Case Report

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EVALUATION OF THE EFFICACY OF *AYURVEDIC* MEDICINES IN THE MANAGEMENT OF HYPOTHYROIDISM: A CASE REPORT

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ABSTRACT

Hypothyroidism refers to deficiency of thyroid hormone caused due to various reasons. The global incidence of hypothyroidism is increasing alarmingly as people are exposed to more stress and strain. The synthesis and transport of thyroid hormones play a vital role in the normal physiology and functioning of thyroid hormones. The present case report was conducted to evaluate the efficacy of *Ayurvedic* medicines in the management of Hypothyroidism within time constrain. A 30 years old female patient was diagnosed as hypothyroidism in 2017 with the complaints of mild oedema over face, bowel irregular and weight increases. Other associated complaints were reduced appetite, lethargy, weakness, delayed menstrual cycle and headache. *Arogyavardhini vati* 1 tablet (in 100 mg), *Kanchnar guggulu* 2 tablet (in 250 mg), combination of *Sudarshana Churna* and *Kalmegha Churna* (each 3 gram), *Mustakarishata* 20 ml, with equal amount of water and *Mahamanjishthadi kwatha* 10 gram after food was administered twice a day for 15 days. The patient showed significant improvement in TSH (thyroid stimulating hormone) from 20.79 uIU/mL/dl to 0.35 uIU/mL. A symptomatic improvement was observed in irregular bowel, oedema over face, delayed menstruation, lethargy and reduced appetite was found. This case report highlights the potential of *Ayurvedic* management in hypothyroidism within the time constrain and provide the better pathway for this disease.

Keywords: Hypothyroidism, *Arogyavardhini vati*, *Mahamanjishthadi kwatha*

INTRODUCTION

Hypothyroidism is when the thyroid gland does not produce enough thyroid hormones or resistance of the body tissue to thyroid hormone with respect to metabolic demand. It can produce a number of symptoms such as feeling of tiredness, constipation and weight gain. Thyroid hormone is required for the normal functioning of each and every tissue of the body. The modern system of medicine is still exploring medicine for better and more effective management of hypothyroidism. Even after years of treatment it is associated with failure to provide relief in clinical manifestations. Moreover, excessive thyroid hormone replacement carries the potential for serious long-term metabolic complications (e.g., accelerated osteoporosis).¹

The major function of the thyroid gland is to act as a spark for the maintenance of oxidative metabolism in most tissues. In *Ayurveda* parlance, this is attributed as the function of *Agni* (system related to metabolism). As far as the management of hypothyroidism through *Ayurveda* is concerned, hormonal replacement is not possible through drugs. However, one can interpret the pathogenesis of hypothyroidism in the context of *Ayurveda*, in which role of *Agni* is foremost and through its management; wholesome normal activity of the thyroid gland may be achieved. The objective of treatment is decreasing inflammation and regulating the immune system. *Srotoshodhana* (cleansing of the channels), *Agnideepan* (stimulation of the digestion and metabolism), *Pachana* (digestion) and *Vatanulomana* (proper regulation of excretory system) are the main principles of treatment.²

Case Presentation

A 30 years old female was brought by her husband to the OPD of Kayachikitsa, All India Institute of Ayurveda hospital, New Delhi in the month of March 2019. The chief complaints of the patient are increase weight, constipation; body ache and hair fall for last 1 month. The patient was apparently normal 2 years back, problem increased day by day and the patient consulted her family physician, he advised to take conventional medicine. After 2 months patient experienced sudden hair fall, weight gain and body ache hence the patient consulted where the patient was diagnosed as hypothyroidism disease through thyroid profile and clinical examination. The patient was on thyroid supplement for last 15 months.

General examination of the patient revealed that her weight was 74 kg, Blood pressure 100/80 mm of Hg and Pulse rate 76/min, respiratory rate of 18/min, Temperature-99 Thyroid profile shows borderline T3 and T4 Level, TSH shows 20.79 uIU/mL/dl.

Follow up was taken once in 15 days for 3 months after the completion of the *Ayurvedic* medication. There was no any previous complaint reported by the patient and improvement in *Bala* (general strength), *Varna* (complexion), *Agnideepti* (appetite), and body weight was decreased. Thyroid profile was done on 15th day, TSH level was found to be reduce from 20.79 uIU/mL/dl to 0.35 uIU/mL/dl in normal range without using modern medicine as mentioned in (Figure 1 and 2)

Table 1: Oral medication

Drugs	Dose	Anupana	duration
a) A <i>Vati</i> b) K <i>Vati</i> c) S+K <i>Churna</i> d) M1 <i>Arishta</i> e) M2 <i>kwatha</i>	1 tablet, twice a day 2 tablets, twice a day 3 gram each, twice a day 20 ml, twice a day 10 gram (decoction) form, twice a day	Luke warm water Luke warm water Luke warm water With equal amount of water -	For 15 days
S + K <i>churna</i> continue and all medicines were stopped	Same dose as above	Same as above	For next 1 month

*A- *Arogyavardhini vati*, *K-*Kanchnar guggulu*, *S-*Sudarshana churna*, *K-*Kalmegha churna*, *M1-*Mustakarishata*,
*M2- *Mahamanjishthadi kwatha*

Investigation before and after treatment

Figure 1: Investigation before treatment

Figure 2: Investigation after treatment

DISCUSSION

In Hypothyroidism, causative factors mainly vitiate *Tridosha* (*Kapha* predominance associated *Pitta*) and *Margavarajanya* (hindrance of function). *Vata* and *Kapha dosha* vitiation leads to derangement of *Jatharagni* (digestive system) and *Dhatwagni* (metabolic system) its subsequent appearance of *Ama*. This *Ama* blocks the channels in the body (*Shrotorodha*), thereby afflicting the contents of channels causing vitiation of *Srotas* as well as *Dhatu* to which these *Srotas* deliver. Based on clinical presentation the patient was diagnosed as a case of Hypothyroidism and the treatment was planned accordingly. As per the *dosha-dushya* involvement and the physical condition of patient it was decided to use *Arogyavardhini vati* having the properties of *Pachan* (digestive), *Deepana* (appetizer), *Pathya* (wholesome for channel), *Hridya* (cardio protective), *Medonasaka* (can alleviate the diseases arising from hyperlipidemia), *Mala shuddhikari* (cleaning of waste materials from body), increase *Kshudha*(appetizer), *Sarvaroga Prashamana* (can alleviate all types of disorders from body).³⁻⁷ *Kanchnar guggulu* having properties of *Vata-Kapha Shamana* and anti-thyroid stimulating property⁸ similarly *Kalmegha* and *Sudarsana*⁹ *churna* were used to potentiate liver functions which were assumed to be impaired due to chronic use of medicines (contemporary as well as alternative). Both the medicines have proven action on liver functions and well document in research studies.

Mahamanjishthadi Kwatha has *Raktaprasadnya* property hence it facilitates texture of the skin. *Mustakarishata* is used in various

traditional systems of medicine has anti-inflammatory, antimicrobial as well as CNS stimulating properties.¹⁰⁻¹²

CONCLUSION

It is fact, that a case study is not sufficient to depict the efficacy of any treatment modality to such extent that it can be accepted as a Standard treatment modality but definitely it gives an initiative to be worked on. Based on clinical signs and symptoms, *Ayurvedic* medicines were found to be safe and effective in the management of Hypothyroidism.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient(s) has/have given his/her/their consent for his/her/their images and other clinical information to be reported in the journal.

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