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A Case Study on effect of *Vamana Karma* in Lupus Induced Hypothyroidism

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ABSTRACT

Introduction- Auto-immune thyroid disease is most common in lupus. Anti-Nuclear-Anti-body is related to both. Primary hypothyroidism occurs in about 15%-19% in patient of Lupus. Hypothyroid Signs and symptoms include low metabolic rate, tendency to weight gain, somnolence, lethargy, menstrual disturbance, aches, muscle stiffness, hair loss, infertility and sometimes myxedema. The above symptoms closely resemble the symptoms of *Vikruta Kapha Dosha* which are *Gaurava, Shaithya, Slatangatwa, Tamah, Klaibya*. The location of thyroid gland is In *Urdwajatrugata Pradesha* i.e., *Greeva*. Adoption of *Vamana karma* is best *shodhana* for *Kapha Dosha* and also for *Urdwa Shareerasthitha Roga* making an ideal *Panchakarma* for hypothyroidism. **Aim-** To evaluate the efficacy of *Vamana Karma* in Lupus induced Hypothyroidism. **Methodology-** Single subject was treated with *Deepana-Pachana* followed by *Shodhananga Snehapana* and was subjected to *Vamana*. As per the *Shuddhi* the subject was advised *Samsarjana Krama*. Assessment was done with thyroid profile before and after treatment. **Result-** Significant changes were noted in thyroid profile. **Discussion-** *Vamana Karma* which is ideal for *Kapha Dosha* has a positive effect over the disease Hypothyroidism in managing and also maintaining health for longer duration.

Key words: *Vamana Karma, Hypothyroidism, Systemic Lupus Erythematosis.*

INTRODUCTION

Hypothyroidism is a "condition in which the production of Thyroid hormone by Thyroid gland is diminished".^[1] Signs and symptoms of Hypothyroidism include low basal metabolic rate, lethargy, somnolence, weight gain, menstrual

disturbance, ache with muscle stiffness, cold intolerance, coarse dry skin, puffiness of face, alopecia, hoarseness of voice, infertility.^[2] Occurrence of Hypothyroidism is seen in all countries, this is due to change in lifestyle and food habits. Prevalence of hypothyroidism in developed countries is 4%-5%, but in India it is around 10.95%.^[3] Females are more sufferer than males with ratio of 6:1.^[3] Systemic lupus Erythematosis (SLE) is a multisystem autoimmune disease with protean clinical manifestations that may affect any organ or system.^[4] Auto-immune thyroid disease is most common in lupus.^[4] Primary hypothyroidism occurs in about 15%-19% in patient of Lupus.^[5] Both SLE and Auto immune Hypothyroidism involves similar antibodies i.e. Anti nuclear antibodies. By Helper T cells predominance, immune system is triggered by interferon (γ) toward nuclear receptors. Symptoms of lupus and thyroid disorder can be

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confused given that they both have no specific features, including fatigue, weight changes, dry hair, skin manifestation.^[6] In *Ayurveda* all the triggering responses is attributed to *Vatadosha*. It is the one which is responsible for stimulating glands of the body to secrete their secretion in proper manner, *Vata Dosha* also controls the response of our immune system.^[7] When we see both SLE and Hypothyroidism primary site of their manifestation is in *Urdwajatrugata Pradesha*, where SLE has *Malar* rash (butterfly rash) as prime sign seen over face. Similarly thyroid gland is situated in *Greeva Pradesha*. *Kapha Dosha* is predominantly seen in *Urdwajatrugata Pradesha*. *Vamana Karma* is said to be the best *Shodhana* for *Kapha Dosha* and also for the *Vyadhi* seen in *Urdwajatrugata Pradesha*.^[8]

AIMS AND OBJECTIVE

To evaluate the efficacy of *Vamana Karma* in Lupus induced Hypothyroidism.

METHODOLOGY

A single case was taken for the study.

Consent

Written consent was taken from the subject for the treatment as well as for publication of the same.

Brief history

A 29 years old female subject was taken for the study with following complaints. Increasing in weight since 1year. Irregular menstruation with 40- 45 day interval since 6months. Bulging of face, eyes and hard stools since 6 months. She was k/c/o systemic lupus Erythematosus since 10yrs. She was newly detected hypothyroid status and was not on hormonal replacement therapy.

Personal history

- Bowel - constipated
- Appetite - reduced
- Maturation - normal
- Sleep - adequate.

General Examination

Vitals

- Pulse Rate : 78bpm
- Blood Pressure : 124/82mmHg
- Body Temperature : Afebrile
- Respiratory Rate : 14/min
- Weight : 68kg

Local Examination of Face and Neck

Face - stage 1 flares of *Malar* rash with distribution over nose and cheek.

Neck - No tenderness, No Lymphadenopathy, Thyroid gland – normal in position, no nodule and mild enlargement of gland is seen. B/L symmetrical movement noticed in thyroid gland on deglutition.

Laboratory Investigations

| Investigation | Lab Value | Normal Range |
|---------------|------------|----------------|
| TSH | 6.06µIU/ml | 0.3-5.5 µIU/ml |
| T3 | 128ng/dl | 60-200 ng/dl |
| T4 | 9.10mg/dl | 4.5-12 mg/dl |

ANA (Anti Nuclear Antibody) - positive

Anti Ds – Dna - positive

Treatment Schedule

Poorva Karma

- **Deepana Pachana** - *Panchakola Churna* 1tsp with 50ml hot water thrice a day before food for 7 days.
- **Arohana Snehapana** - *Panchatiktha Guggulu Gritha*

| Day 1 | Day 2 | Day3 | Day4 | Day5 |
|-------|-------|------|-------|-------|
| 30ml | 55ml | 80ml | 105ml | 130ml |

On 5th day subject was seen with *Samyak Snigdha Lakshanas*, like *Vatanulomana* , *Agni Deepana*, *Anga Mardavata*, *Twak* and *Pureesha Snigdhatata*.

- On *Vishramakala* – *Sarvanga Abhyanga* with *Murchitha Tila Taila* and *Bashpa Sweda*, followed by *Kaphotkleshakara Ahara* was given.
- On *Vamana* day. Subject was subjected to *Sarvanga Abhyanga Bashpa Sweda* and *Snana*.

Pradhana Karma**Vamana Karma**

Yavagu Pana 300ml

Akanta Khseerapana 1600ml

Vamana was induced by giving below medicine

| Aushada | Pramana |
|-----------------------------|----------------|
| <i>Madanapippali Churna</i> | 10g |
| <i>Vacha Chura</i> | 2gm |
| <i>Pippalichurna</i> | 2gm |
| <i>Saindhava Lavana</i> | 1gm |
| <i>Madhu</i> | 50ml. |

Vamopaga used *Yastiphanta* 5000ml + *Saindhavajala* 2000ml.

Paschat Karma: Subject was subjected to *peyadi samsarjana Krama* for 7 days.

| Vaigiki | Anthiki | Maniki |
|---|-----------------|---------------------------------|
| 7 <i>Vegas</i> 3 <i>Adhoga Pravrutti</i> | <i>Pittanta</i> | 9005g - 8965g 40ml was extra |

RESULTS

| Before Vamana | | After Vamana | |
|----------------------|------------|---------------------|------------|
| Total T3 | 1.28ng/ml | Total T3 | 1.04ng/ml |
| Total T4 | 9.10mg/dl | Total T4 | 11.95mg/dl |
| TSH | 6.06μIU/ml | TSH | 2.80μIU/ml |

Report shows that there is significant reduction in serum TSH concentration after *Vamana Karma*. We

can also appreciate the increase in the level of serum T4 (tetraiodothyronine).

DISCUSSION

Hypothyroidism is a “condition in which the production of Thyroid hormone by Thyroid gland is diminished”.^[1] Signs and symptoms of Hypothyroidism include low basal metabolic rate, lethargy, somnolence, weight gain, menstrual disturbance, ache with muscle stiffness, cold intolerance, coarse dry skin, puffiness of face, alopecia, hoarseness of voice, infertility.^[2] Systemic lupus Erythematosus (SLE) is a multisystem autoimmune disease with protean clinical manifestations that may affect any organ or system.^[4] Auto-immune thyroid disease is most common in lupus.^[5]

In present study, *Deepana Pachana* was done with *Panchakola Choorna*, *Panchakola Churna* is a neutral *Deepana Pachana* medicine which is devoid of *Lavana*, hashimoto thyroiditis is having iodine as one of triggering component so by taking *Panchakolachurna* without *Lavana* can reduce iodine intake. *Panchakola Churna* increases the appetite, reduces the *Ama* by *Amapachana*. Once digestion is corrected the proper absorption of nutrients will be seen.

Shodhanga Snehapana with *Panchatiktaguggulu Gritha* was done. *Panchatikta Guggulu Gritha* has drugs like *Amrutha*, *Vasa*, *Nimba*, *Triphala* are proven for their immune-modulatory action.^[9] It is necessary to modulate the immune system in autoimmune disorders. Drugs like *Vacha*, *Kusta* are having anti-convulsant activity.^[10] Here TSH is secreted from Anterior Pituitary gland. By having effect on CNS, even pituitary activity can be controlled. TSH controls the secretion of Bile acid (BA) from liver. Thyroid-stimulating hormone (TSH) has been found to decrease liver BA synthesis via a sterol regulatory element-binding protein 2/hepatocyte nuclear factor 4 alpha/cholesterol 7α-hydroxylase (SREBP-2/HNF-4α/CYP7A1).^[11] During *Shodhanaga Snehapana*, we are giving medicated *Gritha* (mainly lipids) which intern increases the synthesis of bile from liver to

digest the *Gritha*. Once *Samyak Snigdhattha* is achieved the serum bile acid will be increased in body, through negative response TSH will be controlled. *Abhyanaga* and *Bashpa Sweda* will regulate the metabolism by increasing circulation, this helps in brining toxins, cell debris, degraded protein to liver to detoxification and elimination. At this stage proper induction of vamana karma helps in the elimination of all the accumulated toxins, cell debris and degraded protein from liver. This helps in the correction of metabolism of body. With all these procedures, Thyroid hormone synthesis is regularised, also combat the auto immune responses. Here the *Vata Dosha* is getting *Avarana* by *Vikrutha Kaphadosha*, which is obstructing the normal synthesis of hormones. The *Vikrutha Kapha Dosha* is eliminated through *Vamana Karma* relieving *Avarana* on *Vata Dosha* thus makes it an ideal *Shodhana* for Systemic Lupus Erythematosis induced Hypothyroidism.

CONCLUSION

Above case study provide evidence that *Vamana Karma* is highly effective in management of hypothyroidism. There is marked reduction in serum TSH values; there is also there increase in serum T4 level. The *Shodhana* enhances *Agni*, does *Ama Pachana*, *Dosha Nirharana*. There was a marked reduction in signs and symptoms of both hypothyroidism and also SLE by reducing *Malar rash*, reducing weight, after *Vamana Karma* subject achieved menstruation in regular interval of 30 days. Hence *Vamana Karma* is said to be an ideal treatment modality in lupus induced hypothyroidism.

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