

A CRITICAL REVIEW ON HYPOTHYROIDISM

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ABSTRACT

Hypothyroidism is caused by an underactive thyroid gland that produces insufficient amounts of thyroid hormones, may also develop from pituitary deficiency. According to statistics thyroid disorders are on the rise in India, approximately one in ten Indian suffer from hypothyroidism.

Hypothyroidism has many symptoms related to many systems of the body so it is better not to restrict comparison of hypothyroidism to a single entity in *Ayurveda*. Here an attempt is made to review symptoms of hypothyroidism to different entities in *Ayurveda*.

KEYWORDS: Hypothyroidism, *Dushi visha*, *Agni*, *Ama*, *Shotha*, *Vataja nanatmaja vyadhi*, *Kaphaja nanamaja vyadi*, *Vata vriddhi*, *Kapha vriddhi*, *Medo vriddhi*.

INTRODUCTION

Hypothyroidism refers to any state that results in deficiency of thyroid hormone including hypothalamic or pituitary disease and generalized tissue resistance to thyroid hormone and disorders that effect the thyroid gland directly.^[1] Hypothalamo pituitary thyroid (HPT) axis regulates the secretion of thyroid hormones by the negative feed back mechanism.^[2]

Much of the functioning of the body will be slowed by this disease. Weight gain is very common along with fatigue, lethargy, intolerance to cold, high cholesterol, hair loss is also common and the hair may become coarse and dry additionally skin becomes coarse dry scaly and thick other symptoms include dull facial expressions hoarse voice and slow speech, drooping eyelids and puffiness in the face, Eyes, slower pulse, eyebrow hair loss menorrhagia, secondary amenorrhea, macroglossia, paraesthesia of hands and feet, carpal tunnel syndrome

and other symptoms of several systems are also possible.^[3]

AIM AND OBJECTIVE

To review the symptoms of hypothyroidism in classical texts of *Ayurveda*.

MATERIALS AND METHODS

This study is mainly literary review from *Ayurvedic* texts *Bruhatrayi* and *Laghutrayi* and its commentators. Also symptoms hypothyroidism is reviewed from modern texts and by searching various *Ayurvedic* journals and national research databases etc. Study is mainly conceptual based.

The following entities can be compared with symptoms of hypothyroidism Correlation of features of Hypothyroidism with *Ama*.

AMA ^[4]	HYPOTHYROIDISM
<i>Bala bramsha</i>	Loss of strength
<i>Gourava</i>	Heaviness in the body
<i>Anila mudhata</i>	Delayed tendon reflexes
<i>Alasya</i>	Laziness
<i>Mala sangha</i>	Constipation
<i>Klama</i>	Tiredness
<i>Apakti</i>	Decreased BMR

Correlation of features of Hypothyroidism with *Ojo vyapat*

OJO VYAPAT⁽⁵⁾	HYPOTHYROIDISM
<i>Guru gatrata</i>	Heaviness in the body
<i>Vataja shotha</i>	Edema
<i>Glani</i>	Fatigue
<i>Tandra</i>	Drowsy
<i>Nidra</i>	Sleepy
<i>Varnna bheda</i>	Discoloration of skin

Correlation of features of Hypothyroidism with *Kaphavrita udana*

KAPHAVRUTA UDANA⁽⁶⁾	HYPOTHYROIDISM
<i>vaakswara graham</i>	Difficulty n speech and voice
<i>Guru gatrata</i>	Heaviness of body
<i>Dourbaly</i>	Weakness
<i>Vaivarnya</i>	Discoloration

Correlation of features of Hypothyroidism with *Rasadhatu dushti*

RAASADHATU DUSHTI⁽⁷⁾	HYPOTHYROIDISM
<i>Ashradha</i>	Disorientation
<i>Gouava</i>	Heaviness in the body
<i>Tandra</i>	Drowsy
<i>Anamarda</i>	Body ache
<i>Pandta</i>	Anemia
<i>Klaibya</i>	Infertility
<i>Angasada</i>	Debility
<i>Agnimandya</i>	Decreased BMR

Correlation of features of Hypothyroidism with *Dushivisha poorvarupa*

DUHIVIHA PORV ROOPA⁽⁸⁾	HYPOTHYROIDISM
<i>Angam arda</i>	Body ache
<i>Gurutva</i>	Heaviness in the body

Correlation of features of Hypothyroidism with *Kaphaja shotha*

KAPHAJA SHOTHA⁽⁹⁾	HYPOTHYROIDISM
<i>Guru</i>	Heaviness of body
<i>Pandu</i>	Anaemic
<i>Nidra</i>	Sleepy
<i>Vanhimandya</i>	Decreased BMR

Correlation of features of Hypothyroidism with *Vatajana Natmaja Vyadhi*

VATJA NANATMAJA VYADHI⁽¹⁰⁾	HYPOTHYROIDISM
<i>Roukshya</i>	Dryness of hair, skin, hoarseness of voice
<i>Ashabda shravavan a</i>	Partial deafness
<i>Badharya</i>	Deafness
<i>Anavasethita chittatva</i>	Mental disturbance

Correlation of features of Hypothyroidism with *Kaphaja Nanatmaja Vyadhi*

KAPHAJA NANATMAJA⁽¹¹⁾ VYADHI	HYPOTHYROIDISM
<i>Gurugatrata</i>	Heaviness of body
<i>Alasya</i>	Laziness
<i>Galganda</i>	Goiter
<i>Atisthulata</i>	Weight gain
<i>Tandra</i>	Drowsy
<i>Nidradhikya</i>	Sleepy
<i>Apakti</i>	Decreased BMR
<i>Sheetghnita</i>	Decreased BMR

Correlation of features of Hypothyroidism with *Kapha Vriddhi*

KAPHA VRIDDHI^[12]	HYPOTHYROIDISM
<i>Agnisadana</i>	Hypothermia
<i>Anganam gouravam</i>	Heaviness in body
<i>Alasyam</i>	Laziness
<i>Atinidrata</i>	Sleepy

Correlation of features of Hypothyroidism with *Meda Vriddhi*

MEDA VRIDDHI^[13]	HYPOTHYROIDISM
<i>Shramam</i>	Weakness
<i>Swalpe api cheshtite shwasam</i>	Weakness with little work
<i>Spik,sthana,udara lambana</i>	Weight gain

Correlation of features of Hypothyroidism with *Kaphaja Pandu*

KAPHAJA PANDU^[14]	HYPOTHYROIDISM
<i>Tandra</i>	Drowsy
<i>Alasya</i>	Laziness
<i>Gourava</i>	Heaviness in the body
<i>Klama</i>	Tiredness

Correlation of features of Hypothyroidism with *Bahudoshavastha*

BAHUDOSHAHATA^[15]	HYPOTHYROIDISM
<i>Shoulya</i>	Weight gain
<i>Panduta</i>	Anemia
<i>Gourava</i>	Heaviness of body
<i>Klama</i>	Weakness
<i>Alasya</i>	Laziness
<i>Shrama</i>	Fatigue
<i>Dourbalya</i>	Debility
<i>Avasada</i>	Depression
<i>Atinidrata</i>	Sleepy
<i>Tandra</i>	Drowsy
<i>Klaibya</i>	Infertility
<i>Bala pranasha</i>	Loss of strength
<i>Varna pranasha</i>	Loss of charm
<i>Apakti</i>	Decreased BMR

Correlation of features of Hypothyroidism with *Vata Vriddhi*

VATA VRIDDHI^[16]	HYPOTHYROIDISM
<i>Karshn ya</i>	Discoloration
<i>Ushna kamitva</i>	Cold intolerance
<i>Shakrut graham</i>	Constipation
<i>Bala bramsha</i>	Loss of strength
<i>Indriya bramsha</i>	Debility of sense organs
<i>Deenata</i>	Depression

Correlation of features of Hypothyroidism with *Kaphavrita Samana*

KAPHAVRITA SAMAANA^[17]	HYPOTHYROIDISM
<i>Vahnimandya</i>	Decreased BMR
<i>Gatnaam atisheetata</i>	Hypothermia

AGNI AND HYPOTHYROIDISM

Agni is responsible for Ayu (life), Varna (colour), Bala (strength), Swasthya (health), Utsaha (enthusiasm), Upachaya (Nourishment), Prabha (lustre), Teja (warmth) and Vivechna (Metabolism).^[18] Causes of Agnimandhya (Indigestion) are said to be Dainy nipidana (suffering from depression), Chintaa (Stress),

shokha (Grief), Bhaya (Fear), Atyambu Paana (Drinking excess water), Vishamashna (Untimely food intake), Sandharana (Suppression of urges), Swapna viparyaya (Untimely sleep), Irshya (Jealousy), Ruk nipidita (Suffering from pain), Pradveshayukta (Enmity) and krodha (Anger).^[19]

The thyroid hormone increase metabolism in almost all the cells of the body.^[20] Thyroid hormone increase the excretion of metabolic wastes from the tissues.^[21] Vitamin B and Cu are vital cofactors for tyrosine metabolism. Cu, Fe, selenium and zinc are essential in the production of T₃ from T₄.^[22] Due to *Mandagni* malabsorption of all these elements will take place.

DATHWAGNI^[23]

Kayagni (Digestive fire) presents in its own place, has portions of itself present in the *Dhatu* (Tissues). Their decrease (in quantity, quality or function) and increase give rise to decrease and increase of *Dhatu* (Tissues) respectively. So *Kayagni (Digestive fire)* has direct influence on *Dhatwagni*.

DISCUSSION

Hypothyroidism is a hormonal disorder comprising of group of symptoms involving different systems of body. There are no direct references available about anatomy and physiology of thyroid gland in Ayurvedic texts. Hence there is an intense need to clarify the subject with Ayurvedic perspective. So the same has been done successfully by comparing the features of hypothyroidism mentioned in modern medical books to that of Ayurveda terminology.

Present treatment is not helping much in resolving the underlying pathology. The conceptual analysis of symptomatology of hypothyroidism helps us to diagnose the disease properly. The treatment can be planned based on *Dosha Pratyaniika Chikitsa* than *Vyadhi Pratyaniika Chikitsa*.

The treatment aspects should consist *Srothoshodana* (Cleansing of body channels), *Avarana Nashaka* (Removal of obstruction), *Medhohara* (Antiobesity), *Agnideepana* (Improvement of digestive fire), *Amapachana* (Correcting indigestion), *Vatanulomana* (Proper movement of Vata) and *Rasayana* (Rejuvenation) properties.

CONCLUSION

- In this disease the vitiation of *Agni* not only takes place at *Jataragni* level but also at *Dhatwagni* level hence long term management is required.
- Shedding light on the symptomatology of the disease, it becomes evident that *Kapha Dosha* is the chief culprit along with *Vata Dosha* and *Agnidusti*
- The treatment aspects should consist *Srothoshodana*, *Avarana Nashaka*, *Medhohara*, *Agnideepana*, *Amapachana*, *Vatanulomana* and *Rasayana* properties.

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