

“ROLE OF KANCHANAR GUGGULA IN THE MANAGEMENT OF GALAGANDA W.R.T. HYPOTHYROIDISM”- A CASE STUDYDr. Naresh Nimbalkar*¹ and Dr. Sachin Sapkal²¹Associate Professor and PG Guide of *Kaychikitsa* Department²PG Scholar of *Kaychikitsa* Department

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ABSTRACT

Hypothyroidism is a condition in which the thyroid gland doesn't produce enough thyroid hormone which disrupt such things as heart rate, body temperature and all aspect of metabolism. Untreated hypothyroidism can contribute to Hypertension, Dyslipidemia, infertility, and neuro muscular dysfunction. In Ayurvedic classics there is no direct reference for thyroid, whereas the *Galaganda* has been frequently used in the text. According to *Charaka* and *Madhav Nidan* presentation of single swelling (*Granthi*) on the *Parshay* of the neck is *Galgand*. *Galgand* is explained classically in all the Ayurvedic texts, including *Shushruta* and *Astang hruday*, since *Galgand* is the most untouched topic in Ayurveda and since thyroid is becoming one of the common problems in day-to-day practice. However, in recent times it has been observed that thyroid can be very well managed with ayurvedic drugs and *kanchanar guggula* is one of the best medicines for *Granthi vikara* like *Galaganda*.

KEYWORDS: Hypothyroidism, *Galaganda*, *Granthi*, Thyroid Gland.**INTRODUCTION**

Thyroid is one of the earliest endocrine glands to build up. After diabetes thyroid is the second most prevailing disorder in daily OPD. The thyroid gland secretes two hormones, tetraiodothyronine or thyroxine (T) and triiodothyronine (Ts). In hypothyroidism TSH level is increased, where as in hyperthyroidism TSH level is decreased, both the conditions exhibit different signs and symptoms. The prevalence of primary hypothyroidism is 1:100, but increases to 5:100. The female-male ratio is approximately 6:1.

Hypothyroidism is the most common endocrine disorder observed all over the world in present time. It occurs about 7-8 times more frequently in females than males. The only treatment available is synthetic thyroxine tablets which patients had to take life-long. Thyroid Hormone is required for the normal functioning of each and every tissue of the body, hence deficiency manifest as multi system involvement. Iodine is the trace element for the synthesis of thyroid hormone. The daily requirement of iodine recommended is 150ug/day, when there is iodine deficiency. The thyroid compensates by increasing the iodine trapping mechanism and synthesis of hormone. under the influence of TSH. This result in diffuse enlargement of the gland, which later on becomes multinodular, the onset and progression of disease is very

gradual, the basal metabolic rate is decreased, deposition of Haluronidase in dermis and all tissues and hence leading to non-pitting oedema Le., myxoedema, which is the result of long-lasting Hypothyroidism. According to Ayurveda Galgand is produce due to Vata, Kapha Dosha, and Meda Dhatu Dushti. The terms like Galgand and Gandmala have been cited in the text, like Charaka, Sushruta and Astanghrudaya. But no direct reference of hypothyroidism is available, since the name suggest its manifestation in and around the neck, so one can consider it as goiter and hypothyroidism and in Ayurveda *Granthi Viakara*. *Kanchanar guggul* mentioned for the best medicine to *Granti vikara* like *Galaganda*.

AIMS AND OBJECTIVE**Aim:** - Evaluate the Role of *Kanchanar Guggula* in the management of *Galaganda* w.s.r to Hypothyroidism.**Objective**

- 1) To study the Role of *Kanchanar Guggula* in the management of *Galaganda* w.s.r to Hypothyroidism.
- 2) To Study the Mode of action of *Kanchanar Guggula* in detail.
- 3) To Study the Hypothyroidism in details.

MATERIALS AND METHOD

Drug preparation

The Drug used in the study is commercially available Kanchnar Guggula

Dose: 2 Tab TDS

Duration: 3 months

Kaal: Adhobhakat Kala

Kanchnar is considered as a drug of choice. for Granthi vikar and Galgand so here in this case Kanchnar guggulu administered for 3 months. Patient was reviewed after 3 months with investigations like TSH.

Hence, keeping Galgand in mind, the treatment was performed. A case study of a female patient aged 39 yrs with hypothyroidism was diagnosed and treated in the hospital of CSMSS Ayurved Mahavidyala. She complains swelling of body and puffiness of face, hoarseness of voice, lethargy and general debility, hair fall and constipation since 2 and half month patient was taking medicine for general weakness, she was on multivitamins, but she was not getting relief.

After taking proper history patient was subjected to further investigations, like Hb gm% 3F, CBC, Urine R/M. and TSH, after seeing the reports, we reached to a conclusion that she was suffering from hypothyroidism since her TSH total as on 15/06/21 was 13.780iu/ml.

A treatment was planned keeping the disease and symptoms in mind, Tab Kanchnar guggula 2 TDS with luke warm water was advised to the patient and was advised Pathya and Apathya. Pathya like flowers of Kanchnar were advised in her diet in the form of vegetable and curd raita, Apathya like cabbage and cauliflower were excluded from her diet.

Patient was then advised to undergo TSH investigation after 3 months. After 3 months, patient started with the feeling of wellbeing and the intensity of symptoms reduced. Her TSH Total as on 10/9/21, came lower to 10.760iu/ml, then again. Where tab Kanchnar guggulu was advised along with Pathya and TSH investigation once in three months, tab Kanchnar guggulu help, maintained her TSH level and patient was appearing normal clinically.

DISCUSSION

Hypothyroidism is a clinical condition, which needs to be treated. A patient may land up to the complication like myxoedema coma which is very rare. So like modern medicine Ayurvedic medicine takes time to normalize the value of TSH, Hence treat patiently. Since there is no direct reference of Hypothyroidism in the Ayurvedic text, but Galgand or Gandmala is found in the text. since Galgand is Vata kaphaj disorder hence the drugs used, act on Vata and Kapha. Kanchnar guggulu is considered

as drug of choice for all kinds of Granthis, hence the drug was chosen.

CONCLUSION

Since Hypothyroidism is the second most prevalent disorder and should be ruled out at OPD level. It can be very well managed with Ayurvedic medicines, depending upon the symptoms, careful selection of drugs to be made. By adopting Ayurvedic treatment one can not only decrease the level of TSH, but also enhance, stimulate the normal functioning of gland. During the course of treatment, no side effect or any complications were seen, patient very well tolerated the treatment.

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