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# Effect of *Vamana Karma* and *Panchkola Phanta* in Hypothyroidism (*Agnimandya*)

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## ABSTRACT

Modernization leads to improper balance and disintegration of health and environment, body, mind and soul leading to lifestyle disorders. Hypothyroidism is one among the lifestyle and endocrinal disorder which is commonly encountered now days continuing to pose a major health issue. As it also responds to stress and stimuli the global incidence of hypothyroidism is more. This is leading to many lifestyle disorders and hormonal imbalance in our body. Hypothyroidism also known as underactive thyroid is a condition where the thyroid gland does not create enough thyroid hormones, which decreases the basal metabolic rate. Hypothyroidism may not cause noticeable symptoms in the early stage. It occurs about 7-8 times more frequently in females than males. The only modern treatment available is lifelong use of hormonal therapy (Levothyroxine sodium) but it has side effects on long term use. Thus, in order to prevent life long medication and side effects of synthetic drugs, using traditional and natural substance for treatment of hypothyroidism. In *Ayurveda* there is no direct reference of thyroid in Ayurveda classics but all the metabolic processes of the body are under the control of *Agni*. *Ayurveda* mentioned *Shodhana Chikitsa*, in *Agnimandya* dominancy of *Kapha Dosha* and *Vamana Karma* is best line of treatment for *Kapha Dosha*. *Panchkola Phanta* serves the purpose of *Deepan* and *Pachana*, thus eliminating the root cause of the disease and correcting the *Agni* and does the digestion of *Ama*. In *Agnimandya*, *Panchkola Phanta* is useful for *Amapachana* and to increase the *Agni*.

**Key words:** Thyroid gland, Hypothyroidism, Agni, Jatharagni, Agnimandya, Hormone, Endocrinal disorder, Metabolic.

## INTRODUCTION

Hypothyroidism is the most common endocrine disorder observed all over the world in present time.<sup>[1]</sup>

Hypothyroidism also known as underactive thyroid is a condition where the thyroid does not create enough thyroid hormones, which decreases basal metabolic rate.<sup>[2]</sup> Thyroid is an endocrinal gland secretes T3 and T4

hormones regulated by TSH which is secreted by pituitary gland. These hormones have two major effects on the body

1. To increase the overall metabolic rate in the body.
2. To stimulate growth in children.<sup>[3]</sup>

Hypothyroidism may not cause noticeable symptoms in the early stage.<sup>[4]</sup> In infants, symptoms do not appear till six months because enough hormone is present in mother's milk. Thyroid hormone regulates the way in which the body uses the energy metabolism, and without enough of this hormone many of the body's functions slowdown.<sup>[5]</sup> The prevalence of hypothyroidism in India is 11%<sup>[6]</sup> which contributes to about 42 million people.<sup>[7]</sup> Ratio of disease occurrence among females and males is 6:1.<sup>[8]</sup> Common symptoms of hypothyroidism are tiredness, weakness, poor memory, feeling cold, hair loss, constipation, weight gain with poor appetite, hoarse voice, menorrhagia,

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impaired hearing.<sup>[9]</sup> Levothyroxine is the drug of choice for Hypothyroidism.<sup>[10]</sup> Levothyroxine starting dose is 25-50µg daily.<sup>[11]</sup> Common side effect of Levothyroxine are chest pain, discomfort, tightness, decreased urine output, menstrual changes, difficulty with swallowing, extreme fatigue, irregular breathing, sweating, tremors.<sup>[12]</sup>

In *Ayurveda* treatment is effective as well as cost effective. *Agni* is the unique concept of *Ayurveda* related to *Pachana* or conversion, *Dhatupaka* or metabolism etc. i.e. various chemical reactions occurring in the body. It is responsible for control each and every process of conversion of the thirteenth type of *Agni* (*Jatharagni* - 1, *Bhootagni* - 5, *Dhatvagni* - 7), *Jatharagni* is the one of prime importance controlling other *Agni*.<sup>[13]</sup> The normal as well as abnormal functions of thyroid gland can be correlated to healthy and altered status of *Agni*. So, Hypothyroidism can be considered as a stage of *Agnimandya* resulting in the formation of *Ama*. *Jatharagni* is responsible for initial digestion of ingested food and its conversion into *Rasa Dhatu*. *Agnimandya* is the vitiated state where *Agni* is unable to digest even the meagre quantity of indigested food. Due to improper digestion *Agnimandya* results in formation of abnormal *Rasa Dhatu* i.e. *Ama*.<sup>[14]</sup> Thus the etiology of *Agnimandya* can be considered as etiology of *Ama*. Clinical symptoms of *Ama* are *Srotorodha* (Obstruction of body channels), *Gaurava* (Heaviness), *Anil Mudhata* (Abnormal movement of *Vata Dosh*), *Aalasya* (Laziness), *Apakti* (Indigestion), *Malasanga* (Obstruction of *Mala*), *Aruchi* (Loss of taste), *Klama* (Lethargy), *Balabrinsha* (Loss of body strength).<sup>[15]</sup>

Following comparison of signs and symptoms of Hypothyroidism with an *Ayurvedic* approach, the role of *Dosha*, *Dhatu*, and *Dhatvagni* becomes more obvious.

### Weight gain

Due to *Meda* and *Kapha Dosh* involvement. *Guru Guna* of *Kapha Dosh* and *Pruthvi* and *Jala Mahabhuta* involved in *Kapha Dosh* the weight gain occur.

**Cold intolerance:** Coldness is caused by the *Shita Guna* of the *Kapha* and *Vata Dosh*s.

**Anorexia:** It is caused by *Mandagni*, who is influenced by *Kapha Dosh* and *Rasa Dhusti*.

**Bradycardia:** The propagation of *Kapha* with its *Mandaguna* may result in bradycardia.

**Coarse and dry skin:** The inability of Augmented *Rasa* to nourish *Rakta Dhatu* results in dryness and harsh skin.<sup>[16]</sup>

**Hoarseness of voice:** *Sharangdhara* has highlighted hoarseness of voice as a *Kaphaja Vikara*. Hoarseness of voice appears as *Manda Guna* of *Kapha* increases.<sup>[17]</sup>

**Menstrual disturbance:** In Hypothyroidism *Rasha Dushti* occurs. It might be incapable of nourish *Upadhat Artava* and *Uttardhatu Rakta*. As a result menstrual disturbances occurs.

**Excessive sleep:** *Tandra* and *Atinidra* are caused by *Kapha Vriddhi*.<sup>[18]</sup>

All of the above symptoms point to the involvement of *Kapha Dosh*, *Rasa Dhatu*, and *Rasa Dhatvagni* in hypothyroidism. *Kapha Dosh* plays a major role in the disease Hypothyroidism.

### Samprapti

*Agnimandyakara Nidana*



Vitiation of *Tridosha* (*Vata*, *Pitta*, *Kapha*)



Vitiation of *Jatharagni*



*Ama Utpatti*



*Rasavaha Shrotodusti*



Vitiated *Rasadhatu*



*Dosha – Dushya Sammurchana*



*Vyadhi* (Disease)

## DISCUSSION

Hypothyroidism is a *Strotovarodh Pradhan Vyadhi*, therefore *Vamana* will aid with *Sroto Vishodhan* as well as *Pratilomagati* of *Vayu*. *Kapha Dosha* is important in the etiology of hypothyroidism. Hypothyroidism is characterized by decreased *Agni* and slowness in physiological functioning.

**Vamana:** *Shodhana Chikitsa* was mentioned in *Ayurveda* for *Pravridha Bahu Dosha*. In hypothyroidism, the *Kapha Dosha* is dominant, and *Vamana Karma* is the greatest line of treatment for the *Kapha Dosha*. Due to their *Swavirya*, the *Vamana Yoga* properties, such as *Ushna*, *Tiksna*, *Suksma*, *Vyavayi*, and *Vikasi*, are absorbed and reach the heart. *Suksma* and *Vyavayi* qualities enter *Dhamani* and travel to *Shrotas* (micro channels) throughout the body. *Ushna Guna* liquifies the morbid *Dosha* and evacuate it through the oral route, which is known as *Vamana*. It has an immediate effect on *Agnisthan* and so improves *Agni*. As a result, *Vamana* aids in *Samprapti Vighatana* of the disease.

According to *Vagbhata*, *Vamana* is to eradicate *Kapha Dosha*, which is associated with *Pitta*. Because hypothyroidism is *Kaphavritta Samanavyu* and *Pitta Vriddhi*, it help in the elimination of *Doshas* and the release of *Margavarodha*. *Mala* of *Rasa Dhatu* is *Kapha*. *Vamana* facilitates the elimination of *Kapha* by guiding the *Vridhi* of *Malarupikapha* under *Rasadhatvagnimandya*.<sup>[19]</sup>

### Mechanism of Vamana

The *Vamaka Dravya* having the properties like *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi*, get absorbed and reach to heart due to their *Virya* (Potency). Due to *Sukshma* and *Vyavayi* properties, they move through *Dhamani* to reach *Sthula* (Macro) and *Sukshma* (Micro) *Srotas* (Channels) throughout the whole body. They act on the sites where complex of the vitiated *Dosha* are built. At first, they liquify (*Vishyandayanti*) these complexes by their *Ushna* property. Increased liquidity will further help to flow through circulation. Afterwards these complexes are fragmented into smaller molecules due to *Tikshna* property which will

help them to extricate (*Vicchindanti*) from the micro channels. Then, these liquified and fragmented molecules are lead articulately to *Amasaya*, flowing through "*Anu Srotas*" (*Anu Pravana Bhava*) without adhering to them. Where from stimulated by *Udana Vayu* and due to the *Agni Vayu Mahabhautika* constitution and *Prabhava*, they march in upward direction to expel the vitiated *Dosha*, brought along with them.<sup>[20]</sup>

**Properties :** *Ushna, Tikshna, Sukshma, Vyavayi, Vikasi.*

**Sites :** *Hridaya, Amasaya*

**Channels :** *Dhamani*

**Stimulant :** *Udana Vayu*

**Constitution :** *Agni + Vayu*

**Prabhava :** *Urdhva Bhagahara*

### Physiology of vomiting

Vomiting is accompanied by a complex series of movements which are controlled by the vomiting center in medulla oblongata. The vomiting center is the final common pathway for the act of vomiting. It receives afferent impulses from:

- Chemoreceptor trigger zone (CTZ).
- Higher centers in the brain
- Peripheral structures including the GI tract and nucleus tracts.

A major sensory relay stationed in the afferent vomiting pathway is the CTZ (Chemo receptor trigger zone) situated in the lateral border of the area postrema of the medulla oblongata. Direct electrical or chemical stimulation of the vomiting center can evoke vomiting irrespective of the CTZ (Chemo receptor trigger zone). Vomiting due to irritation or over excitation of the upper GI tract does not involve the CTZ (Chemo receptor trigger zone). But it directly mediated by the vomiting center.

Similarly, it is likely that vomiting of central origin due to emotions, nauseous odours and other similar factors does not involve the CTZ but is due to impulses directly reaching the vomiting center.

Vomiting is usually preceded by the sensation of nausea and increased secretion of saliva, bronchial fluid and sweat. The muscles involved in the act of coughing take part in the act of vomiting and the vagal, vomiting and cough centers have a close functional relationship.<sup>[21]</sup>

**Panchkola**

Panchkola having Ushna, Tikshna, Laghu, Ruksha Guna, Katu Rasa, Katu Vipaka and Ushnavirya. It has Kaphavata Shamaka, Dipana, Pachana, Rochana, Lekhana, Srotovishodhana and Shothahara properties. Panchkola is regarded as one of the most effective medications for the treatment of Mandagni.<sup>[20]</sup>

**Properties of Panchkola Drugs**

S N	Drug name	Latin name	Rasa	Guna	Virya	Vipaka	Karma	Chemical composition
1.	Pippali <sup>[21]</sup>	Piper longum Linn.	Katu	Laghu Snigdha Tikshna	Anushnita	Madhura	Vata-Kapha Shamaka Vatanulomaka	Piperine, piperlongumine, Sesamin, Piplasterol
2.	Pippalimula <sup>[22]</sup>	Root of the Piper longum Linn.	Katu	Laghu Tikshna	Ushna	Katu	Kaphashamaka Agnideepaka	Piperine, B-sitosterol
3.	Chavyala <sup>[23]</sup>	Piper chaba	Katu	Laghu	Ushna	Katu	Agnideepana Kaphavata shamaka	Pelitorin, piperine, piperlongumine, B-sitosterol
4.	Chitraka <sup>[24]</sup>	Plumbago zeylanica	Katu	Laghu Ruksha	Ushna	Katu	Kaphavatahara	Plumbagin

5.	Sunthil <sup>[25]</sup>	Ziniber officinale	Katu	Guru Ruksha	Ushna	Madhura	Kanthroghan	Sitosterone
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**CONCLUSION**

Unhealthy eating habits and lifestyle choices are the root causes of disease manifestation. Analyzing the disease's symptomatology in light of Ayurvedic fundamentals reveals that Kapha Dusti linked with Vata Dosha vitiation is the major event, along with Agnimandya. According to Ayurveda, Agni is the entity that causes all types of alterations in the body. Agnimandya is a precursor factor in all disorders that cause Ama development. The symptoms of Ama and Hypothyroidism are almost same. Vamana Karma is the most effective therapy for morbid and elevated Kapha. Vamana performs Srotoshodhana at the Dhatu level.

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