

AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM: A CASE REPORT

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ABSTRACT

Thyroid disorders are becoming challenging problems to the medical profession throughout the world. The hypometabolic problems are due to low digestive fire (mandagni) or underactive thyroid gland. Patients of Hypothyroidism are seen worldwide. Hormone replacement therapy has become very popular and undoubtedly effective. But it has been observed some of patients even after administrating thyroxine in appropriate dosage are not symptom free though their TSH levels has been brought to normal. Such patients has to seek some alternative therapies for other symptomatic relief like Agnimandya and this patients choose Ayurvedic treatment.^[1] A 47 years old female patient presented with symptoms of hypothyroidism at PDEA's Ayurved Rughalaya. Ayurvedic Shaman Chikitsa was given which showed significant results and patient got symptomatic relief along with normal lab (TSH) Values.

KEYWORDS: Thyroid Disorders, Hypothyroidism, Mandagni, Aama (Āma denotes the abnormal or impaired process of digestion and metabolism that leads to build up of toxic by-products), Thyroxine, Shaman Chikitsa.

INTRODUCTION

In patient suffering from Hypothyroidism (suffering from mandagni) BMR is low or it can be explained that anabolism is more than catabolism. There is weight gain, Constipation, cold intolerance etc and decreased Heart rate(Bradycardia) among the sufferers. These patients can be treated either by advising improving their lifestyle, by administrating such drugs which can increase the digestive fire and Dhatwagni. Such preparations/medications are abundantly found in ayurvedic literature.^[2]

This is a case of 47 years old female patient who visited at PDEA's Ayurved Rughalaya with symptoms of Hypothyroidism. This patient was on Tab Thyroxine 50 mcg since 5 years, but did not got relief for the same. So patient took ayurvedic shaman chikitsa and got relief in the symptoms along with the significant decline in higher values of TSH levels.

Patient details

A 47 years old female patient came to OPD No 117, PDEA's Ayurved Rughalaya on 17/01/2023 with Following Complaints.

Sr NO	Complaints	Gradation				Duration
		0	1	2	3	
1	Puffiness		√			On and off since 2 to 3 months
2	Oedema			√		intermittent
3	Dry and Coarse kin			√		On and off since 2 to 3 months
4	Breathlessness		√			On and off since 2 to 3 months
5	Constipation			√		Intermittent
6	Fatigue			√		Since 2 months
7	Hairfall			√		On and off since 2 to 3 months

Symptoms	Score	
a. Puffiness		
Absent	0	
Occasional	1	
Daily periorbital edema/puffiness in the morning, relieved in later part of day	2	
Persistent	3	
b. Edema		
Absent	0	
Edema over lower/upper extremities	1	
Edema over both extremities	2	
Edema all over the body	3	
c. Dry and coarse skin		
No dryness	0	
Dryness after bath only	1	
Dryness all over body but relieved by oil application	2	
Dryness not even relieved by oil application	3	
d. Breathlessness		
Absent	0	
Occasionally, only after strenuous workout	1	
Even on climbing upstairs, but relieved by rest	2	
Felt in routine work - bathing, changing clothes	3	
e. Constipation		
Frequency	Consistency	Straining
Once a day-0	<i>Shithila-0</i>	No-0
Once in two days-1	<i>Madhyama-1</i>	Occasionally, bearable-1
Once in three days-2	<i>Kathina-2</i>	Frequently, severe-2
Once in more than three days-3	<i>Granthil-3</i>	
f. Weakness		
Able to exercise without difficulty	0	
Able to do mild exercise	1	
Able to do only mild work	2	
Able to do mild work with difficulty	3	
Not able to do even mild work	4	
Unable to do even day-to-day routine work	5	
g. Lethargy		
Doing work satisfactorily with proper vigor in time	0	
Doing work without desire, unsatisfactorily but in time	1	
Doing work without desire, unsatisfactorily, with lot of mental pressure and not in time	2	
Not starting any work in his/her own responsibility, doing little work very slow	3	
Does not have any initiation and not want to work even after pressure	4	
h. Fatigue		
Normal	0	
Patient likes to stand in comparison to walk	1	
Patient likes sit in comparison to stand	2	
Patient likes to lie down in comparison with sitting	3	
Patient likes to sleep in comparison with lying down	4	
i. Muscle ache		
No	0	
Relieved by rest	1	
Not relieved by rest but relieved by Ext application	2	
Requires external application and internal medication	3	
Present consistently	4	
j. Duration of menstrual blood		
4-7 days	0	
3 days	1	
2 days	2	
1 day	3	
k. Interval between two cycles		
25-29 days	0	
35-39 days	1	
40-45 days	2	
>45 days	3	
l. Hair fall		
Absent	0	
Hair fall on washing	1	
Hair fall on combing	2	
Hair fall on simple stretching	3	

Gradation Of Symptoms^[3]

History of illness

Patient was known case of hypothyroidism since last 5yrs on regular tab thyroxine 50mcg with intermittent complaints of puffiness over face, Oedema, dry and coarse skin, constipation, fatigue, hairfall. Despite of taking regular tab thyroxine patient is having above complaints along with raised tsh levels so she approached our opd for further ayurvedic management.

General History

No history of any previous serious disease or Hospitalization.

No history of Hypertension, Diabetes mellitus

No history of COVID-19, Vaccinated 2 doses for COVID-19

General Examination**Ashtavidha Pariksha**

Naadi- vata-kaphajagati with pulse rate of 84/min
 Mootra-4-5 times a day in frequency
 Mala-Difficulty in defecation with hard stool in consistency
 Jivha- Sama (coated and moist)
 Shabda- Spastha
 Sparsha-Ruksha twacha (dry skin)
 Druk- Spastha
 Akroti- Madhyam

Udar parikshana- alpa udaraadhman
 Ura parikshana- Avishesh
 P-84/min
 BP-134/84mmhg
 Weight-59 kgs
 Height-157 cm
 BMI-24.1
 Satva-Madhyam
 Prakruti- Kapha Pradhan Vataj

Investigations

Sr TSH was done before and after treatment Sr TSH On (11/01/2023) – 15.35 mIU/L (Before Treatment)

Samprapti^[4] / Pathogenesis

Dosha – Kapha, Vata
 Dushya- Rasa & Meda
 Agni- Jatharagni, Dhatvagni, Medaagni
 Ama- Jatharagnimandyanit, Dhatvagnimandhyajanit
 Srotas- Rasavahasrotas and Medovahasrotas
 Srotodushtiprakara – Sanga
 Udbhavstana- Amasaya
 Rogamarga- Bahya

vitiated Vata and Kapha dosha results Aam dosha causing Agnimandya (hypodigestive power) and constipation. Dosha prakopak Hetu initially converts Aaharrasa (digestive juice) into Aam, resulting in Vikrut rasa dhatu. All of this adds to the Vikrutdhatu Utpatti effect.

Chikitsa

After an initial assessment of the patient Varunmoola Kwath Ghana Vati were given
 Dose - Tab Varunmoola Kwath GhanaVati 500 mg Vyanodane (After food) for 2 months

Probable mode of action of Drug

वरुण

वरुणादिः कफं मेदो मन्दाग्नित्वं नियच्छति (अ० ह०, सूत्र 15 / 21).^[5]

वरुणः पित्तलो भेदी श्लेष्मकृच्छ्राशममारुतान् ।

निहन्तिगुल्मवातास्त्रकृमीश्चोष्णोऽग्निदीपनः ॥

कषायो मधुरस्तिक्तः कटुको रुक्षको लघु । (भा० प्र० वटादि वर्गः 65-66).^[6]

वरुणमूलकवाथ

माक्षिकादय सकृत्पीतः क्वाथोवरुणमूलजः।

गण्डमालांहरत्याशुचिरकालानुबन्धिनीम्।। (वंगसेन/गंडमाला अधिकार 15/18).^[7]

Varuna (Crataeva nurvula) is having Tikta, Kashay, Madhur rasa, Katu Vipaka, Ushna Veerya in properties. Weakness is caused by Rasa Dhatu kshaya due to Kapha Dosha Vriddhi and margavarodh by Aama Rasa. Tiredness and dyspnea both are Rasapradoshaja and Medopradoshaja Vikara. Mandagni causes vitiation of Rasa Dhatu which leads to a lack of Prinana (nutrition) of the Deha resulting in decreased Dehabala and causes symptoms such as weakness and tiredness. Varuna Kwatha Ghanavati have Kaphavatashamaka property and by its Kashaya Rasa absorbs Meda, Kleda, and Kapha Dosha.^[8]

Adhyasana and hypofunctioning of Agni are the cause of Purishavaha Srotodushti.^[9] Constipation (Vibandha) occurs due to vitiation of Vata Dosha, especially Apana Vata.^[10] Ama in the Koshtha obstructs the free movement of Samana Vayu and Apana Vayu. Ama itself when mixes with Purisha makes it abnormal and sticky, which causes the elimination process difficult. Constipation can impair hormone clearance and cause an elevation in estrogen, which, in turn, raises thyroid-binding globulin levels and decreases the amount of thyroid hormones available to the body.^[11]

Kashaya Rasa eliminates the blockage and cleans Srotas through the Shodhana property.^[12] Tikta Rasa has Deepaniya, Pachaniya, and also Lekhana, Shodhana property. The Srotas are scraped by the Lekhana Guna, which eliminates extra Kapha and Meda.^[13] Deepana-Pachana- property of the drug does Ama Pachana and Agnideepana. Agnideepana leads to the proper formation of Rasa Dhatu and relieves symptoms of weakness and tiredness and also relives constipation.

Varuna possess Kapha-Vatashamaka property. It has potent antioxidant property, radical-scavenging ability, delaying cellular senescence, building structural proteins such as collagen and elastin, and restoring skin barrier function along providing hydration to the skin.^[14]

CONCLUSION

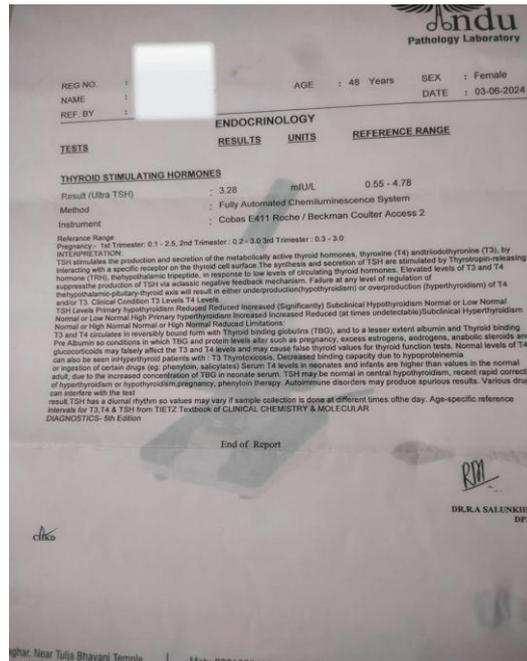
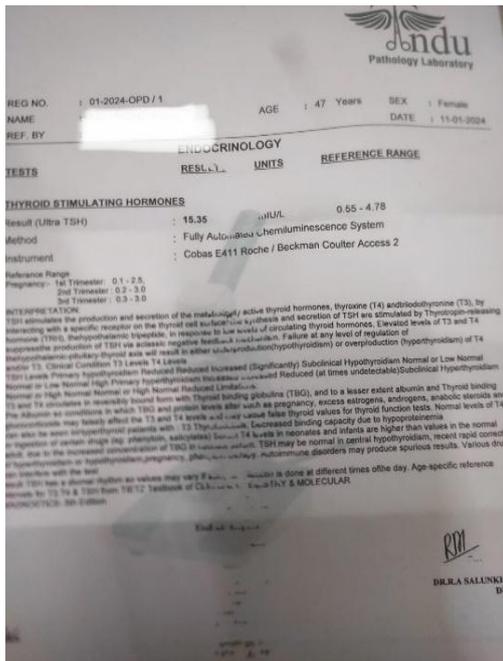
Though there is no direct description of hypothyroidism in Ayurveda, it is found that there is strong correlation with Agnimandya and Ama, Tridosha involvement. The Drug Varun Moola Kwath Ghanavati Showed significant improvement in symptoms like puffiness, oedema, Dry and Coarse skin, Breathlessness, Constipation, Fatigue, Hairfall. Along with that significant improvement in Sr TSH value after 2 months of treatment.

RESULT

Subjective Parameters Gradation

Gradation of symptoms according to follow ups.

Sr. No	Symptoms	Day 0 (Gradation Of symptom)	Day 15	Day 30	Day 45	Day 60
1	Puffiness	1	1	1	0	0
2	Oedema	2	2	1	1	0
3	Dry and Coarse Skin	2	2	2	1	1
4	Breathlessness	1	1	0	0	0
5	Constipation	2	2	1	1	0
6	Fatigue	2	2	1	1	0
7	Hairfall	2	2	2	1	1



Lab investigation	Sr TSH
Before Treatment On (11/01/2024)	15.35 mIU/L
After Treatment On (3/06/2024)	3.28 mIU/L

DISCUSSION

Patient is known case of Hypothyroidism along with classical symptoms of hypothyroidism. Patient was on Tab Thyroxine 50 mcg daily since 3 years Despite there is no symptomatic relief to the patient According to Ayurveda, the present complaint Agnimandya is due to Aaama utpatti and Sroto dusthti. Shaman Chikitsa Tab Varun Moola Kwath Ghanavati 500 mg twice a day was prescribed to the patient for duration of 2 months The chikitsa showed significant improvement in reverting lakshanas of hypothyroidism along with decreased value of Sr TSH level After Treatment. No Side effects were observed during and after treatment.

CONCLUSION

Ayurvedic Shaman Chikitsa reduced Symptoms of Hypothyroidism along with decreased level of Sr TSH levels without any adverse effects.

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