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Understanding of Primary Hypothyroidism Induced Obesity through Ayurveda

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ABSTRACT

Ayurveda known as Mother of all healing, places a great emphasis on prevention and encourages the maintenance of health through proper attention to balance in one's life, diet, lifestyle and use of herbs. Ayurveda has been practiced since ancient time in the form of eight major clinical specialties. Ayurveda gives important to metabolic disorders as it's says all *Vyadhis* are produced due to *Agnimandya*. In present days incidents of Thyroid hormone dysfunction drastically increased leading to obesity. According to common perception, Hypothyroidism is held responsible for obesity. As Hypothyroidism is associated with modest weight gain. In novel view indicates that change in thyroid stimulating hormone (TSH) could be secondary to obesity. As a contemporary science available is hormone replacement therapy which only decreases or increases Thyroid hormone. But according to Ayurveda we don't just normalize Hypo and Hyper secretion of Thyroid hormone, but treat the abnormal secretion of Thyroid gland.

Key words: *Vyadhi, Agnimandya, Ayurveda, Hypothyroidism, Obesity*

INTRODUCTION

Everybody constituents have specific proportions and specific function in the body. They will perform their functions only in their optimal levels. The normal level is maintained by controlling the metabolism. The metabolism is normally regulated by a well-developed controlling system functioning in the healthy body. Healthy state is maintained by keeping the equilibrium of various constituents of the body. Any abnormalities in the controlling system will lead to abnormalities in

this equilibrium and thus leads to various diseases; Most of the metabolic disorders are the burden of lifestyle disorders is rapidly increasing worldwide. Modernization, affluence technological development leads to still more sedentary life style. By exposing oneself to all these factors human beings unknowingly invited a number of disease, in this category Hypothyroidism and Obesity also fits.

Obesity and hypothyroidism are two common clinical conditions that have been linked together. To the common perception hypothyroidism is held responsible for obesity. Hypothyroidism is associated with modest weight gain, Thyroid hormones are important determinants of energy expenditure, and adipose tissue affects thyroid hormone homeostasis via leptin signaling. By moderate weight loss is sufficient to affect thyroid hormone homeostasis and inhibit its peripheral conversion.^[1]

Where the obesity is one of the symptoms which is comes under the Hypothyroidism by this can clearly say that obesity can consider as a symptoms and also it is an Independent disease. Hypothyroidism is associated

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with weight gain, decreased metabolic rate and thermogenesis. The hormone produced by the thyroid gland helps in regulation of metabolism in the body. Whenever the levels of T₄ fall and the level of TSH raises, results in primary hypothyroidism.^[2] It is estimated that prevalence is more than 1.5 billion in more than 110 countries. The global goiter prevalence is more than 40 million (400lakh) in India with ratio of 6 : 1, female and males respectively.^[3]

In Ayurveda there is no direct correlation regarding Hypothyroidism induced Obesity but on the basis of its clinical presentation it can be correlated with different entities as symptoms or as a disease, so it is difficult to give a single Ayurvedic term as there are many systems are involved in the pathogenesis of Primary Hypothyroidism Induced Obesity. Hence, can be correlate with *Rasapradoshaja Vikara*,^[4] *Astanindita Purusha*,^[5] *Galaganda*,^[6] *Kaphavruddhi Lakshana*.^[7] As the cardinal symptoms of Primary hypothyroidism are weight gain, fatigue, cold intolerance, hoarseness of voice, Dryness of skin, Hair fall, Pallor, Muscle aches and puffiness of face, weakness, lethargy, Menstrual Distributions.^{[8],[9]} In present article Primary Hypothyroidism induced Obesity can be correlated to *Rasapradhosaja Vikara*.

Nidana Panchaka in Primary Hypothyroidism Induced Obesity

Nidana

Nidana Parivarjana or discontinuation of the etiological factors serves as the first line of treatment in many diseases.

The *Lakshanas* of *Rasava Srotodusti* are almost similar to Primary Hypothyroidism, The *Agni* vitiation can also be considered as the main cause for Primary Hypothyroidism Induced Obesity. Hence, the factors cause *Agnimandya* can be considered as the *Nidana* of Primary Hypothyroidism Induced Obesity.

Classification of Nidana

1. *Aharaja Nidana*
2. *Manas Nidana*
3. *Any Nidana*

1. **Aharaja Nidana** : can be classified further as-

- a) **Guna Pradhana Ahara** : *Guru, Sheeta, Snigdha, Ati Matra, Sandra.*
- b) **Rasa Pradhana Ahara** : *Madhura Rasa*

These qualities (*Guna* and *Rasa*) are present in *Dravyas* having a dominance of *Prithvi* and *Apa Mahabhuta*. Due to similar *Bhoutika* composition the above substances are seen to cause a direct increase in the *Kapha Dosha* and *Rasa Dhatu* and *Meda Dhatu*.

2. **Manasa Nidana** : *Ati Chintya* is enumerated as the causative factor by *Acharya Charaka* which are conducive to *Rasavaha Srotodusti*. (Cha.Vi 5/12)
3. **Dravya Pradhana Ahara**: *Navanna, Navamadya, Gramyaudaka Rasa, Mamsa Sevana, Paya Vikara, Dadhi, Sarpi, Ikshu Vikara, Guda Vikara, Shali, Godhuma, Masha, Varuni Madya.*

The above stated foods like *Navanna, Ikshu, Guda Vikara, Shali, Godhuma, and Masha* are *Guruguna Ahara* which can cause *Agnimandhya* at the level of *Rasadhatu* leads to *Uttarottara Dhatwagni Mandya* hence, these *Aharaja Nidana* causes *Santarpana Janya Vyadi* (Metabolic Disorder).

Purvarupa

The symptomology, which appears before complete manifestation of the disease is known as *Purvarupa*. These *Purvarupa* are those signs and symptoms, which appears during the process of *Dosha Dhusya Sammurchana* i.e., by the vitiated *Dosha* and *Doosha*. The knowledge of *Purvarupa* is important for differential diagnosis and to treat the disease in its beginning. So, that disease can be controlled easily and cannot develop further.

In the context of Primary Hypothyroidism Induced Obesity, *Purvarupa* are not mentioned separately and so the initial manifestations of *Rasavaha Srotos* related symptoms can be considered. *Rasavaha Srotodusti Lakshanas* which are also mentioned like *Aruchi, Agnimandhya* due to *Shleshma* and *Rasadhatwagni Mandya* (Hypo functioning of *Rasa Dhatu*). *Agnimandya* is also known as *Mandagni*. Hence,

Mandagni Lakshanas are also consider as *Poorvaroop* of Primary Hypothyroidism induced Obesity.

Rupa

The signs and symptoms of the diseases seen in the body are *Vyakta*. The diagnosis of the disease is mainly done by assessing the Thyroid Profile and with the help of BMI, Mid arm Circumference, Mid-thigh circumference, Hip and waist ratio. If at all symptoms appear, they are considering as Clinical manifestations in the patients with severity.

Most of the patients with raised levels of TSH have no specific symptoms or signs. The vast majority of patients with Thyroid abnormalities are detected by the laboratory, either as part of the workup of a patient with selected subjective symptoms, as a part of a preventive screening strategy, or on a routine chemistry panel.

Bhojana Asradha (aversion to food), *Gaurava* (heaviness of the body), *Pandu* (anemia), *Angasada* (lethargy), *Agninasha* (loss of digestive power), *Ayatakala Vali* and *Palita* (premature graying of hairs and wrinkling). These are the subjective symptoms appears in the Primary Hypothyroidism Induced Obesity.

Samprapti

Dhusti of *Rasadhatu* plays an important role in pathogenesis i.e., *Rasa Dhatvagnimandya* (Hypofunctioning of *Rasa Dhatu*) is a major feature of the disease. Etiological factors aggravate *Kaphadosa* resulting *Jatharagnimandya* (Hypofunctioning of *Jatharagni*) and *Dhatvagnimandya* (Hypofunctioning of *Dhatu*). In Primary Hypothyroidism Induced Obesity, hormonal disturbances make many metabolic rate which leads to this pathogenesis. Many signs and symptoms are related with decreased metabolism. *Vagbhata* has mentioned this pathogenesis clearly. According to him, the part of the *Jathragni*, its exacerbation and diminution causes respective *Dhatuvrddhi* and *Dhatuksaya*. And as *Acharya Susruta* says in a *Sutrasthana* of 15th chapter is by the *Rasa Sneha Vruddhi* also manifestes *Sthoulya*.^[10]

Due to *Nidana Sevana*



Jatharagni Mandya



Samanavata Pranavata and *Kledaka Kapha Vikruti*



Combines with *Udana Vata*



Prakupita Udanavata takes shelter in *Gala Pradesha*



Causes the *Rasavaha Dhusti*



Leads to the *Rasa Sneha Vruddhi*



Produces the *Lakshana* of *Rasa Pradoshaja Vyadhi* along with



Sthoulya

Samprapti Ghataka

<i>Dosa</i>	<i>Vata</i> (<i>Samana Vata, Prana Vata, Udana Vata</i>) <i>Kapha</i> (<i>Kledaka Kapha</i>)
<i>Dusya</i>	<i>Rasadhatu</i> and <i>Medadhatu</i>
<i>Agni</i>	<i>Jatharagni, Rasadhatvagni, Meda Dhatvagni</i>
<i>Ama</i>	<i>Jatharagnimandhyajanya Ama</i> and <i>Dhatavagni Mandyajanya Ama</i>
<i>Srotas</i>	<i>Rasavaha, Medavaha</i>
<i>Srotodusti</i>	<i>Sanga</i>
<i>Udbhavasthana</i>	<i>Amashaya</i>
<i>Sanchara Sthana</i>	<i>Rasayini</i>
<i>Adhithana</i>	<i>Sarvanga</i>

Vyaktasthana	Sarvasharira
Roga Marga	Abhyantara Rogamarga
Vyadhi Swabhava	Chirakari

Chikitsa

Nidana Parivarjana

Nidana Parimarjana is the main method of keeping oneself free from disease. *Nidana Parivarjana Chikitsa* means avoiding all the *Aharatmaka, Viharatmaka Manasika* and *Anya Nidana* responsible directly or indirectly for the manifestation of a disease. All the *Nidana* mentioned in *Santarapanajanya Vyadhi*, such as *Ati Madhura, Guru, Snigdha, Abhishyandi Ahara Sevana, Divaswapna*^[11] etc. should be avoided in case of Primary Hypothyroidism induced Obesity .

Langhana^[12]

Langhana is the line of treatment in *Rasapradoshaja Vikara* and it is the best remedy for the *Sama* condition of the disease. So, all the ten types of *Langhana* can be applied for the patients suffering from *Rasa Vridhi* according to *Rogi* and *Roga Bala*.

As it is *Kapha Pradhana* and *Samana Vata* is involved, hence, *Dravya* which are *Kapha Shamaka* and *Samana Vata Vardhaka (Agni Vardhaka)* should be selected.

Shothahara Dravyas such as *Gomutra Haritaki, & Trikatu, Shadushnaguggulu, Chitrakadi Vati, Varunadi Kashaya* etc.

Udvardana^[13]

Act as *Kaphahara* and *Meda Pravilayana* and according to *Ashrya Ashryee Bhava* of *Kapha, Rasa* and *Meda*, *Udvardana* is indicated.

Shodana

Shodana therapy such as *Shirovirechana (Tikshana Nasya)* and *Vamana* are beneficial in Hypothyroidism Induced Obesity.

▪ Vamana

Vamana has its own importance. For *Urdwajatru Gata Vyadi* and *Kaphaja* disorders *Vamana Karma* is considered as best line of purificatory measure and

best *Srotoshodaka*. In the treatment of hypothyroidism induced Obesity, considering the *Kapha Dosha* dominance, *Dusti of Rasa*, thereby keeping the impairment of metabolism as base. Where as in conditions like *Kapholbana* and *Urdwajatru Gata Roga, Vamana*^[14] could be advised.

▪ Nasya

As *Adhistana* of *Vyadhi* is in *Kanta Pradesha*, it is considered as *Urdwajaturgata Vikara*.^[15] Hence, the *Nasya* can also be helpful to treat the condition of *Rasa Pradoshaja Vikara*.

DISCUSSION

Most of the *Nidana* of hyperthyroidism induced obesity can be correlated to *Santarpan Janya Vyadhi* such as *Prameha, Sthoulya, Shotha* and *Rasavahasroto Dushti Karana* are considered. And in the *Samprapti*, *Acharya Sushruta* and *Madhavakara* says as *Rasa Snehavruddhi* leads to the *Sthoulya*. And in the modern concept the characteristics of the Primary Hypothyroidism compromises all *Lakshana* of the *Rasapradhosaja Vikara* excepts *Krusha, Klebhyatva*. According to *Dosha Dushya Samurachana*, the treatment protocol should be carried. In Ayurveda, *Prana Vata* plays major role in endocrine system. TRH is secreted by a Hypothalamus, TSH releases from Anterior pituitary gland, and *Prana Vata* present in a *Murdhanga*^[16] i.e., In head region which regulates the secretion of TSH level and *Samanavata* regulates the *Pachana* i.e., metabolism,^[17] so, here the axis of *Pranavata* and *Samanavata* is important in regulation & secretion of TSH. In *Pranavata* and *Samanavata* there is *Avarana* by *Kapha*, hence, *Chikitsa* should be *Kapha Shamaka* and *Agni Vardhaka*.

CONCLUSION

Hypothyroid has a wide range of perceptions in Ayurveda, which can be correlated to various condition. According to that specific condition, perception and understanding of disease goes. In various different angles researchers have correlated the Hypothyroid induced Obesity, and it clears the line of treatment should be *Agni Vardhaka* and *Kapha Shamaka*. As the Thyroid gland plays vital role in

metabolic functions and which can be the reason in the gain of weight, slight change in the weight gain causes the change in a TSH level.

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