic Examination

RS-AE=BS (Air Entry Equal to Both Side), No Ronchi, Crepts

CVS-S₁S₂ Normal

GIT-No tenderness on Abdomen

Liver, Spleen-Not Palpable

CNS-Conscious, Oriented

Ashtavidha Pariksha

Nadi-Vat-Kaphaj

Mutra-Pit

Mala-Malavstambh

Jiva-Sam

Shabd-Prakrut

Sparsh-Prakrut

Druk-Prakrut

Aakruti-Sthool

After the Examination of Vital Parameter Patient Was Sended for

Thyroid Investigation Report Done on Date 12/06/2019

Sr.no	Investigation	Finding
1	T ₃	75.064
2	T ₄	8.44
3	TSH	6.230

Diagnosis was confirmed as Modern View Hypothyroidism and According to Symptom Ayurveda View Kapha Shotham, Dhatwagni Dushthi Mainly Mamsa, Medogata.

MATERIAL AND METHOD

Presenting Complaints of Patient Treatment Plan as.

Sr. No	Name of drug	Dose of drug	Kal	Frequency and Anupan
1	Kanchanar Guggulu	2 Tab	After Food	Twice a day with Lukewarm water
2	Vaishwanar Churna	4 Gm.	Before Food	Twice a day with Lukewarm water
3	Punarnavasavam	15 ml	After Food	Twice a day with Lukewarm water

RESULT**Symptoms Wise Result.**

Sr. No	Symptoms Before Treatment	First Follow Up After 7 day	Second Follow Up After 15 Day	Third Follow up After 37 Days
1	Weight Gain(72 Kg)	Not Reduced	Reduced (71Kg)	70kg
2	Puffy Face and Eyes	+++	++	-
3	Laziness	+++	+	-
4	Constipation	++	-	-
5	Joint Pain and Stiffness	+++	++	+

Investigation Wise Results.

Sr. no	Investigation	Before Treatment (12/06/2019)	After Treatment (19/07/2019)
1	T ₃	75.06	87.23
2	T ₄	8.44	8.21
3	TSH	6.230	2.950

DISCUSSION

There is No Direct reference of Hypothyroidism get in Ayurved, but According to Symptoms and Sign Can correlated with Kapha Shotham and Mamsa, Medogata Strotodushti. According to Charaka The Nomenclature of Diseases is not possible For all the diseases We Can Diagnose the Diseases With Dosh, Dushya Samurchana also.

Samprapti ghatak

Dosha-Vata, Kapha

Dushya-Rasa, Mamsa, Meda

Strotas-Mams, Medogata

Type -Sang

Rogmarga-Abhyantar, Bahya

Action of Medicine**1. Kanchar guggulu contain**

Kanchar (bauhinia variegata) bark, ginger, black pepper, long pepper, Haritaki, bibhitaki, amlaki (the combination of triphala), Varuna (crataeva nurvala bark), cardamom, cinnamon, and Guggulu resin in equal amounts. It has Vat, Kaphagn Property.Mand Guna of Kapha, Shit Guna of Vata Can Tackles with Kanchar Guggulu.

2. Vaishwanar churna contain

Saindhava lavana (Rock salt), Yamani (Trachyspermum ammi), Ajamoda (Trachyspermum roxburghianum) Nagara Ginger (Zingiber officinalis), Haritaki (Terminalia chebula),

Jatharagni Mandya and Dhatwagni mandya in Strotas Causing Vata, Kapha Vrudhi. Vaishwanar Churn having Agniwardhak Property as well as Vatanuloman Property.

3. Punarnavasavam contains

Sonth (Zingiber Officinale) Pippali (Piper Longum) Kali Mirch (Black Pepper) (Piper Nigrum) Haritaki (Terminalia Chebula) Bibhitaki (Terminalia Bellirica), Amla (Emblica Officinalis), Daruhaldi (Berberis Aristata), Gokshura (Tribulus Terrestris), Brihati root(Solanum Indicum), Kantakari (Solanum Xanthocarpum), Vasaka roots (Adhatoda Vasica), Eranda (Castor Oil Plant) Ricinus Communis, Kutki (Picrorhiza Kurroa), Gajpippali (Scindapsus Officinalis), Punarnava (Boerhavia Diffusa), Neem(Azadirachta Indica), Guduchi (Tinospora Cordifolia), Muli (Raphanus Sativus), Dhamasa (Fagonia Cretica), Patol (Pointed gourd leaves), Trichosanthes Dioica, Dhataki (Woodfordia Fruticos), Draksha(Vitis Vinifera) Misri (Crystallized Sugar), Saccharum Officinarum,Shahad (Honey)

4. Pharmacological Action of Punarnavasavam

Punarnavasavam Ingredients have Antiinflammatory Properties, so it helps to reduce inflammation. It also has diuretic action, which helps to reduce edema and swelling due to heart, liver or kidney diseases.Punarnava as Name Suggests it Regenerate the Tissue, Cells.

CONCLUSION

From This Case Study it is concluded that Hypothyroidism can be managed with Ayurved Medicine not for Controlling but also for Cure. Further Large Scale Study Needed With Ayurved Medicine In Hypothyroidism.

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