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A CONCEPTUAL STUDY ON THE ROLE OF *DHATAWAGNI* IN THE PATHOGENESIS OF HYPOTHYROIDISM

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ABSTRACT

Hypothyroidism is a metabolic disorder that is characterized by insufficient production of thyroid hormones, that leads to wide range of systemic imbalances. In *Ayurveda*, the condition can be analyzed through *Dhatwagni*, known as the metabolic fire of individual tissues. In hypothyroidism less production of thyroid hormones causes decreased tissue metabolism that further contributes to decreased ATP synthesis, protein synthesis, and also disturbs carbohydrate and lipid metabolism. This decreased metabolism occurring in hypothyroidism is somehow similar to the concept of *Dhatavagni*mandya mainly *Rasa dhatu* and *Medo dhatu*. This article explores the correlation between *Dhatwagni* and hypothyroidism, that focuses on how the dysfunction of tissue-specific *Agnis* (metabolic fires) contributes to disease.

KEYWORDS: *Dhatavagni*mandya mainly *Rasa dhatu* and *Medo dhatu*.

INTRODUCTION

Hypothyroidism is a metabolic disorder caused by decreased production of thyroid hormones—primarily thyroxine (T4) and triiodothyronine (T3)—leading to hypometabolism. The main symptoms of hypothyroidism are fatigue, weakness, increased sensitivity to cold, constipation, hoarseness, unexplained weight gain, dry skin, hair loss or coarse dry hair, muscle cramps, headache, muscle weakness, joint stiffness and memory loss. If hypothyroidism is left untreated, the signs and symptoms become severe, such as a swollen thyroid gland (goiter), slower thought process, dementia and impaired fertility.

Ayurveda, though not mentioning the thyroid gland specifically, provides a robust framework through *Agni* and *Dhatuparinama* to understand such conditions.

The present study explores hypothyroidism as a disorder of *Dhatwagni*, mainly *Rasadhatwagni* and *Medodhatwagni*, linking classical principles to modern endocrine pathology.

Concept of *Dhatwagni*

Agni is classified into three types.

1. *Jatharagni* – Governs digestion at the gastrointestinal level.
2. *Bhutagni* – Acts on the five *Mahabhutas.*
3. *Dhatwagni* – Responsible for metabolism and transformation of respective *Dhatus (Charaka Samhita, Chikitsa Sthana 15/13).*

There are seven *Dhatwagnis*, each related to the metabolism of one *Dhatu*

Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Shukra.

These *Agnis* ensure the proper transformation and nourishment of tissues. If *Dhatwagni* becomes *Manda* (low) or *Vishama* (irregular), it results in *Dhatu Dushti*, contributing to disease.

Understanding Hypothyroidism in *Ayurveda*

Though the term hypothyroidism is not found in *Ayurvedic* texts, its symptoms—such as fatigue, weight gain, cold intolerance, and menstrual issues—closely resemble conditions like.

Medoroga (obesity), *Srotorodha* (obstruction of channels), *Rasapradoshaja Vikara, Kapha-Vata Vriddhi, Agnimandya*

The metabolic slowing in hypothyroidism can be conceptualized as *Dhatwagni Mandya*, particularly of.

Rasadhatwagni – Leading to impaired nutrient assimilation and early symptoms like *Shrama*, *Gaurava*, and *kleda*.

Medodhatwagni – Resulting in M*eda dushti*, weight gain, and sluggishness.

Pathogenesis *(Samprapti)* of Hypothyroidism via *Dhatwagni Dushti*

1. *Rasa Dhatwagni* Impairment

When the metabolic activity of *Rasa Dhatu* is diminished, it hinders proper assimilation and nourishment of subsequent tissues. Clinically, this presents as tiredness, pallor, and dryness—hallmark symptoms seen in early stages of hypothyroidism. (Charaka Samhita, Sutra Sthana 28/4)

2. Meda Dhatwagni Impairment

A prominent symptom of hypothyroidism is increased body weight, which is a result of excess *Meda Dhatu* formation and weakened *Meda Dhatwagni*. The overproduction of *Meda* from *Mamsa Dhatu* and hindered conversion to *Asthi* leads to fat accumulation and metabolic sluggishness. (Charaka Samhita, Sutra Sthana 15/17).

3. Relationship Between Agni and Dhatwagni

Charaka highlights that *Jatharagni* (central digestive fire) governs the efficiency of all tissue-level fires *(Dhatwagnis)*. When *Jatharagni* becomes weak due to *Kapha* dominance and *Ama* buildup, it leads to suppressed *Dhatwagni* function throughout the body. This results in a generalized slowdown of metabolism, typical of hypothyroidism. (Charaka Samhita, Chikitsa Sthana 15/15**).**

4. Involvement of *Doshas*

In hypothyroidism, *Kapha* and *Vata doshas* are predominantly disturbed. Elevated *Kapha* causes symptoms like lethargy, cold sensation, and swelling, while aggravated *Vata* contributes to dryness, fatigue, and mental instability. *Dhatwagni Mandya* acts as a key causative factor, triggering both *Dosha* imbalance and tissue-level disturbances, thereby creating a cyclic pattern of metabolic dysfunction.

DISCUSSION

This conceptual link between *Dhatwagni Mandya* and hypothyroidism offers a pathophysiological model grounded in *Ayurvedic* principles. Treatment aims at.

Agni Deepana (enhancing Dhatwagni)

Srotoshodhana (clearing bodily channels)

Dosha Shamana (especially Kapha-Vata pacification)

Rasayana to support *Dhatu* formation

Herbs like *Triphala, Guggulu, Shilajatu,* and *Punarnava* are known to have *Agnideepana, Lekhana,* and *Srotoshodhana* properties, useful in managing such conditions.

CONCLUSION

The *Ayurvedic* concept of *Dhatwagni* provides a logical and holistic model to understand the pathogenesis of hypothyroidism. It emphasizes the role of metabolic fire at the tissue level in maintaining health. *Dhatwagni Dushti*, especially of *Rasa* and *Meda*, correlates closely with hypothyroid symptoms, and addressing it through classical *Ayurvedic* interventions may offer integrated management strategies.

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