



Case Report

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A Successful Case Study on Ayurvedic Management of Hypothyroidism



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Abstract

We all know that Ayurveda is life science, which has solutions for all health related issues. Hypothyroidism is one of the most common endocrine disorder seen in daily opd. As per *charak samhita* we can categorize Hypothyroidism in *Anukta vhadhies*. *Vata* and *kapha* are two main *doshas* involved in this *vhadhies*. Present case is one of my successful case of hypothyroidism. 32 year's male patient suffering from weakness, dry skin, poor memory, hair loss, constipation, acidity, breathlessness since last 8 years, and from last one month all symptoms increases rapidly. Patient having history of diabetes and thyroid and under allopathic treatment since last 8 years. After 1.5 months *Ayurvedic* treatment patient got relief in most of symptoms of disease and TSH level reduced from 18.71 to 3.05.

Keywords: Subclinical hypothyroidism; Anukta vhadhie; Ayurved

Introduction

Luxury lifestyle give pleasure to body. At the same time this pleasure disturbs doshas and ultimate disturb mind and body too. This luxury life give rise to many lifestyle disorders. Thyroid, hypertension, diabetes some examples of lifestyle disorder. In society number of cases of thyroid increases day by days. There are 3.8-6% general population affected with hypothyroidism [1]. Thyroid dysfunction is two types i.e over activity and under activity. In Hypothyroidism thyroid gland does not produced enough thyroid hormone [2]. Hypothyroidism can be described as underactive thyroid. Infertility, weight problems, depression and chronic tiredness the most frequent complications of hypothyroidism [3]. Ayurvedic Samhita has description of swelling of the thyroid gland called as *Galganda* which symptoms is like hyperthyroidism [4]. There is not a direct description of hypothyroidism found in *samhitas*. There are many diseases which is not mentioned directly in Ayurveda texts is called as *Anukta vicar* [5]. Subclinical hypothyroid is one of such disease. Though there is lack of direct description of such disease, but its line of treatment described very well. There is description in *Ashtanag hrudaya* that, if we don't know name of the disease than Vaidya should treat the patient with examination of *prakruti*, *adhistahna*, *bheda*, *hetu* [6]. According to Ayurveda Hypothyroidism can be consider as *Anukta vikara* and discussed as *vata-kafaj dushti-janya vhadhi*. Modern science is very well developed with advanced techniques for disease, diagnosis and treatment, but still no easy solution to treat lifestyle

disease. Current available medicines are even not capable to give relief on such diseases. While Ayurveda has solution on direct describe and indirect (*Anukta vikar*) described diseases too.

A Case Report

A 32-year-old male patient came to us with chief complaint of [7]

- *Drubalya* (Weakness).
- *Twak rukshata* (Dry skin)
- *kesh patana* (hair loss).
- *malavashtmbha* (constipation)
- *amalapitta* (acidity)
- *shwasaKashthta* (breathlessness)
- *smriti alpata* (poor memory)

Patient had above complaints in the last 8 years. k/c/o Dm (for 7 years) (insulin. mixsl 30-70) (36 unit at morning & 40 units at night), (tab.vogli 0.2 at afternoon) No H/o / HTN, Asthma

History of Personal Illness

The patient is k/c/o Dm with history of hypothyroidism from last 8 years. He was under modern medicine (insulin. mixsl 30-70) (36 unit at morning & 40 units at night), (tab. vogli 0.2 at after-

noon). Even consumption of modern medicine, patient have been suffering from *Drubalya* (Weakness), *Twak rukshata* (Dry skin), *kesh patana* (hair loss), *malavashmbha* (constipation), *amalapitta* (acidity), *shwasaKashthta* (breathlessness), *Smriti alpata* (poor memory) Even all medicine this symptoms increased gradually, then he decide to take Ayurveda treatment. For Ayurvedic treatment he came to our clinic – Nakshtra Ayurved Panchkarma Clinic & Research Center, Mumbai.

Ashtavidha Parikshana

- Nadi (pulse) = 86 /min.(kapha-vata)
- Mala (stool) = Malavshmbha
- Mutra (urine) = Normal
- Jeeva (tounge) = saam

- Agni = Kshudhamandya
- Shabda (speech) = Normal
- Sparsha (skin) = Twak rukshata
- Druka (eyes) = upanetra
- Akruiti = Madhyama
- Bala = Madhyama
- Raktadaaba (B.P) = 125/90 mm/Hg

Materials and Method

Materials

(Table 1)

Table 1 : Showing material used for study.

SR NO	DRAVYA	DOSE	DURATION	ANUPANA
1	<i>Laghmalini vasant vati</i>	200 mg	500 mg capsule bid	Luke warm water
2	<i>Arogyavardhini vati</i>	200 mg		
3	<i>Vanga bhasma</i>	15 mg		
4	<i>Abharak bhasma</i>	15 mg	500 mg capsule bid	Luke warm water
5	<i>Kanchanaar gugul</i>	250 mg		
6	<i>Chandraprabha vati</i>	250 mg		
7	<i>Gandhrva haritaki</i>	500 mg	H. S	Luke warm water

Methods

Centre of study: Nakshtra Ayurved panchkarma clinic & research center, Mumbai.

Type of study: Simple random single case study.

Observations and Results

(Table 2,3) Due to our Ayurvedic management there are revealed Regression of symptoms. The patient had started improving symptoms within 7 days. After 1.5 months treatment patient cured subjective as well as objective.

Table 2 : showing daily treatment with prognosis.

DAYS Symptoms	1 ST (after 7 days)	2 ND (after 14 days)	3 RD (after 21 days)	4 TH (after 28 days)	5 TH (after 35 days)
<i>Drubalya</i> (Weakness)	++	++	++	+	0
<i>Twak rukshata</i> (Dryskin)	++	++	+	0	0
<i>kesh patana</i> (Hair loss)	++	++	+	0	0
<i>malavashmbha</i> (constipation)	++	0	0	0	0
<i>amalapitta</i> (acidity)	+	0	0	0	0
<i>shwasaKashthta</i> (breathlessness)	+	+	0	0	0
<i>smriti alpata</i> (poor memory)	+	+	+	0	0

Table 3 : Showing changes in thyroid reports

THYRIOD PROFILE			
	BEFORE (9/4/2018)	AFTER (16/6/2018)	NORMAL RANGE
TSH	18.71	3.05	0.3-5.5

Discussion

Hetu of subclinical-Hypothyroidism

Ahar

- i. Improper and irregular diet.
- ii. Chiken, Matsya sevan (3 times in week)
- iii. Dadhi (twice in week)
- iv. Biscuit (daily with milk)
- v. Dosa, idali ,sandwich (daily)
- vi. Daily empty stomach water (4-5 glass per day)

Vihar

- i. Prolong seating
- ii. Ratri jagran
- iii. Excessive sex/ Mastrubation

Manasika nidan: Chinta, vegavrodha causes vata vrudhi

Sanprapti Ghatak

- Dosh: vata-kapha.
- Dushya: Rasa, Rakta, shukra

Vikalpa Samprapti

- Vata dosha- sheeta guna [8]
- Kapha dosha- manda, sheeta, guru

Samprapti

All *hetues* in this case are mainly *vata* and *kafa prakopak* [9]. Due to *hetu-sevan aamuttpatti* occurs which causes *agnimandya* and constipation. Due to *hetues* first *aahar-rasa* convert into *Aam*, which make *vikrut rasa dhatu*. All this further disturb and produce *vikrut dhatu-uttpatti*. Excessive sex and Mastrubation like cause direct act on *shukra dhatu* and shown its symptoms. It also does *dhatu kshaya* via *pratilom gati* and show as per symptoms [10-16]. (Flow chart)

Diagnosis of hypothyroidism with its symptoms along with blood test measuring T3, T4, TSH levels.(Table 4)

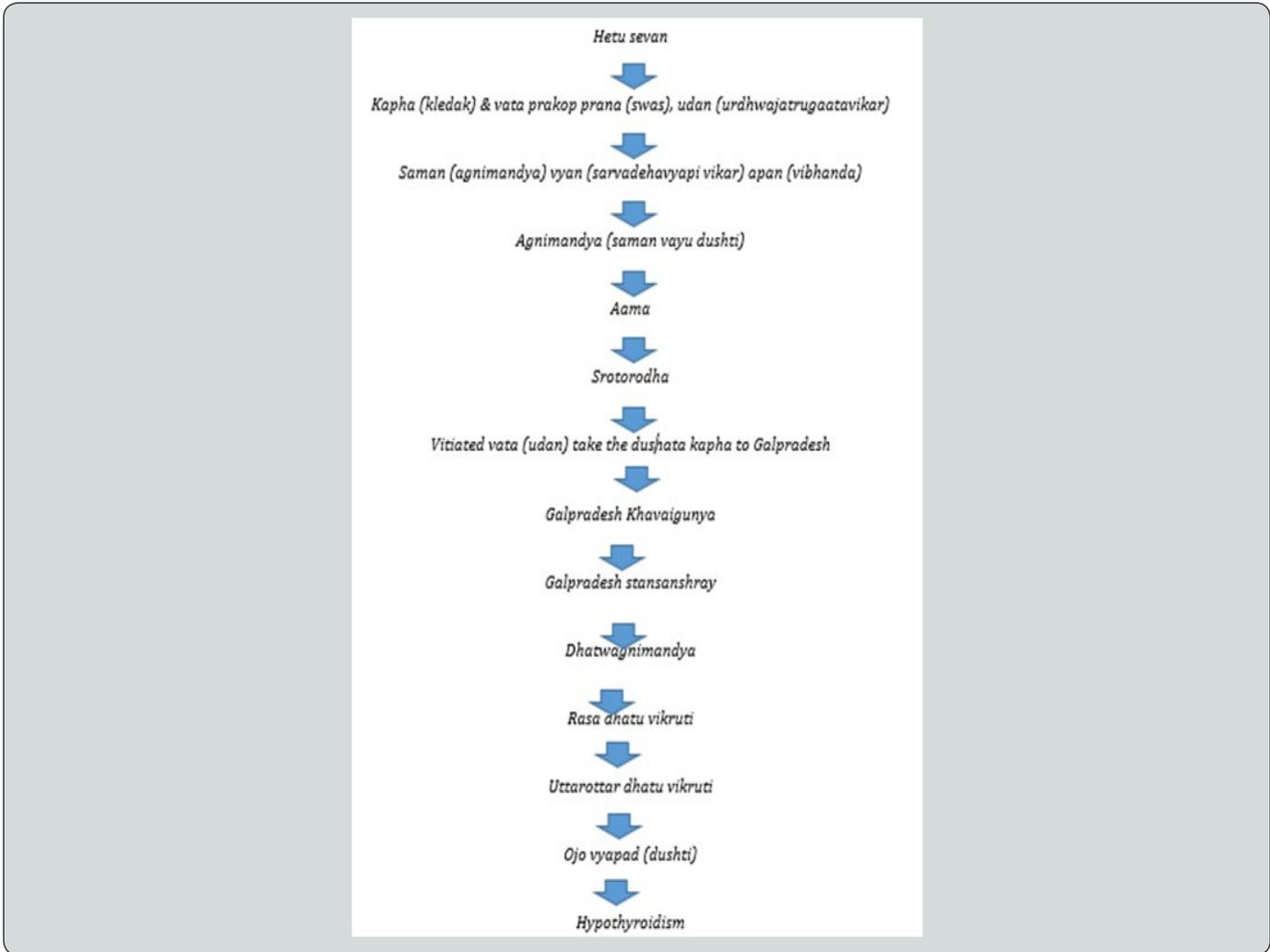


Table 4 : showing how to Diagnosis of hypothyroidism with T3,T4,TSH levels.

TSH	T4	INTERPRETATION
Normal	Normal	Normal thyroid function
Elevated	Low	Over-hypothyroidism
Normal	Low	central hypothyroidism
Elevated	Normal	subclinical hypothyroidism

Table 5: Showing action of drug & other procedure done in study.

SR.NO	DRAVYA	ACTION
1	<i>Laghmalini vasant vati</i> [10]	<i>Rasayana mainly Work on rasa-rakta dhatu, Balya, dipan, panchan.</i>
2	<i>Arogyavardhini vati</i> [11]	<i>Dhatwagnivardhana, malashodhaka, Pakwashyadushti nashka.</i>
3	<i>Vanga bhasma</i> [12]	<i>Mehaghan, shleshmaghna, balya, prushti, vrushay, pachana</i>
4	<i>Abharak bhasma</i> [13]	<i>Vatakaphagha, hrudya, balya, Dhatuposahk, dipan, pachana, vrushay</i>
5	<i>Kanchanaar guggul</i> [14]	<i>Kaphaghan</i>
6	<i>Chandraprabha vati</i> [15]	<i>Tridoshaghana, balya, vrushya, rasayana,dhatuposhak, agnimadhyanashak, shamak, hrudya</i>
7	<i>Gandhrva haritaki</i> [16]	<i>Anulomna, vatashulnashak</i>

Action of Drug & Other Procedure in Management of Subclinical- Hypothyroidism

(Table 5)

Conclusion

Lifestyle disorders becomes headache due its cases increased day by days. Ayurveda has best solution in such type of *Anukta vhyadhi*. With *doshas vichar*, Ayurveda cure such disease & act as *apunarbhava* also. This is one example of successful case of sub-clinical hypothyroid among my all cured thyroid case. I will work out further research on same disease.

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