

EFFECT OF AYURVEDIC DRUG COMBINATION IN MANAGEMENT OF HYPOTHYROIDISM – A CASE STUDY



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ABSTRACT

Thyroid gland does not produce enough thyroid hormone, called Hypothyroidism. Hypothyroidism is the disorder of the endocrine system. Modern treatment is not as much effective and preventive as compare to Ayurvedic management of hypothyroidism. In the text of Ayurveda there is not direct reference of thyroid but whereas the Gandmala and Galganda. As per charak presentation, gandamala is the multiple granthi around the neck while galganda is single swelling on the parshav of the neck. While analysing the signs and symptoms of hypothyroidism in ayurvedic view, we note there is involvement of all strotas but dominantly Rasvah Strotus. A single case study of patient 36 years female newly diagnosed with hypothyroidism presenting with symptoms weight gain, irregular menstrual cycle, stress, swelling over face since 3 months and presented in outpatient department of Y.M.T trust's ayurvedic hospital on 13th sep 2019 after patients blood investigation her TSH level on 15th sep 2019 was 14.57 and after treatment on 18th nov 2019 her TSH level was normal i.e 2.55. Hence, ayurvedic drugs of choice is more useful and best treatment in hypothyroidism.

1. INTRODUCTION

Hypothyroidism is the most common problem in today's modern world. The prevalence of hypothyroidism in india is 11% [1]. It is the most common disorder in daily OPD. The global incidence of hypothyroidism is increasing and disturbing way as people are exposed to more stress and strain. Weight gain, fatigue, cold intolerance, hoarseness of voice, puffiness of face are the symptoms of hypothyroidism. [2] Triiodothyronine (T3) and tetraiodothyronine or thyroxine(T4) are the two hormones secreted by thyroid gland. In hypothyroidism less secretion of T3 and T4 because of there is abnormal functioning of thyroid gland. In females the disease is more common. The ratio of male female is approximately 6:1 [3]

In *Tridoshiya Adhyaya of sutra –sthana* chapter 18 *Galganda, gandamala* etc are described by *Acharya Charak* but the proper knowledge of this disease is not understood. The concept of Sotha in Chikitsa- Sthana also explained by *Acharya Charak* [4]. In *Ayurveda galganda and gandamala* are correlated with the disorder caused by thyroid

gland. In Ayurveda disturbance of *meda* and *majja dhatu*s results in formation of *galganda* when there is vitiation of *vaat* and *kapha doshas*, predominantly *kapha*. In pathogenesis *dushti* of *rasdhatu* plays a major role. Clinical features of hypothyroidism i.e *asradhdha*, *aruchi*, *gaurava*, *tandra*, *angamarda*, *agnimandya* etc. are similar to many *rasdhatu dushti lakshane*. Hormonal disturbance are the dysfunction of *agni*.

Signs and symptoms of hypothyroidism with an *ayurvedic* approach.

- 1) Anorexia- It shows symptoms like *kapha dosha* and *ras dhatu dushti* due to *mandagni*.
- 2) Constipation- According to *ayurveda*, the *Anuloma gati* of *mala* and *vayu* gets to slow down and increase the *manda guna* of *kapha*.
- 3) Weight Gain- The weight gain occur, because of *guru guna* of *kapha* and *pruthavi* and *jala mahabhuta* involved in *kapha dosha*.
- 4) Hoarseness of voice- Due to increase in *manda guna* of *kapha*, hoarseness of voice appears.
- 5) Anaemia- According to *Ayurveda*, *rasa dhatudushti* as well as *kapha dushti* results in *panduta*.
- 6) Dry skin- Dryness of skin occurs because enhanced *ras* cannot narishes *rakta dhatu*.
- 7) Bradycardia- Propagation of *kapha* with its *mandaguna* may result due to Bradycardia.
- 8) Excessive sleep- *Tandra* and *atinidra* are results of *kapha vridhi*.
- 9) Myxedema- Because of *sthira guna* of *kapha dosha* this non pitting type of oedema found in hypothyroidism.
- 10) Menstrual Distrubance- The nourishment of *upadhatu artava* and *uttar dhatu rakta* may be unabled because of the *rasa dhatu dushti*. As a result of this *artava pravriti* may be disturbed^s

In the hypothyroidism all the symptoms indicates the involvement of *kapha*, *dosha*, *rasa dhatu* and *rasa dhatvangni*. In the disease hypothyroidism all the *kapha dosha* plays important role.

2. CASE DESCRIPTION

A 36 years old females newly diagnosed with hypothyroidism presenting with weight gain, irregular menstrual cycle, constipation, dryskin, stress, swelling over face, anaemia, excessive sleep since 3 months and presented in out patient department of Y.M.T. trust's ayurvedic hospital on 13 september 2019.

- Ashtavidha Parikshansa
- Nadi (pulse) = 80/min
- Mala (stool) = Malavshmtmbha
- Mutra (urine) = Normal
- Jeeva (tounge) = Saam
- Shabda (speech) = Spastha (Normal)
- Sparsha (skin) = Ruksha
- Druka (eyes) = Alpa aaraktavarni
- Aakruti = Stula

3. AIM

To assess the probable mode of action of ayurvedic drug combination in the management of hypothyroidism.

4. OBJECTIVES

Evaluated the effect of *Kanchanar guggul*, *Aargyavardhini ras* and *Punarnava mandur* in hypothyroidism.

5. MATERIALS AND METHOD

5.1. MATERIALS

Sr.No	Dravya	Dose	Duration	Anupana
1.	Kanchnar Guggul	250mg	500mg empty stomach	warm water
2.	Aarogyavardhini ras	250mg	500mg after food	warm water
3.	Punarnava mandur	250mg	500mg after food	warm water

5.2. METHODS

Single case study of patient with hypothyroidism was selected from OPD YMT *Ayurvedic*, Kharghar.

6. DIAGNOSIS

According to *Ayurveda* the patient clearly shows the symptoms of *galganda* such as *rasa dhatu dushti lakshane* and *kapha dhatu dushti*. So, it was a case of hypothyroidism i.e *galganda*. patient was subjected to further investigations like Hb, T3, T4, TSH and since her TSH total was 14.57 in reports, hence we came to conclusion that she was suffering from hypothyroidism.

7. OBSERVATION AND RESULT

The patient was administered classical internal medication. There is no other allopathic treatment only combination of *ayurvedic* drugs are given to the patient. After starting *Kanchanar guggul*, *Aarogyavardhini Ras* and *Punarnava Mandur* tablets means oral medications her symptoms like constipation, heaviness, swelling over face, started to reduced over course of time. In between the medications her symptoms starts to improve. On 15/09/2019 patients TSH level was 14.57 and after two months on 18/11/2019 TSH level becomes normal i.e 2.55. Highly significant results observed in subjective and objective criteria.

8. DISCUSSION

Hypothyroidism needs to be treated as it is a clinical condition so cases should be treated patiently because like modern medicine, *ayurvedic* medicine also takes time to normalize the value of TSH. Only *galganda* and *gandamala* are found in the *ayurveda* text, there is no direct reference of hypothyroidism in the *ayurveda* text. Since *galganda* is *vata kaphaja* disorder hence the drugs used, act on *vata* and *kapha* and also symptoms wise treatment was given to patient.

Ayurveda provides promising treatment for the disease. Also, *pathya* and *apathya* management is important.

- *Pathya*- Light diet, food rich in vitamin A and D, Iodine rich diet. Increase in physical activities, aerobic exercises, in *Yoga-Sarvangasan*, *Matsyasan*, *Halasan*, *Suryanamaskar* found to be helpful. In *Pranayama*, most effective is *Ujjayi Pranayama*.
- *Apathya*- Cabbage, Cauliflower, Soyabeans, Pears, heavy-fried and fast food, over sleep.

9. MODE OF ACTION

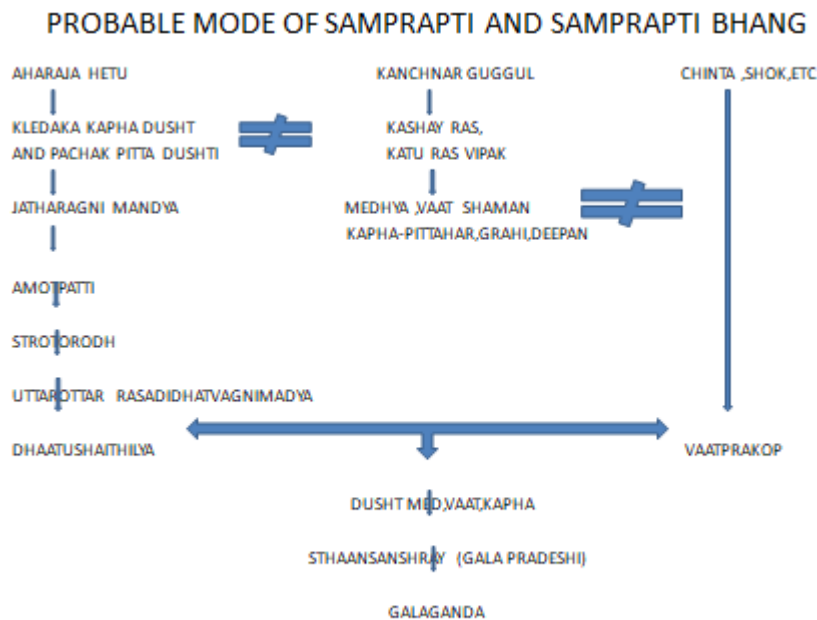
9.1. INTERNAL MEDICINE

- 1) **KANCHANAR GUGGUL-** This drug was chosen because *kanchnar guggul* is considered as drug of choice for all kind of *granthis*. *Rogadhikar* of *Kanchanar Guggul* is *Galganda* and *Gandamala*. The excess *kapha doshas* in the body are balanced by the help of *kanchnar guggul*, even the swelling in neck, and in goiter is reduced. It also helps to reduce or break down the deep seated *kapha* and supports the digestive fire. Proper circulation of blood and elimination of toxins from body is also promoted by *kanchnar guggul*,

hence it is called the best *vata* and *medohara*. It is effective in the management of *kapha-medas* predominant disorders like hypothyroidism because it possesses *laghu* (light), *ruksha* (dry), *sukshma* (minute) *guna* and *ushna virya* (hot potency), *katu vipaka* and *lekhana property*. Hence here drug of choice is *kanchnar guggul*. Dose- 2 tablets (500mg), *Abhakta* (empty stomach). *Kanchnar Guggul* reference in *Ayurveda- bhaishajya ratnavali galgandadirogchikitsa* 44/64-69.

- 2) **AAROGYAVARDHINI VATI-** *Aarogyavardhini vati* is works on *pachankriya*. *Aarogyavardhini vati* is a formulation which improves good health. According to my opinion, due to stress of workload and mental stress of living with hypothyroidism, digestive upset due to faulty dietary habits and lifestyle may aggravates her disease condition. The holistic approach of *ayurvedic* system of medicine provided purification procedure like *virechana* procedure which removes the toxic waste materials from the body which helps in constipation and also boost the immune system. Dose- 2 tablets (500mg), after food. *Aarogyavardhini Vati* reference in *ayurveda- Ras Ratna Samuchaya* 20/87-93.
- 3) **PUNARNAVA MANDUR-** *Punarnava mandur* is a formulation which may works as a *Rasayana* in hypothyroidism, and also it helps in *panduta*, mainly *punarnava mandur* used in *Rasa dhatu dushti*, it helps to improve the sign and symptoms which is due to *rasa dhatu dushti* e.g *panduta, aruchi, asradhdha, gaurava, tandra, angamarda, panduroga, agnimandya* hence it is the important drug in hypothyroidism. Dose- 2 tablets (500mg) after food. *Punarnava Mandur* reference in *ayurveda- Charak Samhita Chikitsa Sthana* 16/93-95.

SAMPRAPTI



10. CONCLUSION

Hypothyroidism can be very well managed by *ayurvedic* medicine depending upon the symptoms, and careful selection of drugs to be made. Hence hypothyroidism should be ruled out at OPD level since it is the most prevalent disorder. One can not only decrease the level of TSH, but also enhance, stimulate the normal functioning of gland with *ayurvedic* treatment. No side effect or any complications were seen, because patient very well tolerated the treatment. *Ayurvedic* medicines are requested to be prescribe without any fear because it has proven to be bliss in thyroid disorder. Thus, Hypothyroidism, the metabolic disorder can be managed effectively with the help of *ayurvedic* principles.

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REPORT

NAME : SHUBHADA CHAVAN(SKYP)
 REF. BY : SELF
 TEST ASKED : AAROGYAN 1.2

SAMPLE COLLECTED AT : 503 ABHAYANTA PLOT NO 4 SECTOR 42 SEAWOODS NAVI MUMBAI - 400705

TEST NAME	TECHNOLOGY	VALUE	UNITS	REFERENCE RANGE
TOTAL TRIIODOTHYRONINE (T3)	C.L.I.A	92	ng/dl	60-200
TOTAL THYRONINE (T4)	C.L.I.A	7.7	µg/dl	4.5-12
THYROID STIMULATING HORMONE (TSH)	C.L.I.A	14.57	µIU/ml	0.3-5.5

Comments : IF NOT ON DRUGS SUGGESTED FT3 & FT4 ESTIMATION
 Please correlate with clinical conditions.
 Method :
 T3 - COMPETITIVE CHEMI LUMINESCENT IMMUNO ASSAY
 T4 - COMPETITIVE CHEMI LUMINESCENT IMMUNO ASSAY
 TSH - SANDWICH CHEMI LUMINESCENT IMMUNO ASSAY
 Pregnancy reference ranges for TSH
 1st Trimester : 0.10 - 2.50
 2nd Trimester : 0.20 - 3.00
 3rd Trimester : 0.30 - 3.00
 Reference:
 Guidelines of American Thyroid Association for the Diagnosis and Management of Thyroid Disease During Pregnancy and Postpartum, Thyroid, 2011, 21; 1-46

Sample Collected on (SCT) : 15 Sep 2019 06:49
 Sample Received on (SRT) : 15 Sep 2019 17:36
 Report Released on (RRT) : 16 Sep 2019 03:36
 Sample Type : SERUM
 Labcode : 1509024768/PP004
 Barcode : P4835489

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REPORT

NAME : SHUBHADA CHAVAN (SKYP)
 REF. BY : SELF
 TEST ASKED : TSH

SAMPLE COLLECTED AT : PLOT NO 4, 501, SECTOR 42, SEAWOODS NERUL, NAVI MUMBAI - 400705

TEST NAME	TECHNOLOGY	VALUE	UNITS	REFERENCE RANGE
THYROID STIMULATING HORMONE (TSH)	C.L.I.A	2.55	µIU/ml	0.3-5.5

Comments : ***
 Please correlate with clinical conditions.
 Method :
 TSH - SANDWICH CHEMI LUMINESCENT IMMUNO ASSAY
 Pregnancy reference ranges for TSH
 1st Trimester : 0.10 - 2.50
 2nd Trimester : 0.20 - 3.00
 3rd Trimester : 0.30 - 3.00
 Reference:
 Guidelines of American Thyroid Association for the Diagnosis and Management of Thyroid Disease During Pregnancy and Postpartum, Thyroid, 2011, 21; 1-46

Sample Collected on (SCT) : 18 Nov 2019 09:30
 Sample Received on (SRT) : 18 Nov 2019 21:06
 Report Released on (RRT) : 18 Nov 2019 22:36
 Sample Type : SERUM
 Labcode : 1811037383/AS137
 Barcode : J1259441

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CONFLICT OF INTEREST

The author have declared that no competing interests exist.

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None.

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Date - 31st july 2020, Time - 12:20 pm