Effective Ayurveda Therapy To Treat : Thyroid Disorders

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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, AIITD

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 Panchamahabhoonas (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 any combination thereof. The ATA classifies hypothyroidism under the category of Kapha induce hypothyroidism. Improper digestion of food is considered as an underlying cause for all the doshas induce hypothyroidism. In addition, the Vata induce disorder has a psychological component from mental agitation and mental.

Stress, and a physical component from excessive physical activity. The hyperthyroidism is attributed to pita 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.

**Symptoms:**

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

**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 athrvaveda 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, doshasharopada, 
- Apathyasevana
- Chirkalaushadsevan
- Addiction
- Dushtambu and krishnohshad
- 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,
   - Sarvangasana.

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.

**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**


