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Role of *Panchakarma* in the management of Hypothyroidism

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ABSTRACT

We are in technical era where there is more of sedentary life style and stress along with this urbanization is affecting our quality of food and health. This is leading to many lifestyle disorders and hormonal imbalances in our body. Hypothyroidism one among the endocrinal disorder. 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. Hypothyroidism is common health issue in India. The highest prevalence of hypothyroidism (13.1%) is noted in people aged 46-54yrs old. With people aged 18-35 yrs being less affected (7.5%). To prevent these hazards *Panchakarma* is beneficiary to maintain metabolic rate. Here an attempt is made to diagnose hypothyroidism in the light of Ayurveda and management guidelines through *Panchakarma*.

Key words: Hypothyroidism, Vyadhi Sankara, Diagnosis, Samprati Vighatana, Panchakarma Chikitsa.

INTRODUCTION

Hypothyroidism one among the endocrinal disorder. 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.^[1] Hypothyroidism is condition where thyroid gland does not produce enough thyroid hormone to meet the need of the body. The thyroid is underactive. Hypothyroidism is common health issue

in India. The highest prevalence of hypothyroidism (13.1%) is noted in people aged 46-54yrs old. With people aged 18-35 yrs being less affected (7.5%).^[2]

In Ayurveda there is no exact correlation to Hypothyroidism but by clinical features we consider it as *Vyadhi Sankara*. The management of Hypothyroidism involves two factors those are supplementation of hormones (L thyroxin) and surgery. Treating Hypothyroidism with hormones may induce certain risks, primarily of cardiac and skeletal complications and exacerbation of several pre-existing illness. Potential hazards of hormonal treatment are;^[3]

1. Exacerbation or precipitation of angina pectoris
2. Myocardial Infarction
3. Osteoporosis
4. Altered insulin requirements in DM
5. Precipitation of Addisonian
6. Altered drug metabolism

Many times the Hypothyroidism is misdiagnosed as the clinical features mimic depression and other

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common diseases. It is also known as hidden health issue. The classification of Hypothyroidism is as follows;

Table 1: Showing classification of Hypothyroidism

Types	Dysfunction	Condition
Primary	Thyroid gland	Hashimoto's Thyroiditis Tx for Toxic Goiter Excessive iodine intake Subacute thyroiditis
Secondary	Pituitary gland/Hypopituitarism	Adenoma Radiation therapy Pituitary destruction
Tertiary	Hypothalamus	Rare

Table 2: Clinical features of Hypothyroidism^[4]

Signs	Symptoms
<ul style="list-style-type: none"> ▪ Dry coarse skin ▪ Cool extremities ▪ Myxedema ▪ Hair loss ▪ Slow pulse rate ▪ Swelling of limbs ▪ Delayed relaxation of tendons ▪ Pleural effusion ▪ Pericardial effusion 	<ul style="list-style-type: none"> ▪ Fatigue ▪ Feeling cold ▪ Poor memory ▪ Dyspepsia ▪ Constipation ▪ Weight gain ▪ Poor appetite ▪ Shortness of breath ▪ Hoarse voice ▪ Heavy menstruation ▪ Reduced Hearing

Ayurvedic approach to hypothyroidism

Through scattered references from the classics, we can describe this hormonal imbalance. *Acharya Charaka* explained *Astanindita*, *Avarana*, *Bhasmaka Roga* and these are taken as functional disorders of

endocrinal gland. Involvement of *Agni*, *Dhatwagnimandya* and *Amalakshana* are similar to those of symptoms of Hypothyroidism.

Agni

The function of *Jataragni* is *Ayu*, *Bala*, *Swastya*, *Utsaha*, *Upachaya*, *Prabha*, *Oja* and *Teja*. Impairment of this leads to disease.^[5]

Dhatuvruddi

Kayagni present in the *Dhatu* also. Their decrease and increase function leads to *Dhatu Vriddi* and *Kshaya* and it will increase or decrease the succeeding *Dhatu* too.^[6]

Ama

Amalakshana include obstruction of the channel, loss of strength, feeling of heaviness of body, inactivity, lassitude of digestive power, anorexia these merely correlates to symptoms of hypothyroidism.^[7]

From above references we notice that the *Agnidusti* leads to *Agnimandhya* and *Dhatwagnimandya* too, which produces *Amalakshana*. The *Samprapti* of hypothyroidism in algorithm.

Samprapti

Nidan Sevana → *Kapha Pradhana Tridosha* → *Jataragni Mandya* → *Amatapatti* → *Dhatwagni Mandya*

Dhatwagnimandya manifests following symptoms

<i>Dhatwagnimandhya</i>	<i>Lakshana</i>
<i>Rasa</i>	<i>Ashraddha</i> , <i>Agnisaad</i> , <i>Alasya</i> , <i>Sheetava</i> , <i>Pandu</i>
<i>Rakta</i>	<i>Asrugdhara</i> , <i>Gulma</i>
<i>Mamsa</i>	<i>Galaganda</i> , <i>Granti</i>
<i>Meda</i>	<i>Sthula</i> , <i>Prameha</i>
<i>Asti</i>	<i>Keshapaat</i> , <i>Astisoushryata</i>
<i>Shukra</i>	<i>Klaibya</i> , <i>Aharshana</i> , <i>Akala Prasava</i>

Samprapti Ghataka^[8]

- *Dosha - Kaphavrita Samanavatavruddi, Pitta Dusti*
- *Dushya - all Dhatus predominantly Rasa and Meda*
- *Agni - Jataragni, Dhatvagni*
- *Ama - Jataragni and Dhatvagnijanitmandya*
- *Srotas - All Srotas*
- *Srotodusti - Sanga, Vimargagamana*
- *Adhistana - Gala Pradesha*
- *Udhbhavasthana - Amashaya*
- *Rogamarga - Bahya*
- *Vyaktasthana - Sharira.*

Samprativighatana Chikitsa is the line of management for Hypothyroidism.

Panchakarma Chikitsa

In Ayurvedic classics *Galaganda Roga* has been explained in that *Chikitsa Sutra* is as follows.

Chardi Virechanam Nasyam Swedodhooma Siravyadha Agnikarma Ksharayoga Pralepo Langhanani Cha | [Bh.Ra. *Galaganda Chikitsa* 82]

When we follow *Samprativighatana Chikitsa*, there is involvement of *Kaphavrita Samana Vata Dosha* and *Bahudoshavasta*. *Samshodhana Chikitsa* need to be adopted for *Kaphaharana* and for releasing the *Margavarodha*.

Vamana^[9]

- As per *Vagbhata*, *Vamana* is to eliminate *Kapha Dosha* associates with *Pitta*. Hypothyroidism is *Kaphavritta Samanavyu* and *Pitta Vruddi*, so it helps to eliminate *Doshas* and release *Margavarodha*.
- *Kapha* is *Mala* of *Rasa Dhatu*. *Rasadhatvagnimandya* leads *Vridhi* of *Malarupikapha*, so *Vamana* helps to eliminate *Kapha*.
- *Langhana* is a line of management in the *Rasajavikara*. *Vamana* is a type of *Langhana*

therefore *Vamana* pacifies the symptoms related to the *Rasa Dhatudusti*.

- Hypothyroidism is a *Srotorodha Pradhanavyadhi*, so here *Vamana* will help for *Srotovishodhana* and also normalize the *Pratilomagati* of *Vata*.
- The *Ushna, Tikshna, Sukshmaguna* of *Vamana Dravya* reaches to *Hridaya* by the virtue of their potency and there by circulates all over body. They liquefy the morbid *Dosha* and expel it through oral route. It has direct effect on *Agni*. Thus *Vamana* helps in *Sampratvighatan Chikitsa*.

Virechana^[10]

- *Virechana Karma* removes *Avarana (Srotoshodhana)* and acts at *Dhatvagni* level there by corrects *Agni*.

Nasya

- *Nasya* is prime treatment modality in the management of *Urdwajatrugataroga, Galaganda* is one among *Jatrutwaroga*. *Nasya Karma* stimulates the olfactory nerve which acts on higher centres i.e. Hypothalamus and pituitary gland. Thus it acts on endocrine system.

Basti

- *Basti* acts at enteric nervous system and influences cellular level.
- Stimulates HPT axis by virtue of thyroid gut connection.
- As per Research, *Lekhana Basti* is effective in the management of hypothyroidism. It does *Shaman* of *Vata* which is *Avrita* by *Kapha Dosha*.^[11]
- As per Research, *Dwipanchamooladi Niruha Basti* combination is beneficial in treating signs and symptoms of *Hypothyroidism*.^[12]

Takradhara^[13]

Hypothyroidism is psychosomatic disorder, so *Takradhara* with *Aragwadhadi, Varunadi, Eladigana* is beneficial.

CONCLUSION

Hypothyroidism is an endocrinal disorder which produces group of symptoms. In Ayurveda we can consider it as *Vyadhi Sankara*. Before treating disease, proper diagnosis is essential and it is achieved by history, clinical examination and thyroid function test. As per Ayurveda to treat this disease one must have knowledge of *Agni, Dosha, Dhatu* and *Srotas* and *Samprapti Vighatana Chikitsa. Agnideepana, Srotoshodhana* can be achieved through *Panchakarma Chikitsa. Vamana* and *Virechana Karma* acts at the level of *Dhatu* and does *Sroto Shodhana. Nasya Karma* acts on higher centre Hypothalamus thus corrects hormonal imbalance. *Lekhana Basti* does *Kapha Chedana* and *Vatanulomana*. So *Panchakarma Chikitsa* is best to treat the Hypothyroidism.

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