

A CONCEPTUAL STUDY ON ROLE OF KANCHANARA TWAKA KAWATH WITH SHUNTHI CHURNA IN HYPOTHYROIDISM (DHATUWAGNI VIKRITI)

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ABSTRACT

Hypothyroidism one of the most common endocrinological diseases affecting a large population of the world especially the female Population. It hampers the normal life of the individual. The prevalence of primary hypothyroidism (TSH > 6 µIU/ml) is 75% in women and 2.8% in men. And it is reported to be 5% in multiple populations. All types of metabolic activities in the body are controlled by Agni.^[1] *Jatharagnimandya* leads to *Dhatwagni mandya* leading to hormonal imbalance. This article explains the role of *Kanchanara Twaka Kwatha* with *Shunthi Churna* in Hypothyroidism (*Dhatuwagni Vikriti*).^[2]

MATERIAL AND METHODS

For this article literature review is done from *Charak Samhita*, *Sushruta samhita*, *Sarangdhar Samhita*, *Bhavprakash* and few other articles.

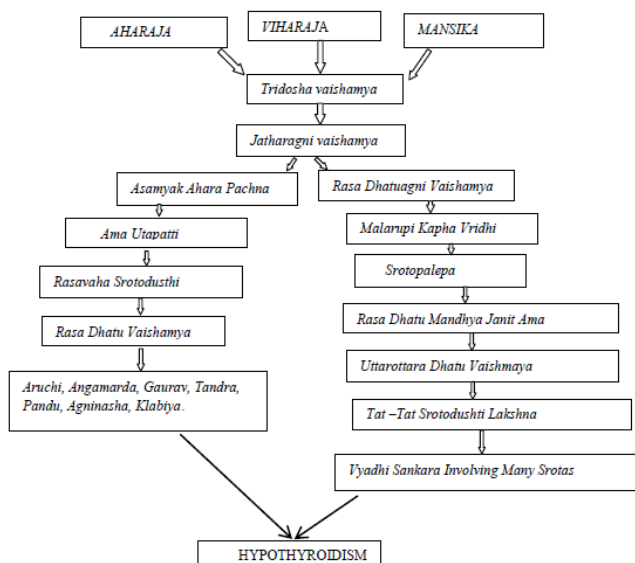
NIDANA^[3]

As prime cause of disease is *Agnimandya*, therefore, the cause of *Agni* are considered as the aetiological factors of the disease.

1. Physiological factors affecting *Dhatvagni* are *Prakriti, Ritu, Bala, Vaya, Satva*.

2. *Adhyatamika Hetus, Adibala pravritta, Janmabala pravritta* and *Doshabala pravritta Hetus* help in causing diseased condition.
3. *Dhatuparampara* (qualitative and quantitative production of *Dhatus*) is maintained by two factors i.e. *Samyavastha of Agni*, Availability of the *Ahara* (fuel) Therefore, anything affecting these two factors can be considered to cause disease.
4. *Dauhrida* – Non-gratification and dishonor of desires of *Dauhrida* can lead to the occurrence of disease.

SAMPRAPTI^[4]



Content of *Kanchanara Twaka Kwatha*^[5]

काञ्चनारत्वचः क्वाथः शुण्ठीचूर्णेन नाशयेत् गण्डमालां ।

(शा.स.म. 2/126)

**1. *Kanchanara Twaka* (*Bauhinia variegata*),
Cesalpiniaceae.**

Drug	Rasa	Guna	Virya	Vipaka	Dosha karma	Parmacological Actions	Therapeutic Uses
<i>Kanchnara</i>	<i>Kashya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pitta Shamaka</i>	Antioxidant, Anti- Inflammatory	<i>Gandmala Shotha hara Medoroga</i>
<i>Sunthi</i>	<i>Katu</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha Vatta shamaka</i>	Anti- inflammatory Hypolipidemic, Carminative,	<i>Agnimandya, Ajeerna, Shotha</i>

2. *Shunthi* (*Zingiber officinale*), Zingiberaceae

Description of each drug will be explained further on the basis of Properties, Chemical Constituents, Action of Dasha, Pharmacological action.

Probable mode of action on *Samprapti Vighatan*^[6]

<i>Samprapti ghataka</i>	Hypothyroidism (<i>Dhatuwagni vikriti</i>)	Treatment
<i>Dosha</i>	<i>Tridosha</i> predominantly <i>Vata and Kapha</i>	<i>Vata-kapha shaman</i>
<i>Dushya</i>	All <i>dhatu</i> s predominantly <i>Rasa, Meda</i>	<i>Medohara</i>
<i>Agni</i>	<i>Jatharagni, Dhatvagni</i>	<i>Deepan, pachana</i>
<i>Srotas</i>	All <i>srotas</i>	<i>Sroto-shodhak</i>
<i>Srotodusti</i>	<i>Sanga</i>	<i>Sroto-shodhak</i>
<i>Adhithana</i>	<i>Sarva Sharira</i> especially <i>Kantha Pradesh</i>	<i>Kapha hara, sroto-shodhan</i>
<i>Udbhavastana</i>	<i>Amashaya</i>	<i>Agni deepan, aam pachana</i>
<i>Vyaktisthana</i>	<i>Sampurna Sharira</i>	<i>Lekhna, Rukshan</i>

Kanchanara Twaka Drug of choice for *Granthi vikara, Galaganda*. Clinical studies have shown active constituents of *Kanchnara* promotes conversion of tyrosine to Thyroxine by potentiating the enzyme Tyrosinase. It has ability to dry up the vitiated *Kapha* and *Meda* due to its astringent property. *Deepana* property of *Kanchanara* improves digestive fire which reduces *Ama*.^[7]

Shunthi Have *Kapha -Vata Shamaka, Deepana, Lekhana, Vatanulomana* properties. Used in *Ajeerna, Agnimandya, Shotha*.^[8]

DISCUSSION

Finally, we can say that on the basis of description of these drugs that they have followings properties i.e. *Agnideepan, Srotosodhak, Vatanuloman, Medohara, Amapachak* Properties.

On modern parameters we can say that these drugs have Antioxidant, Anti-inflammatory, Carminative, Hypo-lipidemic actions.^[9]

CONCLUSION

Although any disease condition is not described in Ayurveda which is similar to hypothyroidism, it is found to possess a strong correlation with *Dhatuwagni mandya* and *Ama*.^[10]

Management of Hypothyroidism with the modern drugs may bring the value of TSH and T₄ to normal range but the increased dosage and continuous medication make the patient drug dependent till the end of mortal life and has many side effects. In Ayurveda role of *Agni* is foremost and through its management. Therefore for management of hypothyroidism according to ayurvedic point of view drug having properties like *Agnideepan, Srotosodhak, Vatanuloman, Medohara, Amapachak* plays an important role.

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