

CASE REPORT

Evidence Based Multimodal Ayurveda Treatment in the Management of Hypothyroidism

Jayesh J. Purohit¹, Snehal R. Sonani²

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ABSTRACT

Background: Traditional Ayurvedic principles, encompassing personalized dietary modifications, herbal formulations, lifestyle adjustments, and mindfulness practices, were employed in the holistic treatment approach. This article presents a compelling case study illustrating the effectiveness of Ayurvedic interventions in managing hypothyroidism, a prevalent endocrine disorder affecting millions worldwide.

Case detail: A 31-year-old female presented with chief complain of increasing body weight, she was known case of Hypothyroidism and taking thyroxine 25 mg since last 6 year.

Therapeutical intervention: Patient was treated with ayurveda multimodal therapy for five months.

Outcome: Result was documented by notable improvements in thyroid function, symptom relief, and overall well-being along with seven kg weight loss in five months treatment plan. The results not only highlight the potential of Ayurveda as a complementary therapeutic modality but also underscore the importance of individualized care in addressing complex health conditions.

Conclusion: This case study contributes valuable insights to the growing body of evidence supporting integrative medicine and encourages further exploration of Ayurvedic approaches in the management of thyroid disorders.

KEYWORDS:

• Hypothyroidism • Udavart • Sthaulya • Ayurveda treatment

AUTHOR'S AFFILIATION:

¹ Associate Professor, G J Patel Institute of Ayurveda Studies and Research, CVM University, Anand, Gujarat 388120, India.

² Assistant Professor, G J Patel Institute of Ayurveda Studies and Research, CVM University, Anand, Gujarat 388120, India.

CORRESPONDING AUTHOR:

Snehal R. Sonani, Assistant Professor, G J Patel Institute of Ayurveda Studies and Research, CVM University, Anand, Gujarat 388120, India.

E-mail: snehalsonani@gmail.com

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INTRODUCTION

In an era where conventional medicine prevails, alternative approaches to healthcare are gaining increasing recognition for their holistic and personalized methodologies. Among these ancient systems, Ayurveda stands out as a comprehensive and time-tested system of natural healing. Hypothyroidism, characterized by an underactive thyroid gland, poses a significant health challenge globally, necessitating innovative and inclusive treatment strategies. As per Charak Samhita, Hypothyroidism is considered under *Anukta Vyadhis* in which there is involvement of two *Doshas* i.e. *Vata* and *Kapha*. Here *Roga-utpatti* is from *Koshtha* (*Amashaya*), then goes into *Shakha* (*Pakwashaya*).

This article delves into a transformative journey of holistic healing through a compelling case study, offering a detailed exploration of the Ayurvedic management of hypothyroidism. As we navigate the intricacies of this successful intervention, we unravel the layers of Ayurveda's wisdom, highlighting its potential as a complementary and individualized approach to addressing the complexities of thyroid disorders. Through this exploration, we aim to contribute to the evolving discourse on integrative healthcare, emphasizing the importance of embracing diverse therapeutic modalities for comprehensive patient well-being.

Case details: A 31-year-old female patient came with chief complains of excessive weight gain (Weight was 93 kg, as she was diagnosed case of Hypothyroidism) since last 6 year even though she was taking modern medicines (Tyroxine 25 mg one time a day) for Hypothyroidism on 4th July 2023. She showed other associated symptoms i.e. *Alasya*, *Asamyak Nidra*, *Ang-gaurav*, *Smritimandhya*, *Twak Rukshata*, *Glani* etc. Patient was first diagnosed

with hypothyroidism in year six years (From 2017) and taking allopathy medicines (thyroxine 25 mg) since last six years (From 2017). Patient had chosen ayurveda therapy for the management of all the symptomatology and deduction of allopathy medicines.

History of present illness:

A 31 years old female was apparently well before Seven years. As she was unable to conceive naturally, she underwent for some investigations, and she was diagnosed as a case of poly cystic ovarian syndrome. For that she had taken hormonal replacement therapies and with the help of it she conceived and delivered a healthy male child. But during pregnancy she faced massive weight gain and diagnosed as a patient of hypothyroidism. So, she was advised to take thyroxin 25 mg but she was not relieved from weight gain as well she was also suffering from other related symptomatology of hypothyroidism even she had continued medication. So, for management of hypothyroidism and for the sake of weight loss she visited ayurveda consultation.

Clinical findings (Date):

Weight- 93 Kg

Height: 155 cm

BMI: 38.7

Generalised obesity.

Other systemic examination revealed normalcy. No pallor, icterus, cyanosis, or clubbing was found.

Evaluation of *Ashtavidh Pariksha* revealed *Kshudhamandhya*, *Twak Rukshata*, *Alpa Sharir Bala*, *Shtool Akrti*.

Menstrual history: Regularly irregular, ± 3 to 4 days, White discharge occasionally, Colour- reddish brown

Ultrasonography (4/7/23): Normal

Timeline:

Sr. no.	Date	Complaints	Treatments		
			Drug Name	Dose	Duration
1	04/7/23		<i>Indrayavadi</i> ¹	2 tab (500 mg)	3 times/day
			<i>Shiva</i> ²	4 tab (1000 mg)	3 times/day
			<i>Sanjivani</i> ³	1 tab (125 mg)	2 times/day

Sr. no.	Date	Complaints	Treatments		
			Drug Name	Dose	Duration
2	12/7/23	Udarshula Urodaha Mala-4/day Weight-90 kg	<i>Indrayavadi</i>	2 tab (500 mg)	3 times/day
			<i>Eranda Bhrudhtha Haritaki</i> ⁴	3 tab (750 mg)	3 times/day
			<i>Gaumutra Ha ritaki</i>	2 tab (500 mg)	2 times/day
3	19/7/23	Mala-3/day Weight-90 kg	<i>Indrayavadi</i>	4 tab (500 mg)	3 times/day
			<i>Gaumutra Haritaki</i>	3 tab (500 mg)	3 times/day
			<i>Haritaki</i> ⁵	3 tab (750 mg)	3 times/day
4	26/7/23	Weight-89	<i>Indrayavadi</i>	3 tab (750 mg)	3 times/day
			<i>Gaumutra Haritaki</i>	2 tab (500 mg)	3 times/day
			<i>Haritaki</i>	2 tab (500 mg)	3 times/day
5	2/8/23	Weight-90kg	<i>Indrayavadi</i>	3 tab (750 mg)	3 times/day
			<i>Gaumutra Haritaki</i>	2 tab (500 mg)	3 times/day
			<i>Haritaki</i>	2 tab (500 mg)	3 times/day
6	31/8/23	Wt-90kg jwaranubhuti White discharge++ Abdomen pain++ Amla rasa sevan iccha udargauravata	<i>Arogyavardhini</i> ⁶	2 tab (500 mg)	3 times/day
			<i>Haritaki</i>	2 tab (500 mg)	3 times/day
			<i>Eranda Bhrudhtha Haritaki</i>	3 tab (500 mg)	3 times/day
7	14/9/23	Jwar-nasti Kasa-Shushka ShirShula Daurbalya M/h-clotting++ Heavy flow-6pads per day Pain Decrease	<i>Sitopaladi</i> ⁷ + <i>Yastimadhu</i> ⁸	5 gm (with honey)	3 times/day
			<i>Pushyanug Churna</i> ⁹	5 gm (with kosha jala)	2 times/day
			<i>Laghu malini Vasant</i> ¹⁰	1 tab (125 mg)	2 times/day
8	12/10/23	Wt-87kg M/h-clotting++ Heavy flow-6pads per day-since last 7days	<i>Chatur-ushan</i> ¹¹	2 tab (250 mg)	3 times/day
			<i>Eranda Bhrudhtha Haritaki</i>	2 tab (500 mg)	3 times/day
			<i>Indrayavadi</i>	3 tab (750 mg)	3 times/day
9	8/11/23	Wt-86kg TSH-4.8 Twacha rukshta Mala-1times/day M/h- 10 days cycle from 21/10/23	<i>Dashmoola Kwath</i> ¹²	15 ml	2 times/day
			<i>Chatur-ushan</i>	2 tab (250 mg)	3 times/day
			<i>Eranda Bhrudhtha Haritaki</i>	2 tab (500 mg)	3 times/day
			<i>Indrayavadi</i>	3 tab (750 mg)	3 times/day
			<i>Dashmoola Kwath</i>	15 ml	2 times/day

Observation and result:

Sr. no.	Date	T3/T4	TSH	Weight
1	25/3/22	1.38/7.75	8.38	93 kgs
2.	11/8/23	0.87/10.25	7.835	90 kgs
3.	4/11/23	Not done	4.89	86 kgs

DISCUSSION

Pathophysiology of this case according to ayurveda can be understood by *Dhatugat Vikruti* followed by vitiation of *Dhatvagni*. Ayurveda stated three *Roga-Margas* i.e. *Kostha*, *Shakha*, *Marma-Asthi-Sandhi* which are responsible for the presentation of any disease. Specifically, in this case, vitiated Vata Dosha (i.e. vitiation of *Apana Vayu*) has firstly affected reproductive system which is meant to be a *Kostha Marga*. Then, during the antenatal period more vitiation of all three Doshas has been taken place due to major changes in Hormones. So, previously affected *Kosthagat Vyadhi* goes into *Shakha* and manifested *Shakhagat Vikruti* i.e. Hypothyroidism. All the manifested symptoms in this case i.e. *Asamyak Nidra*, *Ang-gaurav*, *Smritimandhya*, *Twak Rukshata* etc are suggesting vitiation at the level of *Dhatu* followed by Manifestation of other complications i.e. excessive weight gain etc. due to improper care in post-natal care. Other phenomena to understand this clinical condition is symptomatology of *Udavarta*, in which there is displacement of vitiated *Vata Dosha* which lead vitiation of all *Dhatus* and other *Doshas*.

Here, case was treated with the aspect to balance vitiated Doshas which was *Apana Vata Dosha* in initial stage. So, *Shiva*, *Eranda Brusta Haritaki* and other forms of *Haritaki* was given as a *Mrudu Vishodhan* to treat *Kostha*, and *Sanjivani vati* was given to repair other imbalances. Later, *Ama* and *Rasadi Dhatu* was aimed by giving *Chaturushan Churna* to treat for its normal functioning. So, on *Indrayavadi* was given with the purpose of *Dhatu Pachan*.¹³

CONCLUSION

For the treatment of *Anukta Roga*, understanding of *Dosha-Dusya Samurchhna* is very important. So, by decoding its pathophysiology, management of such disease is also ideal by ayurveda multimodal therapy.

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