

AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM BY MANAGING TSH LEVEL –  
A CASE REPORT<sup>\*1</sup>Dr. Ankita Jagdish Ballal and <sup>2</sup>Dr. Jayashree Vaidya<sup>1</sup>Post Graduate Scholar, Department of Ayurveda Samhita and Siddhant, YMT Ayurvedic College, Kharghar, Navi Mumbai.

HOD, Department of Ayurveda Samhita and Siddhant, YMT Ayurvedic College, Kharghar, Navi Mumbai.

**\*Corresponding Author: Dr. Ankita Jagdish Ballal**

Post Graduate Scholar, Department of Ayurveda Samhita and Siddhant, YMT Ayurvedic College, Kharghar, Navi Mumbai.

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**ABSTRACT**

Hypothyroidism is a clinical syndrome resulting from insufficient production of thyroid hormones, which is a common endocrinal disorder seen all over the world. It affects the metabolism of the body even at cellular level and can affect any organ virtually. The incidence of hypothyroidism is rising rapidly. Hypothyroidism is classified as *Anukta vyadhi* in the *Charak Samhita*. The two primary doshas engaged in this *Vyadhi* are *Vata* and *Kapha*. The current instance is one of the successful hypothyroidism cases. A 40-year-old female patient had suffered from weight gain, puffiness of face, generalized weakness, dryness of skin, hair fall, constipation, hyperacidity, and these symptoms have increased fast in the last 2 months. Patient was known case of hypothyroidism for 4 years and has been on allopathic medication for the same. After two months of Ayurvedic treatment, the patient received Most of the symptoms of the condition were relieved, and the TSH level was lowered. The present case study has focused on effectiveness of Ayurvedic management in primary hypothyroidism.

**KEYWORDS:** Hypothyroidism, *Varunadi Kashaya*, *Nityanand Ras*, *Arogyavardhini Vati*, *Avipattikar Churna*, TSH level, Zulewski et al. scale.

**INTRODUCTION**

The concept that lifestyle is responsible for the genesis of a disease is very old and well known in Ayurveda. Now a days, there has been a drastic change in the dietary habits and lifestyle of individuals due to modernization and influence of western culture. Unhealthy eating habits, along with sedentary lifestyle, cause various diseases including metabolic disorders.

The Thyroid gland is considered to be one of the most important organs of the endocrine system as it regulates nearly all the bodily functions including metabolic, respiratory, cardiovascular, digestive, nervous and reproductive system either directly or indirectly. Lack of thyroid hormone or resistance of the body tissue to the thyroid hormone with respect to metabolic demand results in disorder called hypothyroidism. Hypothyroidism is posing a major health challenge in both developing as well as developed world.

To rectify thyroid gland function, an ayurvedic approach to the problem must be established, which can then aid in the preventative and therapeutic management of hypothyroidism. It involves the *kapha* and *vata doshas*,

and management approaches such as *shodhana* and *shamana* are necessary for balancing these *doshas*.

**CASE PRESENTATION**

A female patient aged about 40 years old presented with complaints of weight gain, puffiness of face, generalized weakness, dryness of skin, hair fall, constipation, hyperacidity. In the last two months the symptoms are aggravating. She has been taking thyroxin hormone in a dose of 75 mcg per day in the last 4 years but her general condition did not improve nor did the level of TSH decrease.

**Asthavidha Pariksha**

- Nadi: 78/min
- Mala: Irregular unsatisfactory
- Mutra: 5-6times per day
- Jivha: Sama
- Agni: Mandya
- Shabda: Normal
- Sparsh: Twak rukshata
- Druka: Normal
- Akrti: Madhyam
- Bala: Madhyam
- Blood Pressure: 112/84 mm/hg

**Thyroid local Examination**

On Inspection

- Localized swelling - Absent

On palpation

- Size - Normal

- Shape - Normal
- Localized temperature - Not Raised
- Tenderness - Absent
- Localized temperature- Absent

**MATERIAL AND METHODS****MATERIAL****Table 1: Showing material used for study.**

Sr. No.	Name of drug	Dosage	Time of administration	Frequency and Anupana
1.	<i>Varunadi Kashaya</i>	20 ml	Before Food	Twice a day with lukewarm water
2.	<i>Nityananda Ras</i>	2 Tablet (500mg)	After Food	Twice a day with lukewarm water
3.	<i>Arogyavardhini Vati</i>	2 Tablet (500mg)	After Food	Twice a day with lukewarm water
4.	<i>Avipattikar Churna</i>	1 gm	Before food	HS with lukewarm water

**METHOD**

- **Type of study:** Single case study.
- **Criteria for diagnosis:** On the basis of TSH derangement levels.
- **Study duration:** 60 days with follow up at 30 days and 60 days.
- **Assessment of result:** On basis of subjective and objective criteria.

- **Subjective parameters**

The Zulewski *et al.* scale was used. This scale includes the most common symptoms of Hypothyroidism, a score of 1 is given if the symptom persists, otherwise zero. A total score of more than and equal to 5 equates to

hypothyroidism, a score of less than, equal to 3 equates a euthyroid state, and between 3-5 shows an intermediate state.

- **Objective parameters:** Changes in T3, T4, TSH levels.
- **Dietary Management**
  - Increase the fibre intake, eat more fruit & vegetable, add whole grain in diet.
  - Avoid Soyabean, Cabbage, Spinach, Broccoli, Brussel sprouts, Fried, Salty food, Dairy product.

**Table no. 2: Zulewski *et al.* scale (More than 5 indicating Hypothyroidism).**

Sr. No.	Sing & Symptoms	Baseline	30 Days	60 Days
1	Slowness of movement	1	1	1
2	Ankle reflex	0	0	0
3	Coarse skin	1	1	0
4	Periorbital puffiness	1	1	1
5	Cold skin	1	1	0
6	Diminished sweating	1	1	0
7	Hoarseness of voice	0	0	0
8	Paraesthesia	0	0	0
9	Dry skin	1	1	0
10	Weight increase	1	0	0
11	Hearing impairment	0	0	0
12	Constipation	1	0	0

**Table no. 3: Showing changes in Thyroid Profile.**

Sr. No.	Investigation	Before treatment	After treatment
1.	T3	101	84
2.	T4	9.29	8.1
3.	TSH	7.31	4.23

**OBSERVATION AND RESULTS**

As per shown in above table improvement of symptoms were observed as a result of our Ayurvedic management. Within 60 days, the patient's symptoms began to improve. After two months of treatment, the patient had recovered both subjectively and objectively.

**DISCUSSION**

Hypothyroidism, being a metabolic disorder, causes disturbances in the maintenance of normal body functioning and also slows down activities. In this situation, all *Hetus* like improper diet, *Kapha prakopkara Aahar*, *Ratri jagarana*, *Sukhasana*, *Chinta* are mostly *Vata* and *Kapha prakopak*. *Aamuttpatti* arises as a result

of *Hetu-sevan*, causing *Agnimandya* and constipation. Because of *Hetus*, the initial *Aahar-rasa* is converted into *Aam*, resulting in *Vikrut Rasa Dhatu*. All of this

causes additional problems and results in *Vikrut Dhatu-Uttpatti*. It also performs *Dhatu Kshaya* through *Pratilom Gati* and manifests as symptoms.

**Table no. 4: Showing action of drug.**

Drugs	Ingredients	properties
<i>Varunadi Kashaya</i>	<i>Varuna, Sahachara, Sathaavari, Agni, Murva, Bilva, Ajaji, Brihati, Karanja, Chiruvilwa, Agnimantha, Hareethaki, Sigru, Dharbha, Bhallataka.</i>	<i>Kapha, Meda, Mandagni Nashaka.</i>
<i>Nityananda Rasa</i>	<i>Triphala, Trikatu, Parada Gandhaka, Kasya, Tamra, Vanga, Tuttha, Shankha Bhasma, Haratala, Vidari, Vidanga, Loha, Bhasma, Pancha Lavana, Chavya, Pippali Moola, Hapusha, Vacha, Patha, Devadaru, Ela, Vriddhadharu, Trivrut, Chitraka, Danti, Shati</i>	<i>Vatakaphahara, Agnideepana, Amapachana, Lekhana and Rasayana.</i>
<i>Arogyavardhini Vati</i>	<i>Shuddha Parada, Shuddha Gandhaka, Loha Bhasma, Abhraka Bhasma, Tamra Bhasma, Triphala, Shilajatu, Guggulu, Chitramool, Katuki, Neem</i>	<i>Dhatwagnivardhana, malashodhaka, Pakwashyadushti nashka.</i>
<i>Avipattikar Churna</i>	<i>Shunthi, Maricha, Pippali, Triphala, Musta, Vida Lavana, Vidanga, Ela, Patra, Lavanga, Trivrit, Khanda sharkara</i>	<i>Balances in the three doshas, Virechak.</i>

## CONCLUSION

As the number of diseases associated with lifestyle advances, it causes problems. In such instances of *Anukta Vyadhi*, Ayurveda provides the most effective alternative. Ayurveda cures these conditions with *doshas vichar* and also provides *apunarbhava*.

From the above study it can be concluded that, there was a significant reduction in the signs and symptoms of the disease, and also in thyroid profile report. The medicine showed encouraging results in this case.

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