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Case study on Hypothyroidism - A *Srotorodh Pradhan* systemic disease

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ABSTRACT

Since the disease nowadays is more prevalent in women than man due to various causes in which menstrual irregularities is one of the common causes seen and since, the symptoms are very vague and hard to identify, the patients are unable to know the exact cause and approaches to doctor lately. Also, in *Ayurveda* it has no direct reference for correlation, so it can be just correlated with a *Srotorodh Pradhan* systemic disorder as its symptoms mimics the same. Here, a female patient of 47 years was taken under study for an integrated approach by *Yoga (Setubandhasana, Halasana)* and *Pranayama (Ujjai) + Pathya Palan + Ayurveda* medicines like *Thyrogrit* tablet, *Kanchnar Ghanvati*, *Dashmool Kwath* for a month and the symptoms and TSH levels were markedly decreased.

Key words: *Thyrogrit* tablet, *Dashmool Kwath*, *Pathya Palan*, *Setubandhasana*, *Ujjai*

INTRODUCTION

Sedentary lifestyle is all that an individual wants to pursue life which ultimately leads to various lifestyle disorders like thyroid, diabetes, hypertension, obesity etc. The cases of hypothyroidism are increasing day by day thus, becoming one of the most common lifestyle disease with hormone replacement therapy also, which left untreated may become life threatening and ultimately fatal.

It is a condition with normal levels of thyroxine (T4) and triiodothyronine (T3) and mildly elevated levels of serum TSH to an overt state of myxedema, end-organ effects and multi-system failure.^[1-4]

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The patient presentation can vary from asymptomatic disease to myxedema coma. Today, the diagnosis of hypothyroidism is easily made with simple blood tests and can be treated with exogenous thyroid hormone.^[5]

In the current scenario, there are 3.8-6% general population affected with hypothyroidism.^[6]

In *Ayurveda* texts, a disease named *Galganda* has been mentioned whose symptoms mimics with that of hyperthyroidism. So, hypothyroidism is not restricted to *Galganda*. Since there is no direct correlation of hypothyroidism in *Ayurveda* texts, many diseases untold comes under the category of *Anukta Vikara* and can be discussed as a *Vata-Kapha Dushti Janya Vyadhi*.

Kaphavatvrudhhi with Pittakshya^[7] - Increased *Kapha* with *Vata Dosh*a and decreased *Pitta Dosh*a results in the formation of *Shaitya*, *Stambha*, *Gaurav*, *Agnimandya*, *Gatraparushya* which resemble with the symptoms of SCH like Cold intolerance, Muscle weakness, Lethargy, Anorexia, Dry Skin & hair.

Also, according to *Trividh Bodhya Sangraha* i.e., mentioned in chapter 18 of *Charaka Sutra Sthana*, which denotes that there is no urgent need of giving a name to every condition which is not mentioned in *Samhitas*, directly one should focus on the *doshas* and

symptoms involved in it, thus leading to *Samya Avastha*. Although, with lack of description of it, *Samhita* defined the line of treatment for the same very well.

Clinical manifestations of hypothyroidism range from life threatening to no signs or symptoms. The most common symptoms in adults are fatigue, lethargy, cold intolerance, weight gain, constipation, change in voice, and dry skin, but clinical presentation can differ with age and sex, among other factors.^[8]

A careful physical examination may reveal some clues since the signs of hypothyroidism are very subtle. Physical examination may be significant for the following:^[9]

- Enlarged thyroid gland
- Weight gain
- The slowness of speech and movements
- Dry skin
- Coarse and brittle hair
- Pallor and jaundice
- Dull facial expressions
- Macroglossia
- Bradycardia

CASE REPORT

A female XYZ of K/C/O Hypothyroidism X 3 years, age 47 years came to Patanjali Ayurveda hospital on 16/05/2023 with complaints of -

Table 1

SN	Vyadhi Lakshana	Duration
1.	Kesha Patana (hairloss)	3 years
2.	Sthaulya (obesity)	3 years
3.	Pada Shopha (swelling in B/L feet)	2.5 years
4.	Daurbalya (weakness)	2 years

Patient have the above complaints from last 3 years, was on 150mcg Thyroxine therapy but the symptoms remained same with gradual increase in body weight.

Ashtavidha Pariksha

Table 2

1.	Nadi (pulse)	82/min (Kapha-Vata)
2.	Mutra (urine)	5-6/day (normal)
3.	Mala (stool)	Normal
4.	Jihwa (tongue)	Saama (Coated)
5.	Shabda (speech)	Normal
6.	Sparsha (skin)	Twak-Rukshta
7.	Druka (eyes)	Normal
8.	Aakruti (built)	Madhyama

MATERIALS AND METHODS

Patient was given Ayurveda medications as following-

Table 3

SN	Medications	Dose	Anupana
1.	Dashmool kwath	40 ml X BD empty stomach	-
2.	Kanchnar Ghanvati (500mg)	2 X BD After meals	With normal water
3.	Thyrogrit tablet	2 X BD Before meals	With Dhanyaka Phanta

Ayurvedic Overview

The pathogenesis and manifestations of hypothyroidism mainly occurs due to dysfunction of *Agni*. It starts with dietary habits - cold, heavy, sweet items and sedentary lifestyle i.e., lack of physical work, sleeping during day time and immediately after meals, excessive sitting, thus promoting in vitiation of *Kapha Dosh* which ultimately hampers the *Jathargani*, hence formation of *Ama Dosh*.

Analysis of hypothyroidism with reference to *Ayurvedic* principles of metabolism shows *Agnimandya* (*Dhatvagnimandya*) → *Aam Dosh* → *Kapha Prakopa*

and → *Rasa Dhatu Duṣṭi* as marked pathological features.

Dhatvagnimandya - especially *Rasadhatvagni Mandyata* leads to *Sama Rasa Vriddhi* leading to formation of *Malarupi Kapha Vriddhi*. Majority of *Kapha Nanatmaja Vikaras* can be considered under sign and symptoms of hypothyroidism i.e., *Tandra, Atinidrata, Staimitya, Alasya, Gurugatrata, Atisthauyata*. Also, many of *Rasaj Vikaras* mentioned by *Acharya Charaka* are similar to the features of hypothyroidism like - *Ashraddha, Gaurava, Tandra, Pandu Roga, Klaibya, Srotorodha, Agnimandya*.^[10]

Table 4

<i>Kaphkara Ahara</i>
↓
<i>Agnimandya</i>
↓
<i>Sama Ahara Rasa</i> - carried out by <i>Vata</i> in whole body → Forms <i>Mala Rupi Kapha Vriddhi</i>
↓
<i>Srotorodha</i>
↓
Hinder <i>Uttarottara Dhatu</i> formation
↓
<i>Vikrit Dhatu Nirmana</i>
↓
<i>Vyadhi Utpatti</i> like <i>Gandmala, Arbuda, Granthi, Galganda</i>

The above table depicts the formation of *Samprapti* of hypothyroidism - a *Srotorodh* disease.

Management

Since the patient was already on Thyroxine 150 mcg since long time, we have slowly stopped it by tapering the dose daily for initial 7-10 days and keeping in mind the *Srotorodha* and *Doshas Dhatus* involved in the

disease, one can easily manage the disease with *ayurvedic* formulations along with lifestyle modifications and *Pathya* diet such as-

Dashmool Kwath - [*Laghu Panchmool - Vata Pitta Shamak, Brihat Panchmool - Vata Kapha Shamak*]^[11]

It contains herbs with properties of entering in minute channels thus helping in alleviating *Kapha Dosha* with anti-inflammatory properties and analgesic effect. All of these drugs have *Ushna Virya* thus helping in pacifying *Avarana* caused by *Kapha Dosha* over *Jatharagni*.

Thyrogrit Tablet

Dhaniya (Coriandrum sativum) Kachnar Chhal (Bauhinia variegata), Singhada (Trapa bispinosa), Baheda (Terminalia belirica), Punarnava (Boerhaara diffusa) Trikatu (Sonth (Zingiber officinale) Pippal (Piper longum), Marich (Piper nigrum), Shuddh Guggul (Commiphora mukul) - these drugs overall helps in reducing glandular enlargement by reducing inflammation.

The *Anupana* chosen for *thyrogrit* tablet was *Dhanyaka Phanta*. *Phanta Kalpana* was taken considering patient's *Jatharagni* here, as its *Laghu* (light to digest) among *Panch Kashaya Kalpana*, and *Dhanyaka* - coriander seeds are *Katu, Rochan* with *Ushna Veerya* helping in pacifying the *Aama*, thus breaking *Samprapti* of disease.

Kanchnar Ghanavti

Contains *Kanchnar Chaal* as its prime content which is called as "*Gandmalahar Dravya*", thus aims in relieving inflammation of thyroid gland.

Yoga and Pranayama

Yoga - The *Yoga* exercise like *Halasana, Setubandhasana, Sarvangasana* and *Suryanamaskar* were seen beneficial for hypothyroid patients. In these yogic exercises an enormous pressure is placed on the gland that may lead to beneficial effects by improving circulation to the gland.^[12]

Pranayama was the perfect key to combat with the thyroid glands hypo-metabolism, useful in increasing the metabolic rate of the body thus, helping in its

regulation in the natural way. The *pranayama* helpful was *Ujjayi, Bhastrika, Kapalabhati* which showed significant relief along with the medications.

Ujjayi Pranayama, also called as psychic breath acts on the throat area as relaxing and stimulating effect along with the other *Pranayama* were done for approximately 30-45 minutes two times daily for a month on regular basis.^[13]

Pathya Ahara Vihara

Since the basic cause of all the symptoms are due to *Santarpana Aahara/Viharas*,^[14] so for it, the treatment followed is *Aptarpana*.^[15,16] Also, keeping in mind about the vitiation of *Vata* along with *Kapha Dosha* in Hypothyroid, the food which decreases *Jatharagnimandya, Datvangimandya*, relives *Strotorosh* and *Aam*, decreases *Kapha* without vitiation of *Vata* were strictly advised to the patient as mentioned-

Table 5^[17]

SN	Diet	Properties
1.	<i>Ushna Jala</i>	<i>Dipan, Pachan, Laghu, Vatakaphanashak, Kanthya</i> (Useful in <i>Kantha Roga</i>)
2.	<i>Yava flour or Yava Daliya</i>	<i>Ruksha, Sheeta, Aguru / non-heavy, Prabhut Malakrut, Kaphavikarnut, Shulvilekhancahhach</i>
3.	<i>Amla / Jambu Swaras / juice</i>	<i>Ruksha, Kashay, Amla, Tridoshaghna / Grahi, Kaphapittaghna.</i>
4.	Butter milk	<i>Ruksha, Sheeta, Laghu, Vatakaphahar</i>
5.	Cow milk	<i>Guru, Sheeta, Ashigdha, Rasayan</i>
6.	Vegetables like <i>Karvellak, Patol, Vartak</i>	<i>Tikta, Rochan, Laghu, Agnidipak, Kaphavatahar.</i>
7.	<i>Sarshap Tail / Erand Tail</i>	<i>Kashay, Ushan, kaphavatahara / Kashay, Ushna, Vyavayi, best Vatahara</i>
8.	<i>Shashti Shali / Rakta Shali</i>	<i>Tridoshahar, Svarya, Mutral</i>

RESULT

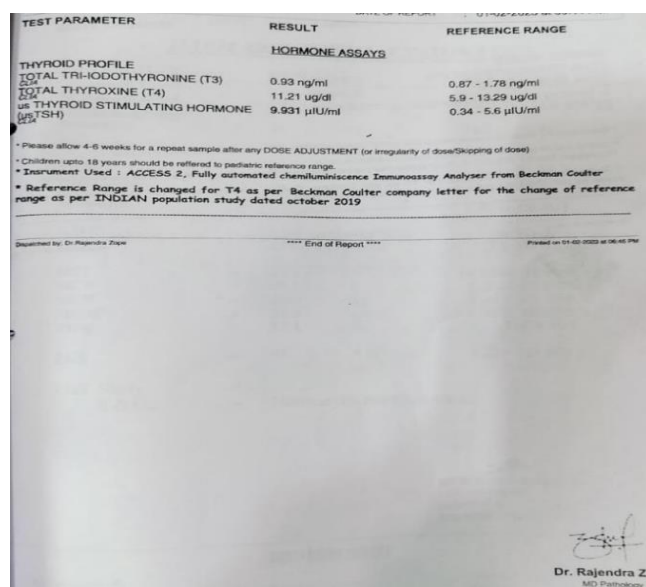
A significant relief in the symptoms of the patient was seen in the duration of 1 month along with marked decline in the high values of TSH levels as shown below.

Changes in Thyroid profile

Table 6

Thyroid Profile	Before T/T (16/05/2023)	After T/T (19/06/2023)	Normal Range
TSH	9.93 µIU/ml	4.40 µIU/ml	0.35-5.50 µIU/ml

Reports before and after treatment



DISCUSSION

Lifestyle disorders are becoming burden as its cases are increasing day by day, thus confounding daily activities. *Ayurveda* here becomes the best solution in such type of *Anukta Vikaras* where the patient was told to consume tablet thyroxin throughout lifetime.

Ayurveda cure such disease & act as *Apunarbhava* (stops recurrence) also.^[18] This is one example of successful case of subclinical hypothyroid patient with significant relief by correcting the *Jatharagni* as *Jatharagni* is responsible for the *Aayu, Varna, Bal, Swasthya, Utsaha, Oja, Teja, Dhatvagni* and *Pran* of a human being.

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