



**COMPARATIVE STUDY OF BHASMAK ROGA AND HYPERTHYROIDISM W.S.R. TO  
NIDAN PANCHAKA.**

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**ABSTRACT**

The main reason of all diseases is *Mandangni* (low appetite) according to Ayurveda. Therefore before starting any *Shodhan Chikitsa* (purification of body), *Aam pachan* and *Agni deepan* (increase appetite) is key process. *Prakrut agni* (good digestion) directly related with sound health. In *Bhasmak roga*, vitiated *Vaayu* vitiates excessive *Pitta*. Due to excessive *Pitta* and its *Ushna guna*, *Jatharagni* (digestive capacity) increases. Due to *Teekshna guna* of *Jatharagni* the food gets easily digested in less time duration. If patient don't take food after early digestion of previous *Ahara* (food), it metabolise other *Deh dhatus* (building blocks of our body) such as *Rakta*, *Mansa*, etc. Due to metabolization of *Deh dhatus*, catabolic process starts in body. Therefore body becomes weak and prone to illnesses. In endocrinology, thyroxine hormone plays an important role in metabolism. Due to increase in level of thyroid hormone hyperthyroidism develop. Which lead to excess thirst, heat intolerance, excess sweating increase appetite and loss of weight. These all sign and symptoms are closely related with vitiated *Vaat Pitta Vruddhi* in our body. In day to day practice we see no of cases of hyperthyroidism. And its symptoms are quite similar to that of *Bhasmaka*. This article aims at studying *Nidan panchaka* of *Bhasmak roga* and its co relation with hyperthyroidism.

**KEYWORDS:** *Bhasmak roga, Nidan panchaka, Hyperthyroidism, etc.*

**INTRODUCTION**

*Agni* is prime concept of Ayurveda. Which is related with all disorders in terms of its imbalance such as *Vishmagni* (altered digestion), *Mandagni* (low digestion) and *Teekshnagni* (increase digestion).<sup>[1]</sup> The vitiation of *Agni*, is main cause of all disorders.<sup>[2]</sup> *Agni* resides in body in the form of *Prakrut pitta* (normal appetite) which helps in digestion. *Pitta* in *prakrut avastha* helps in digestion, temperature maintenance of body, vision and other normal metabolisms that are helpful in growth and development of body. There are another 12 types of *Agni* which includes 5 *Bhootagni* and 7 *Dhatvagni*.<sup>[3]</sup> *Bhutagni* are classified according to *Panchabhautik sidhanta*. Which helps to digest the food according its *Panchabhautik* classification. *Sapta dhatvagnis* are classified so, for the micro metabolism of *Deh dhatus* from *Ahara*. *Dhatvagni* helps to convert *Rasadi dhatu* in its presider *Dhatus* such as *Rasa* to *Rakta*, *Rakta* to *Mansa* etc.<sup>[4]</sup> it help to produce *Prakrut dhatus* and therefore maintaining healthy metabolism. In normal healthy individual All *Agnis* are in *Prakrut* stage.

In *Bhasmak roga*, the *Pachakagni* gets vitiated by *Vat pitta prakopa* (vitiation of vata and pitta) due to *Ksheen kapha* (low kapha), the therefore taken food gets easily digested due to increase strength of *Pachakagni*.<sup>[5]</sup> If food not taken time to time the increase *Agni* starts to digest *Deh dhatu* as well. And it can cause *Daurbalya* (generalized weakness) in body.

In hyperthyroidism, T3 T4 hormones are abnormally high in body.<sup>[6]</sup> These abnormal high level of hormones causes increase in catabolic process of body. Therefore symptoms like increase appetite, poor weight gain, excessive sweating, irritability seen in this disease. These *Lakshanas* (clinical features) of *Bhasmak roga* and symptoms of hyperthyroidism are closely related to each other. This article aims at a comparative study between *Bhasmaka roga* and hyperthyroidism.

**1.1 AIMS** – Comparative Study Of *Bhasmak Roga* And Hyperthyroidism W.S.R. To *Nidan Panchaka*.

## 1.2 OBJECTIVES

1. To collect and analyze the literature review of *bhasmak roga*.
2. To collect and analyze the literature review of hyperthyroidism.
3. Comparative analysis of *bhasmak roga* with hyperthyroidism.

## 1.3 METHODOLOGY

To fulfill the aims and objectives of the study this work has been carried out in the following phase wise manner.

- 1) Conceptual study
- 2) Comparative study
- 3) Discussion
- 4) Conclusion and summary

### 2.1 *Bhasmaka roga*

In condition of *Kapha ksheenta*, *Pitta* gets vitiated by *Vata* and abnormal increase occur in *Pitta* due to vitiated *Vata*. It increases the abnormal *Agni* in *Grahani* i.e. *Pitta sthana*. Therefore *Teekshna guna* of *Jatharagni* increases which helps to digest any kind of food taken in body. If *Agni* did not get enough food according to its requirement, It starts digesting the *Deh dhatu*. *Deha dhatu paachan* leads to *Ksheenta* in body. Therefore decrease immunity. And various disease can occur in body.

**2.2 *Bhasmak roga lakshanas***- This *Samprapti* leads to *Lakshana* such as *kshudha vrudhhi*, *trushna*, *daha*, *murcha*, *bhrama*, *kasa*, *moha*, *sweda daurbalya* and sometimes *mrutyu*.<sup>[7]</sup>

### 3.1 Hyperthyroidism

Abnormal elevation of T3 and T4 hormones in the body is called as hyperthyroidism. T3 & T4 regulates the cell metabolism and expenditure of energy. This leads to regulation of normal body development. In

hyperthyroidism due to increase in T3 & T4 levels the metabolic rate of the body increases & rate of degradation also increases. Therefore, abnormal weight loss with increase appetite occurs, & the patient becomes thin, lean & prone to various infections.

### 3.2 Clinical features<sup>[8]</sup>

- **GIT symptoms** includes: Abnormal weight loss, Increase appetite, unexplained vomiting, Increase frequency of defecation, Tenesmus.
- **CNS symptoms** includes: Irritability, Emotional disturbances, Tremors, Psychosis due to altered mental health.
- **CVS symptoms** includes: Palpitations, Dyspnea on exertion.
- **Reproductive system** symptoms includes: Menstrual disturbances such as heavy or light menstruation & increase or decrease in duration of menstrual cycle.
- **Dermatological symptoms** includes: Excessive sweating, Erythema, Alopecia areata.

### 4.0 Comparative study in terms of *Nidan Panchaka*

#### 4.1 Comparison of *Hetu*

1. *Bhasmaka* is due to increase *Pitta* vitiated by *Vata*.
2. Whereas hyperthyroidism is due to altered T3 and T4 levels.
3. T3 and T4 hormones can be co related with *Dhatvagni* which is important factor for anabolic process in body.
4. In hyperthyroidism the T3 and T4 hormones gets increased. That means *Dhatvagni* increased which in absence of food, metabolize *Deha dhatu*.
5. Which ultimately lead to *Daurbalya* in the body. That is indicated by fatigue, generalized weakness, loss of weight, dyspnea, thirst and many other symptoms.

### 4.2 Comparison of symptoms

Sr. no.	Symptoms seen in Hyperthyroidism	Symptoms seen in <i>Bhasmak roga</i>
1.	Increase in appetite	<i>Kshudha vrudhhi</i>
2.	Abnormal weight loss	<i>Ksheenta</i>
3.	Unexplained vomiting	<i>Animittaj chhardi</i>
4.	Increase frequency of defecation	<i>Vit shosh</i>
5.	Irritability	<i>Arati</i>
6.	Emotional disturbances, confusion	<i>Moha</i>
7.	Dyspnea on exertion	<i>Shwas</i>
8.	Giddiness	<i>Bhrama</i>
9.	Excessive sweating	<i>Sweda</i>
10.	Generalized weakness	<i>Daurbalya</i>
11.	Myxedema	<i>Shopha</i>
12.	Excessive thirst	<i>Trushna</i>
13.	Burning sensation in extremities	<i>Daha</i>
14.	Fainting	<i>Murcha</i>
15.	Increased asthmatic attacks	<i>Kasa</i>
16.	Hyperactivity	<i>Shramakarmakari</i>

### 4.3 Comparison of *Upashaya*

1. In treatment of *Bhasmka roga*, there is indication of *Kshudha mandyakar ahara*, which will lead to *Shaman* of *Atyagni*.
2. In hyperthyroidism there is indication of drugs which will lower the level of T3 and T4 hormone which will lead to decrease in catabolic process in body.
3. Both disease treatments includes *Shaman* of catabolic process in the body by inhibiting *Atyagni* or by inhibiting hormone production in body.

### 4.4 Comparison of *Samprapti*

1. In the presence of *Kapha ksheenata*, vitiated *Vata* increases *Pitta* which ultimately increases *Jatharagni*. This abnormal *Prakupita jatharagni* digest everything that comes in a our body as food.
2. In absence of food this *Jatharagni* metabolize *Deha dhatus* such as; *Rasa, Rakta* & produces *daurbalya* & other bodily symptoms of degradation.
3. This can be compared with catabolic process due to excessive T3 & T4 production in our body in case of hyperthyroidism.
4. The destruction or catabolism of *Deha dhatus* happens in *Bhasmaka roga* are comparable to increase catabolic process that seen in hyperthyroidism.

### 5.0 DISCUSSION

*Agni* is prime concept of Ayurveda, on which whole concept of *chikitsa* is based. In *bhasmaka roga*, this prime *agni* gets abnormally increased which lead to *deha dhatu paka* in absence of food. This *atyagni vichara*, is closely related to catabolic process in the body. In hyperthyroidism, catabolic process increases due excessive T3 T4 hormones. *Lakshanas* and *samprapti* of both the disease can be closely related as we see above. While treating hyperthyroidism by ayurvedic prospective this *atyagni vichara* should be kept in mind. So that effective management of increase *deha dhatvagni* can be done. And catabolic process in hyperthyroidism can be controlled.

### 6.0 CONCLUSION

*Nidan panchaka* of *bhasmaka roga* is really important to understand the real pathophysiology of *bhasmaka roga*. Increase *tikshana guna* of *pitta* due to vitiated *vata*, increase the *jatharagni* which ultimately increase *dhatvagni*. *Dhatu pachanna* and catabolism are closely related concepts. Hyperthyroidism *ayurvedic vichar* is associated with increase *dhatu pachana* and catabolic process in body. While treating hyperthyroidism this *nidan panchaka* is useful. The ayurvedic concept of hyperthyroidism and its effective management by reducing vitiated increase *pitta*, and reducing *Jatharagni* and *Dhatvagni*. This vitiated *Pitta vichara*, increase *Dhatvagni vichara* are really important while treating hyperthyroidism patient by ayurvedic prospective. This article aims at *Nidan panchaka vichara* of *Bhasmaka roga* and its clinical correlation with hyperthyroidism

which will be helpful in treating the patient by ayurvedic aspect.

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