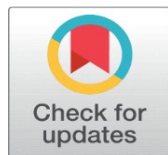


IMPORTANCE OF GUGGUL IN MANAGEMENT OF GALGAND (HYPOTHYROIDISM)

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Received 14 November 2022
Accepted 15 December 2022
Published 31 December 2022

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DOI [10.29121/granthaalayah.v10.i12.2022.4928](https://doi.org/10.29121/granthaalayah.v10.i12.2022.4928)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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ABSTRACT

Galgand (Hypothyroidism) is according to Shabdkaal-Padrum, the Gand or Sphotak (growth) occurring in Galpradesh is called galgand (Hypothyroidism). Goiter is one of the manspradoshaja disorders. The charaka samhita has classified Galgand under Various types of Kaphavikars, according to Acharya charaka, when the profuse kapha dosha is present in the outer region of the throat. It causes chronic inflammation, which is called goiter.

Keywords: Galgand, Gandamala, Hypothyroidism, Srotas, Guggul

1. INTRODUCTION

These stages are mostly mentioned in various Ayurvedic Texts. Galgand in which inflammation done in Galpradesh, it is a popular disease. The Symptoms of goiter and Hypo thyroidism can be combined to understand its realization we find many referenced in Ayurveds-Samhita. In the Atharvaved the inflammation done in Galpradesh is described by the name Apachi Acharya charaka has described Several places around Galpradesh as goiter and inflammation occurring in a parshar of the neck as galgand. Acharya charaka mentioned galgand in Sutrasthana under Nanatamaj. Kaphaj disorders and in chikitsasthana (chapter 11) in the form of a single (solitary) inflammation in the body. Acharya Sushruta has described Rohini

(level of skin) as the adhishtana of galgand. it is described. In Nidanasthana place that goiter occurs in the form of two short or long swelling at the anterior angle of the neck. Which appears like a scrotum. According to the Charaka Samhita the origin of goiter is mainly due to the profuse kapha. vata doshas are located in the state of mind and together with the deformed medodhatu give rise to the inflammation with their characteristic symptoms. According to Acharya Vagbhata due to obstruction of path with pitta-dushti, vata doshas, Rasavaha, medo vaha and mansavaha srotas dushti it can be considered as the cause of this disease. [Agnivesa, \(2009\)](#).

2. MATERIAL

For critical study, we have discussed the usefulness of guggul in hypothyroidism has been obtained from various Ayurvedic samhita (Textbooks).

3. OBJECTIVES

Understanding the cause, Pathogenesis and Symptoms of goiter (Hypothyroidism). Understanding the usefulness of guggul in hypothyroidism from Ayurvedic point of view. [Shastri \(n.a.\)](#)

4. DISCUSSION

Galgand (Hypothyroidism): This kapha dosha aggravation and agnimanyajanya. Pittakshaya can be considered as a result of all these. Dhatvagnimandya, especially medodhatvagnimandya is also helpful for this condition, there is no direct reference to a noun similar to hypothyroidism in Ayurveda samhita. According to Acharya Charaka, everyone it is not necessary to name the disease but in the context of dosha, mala, and fire (Agni) knowing the pathogenesis of the disease is important. According to the Ashtanga sangraha samhita Guggul (commiphora mukul) is an excellent vatahara and medohara medicine. Detailed description of Guggul is available in Charaka Samhita, Sushruta Samhita, Ashtang Hridaya and various Nighantu texts. guggul is often used in the form of Guggul kalpa with disease specific dosages; Acharya Charaka classified guggul under Kashayaskanda, while Acharya Sushruta classified it under Katuskanda Acharya Sushruta and vanbhatacharya list Guggul under Eladigan, which mainly contains Varnaprasadak and Vata- kaphahar. [Arogyachintan Patrika \(2022\)](#).

Main Karma of Guggul - Lekhana, Tridoshahar, Deepan, Medohar, Kledhar, Granthi shofhar, Gandmala and shothahara- The Guggul improves Metabolism through Dhatvagni- Deepan. Guggul is considered an excellent medicine for the management of Hypothyroidism. It is often a major ingredient in various Ayurveda preparations used in the management of diseases like Amvata, vatavyadhi, granthi, edema, goiter and medorog etc. [Astangahridya Vagbhata Sútrasthanam -1 \(2013\)](#).

5. GALGAND (HYPOTHYROIDISM) AYURVEDIC REVIEW

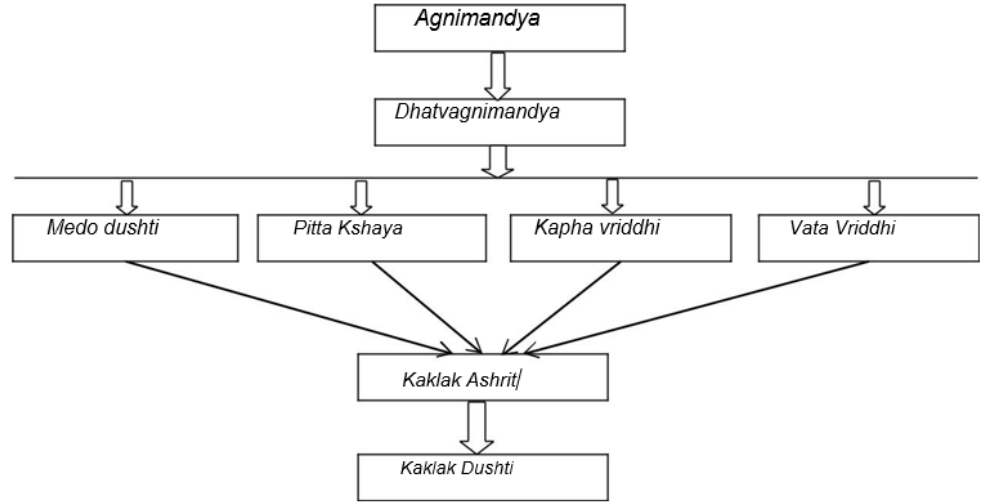
Hypothyroidism this can be considered as a condition arising as a result of increased Kapha- vata Doshavidhi and Agnimandyaajanya, pitakshya caused by Dhatvagnimandya especially madodhatvagnimandya is also helpful for this condition. Kaklak granthi (thyroid gland) dysfunction. Direct reference is not found in the Ayurvedic Text. According to Acharya Charaka, it is not necessary to name every disease, but in terms of dosha, dhatu, mala, and agni is important to know the possible occurrence of the disease. According to the Ashtanga sangraha, Guggul

(commiphora Mukul) is an excellent vatahar, medohar medicine. [Dr Radhavallabh Sati \(n.a.\)](#).

Table 1

Table 1 Main Samprapti Ghatak (Etiopathological Factors) in Hypothyroidism

Dosha	Vata and kapha vruddhi and pitta kshaya
Dushya	Rasa and meda Dhatu
Agni	Jatharagni and Dhatvagni
Srotas	Rasavaha and medovaha srotas,



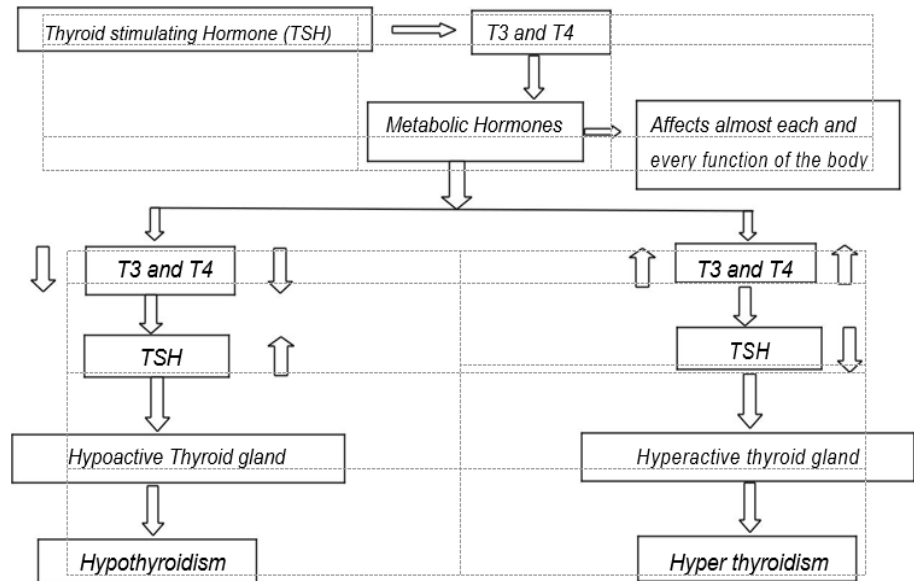
6. TYPES OF GALGAND

- 1) Vataja Galgand.
- 2) Kaphaja Galgand.
- 3) Medoja Galgand.

7. MODERN REVIEW OF GALGAND (HYPOTHYROIDISM)

Thyroid gland is Butterfly shaped gland and Location at neck region (front side of trachea and below larynx). [Kadlaskar et. al. \(2015\)](#)

7.1. FUNCTION OF THYROID GLAND



7.2. HYPOTHYROIDISM

Due to under activity of the thyroid gland insufficient amount of thyroid hormone is secreted in the body this condition is called hypothyroidism. [Neelima et. al. \(2020\)](#).

7.2.1. CAUSES OF HYPOTHYROIDISM

- Primary gland failure or insufficient thyroid gland stimulation
- Autoimmune destruction:
- Thyroid Surgery
- Radio-iodine therapy
- Subacute thyroiditis
- Severe iodine deficiency.

7.2.2. AYURVEDIC ETIOLOGICAL FACTOR

- Agnimandya.
- Rasa pradoshaka
- Kapha-vata prakopaka.
- Stress

7.3. SIGN AND SYMPTOMS OF HYPOTHYROIDISM

- Cold Intolerance
- Mental and Physical Lethargy.
- Constipation.

- Puffiness of Face
- Loss of hairs.
- Weight gain.
- Dry Skin
- Irregular menstruation.
- Anemia.
- Hoarseness of Voice.
- Excessive sleep.

7.4. THYROID FUNCTION TEST

- TSH Test
- T3 and T4 Test
- Anti-Thyroid Antibody test (Thyroid Peroxidase Antibody) (TPO ab) Test
- Thyroid Stimulating immunoglobulin (TSI) Test.

8. AYURVED MANAGEMENT OF GALGAND (HYPOTHYROIDISM)

Although hormonal replacement may not be possible with medicines. Hypothyroidism can be effectively managed by regulating immune dysfunction and relieving thyroid tissue inflammation. [Pro-Ajay Kumar Sharma, \(2011\)](#).

This can be achieved by the following means.

- Agnideepan (improvement in digestion and Metabolism).
- Maintaining Doshik balance (Kapha-vata Shaman).
- Sroto shuddhi (clear obstruction in body channels).

8.1. SHODHANA KARMA

- Shashtra Karma.
- Kshara Karma.
- Agni Karma.

8.2. SHAMANA CHIKITSA BY GUGGUL YOGA

- Arogwardhani Gutika.
- Kachanara guggul.
- Triphala guggul
- Punarwadi guggul.
- Medohara guggul.
- Chitrakadi Vati.

8.3. KANCHANAR GUGGUL

This is a very important Part of Galgand (HYPOTHYROIDISM) management and first drug of choice in hypothyroidism. [Sushruta Samhita Sharirasthana 4/4 Shastri Ambikadutta, \(2007\)](#).

Table 2

Table 2 Following are Components of Kachanar Guggul and their Actions

Components	Karma/Benefit
Guggul	Kaphahar. MEDOHAR, lekhan and yogavahi.
kachanar	Anti-Inflammatory, Galgandanashaka, Gandmalanashaka,
Triphala	Kapha- vatahara, Medohara, and Rasayana
Trijatak	Kapha-Vatahara and deepan.
Varun kwath	Mutral and Lekhan Medohar.

9. CONCLUSION

Based on the above discussion.it can be concluded that Guggul is effective in the management of goiter (Hypothyroidism) and it does not cause undue consequences or disturbances. In the context of hypothyroidism. Goiter is a subject of revision and more and more practice in needed to understand this disease better. [Amit \(2015\)](#).

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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