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A Conceptual Study Of Hyperthyroidism On The Basis Of Tridosh Siddhant

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Abstract

According to a projection from various studies on thyroid disease, it has been estimated that about 42 million people in India suffer from Thyroid diseases.

Hyperthyroidism is the worldwide leading problem in modern era; due to change in life style of human being. Mithya Aahar Vihara is the main cause of hormonal imbalance which leads to diseases.

Symptoms like palpitations, tremors, increased appetite, weightloss, diarrhoea, intolerance to heat etc. are generally seen in hyperthyroidism patient. There are 3 types of treatment given in modern surgical textbook i.e. antihormonal therapy, radioactive iodine and surgery.

Tridosha imbalance is major cause behind Rogavastha. We can elaborate symptoms of Hyperthyroidism on the basis of Tridosha Siddhant. Vaat Pittavruddhi seen in symptoms of hyperthyroidism.

In Ayurveda, there is no exact Vyadhi Naamkaran explained in ancient textbook for Hyperthyroidism. So it is quite less in practice to treat Hyperthyroidism with Ayurvedic medication. We can also correlate above 3 types of treatment with Dosh Vriddhi and accordingly can give Dosh Shamak Chikitsa.

While treating hyperthyroidism we can use Vaat Pitta Shamak Dravya and its Kalpa. Vata Pitta Shamak Dravya from Vidarigandhadi Gan, Kakolyadi Gan, Laghupanchamul Gan may be effective in Hyperthyroidism. Some of those Dravyas also act as Rasayan, which can provide an additional advantage by acting on hypothalamus pituitary thyroid axis to maintain hormonal equilibria.

These drugs also acts as Balya, Bruhan, Vrushya, Jeevaniya which can help to restrict further progress of inflammatory pathophysiology of Hyperthyroidism.

This topic has been selected to highlight availability of Ayurvedic medication for Hyperthyroidism on the basis of Tridosh Siddhant conceptually.

Key words – Hyperthyroidism, Symptoms, 3 types of treatment, Tridosha Siddhant, Vata Pitta Vriddhi, Vata Pitta Shamak Dravya.

Introduction

Various health problems and diseases related with hormones are increasing day by day due to modernization of lifestyle. According to a projection from various studies on thyroid disease, it has been estimated that about 42 million people in India suffer from Thyroid diseases.¹ Thyroid diseases sometimes result from inappropriate TSH levels, or may be caused by problems in the thyroid gland itself.

Hyperthyroidism is the condition that occurs due to excessive production of

Thyroid hormone by the thyroid gland. Typically blood tests show a low TSH and raised T3 or T₄. Radioiodine up take by the thyroid, thyroid scan and TSH antibodies may help determine the cause.

Signs and symptoms - palpitation, tremors, increased appetite, diarrhoea, weight loss, nervousness.²

Treatment - there are 3 ways for management of Hyperthyroidism i.e. Antihormonal therapy, radioactive iodine and Surgery.³ Radioiodine therapy is taking iodine 131 by mouth. In medication we give beta blocker, antithyroid medication, methinazole to patient. Another option is surgery. In this removal of thyroid gland done.

In Ayurveda, though exact nomenclature for Hyperthyroidism is not available in *Samhitas*, still on the basis of *Vyadhinamkaran Siddhant*⁴ we can treat hyperthyroidism on the basis of *Tridosh Siddhant*. While elaborating symptoms of hyperthyroidism on the basis of *Tridosh a Siddhant* it shows *Vata Pitta Vruddhi*. So in this condition *Vata Pitta Shamak Dravya* and *Kalpa* may be effective.

Vata Pitta Shamak Dravya from *Vidarigandhadi Gan*⁵, *Kakolyadi Gan*⁶, *Laghupanchamul Gan*⁷ may be effective in hyperthyroidism.

These drugs also acts as *Balya*, *Bruhan*, *Vrushya*, *Jeevaniya* which can help to restrict further progress of inflammatory pathophysiology of Hyperthyroidism.

Hence this topic has been selected to highlight availability of *Ayurvedic* medication for Hyperthyroidism conceptually.

Materials

To analyse symptoms of Hyperthyroidism on the basis of *Tridosh Siddhant* conceptually, Hyperthyroidism was studied according to modern texts, *Samhitas* etc. *Dosh Kshay Vruddhi* in Hyperthyroidism was also analysed. Appropriate *Ayurvedic Dravyas* for Hyperthyroidism symptoms were studied from ancient textbooks. According to that,

- Description of Hyperthyroidism from A manual on clinical surgery by S. Das and principle and practice of medicine by Davidson's medicinal texts, Pubmed, Internet (WWW.wikipedia.com) etc .
- Description of *Tridosh* from *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hriday* etc.
- Description of *Vata Pitta Shamak Dravya* from *Sushrut Samhita* and *Dravyagunvidhyan* etc.

Observation And Results

Table no. 1

Symptoms	Lakshanas	Dosha Sambandh
1.Palpitation	Hrudkampa	Vata Vruddhi ⁸
2. Tremors	Kampan	Vata Vruddhi ⁸
3. Increased Appetite	KshudhaVardhan	Pitta Vruddhi ⁹
4.Wt.loss	Karshya	Vata Vruddhi ⁸
5.Diarrhoea	Atisar	Vata Vruddhi ¹⁰
6.Weakness	Balabhramsha	Vata Vruddhi ⁸
7.Vomitting	Chhardi	Vata Pitta Vruddhi ¹¹
8.Intolerance to heat	Daha	Pitta Vruddhi ⁹
9.Excessive thirst	TrushnaVardhan	Pitta Vruddhi ⁹
10.Hair loss	Khalitya	Vata Pitta Vruddhi ¹²
11.Insomnia	Nidralpata	Pitta Vruddhi ⁹

Table no. 2

Gan	Dravya	Karma
Vidarigandhadi Gan⁵	Vidarigandha, Vidari, Vishvadeva, Sahadeva, Shvadanshtra, Pruthakparni, Shatavari, Anantmul, Krushnasariva, Jivak, Vrushabhak, Mahasaha, kshudrasaha, Badikateri, Chhotikateri, Punarava, Erand, Hansapadi, Vichiyaghas, Rushabhi	Vata Pitta Shamak
Kakolyadi Gan⁶	Kakoli, Kshirkakoli, Jivak, Rushabhak, Mudgparni, Mashparni, Meda, Mahameda, Giloy, Kakadshingi, Vanshochan, Padmkashtha, Prapaundrik, Ruddhi, Vruddhi, Draksha, Jivanti, Mulethi	Vata Pitta Shamak, Brunhaniy, Vrushya, Jivaniy
Laghupanchmul Gan⁷	Gokharu, ChotiKateri, BadiKateri, Prushniparni, Vidarigandha	Vaat Pitta Shamak, Brunhan, Balvardhan

Table no. 3

Treatment	
Anti hormonal Therapy	Pitta Shamak Dravya
Suppretion of gland secretion	Vata Shamak Dravya
Drug action on hypothalamus, pituitary, thyroid axis	Rasayan

Discussion

As per table no 1 given in observation, the symptoms of Hyperthyroidism are correlated with the textual *Lakshana* and their *Dosh Sambandh* in terms of *Kshay Vruddhi*. It is obvious that mainly *Vata Pitta Vruddhi* is present in hyperthyroidism.

Vata Pitta Shamak Dravya can be used in the management of Hyperthyroidism. Some *Vata Pitta Shamak Dravya* are suggested in table no 2 given on observation page.

As suggested by modern texts, mainly three kinds of treatment modalities can be used- Anti hormone therapy; radioactive isotope of Iodine and Surgery³. Medical

management includes direct Antihormone therapy. As stated earlier in table no 3 given on observation page, we can correlate increased hormone levels with *Pittavruddhi*. Hence Anti hormone therapy in modern medicine may be correlated with *Pittashamak Chikitsa*.

Use of Radio active iodine aims towards suppression of hyperactivity of thyroid gland. Considering this; we can say that textually we can manage it by *Vatashamak Chikitsa* as any hyperactivity is resultant of *Vatavruddhi*.

In an addition, above stated *Gana* contain some *Rasayan Dravyas* such as *Shatavari*, *Vishvadeva*, *Saariva*, *Punarnava*, *Gokshur* etc. *Rasayana* are supposed to establish equilibria. Here uses of those drugs also facilitate additional advantage of action on Hypothalamus Pituitary Thyroid Axis causing Hormonal Equilibria. Thus before going for surgical management, those drugs can be used to establish normal hormonal levels and avoiding surgery.

Conclusion

From above correlation and discussion we can conclude that though exact nomenclature for hyperthyroidism is not mentioned in ancient text books still on the basis of *Tridosh Siddhantwe* can effectively treat Hyperthyroidism with pure *Ayurvedic* medication.

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