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Management of Hypothyroidism Through Ayurveda: A Case Study

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ABSTRACT

Ayurveda, the traditional system of medicine that originated in India, has its own perspective on thyroid disorders, including hypothyroidism. In *Ayurveda*, imbalances in the *Doshas* (*Vata, Pitta*, and *Kapha*) are believed to contribute to various health conditions. *Ayurveda* may not explicitly refer to "hypothyroidism" as understood in Western medicine, it does recognize imbalances that manifest with symptoms similar to those seen in hypothyroidism. According to *Charak Samhita* we can categorize Hypothyroidism in *Anukta Vyadhies* means any disease which is not explained in *Ayurvedic* text but studied and treated on the base of *Kupit Dosha*, *Hetu* and their *Sthan*.[1] Two main *Doshas Vata* and *Kapha* are involved in this disease. A 23 years old Female patient visited to our OPD of Govt. Dhanwanti Ayurveda Hospital Ujjain with complaints of k/c/o Hypothyroidism with Hair fall, Cold intolerance, Body ache, Puffiness on face, Tiredness, Constipation and Loss of appetite. Patient taking allopathy medicine but not getting complete relief. After administration of *Ayurvedic* internal medicine Patient got relief in most of symptoms of disease drastically and TSH level reduced from 63.160 ulU/mL to 4.91 ulU/mL.

Keywords: Hypothyroidism, *Anukta Vyadhies, Ayurvedic* Management, Case Study

INTRODUCTION

Hypothyroidism is believed to be a common health issue in India now a days. In 21st century changing life style leads to a variety of lifestyle disorders. Thyroid diseases, diabetes, and hypertension are some examples of lifestyle disorders. The number of thyroid cases in society is growing by the day. Hypothyroidism affects up to 5% of the general population, with a further estimated 5% being undiagnosed. Over 99% of affected patients suffer from primary hypothyroidism.[2] Hypothyroidism is a hypometabolic clinical state resulting from inadequate production of thyroid hormones for prolonged periods, or rarely, from resistance of the peripheral tissues to the effects of thyroid hormones.[3] Symptoms of hypothyroidism include lethargy, dry hair and skin, cold intolerance, hair loss, difficulty concentrating, poor memory, constipation, mild weight gain with poor appetite, dyspnea, hoarse voice, muscle cramping, and menorrhagia.[4] Plasma TSH is the best initial diagnostic test, and a normal value excludes primary hypothyroidism. Low T4 with elevated TSH confirms the diagnosis of primary hypothyroidism, while

normal T4 with isolated elevation of TSH leads to the diagnosis of subclinical hypothyroidism. Individuals with subclinical hypothyroidism who have elevated anti-TPO antibodies are more likely to progress to overt hypothyroidism than antibody negative individuals. Central hypothyroidism is characterised by a low T4 and an inappropriately normal TSH.[5]

In *Ayurveda* there is no direct mention of the thyroid gland and hyperthyroidism. Indian system of medicine is seen to be better willingence by patients clinically, understanding of etiology, pathogenesis and diagnosis is very essential to determine an effective treatment of any disease. On analysis of symptomatology of hypothyroidism, in the light of *Ayurvedic* principle of *Dosha & Dushya* showed in the disease there is dominance of vitiated *Kapha & Vata* and vitiation of *Rasa Dhatu* is the main feature. In this case study it may be concluded that hypothyroidism can be very well managed with *Ayurvedic* medicines.

CASE REPORT

A Female Patient of 23 years old with OPD No. 32224 came to our OPD of Govt. Dhanwanti Ayurveda Hospital Ujjain with complaints of-

- Weakness
- Hair fall
- Cold intolerance
- Body ache — 1.5 years
- Puffiness on face
- Tiredness
- Constipation
- Loss of appetite — 3 Months
- White discharge

PERSONAL EXAMINATION

Age – 23 years
Weight – 48 kg
Height – 152 cm
Pulse – 76/min.
B.P. – 130/80 mm of Hg
Temperature – 98.1^{O} F

SYSTEMIC EXAMINATION

Respiratory system – Normally breathing sound
CVS – S1, S2 sound normal
CNS – Normal
GIT – Distend abdomen
Urinary system – Normal
Locomotor - Normal

PHYSICAL EXAMINATION

ASTHAVIDHA PARIKSHA

Nadi (pulse) – *Kaphaja*
Mutra (Urine) - Normal with yellowish discolouration
Mala (Stool) - *Malavshtmbha, samata*
Jiwha (Tongue) – *Sama* (Coated)
Shabd (Voice) - *Gambhir*
Sparsha (Touch) – *Sheeta* (Cold)
Drika (Eye) – *Samanya* (Normal)
Aakriti (Physical structure) – *Madhyama* (Medium)

DASHVIDHA PARIKSHA

Prakriti (Physical Constitution) - *VataPittaja*
Vikriti (Morbidity) – *Vikriti Vishama Samveta*
Sara (Excellence of Dhatus) - *Rakta*
Samhanana (Compactness of organs) – *Madhyama* (Medium)
Pramana (Measurement of the organs of Body) - *Madhyama* (Medium)
Satmya (Homologation) - *Madhyama* (Medium)
Satva (Psychic Conditions) - *Madhyama* (Medium)
Vaya (age) – *Praudha* (Adult)
Vyayam Shakti (Power of performing exercise) – *Avara* (Less)
Ahar shakti (Power of Intake and Digestion of Food) – *Avara* (Decreased)

FAMILY HISTORY – No significant family history.

PAST HISTORY – k/c/o Hypothyroid taking allopathy medicine Eltroxin 25 mcg since 1.5 years.

LABORATORICAL FINDING

THYROID PROFILE (10-07-2023)
T_3 – 1.64 nmol/l
T_4 – 125.91 nmol/l
TSH – 63.160 ulU/mL

TREATMENT PROTOCOL

Table no. 1 Ayurvedic Medicine

S.No.	*Aushadha*	*Matra*	*Kala*	*Anupana*
1.	*Saptramat Lohh* *Praval Pishti* *Trikatu Churna* *Vaisvanara Churna*	125 mg 125 mg 1 gm 2 gm	Before food twice a day	Honey
2.	*Kaanchnar Gugulu* *Chandraprabha Vati*	500 mg 500 mg	After food twice a day	Lukewarm water

3.	*Punarnavasava*	20 ml	After food twice a day	Equal amount of lukewarm water
4.	*Shivakshar Pachan Churna*	5 gm	Before sleep	Lukewarm water

Table no. 2 Showing daily treatment with prognosis

S. No.	Symptoms	1st (after 15 days)	2nd (after 30 days)	3rd (after 60 days)	4th (after 90 days)
1.	Weakness	+++	++	+	-
2.	Hair fall	+++	++	+	+
3.	Cold intolerance	++	++	+	-
4.	Tiredness	+++	++	+	-
5.	Constipation	++	+	-	-
6.	Puffiness on face	+++	++	+	-
7.	Body ache	+++	++	+	-
8.	Loss of appetite	+++	++	+	-
9.	White discharge	++	++	+	+

DISCUSSION

From the *Ayurvedic* point of view, *Vata* and *Kapha Dosha*, along with *Agni*, play a major role in the pathogenesis of hypothyroidism, as most of the symptoms present are due to the vitiation of *Vata* and *Kapha Dosha* and dysfunction of *Agni*. Taking all this into consideration, following drugs has been selected for the present study.

These drugs are -

1. **Combined formulation of *Saptamrit Lauh, Prawal Pishti, Trikatu Churna, Vaishwanar Churna* –** This combination of medicines brings the *Tridoshas* balanced state in the body, balance *Vata* and *Kapha Doshas* and stimulate the digestive fire (*Agni*), promoting overall metabolic health. it to support overall thyroid health, balance *Doshas*, and enhance the functioning of related systems.
2. ***Kanchnar Guggulu* -** The ingredients in *Kanchnar Guggulu* have properties that help balance the *Doshas*, particularly *Kapha* and *Pitta* and support the proper functioning of the thyroid gland. The herbs in this formulation are stimulate the thyroid gland and support the production of thyroid hormones.
3. ***Chandraprabha Vati* –** *Chandraprabha Vati* have anti-inflammatory properties that provide relief from inflammation in various parts of the body. In women, it may be used to address conditions like irregular menstruation, leucorrhea, and uterine disorders.
4. ***Punarnavasav* -** *Punarnavasav* with its diuretic and rejuvenative properties, it supports overall kidney function, fluid balance, and detoxification, which may indirectly contribute to thyroid health.
5. ***Shivakshar Pachan Churna* -** It normalizes functions of digestive *Pitta* and *Vata,* corrects indigestion, absorption and relieves constipation.

It was observed that our treatment, supplemented with diet and *Yoga*, resulted in a decrease in TSH levels within the normal limit. Additionally, associated symptoms of hypothyroidism, such as puffiness on the face, loss of appetite, weakness, and tiredness, were greatly relieved.

DATA ANALYSIS

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S. No.	Biochemical marker	B.T.	A.T.	Difference	Normal Value
1.	TSH	63.160 ulU/mL (10-07-2023)	4.91 ulU/mL (29-10-2023)	58.25	0.35-5.50 ulU/mL

CONCLUSION

In conclusion, *Ayurveda* stands as a holistic beacon in the management of hypothyroidism. Offering a tailored approach that delves into the root causes and bodily imbalances, the combination of dietary adjustments, herbal remedies, lifestyle modifications, and stress management fosters a path towards restoring equilibrium and nurturing thyroid health. This holistic methodology not only targets symptoms but strives to harmonize the individual's overall well-being, emphasizing the profound potential of *Ayurveda* in the realm of thyroid care.

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