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<b>CASE REPORT</b>	<b>OPEN ACCESS</b>

## EFFECTIVE AYURVEDIC DRUGS AFTER VIRECHANA KARMA IN THE MANAGEMENT OF HYPOTHYROIDISM: A CASE REPORT

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### ABSTRACT:

Hypothyroidism is a common endocrine disorder seen daily in hospital OPDs of Bhopal, in which the thyroid gland does not produce enough thyroid hormone. Levothyroxine is extensively used for the treatment of hypothyroidism but its treatment is unsatisfactory, considering its treatment is symptomatic and is for lifetime. Patients with hypothyroidism come to Ayurveda institutions seeking its treatment through Ayurveda because Ayurvedic management of hypothyroidism is considered much safe and effective and Ayurveda attempts to heal the root imbalance of hypothyroidism as compared to modern management. While analysing the signs and symptoms of hypothyroidism in Ayurvedic view, we note there is involvement of all *Strotas*. In the present case study, the patient came in the Panchakarma OPD with complaints of tiredness, Generalised weakness, Sudden weight gain, Puffiness of face, Hair fall, Constipation, Lack of concentration for last 2 year. *Kanchanar Guggulu* is the choice of drug for the study. Along with *Aarogyavardhani Vati*, *Punarnava Mandur* and *Hanspadadi Kashayam* as oral medicines after *Virechana Karma* done are advised. In this case study the effect of Ayurvedic management in hypothyroidism is evaluated.

**Keywords:** Hypothyroidism, *Virechana Karma*, *Kanchanar Guggulu*, *Punarnava Mandur*, *Hanspadadi Kashayam*

## INTRDUCTION

Any condition that causes a thyroid hormone deficit is referred to as hypothyroidism, including hypothalamic or pituitary disease and generalized tissue resistance to thyroid hormone and disorders that affect the thyroid gland directly. [1,2] It is a condition associated with deficiency in the thyroid hormones, free thyroxine (FT4) and free triiodothyronine (FT3).[3,4] The thyroid is an endocrine gland which synthesizes and releases their hormones in blood and plays an important role in homeostasis and control on various activities. It is one of the most important glands of the endocrine system, because it regulates nearly all body functions. Hypothyroidism is the major endocrine disorder seen in the general population. This condition leads to the reduction in basal metabolic rate, affects physical and mental growth during infancy or childhood. It is prevalent among everyone from ten adults in India, nearly 10.95 % in major cities with significantly more females than males number outweighing the male i.e. (15.86% female and 5.02% males)[5] . This prevalence is 4.6 % in the developed world.[6] A study in India published in 2011 reported that, there were 42 million people suffering from some form of thyroid disorder.[7] For hyperthyroidism anti-thyroid medication and surgery are the options [8], while for hypothyroidism, lifelong thyroid hormone replacement therapy is the option[9]. These medications can lead to side effects like change in appetite, hair loss, muscle weakness[10,11].

The ATA has listed Ayurveda as a choice of Complementary and Alternative Medicine (CAM)[12].

There is no direct reference about hypothyroidism available in Ayurveda. There are many diseases which are not described directly in Ayurvedic *Samhitas* called as *Anukta Vyadhi*. [13] According to *Acharya Vagbhata*, if we don't know the name of the disease, then *Vaidya* should treat that patient on the basis of examination of *Prakriti, Hetu, Dosha- Dushya Dushti, Sroto- Dushti* etc. Description of *Anukta Vyadhi* is too short. Many *Acharya* like *Charaka, Sushruta, Vagbhata* described *Gandmala, Galagand* like *Vyadhiya*. *Samprapti Ghataka's* are *Kapha Dushti, Dhatwagnimandya, Jatharagni Dushti Rasavaha - Medovaha Sroto- Dushti* found mainly. So, Hypothyroidism is a *Santarpanjanya Vyadhi*. The *Lakshanas* of *Aama* can be correlated with clinical signs & symptoms of hypothyroidism as [14] – 1. *Srotorodha*- fluid retention 2. *Balabhransha* – generalised weakness 3. *Gourava* – heaviness in the body 4. *Alasya & Klama* -Laziness & lethargy 5. *Mala Sanga* – constipation, Panchakarma treatment is very important & necessary in present modern life style because it removes 1. lean, aggravated and dormant *Doshas* from tissues. 2. It removes waste material, toxins from the site of pathogenesis. 3. It stimulates the normal physiological process of organ, tissues and cells. However, clinical evidence needs to be shown to establish that effectiveness of Ayurveda as a treatment option. Here, we

discuss the case of patients with thyroid disorders in Ayurveda, how we treated them with *Samshodhana* and Oral drugs and how the patients responded to the treatment.

### CASE REPORT

A female patient aged 52 years came to OPD (OPD NO. 20230032844) of Panchakarma department Pt. Khushilal Sharma Government Ayurveda College and Institute Bhopal with the following complaints.

- Increased tiredness
- Generalised weakness
- Sudden weight gain
- Puffiness of face
- Hair fall
- Constipation
- Lack of concentration

Associated complaints Pain in the bilateral knee joint in the past 2 months.

### HISTORY OF PRESENT ILLNESS

The patient was apparently asymptomatic 2 Year ago. She started experiencing lethargy, facial puffiness, constipation and hairfall since 1.6 - 2 year. Within 5 months she gained 5kg drastically without changing dietary habits.

### Past history-

No history of Diabetes, Hypertension.

### Personal history

**Bowel habit** – Constipated

**Appetite** – Poor

**Marital History** – Married

**Occupation** – Housewife

**Menstrual history** – Menopause

**Addiction** - No

### Family History

None

All other vital and systemic examination were within normal limits.

**Wight** – 68 kg

### Clinical findings

Local examination of the Thyroid gland

On inspection- no localised swelling

On palpation - NAD

### Showing subject's Asta Vidha Pareeksha

- *Nadi - Kapajani, 67/min*
- *Mala - Prakruti, 1 time /day*
- *Mutra - Prakruti, 4-5 time/day*
- *Jihva - Alipta*
- *Shabdha – Prakruti*
- *Sparsha - Anushna Sheetha*
- *Drik - Prakruti*
- *Akriti - Sthula*

### Showing subject's Dashavidha Pareeksha

- *Prakriti - Kapha Pitta*
- *Aharaja Hetu - Anupa Mamsa, Madhura Ahara*
- *Viharaja Hetu - Avyayama, Diwaswapna*
- *Dosha - Kapha Pitta*
- *Dushya - Rasa, Meda And Mamsa*
- *Desha - Anupa*
- *Sattva - Madhyama*
- *Sara - Medosara, Mamsasara*
- *Samhanana - Madhyama*
- *Pramana - Sthula*
- *Satmya - Madhyama*
- *Ahara Shakthi - Abhyavarana Shakthi - Uttama, Jarana Shakthi - Uttama*
- *Vyayama Shakthi - Avara*

➤ *Vaya - Madhyama*

➤ *Bala - Madhyama*

## INTERVENTION

### Virechana Karma

#### Poorvakarma

*Deepana-Pachana* with *Chitrakadi Vati* and *Panchakol Phant Muhurmuhu* for 3days.

*Snehapan* With *Guggulu Tikkat Ghrita* for 7days

After *Samyak Snehana lakshan Prapti Sarvanga Abhyanga Swedan* with *Murchita Tila Tail* followed by *Swedan* for 3 days.

#### Pradhana Karma

*Virechana Karma* with *Trivrit lehya* 60 gm, *Anupana* - Warm Milk

#### Pashchat Karma

*Peyadi Samsarjana Krama* for 5 days.

### Table 2: Follow-up assessment

Sr. No.	Investigations	Before t/t Findings (20/02/2024)	After 1 Month Findings (21/03/2024)	After 2 Month Findings (25/04/2024)	After 3 Months (03/06/2024)
1	T4	0.47ng/dl	3.1ug/dl	0.91 ng/dl	1.1ng/dl
2	TSH	140.747 µIU/ml	63.159 µIU/ml	41.035 µIU/ml	4.1 µIU/ml

## DISCUSSION

A pathological condition of the thyroid gland characterized by an improper production of thyroid gland hormones is called hypothyroidism. It is clear from the fundamentals of Ayurveda that Kapha has an association to Pitta Dushti, and that vitiation of Vayu leads to vitiation of Agni.[15] All these factors finally lead to *Annavaha* and *Rasavaha Srotodushti* predominantly. As there is no direct

**Table no. 1 oral medicine used after virechana**

	Formulations	Dose	Duration
1	<i>Kanchanar Guggulu</i>	500 mg	BD
2	<i>Aarogyavardhini Vati</i>	250 mg	BD
3	<i>Punarnava mandur</i>	250 mg	BD
4	<i>Hanspadadi Kashayam</i>	20 ml	BD

## OBSERVATIONS AND RESULTS

Patient had getting improvement in symptoms after *Virechana*. And the treatment was continued up to 3 months. Patient was advised for follow up every week.

correlation of hypothyroidism in ayurvedic classics, based on the *Lakshanas* it can be considered under the *Bahudoshavastha*.

In *Bahudoshavastha Samshodhana* is indicated (i.e., when *Doshas* are aggravated some diseases like *Sthoulya*, *Tandra*, excess *Kapha* and *Pitta Dosha*, *Santarpana Janya Vyadhi* are included in *Bahudoshavastha Lakshanas*.[16] When a person experiences constipation,

*Mandagni*, or other digestive issues, it suggests *Pittasthana* is involved.

The most effective treatment for *Pitta* and *Pitta* associated with *Vata* or *Kapha* is *Virechana*, which also eliminates *Pitta* from *Pittasthana* and *Kaphasthana*.<sup>[17]</sup> Production of *Ama* is the result of *Avarana* of *Pittasthana* by *Kledakakapha*, thus hampering the digestive activity of the *Pachaka Pitta*. In this case *Virechana* is preceded by *Deepana-Pachana*, after *Doshas* attain *Niramavastha* and may require elimination from the body by *Shodhana*. *Snehapan* with *Guggulu tiktak ghritha* acts on *Tridosha* and brings the *Dosha* from *Shakha* to *Kostha*.<sup>[18]</sup>

#### **Mode of Action of**

##### **Virechana Karma**

Acharya *Charaka* said that, disease causing *Doshas* are cured by *Shamana Chikitsa* (palliation therapy), there is chances of recurrence. If they are removed by *Shodhana Chikitsa* (purification therapy), the recurrence of the diseases can be prevented.<sup>[19]</sup> *Panchakarma* is indicated in *Bahudosha Avashta*. The aggravated *Doshas* cannot be easily eliminated by simple treatment. Such aggravated *Doshas* don't allow the good & effective medicine to act on body tissue. Due to *Santarpanjanya Vyadhi*, *Kapha Dosh Dushti* we decided first to do *Panchakarma* therapy then give internal medicines.

*Virechana* drug possessing properties like *Ushna*, *Teekshna*, *Sukshma*, *Vyavayi*, and *Vikasi* reaches the *Hridaya* by virtue of its *Veerya* and

then following the *Dhamani*, it pervades the whole body through large and small *Srotas* and removes the *Doshas* out of the body. *Virechana* drugs carry out the therapeutic purgation due to their *Prabhava* (potency). As these drugs are having *Jala* and *Prithvimahabhuta* dominancy, they have natural tendency to go downward and thus they can help in induction of purgation.<sup>[21]</sup>

##### **Kanchanar Guggulu**

This medication was selected since *Kanchanar Guggul* is regarded as the primary treatment for all types of *Granthis*. *Rogadhikar* of *Kanchanar Guggul* is *Galganda* and *Gandamala*. *Kanchanar Guggulu* balanced the excess *Kapha dosha* in the body. It also helps to reduce or break down the deep seated *Kapha* and supports the digestive fire. *Kanchanar Guggulu* also promoted proper blood circulation and elimination of toxins from the body, 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 *kanchanar guggul*. Dose- 2 tablets (500mg), *Abhakta* (empty stomach).<sup>[22]</sup>

##### **Aarogyavardhini Vati**

*Aarogyavardhini vati* is works on *Pachankriya*. *Aarogyavardhini vati* is a formulation which improves good health. Dose- 2 tablets (500mg), after food.<sup>[23]</sup>

##### **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.[24]

### **Hanspadadi Kashayam**

According to *Bhavprakash* it is mainly used in *Galaganda*, *Gandmala*, *Arbuda*, *Granthi* like *Mamsa Dhatu Pradoshaja Vikara*. It has properties like *Deepana*, *Tridosahara*.

### **CONCLUSION**

In present study, we can conclude that hypothyroidism can be very well managed with Ayurveda, depending upon the symptoms, and careful selection of drugs as ayurveda attempts to heal the root imbalance of hypothyroidism. One can not only decrease the level of TSH, but also enhance, stimulate the normal functioning of gland through Ayurveda treatment. No side effect or any complications were seen, because patient very well tolerated the treatment. No side effect or any complications were seen, because patient very well tolerated the treatment. Herbal extracts possess natural antioxidants, which not only help in curing the diseases, but also improve the body's defence system.

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