

Effective Ayurveda Therapy To Treat : Thyroid Disorders1. **Dr. Jayvant Kharat**,Assistant Professor Shalakyatantra Depart.
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Hon. Shree Annasaheb Dange Ayurved Medical College, Ashta.**Abstract:-**

Thyroid disorders are on the rise across the world. While there are therapies available to treat them, many unavoidable side effects occur as part of the therapy. Ayurveda is the ancient system of medicine in India which uses herbal based medicines to treat diseases. In clinical practice this system of medicine is seen to be well tolerated by patients. Therefore, it will be a benefit to the patients with thyroid disorders if treatment based on Ayurveda can be developed as an effective alternate to modern medicine.

Materials and Methods: The patients were diagnosed based on symptoms as per ayurvedic guidelines, followed by modern laboratory tests. Therapy was determined according to the nature of the disease manifestation.

Results: We observed that Virechana with Trivruttaleh and internal medicines, Kashaya, diet, pranayama etc. was effective in patients of both the genders and different conditions of thyroid disorders.

Conclusion: The encouraging results observed in clinical setting after the application of Virechana with Trivruttaleh and internal medicines, Kashaya, diet, pranayama etc. need further laboratory research to identify its mechanism of action. We believe that mechanistic studies with Ayurveda therapy will validate its role as an effective alternative medicine for thyroid disorders.

Keywords:- Thyroid, CAM, ATA, Virechana, Kashaya, Pathya- Apathya. Ahar-Vihar, AITD

Introduction :-

Ayurveda is an age-old traditional system of medicine originated from India. It is thought to have at least a history of 3000 years. In this system, the universe is believed to be consisting of five elements- Prithvi (Earth), Jala (water), Agni (Fire), Vayu (Air) and Akasha (Space). They are known as Panchamahabhootas (five major elements). These five elements also constitute the human body and the three humors (tridoshas). The tridoshas are Vata (related to air), Pitta (related to fire) and Kapha (related to water). According to Ayurveda, for a healthy human body, these tridoshas must be balanced. Any imbalance, leads to a state of disease. This system of medicine explains the various means to keep tridoshas balanced in various disease conditions, which constitute the treatment part.

One major health disorder affecting globally is thyroid disorder. The American Thyroid Association (ATA) expects that more than 12 percent of the American population will develop some thyroid disorder in their life time. Women are more prone to develop thyroid disorders with five to eight times higher probability than men. A study in India published in 2011 reported that, there were 42 million people suffering from some form of thyroid disorder. For hyperthyroidism anti-thyroid medication and surgery are the options. While for hypothyroidism, lifelong thyroid hormone

replacement therapy is the option. These medications can lead to side effects like change in appetite, hair loss, muscle weakness. The ATA has listed Ayurveda as a choice of Complementary and Alternative Medicine (CAM). However, clinical evidence needs to be shown to establish that effectiveness of Ayurveda as a treatment option for thyroid disorders. In this context, we share how patients with thyroid disorders are classified in Ayurveda, how they were treated in our facility with Ayurvedic medicines and how they responded to the treatment.

Ayurveda describes thyroid disorders based on doshas. Hypothyroidism has been divided into five classifications based on, whether it is caused by - Vata, Pitta, Kapha or urinary tract infections (mostly in females) and finally the "goiter" type, where a pronounced swelling of the gland can be seen around the neck region. The "goiter" type is believed to be the advanced stage of Kapha induced hypothyroidism. Improper digestion of food is considered as an underlying cause for all the dosha induced hypothyroidism. In addition, the Vata induced disorder has a psychological component from mental agitation and mental.

Stress, and a physical component from excessive physical activity. The hyperthyroidism is attributed to Pitta only. Treatment is prescribed after ascertaining the root cause of the disorder. For example, if the disorder is Kapha based, the medicines will be given to bring the Kaphadosha in

the body to normal level. Therefore, Ayurveda provides a patient centric approach for treatment .

Material And Methods:-

- Depending on the condition and part of body affected the symptoms vary.
- General symptoms included low grade fever & feeling of tiredness which usually comes & goes on & off

- Autoimmune disease tends to have one of three characteristics pathological effects which are damage or destruction of tissues, altered organ function.
- AUTOIMMUNE THYROID DISEASE (AITD) isa organ specific thyroid disorder which can cause several forms of thyroiditis, ranging from hypothyroiditis(Hashimoto’s thyroiditis) to hyperthyroidism (Grave’s disease).

Symptoms:-

Hashimoto’s thyroiditis (Hypo.)	Grave’s disease (Hyper.)
Goitre	Dry eyes,
weight gain	Protruding eyes
Pale of puffiness of face	Vision impairment
Constipation	Non pitting edema with hyperpigmented papules
Hair loss	Clubbing caused by soft tissue swelling
Joint or muscle pain tenderness and stiffness	Periosteal changes in fingers & toes
Irregular or heavy menses	Excess sweating , hunger, fatigue
Depression	Hyperactivity, irritability
Impaired memory	Fast heart rate, palpitations
Slow heart rate	Mood swings, Nervousness
Difficulty in getting pregnant	Diarrhoea , hair loss,
Inability to get warm	Panic attack, muscle weakness
Dry skin	Short & light menses
Hoarsness of voice	Weight loss, warm skin, tremor.

Research Method:-

Thyroid gland is called as avatugranthi in Sanskrit. Explanation of goiter caused by hyper or hypo thyroid disease is seen in ayurvedic texts as Galaganda characterized by neck swelling.

The first description of thyroid seen in athrveda by name apache. Acharya Charak has explained Galaganda as a solitary swelling. Acharya Sushruta has described Rohini as the seat of Galaganda which is sixth layer of Twacha.

1. Causetivefactor:-

- Environmental factors
- Low birth weight
- Excess iodine or iodine deficiency
- Stress
- Smoking
- Radiation exposure
- Viral or bacterial infection
- Pregnancy
- Thyroid surgery
- Pituitary disorder.

According to Ayurveda Causetivefactors:-

- weak agni, doshaprakopa,
- Apathyasevana
- Chirkaliaushadsevan
- Addiction
- Dushtambu and krimidosha.
- Himvataprabhav

Risk factor:-

- Sex :- male and female (female must)
- Age :- more than 60
- Family history:- present
- Autoimmune disease:-type 1 diabetes
- Medicines:- Use of anti- thyroid medications.
- Surgery: Thyroid surgery.

Management of AITD depends on 3 factors

1. Ahara
2. Vihar
3. Aushadhi

1. **AHARA:-**
Pathya :- Brown Rice , Jwari, Bajari
Apathya :- Cauliflower, Cabbage, Wheat, White Rice, Tea, Coffee.
2. **VIHARA:-**
 Pranayama,
 Sinhamudra,
 Sarvangasan.
3. **AUSHADHI :-**
 - a) *Virechana* with *Trivruttaleh* – 8 to 10 am 5 days continue with 5 days interval for 1 months .
 - b) **Internal medicines:-**
 Tab. Thycet 1 bd
 Tab kanchnarguggul 1 bd
 Tab.punarnavamandur 1 bd
 Tab. Chandraprabhavati 1 bd
 Tab. Bramhivati 1 bd
 Cap.optilife 1 bd
 - c) **Kashaya :-**
 Hanspatyadi Kashay 3 – 4 tsp bd
 6-7 am -----4-5 pm
 Varunadi Kashay 3 – 4 tsp bd
 7-8 am----- 5-6 pm
 Ashwagandharishta ----- at night after dinner – 3 -4 tsp with water.
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Conclusion :-

Here we present a clinical observation where patients with thyroid disorders were treated with Ayurvedic medicines, based on the condition of each patient. We have observed consistent encouraging results for thyroid treatment and we need further studies to understand the interesting mechanism of that *Virechana* with *Trivruttaleh* and internal medicines, Kashaya, diet, pranayama etc. in particular. In the near future, the researchers along with physicians would like to identify the mechanism of action of this medicinal preparation as a whole, using appropriate animal models. We will use the latest technology available in the research world to identify the mechanism of this whole medicinal preparation in animal models. We believe this bed-to-bench approach will be beneficial in understanding how Ayurvedic drugs work in a physiological condition, especially in thyroid disorders to begin with.

References

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