

OBSERVATIONAL STUDY OF HYPERTHYROIDISM AND *PITTAVRUTTA UDANA VATA* IN VIEW OF AYURVEDA**^{1*}Dr. Vijay R. Potdar and ^{2*}Dr. Mayuri Anil Suryawanshi**¹Guide & Associate Professor, Department of Rognidan Evum Vikruti Vigyan.²P.G Scholer, Department of Rognidan Evum Vikruti Vigyan.**Corresponding Author: Vd. Mayuri Anil Suryawanshi**

P.G Scholer, Department Of Rognidan Evum Vikruti Vigyan.

Article Received on 22/04/2021

Article Revised on 12/05/2021

Article Accepted on 02/06/2021

ABSTRACT

Thyroid gland is one of the important and sensitive endocrine glands. The major function of thyroid gland is to control the rate of metabolism.^[1] These functions can be said to be similar to the functions of *Agni*. Hyperthyroidism is characterized by increased thyroid hormone synthesis and secretion from the thyroid gland. Hyperthyroidism is one of the most common disorder of thyroid gland which is increasing day by day globally especially in developing countries. Globally about 1-5 % of population are affected by hyperthyroidism.^[2] In present era there is treatment in contemporary science but is life long and having certain side effects. So there is need to study Hyperthyroidism according to Ayurveda. If we correlate hyperthyroidism with signs and symptoms in *Ayurveda*, it can be considered similar with "*Pittavrutta udana Vata*". Symptoms given under *Pittavrutta udana Vata* in the classic texts of *Ayurveda* are similar with that of Hyperthyroidism. Depending upon this similarity, the treatment described for "*Pittavrutta udana Vata* in classic *Samhitas*, can be prescribed for Hyperthyroidism.

KEYWORDS: Hyperthyroidism, *Pittavrutta udan vayu*, *Agni*.**INTRODUCTION**

In *Ayurvedic* classic literature *Charaka Samhitas* there is detailed description about *vata vyadhi*, i.e. diseases caused due to *vikrut vata dosha*. In that reference, *Avrutta vata vyadhis*^[3] are described. Under this topic signs and symptoms of *Pittavrutta Udana Vata* are explained. These signs and symptoms can be correlated with that of Hyperthyroidism. They are found to be similar. Accordingly, the treatment prescribed for *Pittavrutta Udana Vata* in the classic texts can be given for Hyperthyroidism.

Aims and Objectives

1. To study signs and symptoms of Hyperthyroidism.
2. To study *Pittavrutta Udana Vata* symptoms quoted in classic texts of *Ayurveda*.
3. To study probable pathogenesis of Hyperthyroidism with special reference to *Pittavrutta Udana Vata*.
4. To correlate signs and symptoms of Hyperthyroidism with that of *Pittavrutta Udana Vata*.

1) Hyperthyroidism sign and symptoms^[4]

This condition caused by excessive secretion of thyroid hormones.

Clinical features

Anxiety
Increased appetite
Heat intolerance
Increased sweating
Vomiting
Weight loss
Burning sensation
Fainting
Muscle pain
Fatigue
Weakness
Sleep problems
Menstrual abnormalities
Infertility
Palpitations
Osteoporosis & osteoarthritis etc.

2) Pittavrutta Udan vayu symptoms in Ayurveda samhita

‘मूर्च्छाद्यानि च रूपाणि दाहो नाभ्युरसः क्लमः |
ओजोभ्रंशश्च सादश्चाप्युदाने पित्तसंवृते |’ ch.chi.28/223-224

Murchadyani ch rupani

‘मूर्च्छा दाहो भ्रमः शूलं विदाहः शीतकामिता ||
छर्दनं च.....|’ ch.chi.28/221-222

- a. Murcha- faintness.
- b. Chardi - vomiting
- c. Bhrama – giddiness
- d. Shoola - pain in various parts of body
- e. Shitkamitwa – cravings for cold things.
2. Daha –burning sensation.
3. Daho nabhyurasah- burning in the umbilical region and chest.
4. Klama – Exhaustion /fatigue.
5. Sada – Asthenia
6. Ojobhransa/ ojokshaya –loss of vital essence
- a. Bibheti -fearfulness
- b. Daurbala-weakness
- c. Aabhkshna dhyayati-worries too much
- d. Vyathitendriya –affliction of Indriyas with pain and feeling of discomfort
- e. Durmana -imbalanced mind.
- f. Dusccchaya –loss of complexion
- h. Kshama – emaciated /weight loss.

3) Probable pathogenesis of Hyperthyroidism with special reference to Pittavrutta Udana Vata.

People with hyperthyroidism have symptoms associated with high metabolism i.e. increased B.M.R. (Basal metabolic rate). The metabolism is initiated and carried out by the metabolic fire that is Agni. Pachaka Pitta i.e. digestive pitta is related with digestion and metabolism of food. This Pachak Pitta works in synchronization with Samana Vata. And Kledak kapha acts as buffer for moistening the food received in the stomach.

Udana Vata another subtype of Vata is located in the region of thyroid gland. Udana Vata tends to move up and down from its main seat that is chest. It moves upward into the throat and nose and when it moves downwards reaches the level of navel region which is also the seat of digestive fire.

Pittavrutta Udana Vata is condition when person take Pittavrudhikar hetu from long time then Pitta aggravated by Tikshna & Ushna guna and when at the same time person take Vatavrudhikar hetu leads to Vatprakopa by ruksha guna causes kapha kshaya that is decrease moisture in Amashaya result in increase in strength of Agni.

When aggravated Pitta envelopes Udana Vata and disturbs its functions, Pitta influences Udana Vata, initially, the Udana vata as per the rule of Avarana is blocked and subdued. Agitated Udan vayu to overcome the attack by pitta, Udanvayu will express itself in an excessive way with or without presence of Pitta around it. As thyroid gland located in kantha (throat) region, all above samprapti(pathogenesis)causes shotha in kantha (throat)and stimulate the thyroid gland to produce more thyroid hormones known as Hyperthyroidism.

4) Similarity between hyperthyroidism & Pittavrutta Udana.

Hyperthyroidism	Pittavrutta Udan Vayu
1. Fainting	1.Murcha
2. Burning sensation	2.Daha
3. Vomiting	3.Chardi
4. Giddiness	4. Bhrama
5. Muscle pain	5. Shoola
6. Heat intolerance / craving for cold things.	6. Shit kamitva
7. Increased appetite	7. daho nabhyorsah
8. Asthenia /weakness	8. Sada /Daurbala
9. Fatigue /exhaustion	9.Klama
10. Anxiety	10.Bibheti / Abhikhan dhyayati Vyathitendriya /Durmana.
11. Emaciated / weight loss etc	11.Kshama.

DISCUSSION AND CONCLUSION

- Now a day due to advancement in technology and instrumentation it is very easy to diagnose hyperthyroidism on the basis of pathological investigations. The modern treatment of hyperthyroidism is unsatisfactory and majority of the patients have to take antithyroid medication throughout their life. The treatment though effective, has many side effects.
- In this disease the vitiation of agni not only takes place at jatharagni level but also at dhatwagni level hence long term management is required.
- The udbhavasthana of the disease is at galapradesh it cannot be restricted to galganda only.
- Observations highlight that major etiological factors found responsible in the occurrence of the disease in this study was Pitta prakopaka ahara, vihara.

- Basically hyperthyroidism can be correlated to *vatavyadhi*; especially of *Avranajanya vata vyadhi*; wherein *udana vayu* gets *avritta* by *Pitta dosha*. Hence hyperthyroidism can be compared to *Pittavritta udana Vata*.
- *Pradhan dosha* is *Pitta Dosha* and *Pradhan Dushya* is *rasa dhatu* and *medo dhatu*.
- The *udbhavasthana* is at *galapradesha*.
- *Adhishthana* and *vyaktisthana* of hypothyroidism is *sarva sharir*.
- The prognosis of disease is it is a *yapya vyadhi*.
- So after comparing symptomatically it is conclude that Hyperthyroid can be correalated with Pittavrutta Udana Vata.
- So on that basis we can do following management in hyperthyroidism as described in *Vatavyadhichikitsadhaya* in

Management of *pittavrita vata* in *Charak Samhita* as^[5]

- In condition of occlusion of *pitta*, the physician should administer cold and hot lines of treatment in alternation. Here, ghee prepared of *jeevaniya gana* is recommended.
- Diet which contains flesh of *jangala* animals, barley and *shali* rice, *yapana* enema, milk enema, purgation, drinking of milk, decoction of *panchamula* and *sida* is also beneficial.
- The patient should be given *dharā* with medicated oil or ghee or milk prepared with liquorice and *sida*, or with the decoction of *panchamūla* or with cold water.

REFERENCES

1. Dennis kasper, Fauci, Longo, Hauser, Jameson, Braunwald. Harrison: Principles of Internal Medicine Part 1 and 2. 16th edition. Principles of thyroid gland. New York: Mc Graw-Hill, 2005; p. 2106-2126.
2. Shrestha S, Review of Hyperthyroidism as per Ayurveda, The Healer Journal, 2021; 2(1): 74-79.
3. Charak, Dr.Vidyadhar Shukla, Dr Ravidatta Tripathy, Charak Samhita, Chikista sthana, Adhyaya-Vatavyadhichikistadhyaya 28/59-60, Delhi, Chaukhamba Sanskrit Pratishthan, 2011; pg no. 699.
4. <https://www.medicalnewstoday.com/articles/9153>.
5. Charak ,Dr.Vidyadhar Shukla, Dr Ravidatta Tripathy,Charak Samhita, Chikista sthana, Adhyaya-Vatavyadhichikistadhyaya 28/184-186, Delhi, Chaukhamba Sanskrit Pratishthan, 2011; pg no. 715.