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AN SUCCESSFUL TREATMENT OF HYPOTHYROIDISM: CASE STUDY

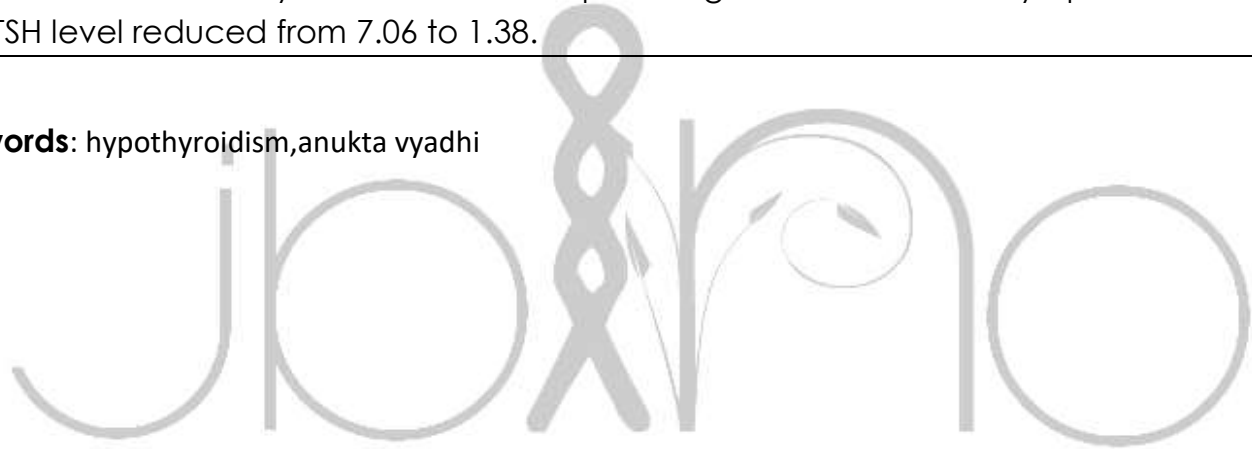
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ABSTRACT

Hypothyroidism is one of the most common endocrine disorder seen in day today's opd. As per Charak Samhita we can categorize Hypothyroidism vyadhi in Anukta vyadhies. Vata and kapha are two main doshas involved in this vyadhies. Present case is one of my successful cases of hypothyroidism. 41 year's male patient suffering from weight gain, weakness, dry skin, poor memory, hair loss, constipation, acidity, breathlessness since last 3 years. After 6 months Ayurvedic treatment patient got relief in most of symptoms of disease and TSH level reduced from 7.06 to 1.38.

Keywords: hypothyroidism, anukta vyadhi



Introduction :

Sedentary 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 vichar [5].

Hypo-thyroidism 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 41-year-old male patient came to us with chief compliant of [7]
Bharvruddhi (weight gain)
Drubalya (Weakness).
Aalsyata (fatigueness)

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 3 years

No H/o / HTN/DM / Asthma/T.B./any measure surgery

History of Personal Illness :

Patient with history of hypothyroidism from last 3 years. He was under modern medicine TAB.THYRONORM 75 MCG daily one at early morning since 3 years.

Even consumption of modern medicine, patient have been suffering from sthoulya (obesity) Drubalya (Weakness), Twak rukshata (Dry skin), kesh patana (hair loss), malavashtmbha (constipation), amalapitta (acidity), shwasaKashthta (breathlessness), Smriti alpata (poor memory)along with

headache and muscle cramps . Even all medicine this symptoms increased gradually, then he decide to take Ayurveda treatment. For Ayurvedic treatment he came to our clinic – Ayusanjivani speciality clinic Panchkarma Center, Pune.

Ashtavidha Parikshana :

- Nadi (pulse) = 88 /min.(kapha-vata)
- Mala (stool) = Malavshimbha,samata

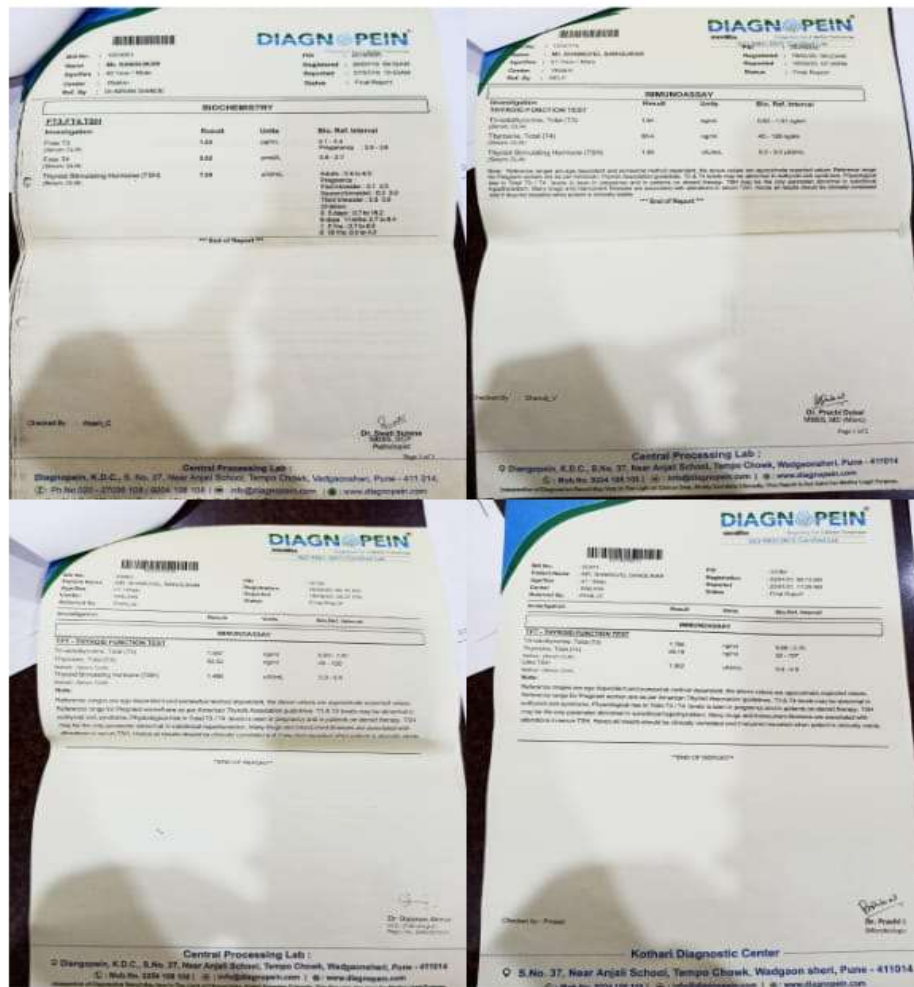
- Mutra (urine) = Normal with yellowish discolouration
- Jeeva (tounge) = saam
- Agni = Kshudhamandya
 - Shabda (speech) = ruksha
 - Sparsha (skin) = Twak rukshata
 - Druka (eyes) = upanetra
 - Akrti =Sthoulya
 - Bala = Madhyama
 - Raktachaap (B.P) = 120/80 mm/Hg

Materials and Method :

Materials

(Table 1)

Sr.no	Aushadhi	dose	duration	Anupan	Karyakaran bhav
1	Kanchnar guggulu (8)	250 mg bid	6	Koshna jal	Lekhan,vyadhi pratyantik
2	Kanchnar kashay	10 ml bid	3 months	Koshna jal	Lekhan,pachan, vyadhi pratyantik
3	Vyoshadi guggulu	250 mg bd	3 months	Koshan jal	Pachan,lekhan,sthoulya har,
4	Gandharva haritaki (9)	500 mg hs	6 months	Koshna jal	anuloman
5	Vang bhasma(10)-60 mg+ abhrak bhasma (11)-30mg + guduchi satwa-125 mg +suvarna makshik bhasma-30 mg	Divided into two doses	3 months	Madhu	rasayan



Methods :

Centre of study: Ayusanjivani speciality clinic & panchakarma center, Pune.

Type of study: Simple random single case study

started improving symptoms within 30 days. After 6 months treatment patient cured subjective as well as objective. after 3 months of ayurvedic treatment we tapered

Thyronorm tablet to 50 mcg for 1 months

Then Tb.Thyronorm 25 mcg for 1 months

Tb.Thyronorm 12.5 MCG FOR 1 months .

Last report was done on 23-01-21 was done when thyronorm was stopped and to check TSH value.

Observations and Results :

(Table 2,3) Due to our Ayurvedic management there are revealed Regression of symptoms. The patient had

(Table :2 days wise symptoms and its gradation)

symptoms	1 st 15 days	2 nd 30 days	3 rd 60 days	4 th 90 days	5 th 180 DAY
sthoulya	+++	++	+	0	0
Daubalya (weakness)	++	+	+	0	0
Twak rukshata (dryness)	++	+	0	0	0
Kesh patan	++	+		0	0
constipation	+++	++	+	0	0
Swas kastata	++	+	0	0	0
Smruti alpata	++	+	+	0	0
Muscle cramps	+++	++	+	0	0
Depression	++	+	+	0	0

Table 3 :showing changes in thyroid reports :

	26-07-2019	18-02-2020	18-09-2020	23-01-21
SR.TSH	7.06	1.69	1.48	1.38

DISCUSSION :**HETU OF HYPOTHYROIDISM :****AAHAR :**

Improper diet –oily ,spicy,fast food,junk food

Non veg -4/7

Maida roti

Pickle daily

Daily junk food –dosa ,idali,vada sambar,missal in breakfast in office

VIHAR :

Ratri jagaran

Seating job no exercise

Masturbation history daily

MANSIK NIDAN :

Chinta (stress and anxiety)

SAMPRAPTI GHATAK :

Dosha :kapha vaat

Dushya : rasa rakta shukra

VIKALP :

Vata dosha- sheeta guna [12]

Kapha dosha- manda, sheeta, guru

SAMPRAPTI :

All *hetues* in this case are mainly *vata* and *kafa prakopak* [13]. 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 Masturbation like cause direct act on *shukra dhatu* and shown its symptoms. It also does *dhatu kshaya* via *pratilom gati* and show as per symptoms .*Ras dhatugat aam sanchya* causes all symptoms of hypothyroidism. Diagnosis of hypothyroidism with its symptoms along with blood test measuring T3, T4, TSH levels.

Action of Drug in Management of Hypothyroidism :**Table 4: Drug action –karyakaranbhav according to ayurveda**

Sr.no	Drug name	Action
1	Kanchnar guggulu	Lekhan,vyadhi pratyantik, Kaphaghan
2	Kanchnar kashay	Kaphaghan Lekhan,pachan, vyadhi pratyantik
3	Vyoshadi guggulu	Pachan,lekhan,sthoullya har,
4	Gandharva haritaki	Vatanuloman
5	Vang bhasma Abhrak bhasma Suvarna makshik bhasma	Mehaghan, shleshmaghna, balya, prushti, vrushay, pachana Vatakaphagha, hrudya, balya, Dhatuposahk, dipan, pachana, vrushay Rasprasadan,hrudya,dhatuposhak,dipan,vrushya ,rasayan

Conclusion :

Lifestyle disorders becomes headache due its cases increased day by days in todays era. Ayurveda has best solution in such type of vhyadhis with doshas vichar, Ayurveda cure such disease from root cause & act as apunarbhava also. This is one example of successful case of hypothyroidism among my all cured thyroid cases in which successfully taper replacement therapy and thyronorm tablet was hold .We checked blood reports after holding tablet still reports were normal which shows thyroid function was normal after ayurvedic treatment. we will work out further research on same disease with more sample data.

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