



## EFFECTIVE AYURVEDA THERAPY TO TREAT THYROID DISORDERS

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Article Received on 28/09/2020

Article Revised on 18/10/2020

Article Accepted on 08/11/2020

### ABSTRACT

Thyroid disorders are on the rise across the world. While there are therapies available to treat them, many unavoidable side effects occur as part of the therapy. Ayurveda is the ancient system of medicine in India which uses herbal based medicines to treat diseases. In clinical practice this system of medicine is seen to be well tolerated by patients. Therefore, it will be a benefit to the patients with thyroid disorders if treatment based on Ayurveda can be developed as an effective alternate to modern medicine. **Materials and Methods:** The patients were diagnosed based on symptoms as per ayurvedic guidelines, followed by modern laboratory tests. Therapy was determined according to the nature of the disease manifestation. **Results:** We observed that virechana with trivruttaleh and internal medicines kasaya, diet, pranayama etc was effective in patients of both the genders and different conditions of thyroid disorders.

### KEYWORDS:

### INTRODUCTION

Ayurveda is an age-old traditional system of medicine originated from India. It is thought to have at least a history of 3000 years. In this system, the universe is believed to be consisting of five elements- Prithvi (Earth), Jala (water), Agni (Fire), Vayu (Air) and Akasha (Space). They are known as Panchamahabhootas (five major elements). These five elements also constitute the human body and the three humors (tridoshas). The tridoshas are Vata (related to air), Pitta (related to fire) and Kapha (related to water). According to Ayurveda, for a healthy human body, these tridoshas must be balanced. Any imbalance, leads to a state of disease. This system of medicine explains the various means to keep tridoshas balanced in various disease conditions, which constitute the treatment part.

One major health disorder affecting globally is thyroid disorder. The American Thyroid Association (ATA) expects that more than 12 percent of the American population will develop some thyroid disorder in their life time. The ATA estimates about 20 million Americans already having thyroid disorder. Women are more prone to develop thyroid disorders with five to eight times higher probability than men. A study in India published in 2011 reported that, there were 42 million people suffering from some form of thyroid disorder. For hyperthyroidism anti-thyroid medication and surgery are the options, while for hypothyroidism, lifelong thyroid

hormone replacement therapy is the option. These medications can lead to side effects like change in appetite, hair loss, muscle weakness. The ATA has listed Ayurveda as a choice of Complementary and Alternative Medicine (CAM). However, clinical evidence needs to be shown to establish that effectiveness of Ayurveda as a treatment option for thyroid disorders. In this context, we share how patients with thyroid disorders are classified in Ayurveda, how they were treated in our facility with Ayurvedic medicines and how they responded to the treatment.

Ayurveda describes thyroid disorders based on doshas. Hypothyroidism has been divided into five classifications based on, whether it is caused by - Vata, Pitta, Kapha or urinary tract infections (mostly in females) and finally the "goiter" type, where a pronounced swelling of the gland can be seen around the neck region. The "goiter" type is believed to be the advanced stage of Kapha induced hypothyroidism. Improper digestion of food is considered as an underlying cause for all the dosha induced hypothyroidism. In addition, the Vata induced disorder has a psychological component from mental agitation and mental stress, and a physical component from excessive physical activity. The hyperthyroidism is attributed to pitta only. Treatment is prescribed after ascertaining the root cause of the disorder. For example, if the disorder is Kapha based, the medicines will be given to bring the kapha dosha in the body to normal

level. Therefore, Ayurveda provides a patient centric approach for treatment.

## MATERIAL AND METHODS

Depending on the condition and part of body affected the symptoms vary.

- General symptoms included low grade fever & feeling of tiredness which usually comes & goes on & off

- Autoimmune disease tends to have one of three characteristics pathological effect which are damage or destruction of tissues, altered organ function.

### Autoimmune Thyroid Disease (Aitd)

(AITD) is a organ specific thyroid disorder which can cause several forms of thyroiditis, ranging from hypothyroiditis (Hashimoto's thyroiditis) to hyperthyroidism (Grave's disease) symptoms

Hashimotos' thyroiditis (hypo)	Grave's disease (hyper )
Goitre	Dry eyes
Weight gain	Protruding eyes
Pale or puffiness of face	Vision impairment
Constipation	Non pitting odema with hyperpigmented papules
Hair loss	Clubbing caused by soft tissue swelling

Joint or muscle pain	Periosteal changes in fingers and toes
Tenderness and stiffness	Excess sweating ,hunger,fatigue
Irregular or heavy menses	Hyperactivity ,irritability ,fast heart rate
Depression	Palpitation,mood swings,nervousness
Impaired memory	Diarrhoea,hairloss,panic attack
Slow heart rate	Muscle weakness,short & light menses
Difficulty in getting pregnant	Weight loss
Dry skin	Warm skin
Hoarseness of voice	Tremor

### Research Method

Thyroid gland is called as avatugranthi in Sanskrit. Explanation of goiter caused by hyper or hypo thyroid disease is seen in ayurvedic texts as Galaganda characterized by neck swelling. The first description of thyroid seen in athrvaveda by name apache. Acharya Charak has explained Galaganda as a solitary swelling.Acharya Sushruta has described Rohini as the seat of Galaganda which is sixth layer of Twacha.

### Causetivefactor

Environmental factors

- Low birth weight
- Excess iodine or iodine deficiency - Stress
- Smoking
- Radiation exposure
- Viral or bacterial infection
- Pregnancy
- Thyroid surgery
- Pituitary disorder

According to Ayurveda causative factor

- Weak agni, doshaprakopa,
- Apathyasevana
- Chirkaliaushadsevan
- Addiction
- Dushtambu and krimidosha.
- Himvataprabhav

Management of AITD depends on 3 factors

1. Ahara
2. Vihar

### 3. Aushadhi

#### 1. AHARA

Pathya:- Brown Rice , Jwari, Bajari

Apathya:- Cauliflower, Cabbage, Wheat, White Rice, Tea, Coffee.

#### 2. VIHARA

Pranayama,  
Sinhamudra,  
Sarvangasan.

#### 3. AUSHADHI

a) Virechana with TrivruttaLeh – 8 to 10 am 5 days continue with 5 days interval for 1 months .

b) Internal medicines

Tab kanchnarguggul 1 bd

Tab.punarnavamandur 1 bd

Tab. Chandraprabhavati 1 bd

Tab. Bramhivati 1 bd

c) Kashaya

Hanspatyadi Kashay 3 – 4 tsp bd

6-7 am -----4-5 pm

Varunadi Kashay 3 – 4 tsp bd

7-8 am----- 5-6 pm

Ashwagandharishta ----- at night after dinner – 3 -4 tsp with water.

## DISCUSSION

Selection of drugs for management of hypothyroidism in Ayurveda is mainly based on the pathology involved and expected site of action like thyroid stimulatory drugs if pathology is at the level of thyroid gland, Medhya drugs (nootropics) to act at the hypothalamopituitary level, Deepana-Pachana drugs for metabolic correction, and immunomodulatory drugs for autoimmune hypothyroidism. Ayurveda owing to its individualistic approach advocates patient-centric therapy in hypothyroidism. In Ayurvedic perspective, the clinical manifestation of hypothyroidism can be related to symptoms of Kaphaavrata Samana Vata, a condition where movement and functioning of Samana Vata is obstructed by Kapha-causing metabolic derangements in the form of Agnisada(diminishment of digestive fire). Hence, suitable Srotoshodana(purificatory) procedures followed by Shamana (palliative) drug administration is the desired treatment plan.

Trivrit avaleha was indicated for the purpose of Nitya virechana .Nitya virechana can be given in all seasons. Since Galgand is Vata kaphaja disorder but with Pitta dusti, since there is hypo secretion of hormones pitta to be considered as hormone and perhaps Pitta needs to be regularize, hence combination was made. Kanchnar guggul is considered as a drug of choice for Granthi vikar and Galgand.

Varunadi kashaya is used in vata kaphaja disorder and well indicated in gandmala Hanspatyadi kashaya is a deepana drug and is very effective in hypothyroidism goitre & obesity.

Chandraprabhavati is also indicated in gandmala & very effective in swelling. Brahmi vati is a medhya rasayan & widely used for its multiple actions it regulates the nervous system .It stimulate synthesis of T4 due to its energizing effect. Ashwagandha is a well known rasayana drug & has antioxidant action. It improves thyroid activity.

## CONCLUSION

1. Here we present a clinical observation where patients with thyroid disorders were treated with Ayurvedic medicines, based on the condition of each patient. We have observed consistent encouraging results for thyroid treatment and we need further studies to understand the interesting mechanism of that Virechana with Trivruttaleh and internal medicines, Kashaya, diet, pranayama etc. in particular.
2. It can be very well managed with Ayurvedic medicines, depending upon the symptoms, careful selection of drugs to be made.
3. By adopting Ayurvedic treatment one can not only decrease the level of TSH, but also enhance, stimulate the normal functioning of gland.

4. Ayurvedic medicine proves to be blissfull in thyroid disorders.

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