



AYURVEDIC MANAGEMENT OF SUBCLINICAL HYPOTHYROIDISM VIS-À-VIS KAPHAVRITA UDANAVATA - A CASE REPORT

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ABSTRACT:

Hypothyroidism is a common Endocrinal as well as Metabolic disorder prevailing worldwide. The prevalence of hypothyroidism in India is 11%. Compared to coastal cities like Mumbai, Goa and Chennai, cities located inland like kolkatta, Delhi, Ahmedabad, Bangalore and Hyderabad have a higher prevalence (11.7% vs 9.5%). The highest prevalence of hypothyroidism (13.1%) is noted in people aged 46-54 years, with people aged 18-35 years being less affected (7.5%). Subclinical hypothyroidism is a state of normal free thyroid hormone levels and mild elevation of thyroid stimulating hormone (TSH). With higher TSH levels and low free T₄ levels, symptoms become more readily apparent in Clinical (or overt) hypothyroidism. The incidence rate of hypothyroidism is increasing and disturbing as people are more exposed to the stressful environment, sedentary lifestyle and altered food habits. General symptoms includes Fatigue, Loss of appetite, Weight gain, Cold intolerance, Hoarsness of voice, Dry skin and Irregular menstrual cycles. In *Ayurveda* there is no direct correlation for Hypothyroidism but based on symptoms we can correlate this condition with *Kaphavrita Udanavata*. This article shows the efficacy of *Panchatikta Ghrita Guggulu* in managing Subclinical Hypothyroidism vis-à-vis *Kaphavrita Udanavata*.

Keywords: Subclinical Hypothyroidism, *Kaphavrita udanavata*, *Panchatiktha Ghrita Guggulu*.

INTRODUCTION

Hypothyroidism is the condition resulting from insufficient synthesis of thyroid hormones^[1]. Hypothyroidism is a common condition with a female male ratio of 6:1^[2]. It is characterized by a broad clinical spectrum ranging from an overt state of myxedema and multisystem failure to an asymptomatic or subclinical condition with normal levels of thyroxine, triiodothyronine and mildly elevated levels of thyrotropin.

Hypothyroidism is the most common problem in present day world. In *ayurveda* diseases of thyroid gland are described under the heading of *Galaganda* and *Gandamala*. Symptoms of Hypothyroidism can also be correlated with *kaphavrita udanavata*. *Kaphavrita Udanavata* is a condition where in the aggravated *kapha* occludes *Udanavata* and affects its functions. Throat is a site of Thyroid gland which is also a region of *udanavata*. When *kapha* occludes *udanavata*, *udanavata* gets occluded and subdued, which in turn causes thyroid gland to produce fewer hormones. This leads to deterioration of metabolism and eventually leads to the onset of hypothyroidism.

As the seat of *udanavata* is also the primary seat of *kapha*. So, when *kapha* gets aggravated, it dominates *udanavata*. Aggravated *kapha* along with suppressed *vata* causes metabolic suppression similar to as in hypothyroidism. As there is no direct

correlation for hypothyroidism in *Ayurveda*. Based on symptoms and pathogenesis, we can correlate with conditions like *Udanavrita Samana*, *Kaphavrita Udana*, Pathological increase of *Kapha*, *Medoroga* and *Agnimandya*. In this case patient is treated with *Panchatiktha Ghrita Guggulu* by considering it as *Kaphavrita Udanavata*.

Case Description

A 24 years female came with the complaints of Irregular Menstrual Cycle, Fatigue, Loss of appetite, Hoarsness of voice and Cold intolerance since 3-4 months. She had no history of treatment.

N/K/C/O HTN and DM

On Examination

BP – 130/90 mmHg

RR – 18 cpm

PR – 78 bpm

HR – 78 bpm

Weight – 54 kg

Clinical Findings

Thyroid Profile : T₃ – 1.95 ng/dl

T₄ – 7.17 mg/dl

TSH – 10.28 uIU/ml

MATERIALS AND METHODS

Diagnostic Assessment

On detailed evaluation patient was diagnosed with Subclinical Hypothyroidism. From *Ayurvedic* perspective this condition can be correlated with *Kaphavrita Udanavata* where improper food habits and sedentary lifestyles

being the main causative factors leads to *dushti* of *kapha* and *pitta* which in turn causes *jatharagni mandhya* and leads to formation of *Ama* which is responsible for the obstruction of *vata*. Because of the obstruction, *vata* gets vitiated and causes destruction in the normal movements of *vata* and produces symptoms like *Aruchi*, *Dourbalya*, *Agnimandya*, *Vak*

Swara graha, *Sheetata*. Detailed analysis of signs and symptoms shows vitiation of *kapha* and *vata*. Considering this factor *Panchatiktha Ghrita Guggulu* which possesses *vata kaphahara* properties has been administered to the patient.

Therapeutic intervention

Table 1 : Therapeutic intervention

S.No.	Date	Name of the Medicine	Dosage and Anupana	Duration
1	18-01-2023	<i>Haritakyadi Yoga</i> ^[3]	3 gms bid before food along with luke warm water	7 days
2	25-01-2023	<i>Panchatiktha Ghrita Guggulu</i> ^[4]	2 tab tid after food along with water. (1 tab = 500 mg)	60 days

Follow up : Patient was advised to do Exercises, Yoga and Meditation on regular

basis, and also advised to follow proper diet.

Assessment Criteria

Table 2 : Showing BT and AT report of Objective Parameters (Thyroid Profile)

S.No.	Date	BT Report	AT Report
1	12-01-2023	T ₃ - 1.95 ng/dl T ₄ - 7.17 mg/dl TSH - 10.28 uIU/ml	-
2	31-03-2023	-	T - 3.0 nmol/l T - 124.2 nmol/l TSH - 7.22 mIU/ml

Table 3 : Showing gradings of Subjective Parameters

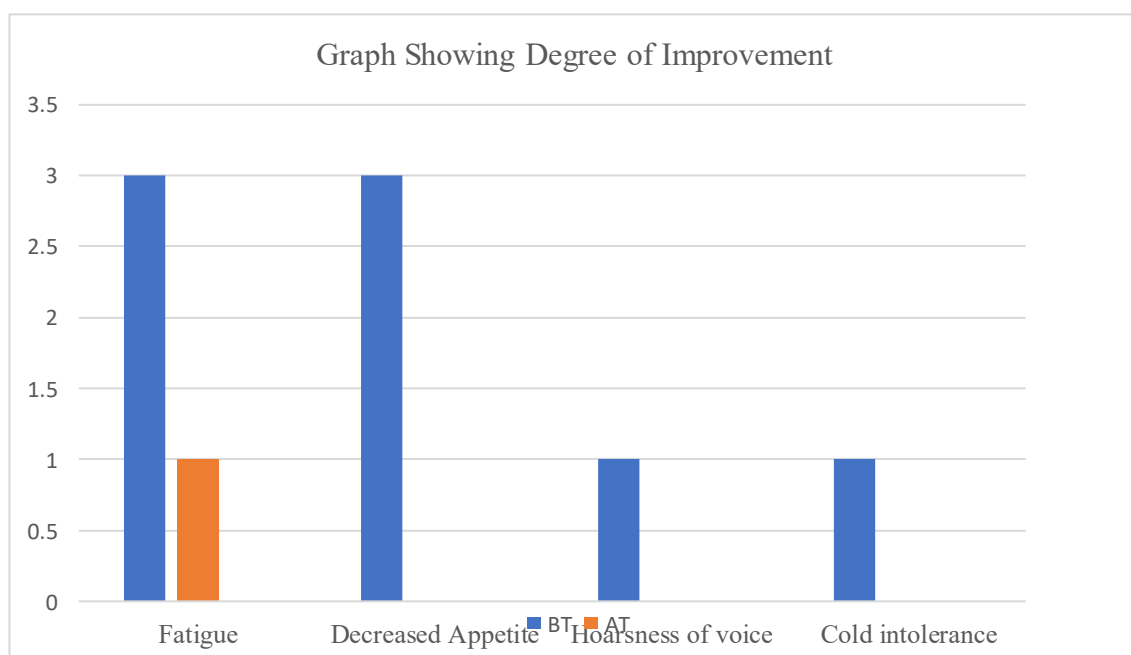
SUBJECTIVE PARAMETERS	GRADINGS	SCORES
<i>Dourbalya</i> (Fatigue) ^[5]	Fatigue on excessive work	0
	Fatigue on moderate work	1
	Fatigue on mild work	2
	Fatigue at rest	3

<i>Aruchi</i> (Decrease in Appetite) ^[6]	Good appetie	0
	Quantum of food reduced	1
	Irregular food habits	2
	Complete loss of interest in food	3
<i>Vak Swara graha</i> (Hoarseness of voice) ^[7]	Roughness	0
	Breathiness	1
	Asthenia	2
	Strain	3
<i>Sheetata</i> (Cold Intolerance) ^[8]	No	0
	Yes	1

Table 4 : Showing gradings of subjective parameters before and after treatment

Symptoms	Before Treatment	After treatment
Fatigue	3	1
Loss of appetite	3	0
Hoarsness of voice	1	0
Cold intolerance	1	0

RESULT: After 2 months of treatment, patient Profile showed marked improvement. got relieved from symptoms and her Thyroid



DISCUSSION

In above case study patient got satisfactory relief from the symptoms and also got good improvement in her TSH level. To treat *Kaphavrita udanavata* we need drugs which are having *kapha vatahara* properties. *Panchatiktha Ghrita Guggulu* is a drug which is indicated in *Gandamala, Nadi vrana, Bhagandara, Jatru rdhwa rogas, Aruchi, Shwasana, Peenasa, Panduroga* and *Vata kaphaja vikaras*. The main ingredients of *Panchatiktha Ghrita Guggulu* are *Guduchi, Nimba, Vasaka, Patola, Kantakari* which possess *katu, tikta, kashaya rasa, laghu guna* and act as *kaphahara, medohara* and *srotoshodhaka*. The other ingredients like *shudda guggulu, murchita go ghrita* and *prakshepaka dravyas* have *deepana, pachana* and *tridoshahara* properties along with *rasayana* property which helps in restoring the normal functions of thyroid gland.

For *Amapachana* and *Koshta shuddi, Haritakyadi yoga* with warm water was administered 6 gms twice a day in a divided dose before food for 7 days before administering *Panchatiktha Ghrita Guggulu*. Later *Panchatiktha Ghrita Guggulu* was administered 2 tabs thrice a day after food for a period of 60 days. Along with *shamanoushadis* patient was advised to do *suryanamaskara* regularly and follow proper diet.

As the time required by pituitary-thyroid axis to reset is not less than 6 to 8 weeks. Repeat Thyroid profile test was performed after 60 days of initiating the therapy. After completion of 2 months of *shamanoushadi* there was a improvement in TSH level and patient got relief from the symptoms. *Suryanamskara* helps in relieving other symptoms of hypothyroidism like weight gain, depression and also improves thyroid functions.

CONCLUSION

In this case study marked improvement was seen in both symptoms and TSH levels. The treatment planned was helpful in *Amapachana, Koshta shodhana* and acted as *Vata Kaphahara, Medohara* and *Srotoshodhaka*. Along with this it also helped in correcting irregular menstrual cycles and reducing the weight as well helped in improving overall health of a patient. Hence, the treatment was effective in relieving the symptoms and improving the thyroid functions.

CONFLICT OF INTEREST : None

SOURCE OF SUUPORT : Nill

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