

**Impact
Factor
3.025**

ISSN 2349-638x

Refereed And Indexed Journal

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-IV

ISSUE-II

FEB.

2017

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Hyperthyroidism and Its Ayurvedic Management- A Review

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Abstract-

Hyperthyroidism refers to excessive production of thyroid hormone (thyroxin) caused due to various reason. The global incidence of hyperthyroidism is increasing alarmingly as people are exposed to more stress and strain. The synthesis and transport of thyroid hormone play a vital role in the normal physiology and functioning of thyroid hormone. In Ayurveda mainly it is related to concept of "Agni" (metabolic fire) which is responsible for all activity including cellular metabolism also. So here an attempt is made to understand hyperthyroidism and its ayurvedic management.

Key words- Hyperthyroidism, Agni, Dosha, Ayurvedic management.

Introduction-

Thyroid is one of the largest endocrine gland. It regulates the metabolic rate of our body. Hyperthyroidism is a condition in which the thyroid gland makes an excessive amount of thyroid hormone (thyroxin) which leads to metabolic disturbance. Now a day's hyperthyroidism is most common problem. In both these scenarios, the immune system begins to attack the cells of the thyroid gland, which then become inflamed and produces hyperthyroidism . This causes various metabolic changes as the thyroid hormones are responsible for regulating and coordinating many of the body's activities.

The cause of Hyperthyroidism is -

- 1-Graves disease
- 2-Excessive intake of iodine
- 3-Thyroiditis (inflammation of thyroid)
- 4-Tumors of thyroid gland or that of pituitary gland
- 5-Excessive secretion of thyroid stimulating hormone (TSH) by pituitary gland.

Symptoms of hyperthyroidism-

1. Nervousness
2. Anxiety
3. Increased perspiration
4. Heat intolerance
5. Hyperactivity
6. Diarrhoea
7. Changes in menses as well as scantier flow & exaggerated cycle length
8. Sleeping difficulties
9. Muscle weakness.

According to Ayurveda-

Disease of thyroid gland generally not explained by ayurvedic text but sign and symptoms of some disease eg. Galaganda, arbuda can be correlated with disorder of thyroid.

Agni is responsible for lifespan, complexion, power, health immunity, & prana etc. if karma of again is stopped individual goes to die. All lives lifelong free from disease if it functions properly.

According to vaghbhata

All disease is formed due to agnivikruti. Each disease of thyroid gland is caused due to disturbance of Tridosha in which especially pitta and agni.

According to Ayurveda, impaired digestion of food leads to blockage of the minute channels in the body causing an imbalance in the function of the thyroid gland. Hyperthyroidism reflects profound derangement of vata and pitta doshas. Impaired vayu and pitta go into various channels and systems of the body and cause the symptoms mentioned above. The two vitiated doshas overstimulate the gastric fire which leads to hyperthyroidism. The first line of Ayurvedic treatment in such conditions is to clear these channels in order to balance body energies and store the correct production and circulation of thyroxin.

Treatment according to Ayurveda-

Ayurveda strives to cure the basic cause or pathology of hyperthyroidism i.e., Grave's unwellness. Ayurveda has sure herbs which will facilitate balance the thyroid. "Kanchanara Guggulu" is that the most potent herbal formula within the Indian aggregation for treating thyroid issues as well as tumors and goiters. It breaks down and removes stagnant kapha from the deep tissues.

The Guggulu rosin moves toxins out of the liquid body substance system. The various pungent herbs within this formula really enkindle organic process fireplace, and speed up the metabolic activity. Alternative Ayurvedic herbs like Triphala, Shilajit, Punarnava, Gokshura and Brahmi are combined to treat symptoms like oedema, swelling, constipation and depression. For hyperthyroid activity the tyrannid reducing herb Kaishore Guggulu is useful.

- Kamdudha Ras, Praval-Panchamrut, Praval-Bhasma, Chandrakala-Ras and Sutshekhar-Ras are administered to alleviate excessive sweating and warmth intolerance.
- Kutaj-Parpati and Panchamrut-Parpati are wont to ease enhanced intestine movements caused by thyrotoxicosis.
- Fatigue will be cured with Makardhwaj, Suvarna-Malini-Vasant, Kharjur-Manth and Drakshasav.
- Yograj-Guggulu and Boladi-Vati are wont to normalise irregular discharge cycles and their flow.
- Nervousness, tremor and agitation are corrected with the assistance of usinh Brahmi, Jatamansi, Shankhpushpi, Sarpagandha, Saraswatarishta and Dashmoolarishta.

Pathya :-

The Pathya include Purana Ghrita pana, Jeerna Lohita shali, Yava, Mudga, Patola, Rakta shigru, Kathillaka, Salinca saka, Vetagra, Ruksha Katu Dravya, Deepana dravya and drugs like Guggulu and Shilajatu.

Apathya:-

The Apathya include Kshira Vikruti, Ikshu Vikruti, all types of mamsa, Anupa Mamsa, Pishtaannam, Madhura Amla Rasa and Guru Abhishyandakari Dravya.

Yogasanas:-

The Yogasanas like Halasana, Paschimothasana, Matsyaasana, Sarvangasana, Pawanmuktasana, Suryanamaskaram, Simhagarjanasana and Kandasana are found beneficial. The breathing exercises like Pranayama-Sheetali, Seethkara, Sadana, Bastrika, Anuloma vilomaprana and Ujjay swasa aids the healthy functioning of thyroid gland.

Discussion-

Hyperthyroidism is a burning issue, and the present treatment is not helping much in resolving the underlying pathology. The conceptual analysis of symptomatology of hyperthyroidism helps us to identify it as *Tridosha Vyadhi* with *Rasa* and *Medo Dushti* predominantly. The treatment can be planned based on *Dosha Pratyaneeka Chikitsa* than *Vyadhi Pratyaneeka Chikitsa*. The yoga like *Varunadi Kashaya* and *Kanchanara guggulu* helps in removing the *Srotalepa* and resolving *Agnimandhya*. The *Sodhana Chikitsa* helps in improving Agni and *Sthanika Lepas* helps in reducing *Sthanika Dosha Vruddhi*.

Conclusion-

Hyperthyroidism can be considered as condition which results due to Agni Dushti. *Tridosha dusti* results due to *Agnimandya*.

Dhatwagnimandya especially *Rasa* and *Medho Dhatwagni Mandhya* contributes to this condition. When approached hyperthyroidism with *Dosha Pratyaneeka Chikitsa*, will help to manage the condition better. Use of *Rasayanas* will help to managing the condition as it helps in *Srotomukha Sodhanam*.

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