

**ROLE OF TRIKATU YOGA AND KANCHNAR GUGGULU ON HYPOTHYROIDISM: A
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ABSTRACT

Hypothyroidism is an endocrine disorder characterized by insufficient secretion of thyroid hormones, resulting in clinical features such as fatigue, weight gain, cold intolerance, dry skin, constipation, and depression. In Ayurveda, this condition can be correlated with Galaganda (goiter), Agnimandya (low digestive and metabolic fire), and Kapha-Vata dominant imbalance. The pathology is understood as the vitiation of Kapha dosha leading to metabolic sluggishness, impaired Agni, and accumulation of Ama (toxic metabolic by-products), ultimately affecting the functioning of Rasa dhatu and subsequent tissue metabolism. Ayurvedic management of hypothyroidism emphasizes restoring Agni and balancing the doshas through both Shodhana (purification) and Shamana (palliative) therapies. Herbs such as Kanchanara (*Bauhinia variegata*), Guggulu (*Commiphora mukul*), Punarnava (*Boerhavia diffusa*), and Trikatu are traditionally indicated for reducing Kapha and enhancing metabolic functions. Additionally, therapies like Virechana (therapeutic purgation) and Nasya (nasal therapy) are recommended to correct systemic imbalances. Lifestyle modifications, including regulation of diet, stress management, and yoga, play a supportive role in management. Thus, Ayurveda provides a holistic approach for the prevention and management of hypothyroidism by addressing the root causes of dosha imbalance and metabolic impairment rather than focusing solely on symptomatic relief.

INTRODUCTION

Hyperthyroidism is a clinical condition characterized by the excessive production of thyroid hormones, leading to metabolic hyperactivity and systemic disturbances. In modern medicine, it is associated with conditions such as Graves' disease, toxic multinodular goiter, and thyroiditis. From the Ayurvedic perspective, hyperthyroidism can be correlated with disorders involving Agni (digestive and metabolic fire), Dhatvagni (tissue metabolism), and Vata-Pitta dosha imbalance. Classical Ayurvedic texts describe related conditions such as Galaganda (goiter) and Ajeerna (metabolic imbalance), which share symptomatic similarities with thyroid dysfunction.^[1] It is a condition wherein body does not produce enough thyroid hormones. Thyroid hormones i.e. T₄ & T₃ act on nearly every cell in the body to increase Basal Metabolic Rate & provide energy to every organ. Hence Hypothyroidism produces symptoms associated with a slow metabolism. Secretion of Thyroid hormones is stimulated by TSH secreted from Pituitary which in turn is stimulated by TRH secreted from Hypothalamus. The main cause of Hypothyroidism is an Autoimmune thyroiditis called Hashimoto's thyroiditis.

According to Ayurveda, improper diet and lifestyle factors disturb the equilibrium of Vata and Pitta, leading to excessive stimulation of metabolic activity and depletion of tissues, particularly Rasa and Mamsa dhatus.^[2] Management is focused on balancing the aggravated doshas, improving Agni, and nourishing depleted dhatus. Therapies include Shamana chikitsa (palliative treatments) using herbs such as Kanchanara (*Bauhinia variegata*), Punarnava (*Boerhavia diffusa*), and Guggulu (*Commiphora mukul*), along with Shodhana chikitsa (detoxification) such as Virechana (purgation).^[3]

Ayurveda provides a holistic approach to hyperthyroidism by addressing not only the physical symptoms but also the root cause of doshic imbalance, aiming at long-term metabolic and psychological stability.

Hypothyroidism is a condition wherein body does not produce enough thyroid hormones. Thyroid hormones i.e. T₄ & T₃ act on nearly every cell in the body to increase Basal Metabolic Rate & provide energy to every organ. Hence Hypothyroidism produces symptoms associated with a slow metabolism. Secretion of Thyroid hormones is stimulated by TSH secreted from Pituitary which in

turn is stimulated by TRH secreted from Hypothalamus. The main cause of Hypothyroidism is an Autoimmune thyroiditis called Hashimoto's thyroiditis.

Functions of Thyroid hormones are described in Ayurveda under Dhatvagni. Depending upon 7 Dhatus there are 7 types of Dhatvagni which are responsible for digestion at the level of Dhatus (cellular level) what we can call Metabolism (ch.chi. 15/15). Its Vridhi (excess) & Kshaya (malfunctioning) depends upon Jathragni (ch.chi.15/39). Agni is considered very important & its malfunctioning may lead to diseases & even death (ch.chi. 15/4).

Patient Information

A Female patient named Saroj Kumari, aged 45, coming from Hindu community, House wife, Resident of village Plail Teh. Billawar approached at GAD Banhore on 17/04/2018 with complaints of menorrhagia associated with Tiredness, General weakness, Irritability, Reduced hunger & Weight gain. Patient had already consulted allopathic doctors who advised thyroid profile and diagnosed her suffering from hypothyroidism with increased TSH levels. Patient refused allopathic medicines, fearing allopathic medicines once started must be taken whole life without Break.

Chief Complaints	Associated complaints
Menorrhagia, Reduced Appetite	Tiredness, General weakness, Irritability, Weight gain,

Findings

After taking history and examining her properly it was found that patient initially developed Reduction in her appetite. Thereafter menorrhagia along with tiredness, general weakness, Irritability & Weight gain appeared.

Patient was regularly indulging in Virudhahara (junk foods, bakery foods, fried foods, cold & refrigerated food items, cold water etc.) Divaswapana (day sleeping), Alasya (Less activity). TSH level in the patients blood was increased to 12.48 μ IU/ml.

Nidana

Aharaja	Viharaja
Virudhahara (junkfoods, bakery foods, fried foods, cold & refrigerated food items, cold water etc.)	Divaswapana (day sleeping), Alasya (Less activity)

Personal History

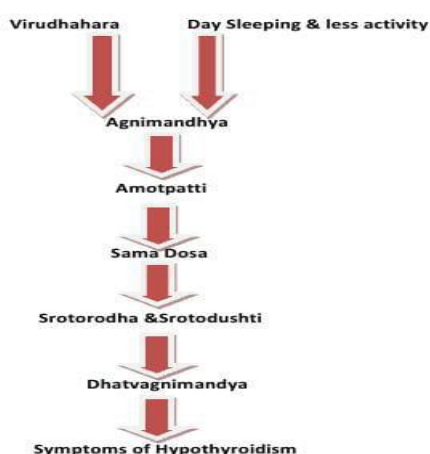
Occupation- Housewife	Addiction –None	Pulse -70/ Min.
Appetite- reduced	Weight -68 kg	BP- 118/82 mm of Hg
Bowel habit- regular	Sleep-More, day sleeping	

Pariksha

Nadi-Vata-Kaphaja	Mutra-Prakruta	Mala-Prakruta	Jihva-Sama
Shabda-Prakruta	Sparsha-Sheeta-Snigdha	Druka-Prakruta	Akrti-Madhyama

Samprapti (Pathogenesis)

Samprapti (Pathogenesis)



Treatment Plan

Agnimandya at the level of Jathragni & Dhatvagni was the main factor to be considered for the treatment plan. Hence Deepan- Pachan treatment was mainly planned.

Trikatuyoga

Ingredients	Quantity	Action
TrikatuChuran (Shunti, Marich, Pippali)	50gm	Deepan- Pachan & Pramathi
BahedaChuran	20gm	Deepan- Pachan, Lekhana
PravalPishti	10gm	Deepan- Pachan

All three powders mixed together In a dose of 3 gm BD empty stomach with Madhu along with lukewarm water was advised for 3 months.

This yoga was mainly used as Deepan for Agnivridhi and for Pachana of SamaDosa.

- Here TrikatuChuran is best DeepanPachan. Marich being Pramathidravya is a best srotoshodhaka hence clears the channels for proper movement of Dosas.
- BahedaChuran along with DeepanPachan has its effect upon Kanthai.e thyroidgland.
- PravalPishti is DeepanPachan.

Kanchnar Guggulu

Ingredients	Action
Kanchnar, Guggulu, Varuna	Srotoshodhaka, Lekhana, Action upon thyroid gland
Trikatu, Triphala, Trijataka	Deepan – Pachan

Used 2 tab B.D after meal with luke warm water for 3 months.

Pathyapathya (Do's & Don'ts)

Pathyahara	Apathyahara	Pathyavihara	Apathyavihara
LaghuAhara(easily digestible), UshnaAhara (warm food) like vegetable soups, dal soups, khichadi, chapatti, liquid rice etc. UshnaJala (warm water)	Virudhahara (junk foods, bakery foods, fried foods, cold & refrigerated food items), cold water etc.	Take proper sleep at night & indulge in daily routine activities, morning walk, Yoga & Pranayama etc.	Divaswapana (day sleeping), Alasya (Less activity)

RESULT

Symptoms	Before Treatment	After 10 days medication	After 3 months	Follow up
Menorrhagia	Heavy bleeding during menstruation	-	Menstrual bleeding proper	Menstrual bleeding proper
Appetite	Reduced	Improved	Good	Good
Tiredness	Feels tired	Feels energetic	Feels energetic	Feels energetic
General weakness	Present	Present	Absent	Absent
Irritability,	Present	Present	Absent	Absent
Weight gain,	68 kg	-	64 kg	Stable
TSH	Raised 12.48 μ Iu/ml)	-	Normal (5.88 μ Iu/ml)	-

(1) After 10 days medication there was slight improvement in the patient condition. The appetite was improved & she felt energetic.

(2) After 3 months medication patient was completely recovered from all her complaints. Menstrual bleeding was proper, Appetite good, & she was energetic & active & she lost 4 kg weight.

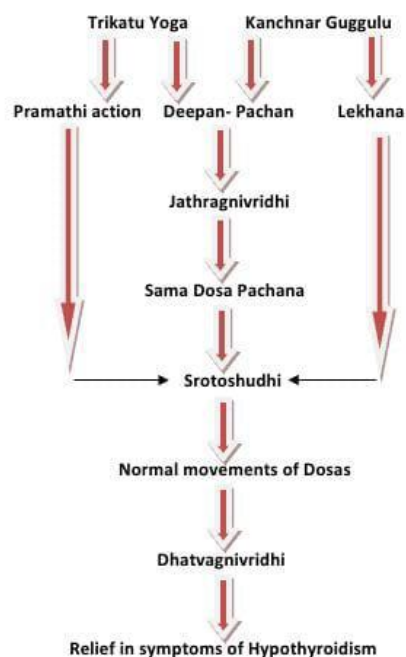
(3) During a follow up of 15 days without medicines no symptoms recurred. Patient is still in contact and is free of symptoms.

(4) TSH level came to normal level i.e 5.88 uIu/ml.

Probable Mode of action

Trikatu Yoga with its deepan –pachan action & pramathi action promotes jathragni vridhi leading to samadosa pachana than sroto shudhi & ultimately dhatvagni vridhi.

Kanchnarguggulu has deepan –pachan & srotoshodhan action along with its role upon thyroid hormones.



CONCLUSION

From this case study we can conclude that Trikatu yoga along with Kanchnar guggulu is an effective Drug combination in correcting Agnimandya both at level of Jathragni & Dhatvagni which is due to hypothyroidism & brings TSH level down to normal giving relief from symptoms of Hypothyroidism.

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