



**Case Study**

**AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM THROUGH VAMANA**

**Sreelal A S<sup>1\*</sup>, Manju P S<sup>2</sup>**

\*1PG Scholar, <sup>2</sup>Associate Professor, Department of Panchakarma, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India.

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**ABSTRACT**

Hypothyroidism, a condition characterized by an underactive thyroid gland, results in the insufficient production of thyroid hormones, leading to a slowdown in metabolic processes. This endocrine disorder is prevalent worldwide, affecting millions of individuals, particularly women. It is characterized by insufficient production of thyroid hormones, is a prevalent endocrine disorder that can lead to a myriad of health complications including fatigue, weight gain, depression, and cardiovascular issues. Diagnosis is primarily based on clinical symptoms and confirmed through laboratory tests measuring serum levels of Thyroid Stimulating Hormone (TSH) and free thyroxine (T4). Conventional treatment primarily involves hormone replacement therapy, which aims to restore normal hormone levels but does not address underlying causes or provide holistic healing. *Vamana*, as an Ayurvedic therapeutic procedure, is proposed as an alternative or complementary treatment for hypothyroidism. This process involves induced therapeutic vomiting to eliminate toxins (*Ama*) and balance the body's *Doshas*, particularly *Kapha*, which is often implicated in hypothyroidism. It also helps in the management of *Rasavaha*, *Medovaha dushti* and *Bahudoshavastha lakshana*. Hence in this case study we can see the effect of *Vamana* in TSH level and marked improvement in signs and symptoms which were measured before and after the treatment.

**INTRODUCTION**

Hypothyroidism, a common endocrine disorder, arises when the thyroid gland underproduces thyroid hormones, essential for regulating metabolism. Globally, it affects millions, with significant prevalence in women and the elderly. In India, the prevalence is particularly high, with studies indicating that approximately 11% of the population is affected. This condition can have widespread impacts on public health due to its chronic nature and the range of symptoms it can cause.

Hypothyroidism can be classified into several types:

**1. Primary Hypothyroidism:** The most common type, primarily caused by Hashimoto's thyroiditis, an autoimmune condition where the immune system

attacks the thyroid gland. Other causes include iodine deficiency, surgical removal of the thyroid, and radiation therapy.

**2. Secondary Hypothyroidism:** Results from a failure of the pituitary gland to produce sufficient thyroid-stimulating hormone (TSH), often due to tumors, surgery, or radiation affecting the pituitary.

**3. Tertiary Hypothyroidism:** Stemming from hypothalamic dysfunction, leading to inadequate production of thyrotropin-releasing hormone (TRH)<sup>[1]</sup>.

**4. Subclinical Hypothyroidism:** Characterized by elevated TSH levels with normal thyroid hormone levels, often asymptomatic but can progress to overt hypothyroidism.

The causes for each type are varied, including genetic predispositions, autoimmune disorders, dietary deficiencies, and medical treatments. Clinically, hypothyroidism presents with diverse systemic features affecting multiple body systems:

- ✓ Cardiovascular: Bradycardia, hypertension, and elevated cholesterol levels.
- ✓ Neurological: Fatigue, depression, and cognitive impairment.

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- ✓ Musculoskeletal: Muscle weakness, joint pain, and stiffness.
- ✓ Dermatological: Dry skin, hair loss, and brittle nails.

Modern treatment primarily involves hormone replacement therapy with levothyroxine, which aims to normalize thyroid hormone levels and alleviate symptoms. Regular monitoring and dosage adjustments are crucial to ensure optimal treatment outcomes. Additionally, addressing the underlying cause, such as iodine supplementation in deficiency cases or managing autoimmune conditions, is essential for comprehensive care.

Ayurveda doesn't explicitly address hypothyroidism; it can be conceptually understood through the framework of *Anukta Vyadhi*. Many symptoms of hypothyroidism align with the *Bahudoshavasta lakshana* said in classics. So, from Ayurvedic perspective imbalances across all three *Doshas*, with a *Kapha* predominance can be seen in

hypothyroidism. Based on the treatment protocol of *Bahudoshavastha*, *Samshodhana*<sup>[2]</sup> like *Vamana karma* emerges as a potentially effective therapeutic approach for *Kapha*-dominant conditions<sup>[3]</sup> like hypothyroidism.

### Case Report

A male patient of 33 years of age with N/K/C/O DM and HTN came to OP with severe back pain, generalised weakness, occasional numbness in b/l leg, swelling in low back and reduced memory. After detailed history taking blood investigation was given, in which there is marked increase in Total cholesterol, LDL, TSH, and decreased T4. It was noted that the TSH level were 116.5µIU/ml and T4 was around 3.02ug/dl. From these reports we were able to diagnose it as hypothyroidism and started treatment for that. As a main *Panchakarma* treatment *Vamana* were planned to be done

**Table 1: Treatment Schedule**

<i>Deepana Pachana</i>	<i>Snehapana</i>	<i>Visrama kala - 1-day Abhyanga Sweda</i>	<i>Procedure</i>	<i>Samsarjana Karma</i>
<i>Amrithotharam Kasayam, Shaddharanam Choornam.</i> (7 days)	<i>Varanadhi Ghritam</i> (7 days)	<i>Chinchadhi tailam, Ooshma swedam</i>	<i>Vamana</i> on 2 <sup>nd</sup> day	For 7 days

**Table 2: Varanadhi ghritam Snehapana Dosage on each day**

Days	Dose	Time of appetite	Food Intake	Remarks
1	30 ml	2 pm	2:10 pm	Head ache
2	50ml	2:20 pm	2:20 pm	Head ache
3	75ml	2:30 pm	2:35 pm	Bloating
4	100ml	2 pm	2 pm	Tiredness
5	120ml	1:30 pm	1:35 pm	Tiredness
6	220ml	1:15pm	1:20 pm	Tiredness, nausea, oily stools.
7	300ml	1 pm	1: pm	Vomited

### Drugs used for preparing *Vamana Dravya*.

- ✓ *Yashti madhu choornam* - 10gm
- ✓ *Vacha* -2.5gm
- ✓ *Madhana phala* -5gm
- ✓ Honey -25ml
- ✓ *Indupp* - 5gm

**Table 3: Vamana Karma**

S.No	Drug	Time of Administration	No. of Vegas	No. of Upavega
1	<i>Njavara Payasa</i> mixed with little <i>Ghritha</i>	6 am	-	-
2	Milk (3 glasses)	6:15 am	2	4
3	<i>Vamana</i> Medicine	6:15 am	-	-
4	Milk (5 glasses)	6:20 am	3	5
5	<i>Yashti madhu Phantam</i> (8 glasses)	6:20 am - 6:45 am	3	5

6	Saindhava Jala (4 glasses)	6:45 am- 6:50 am	-	4
7	Anguli Sparsha on Kanda to remove any extra medicine present	6:50 am	-	2
8	Dhooma Panam	6:55 am	-	-

- ✓ Total Vegas – 8
- ✓ Total Upavegas – 20
- ✓ Total quantity of Vomitus – 10L

Table 4: Objective Criteria Before and After Treatment

	Before Treatment	After Treatment
<b>TSH</b>	116.5µIU/mL	14.36 µIU/mL
<b>T4</b>	3.02 ug/dl	4.48ug/ml
<b>T3</b>	103 ng/dL	100.5ng/dL

## DISCUSSION

The endocrine system illness known as hypothyroidism occurs when the thyroid gland produces insufficient amounts of thyroid hormones, such as Triiodothyronine (T3) and Thyroxine (T4). Higher TSH levels are the outcome of this. With a broad range of aetiology and clinical characteristics, it is currently a major global concern and can cause major health problems.

The broad categories of *Kapha dusti*, *Rasa Dhathu dusti*, *Udanavruta Samana*, *Kaphavruta Samana*, *Agnimandya*, *Kaphaja galaganda*, etc., can be used to understand hypothyroidism from an Ayurvedic perspective. The symptomatology is similar to that of the *Kapha* associated *Pitha dusti* with vitiation of *Vata* due to *Margavarana*. *Rasavaha* and *Medhovaha srotodusti lakshans* can be seen which are typically seen under *Bahudoshavastha*. The need of treating *Bahudoshavastha* with *Samshodana karma* is emphasized in Ayurvedic literature. *Samshodhana* aids in eliminating the underlying cause of the illness to eliminate the possibility of its recurrence<sup>[4]</sup>. Additionally, *Vamana Karma* was stated by *Acharya Sushruta* and *Vagbhata* as the primary healing method in *Kaphaja Galaganda*<sup>[5]</sup>. After looking into all these factors *Vamana karmas* was selected as prime treatment.

As any other *Panchakarma* procedure here also *Vamana karma* is carried out in 3 phases i.e., *Poorva karma*, *Pradhana Karma*, *Paschath Karma*. Among this *Poorvakarma* include *Deepana*, *Pachana*, *Arohana Snehapana* and *Swedana*. *Deepana Pachana* is carried out to prepare body for *Shodhananga snehapana*, to increase *Jataragni*, *Dhatvagni* and digestion of *Ama*, without which the *Sneha* will not undergo proper digestion causing *Sneha vyapat* (complications). In this study *Deepana pachana* was done with *Amrithotharam Kashyam* and *Shaddharanam Choornam*. *Shodhananga Snehapana* is the most important *Poorvakarma* which makes the *Dosha* undergo *Vridhi* and *Vishyandana*. *Shodhananga snehapana* in *Madhyamamatra* was

administered in *Arohana krama* using *Varunadi Ghritha*. This *Ghritha* contains ingredients like *Varuna*, *Saireyaka*, *Shatavari*, *Chitraka*, *Morata*, *Brahati*, *Jaya* etc that have *Kapha meda hara* property and indicated in *Mandhagni*, *Gulma*, *Anthar Vidhradi*<sup>[6]</sup>. After observing *Samyak snigdha lakshanas*, patient was given one day of *Vishramakala* during which *Abhyanga* with *Chinchadhi taila* followed by *Ooshma sweda*. *Bahya snehana* and *Swedana* causes *Vridha Doshasto* undergo *Vilayana* and *Paka* and helps the *Doshas* move from *Shaka* to *Kosta*. *Kaphotkleshakara Ahara* was given on that day as diet regimen. These foods are predominant of *Snigdha*, *Guru guna* which directly increases *Kapha dosha* in *Kosta* and aids in *Vamana Karma*<sup>[7]</sup>. Once the *Doshas* reaches *Kosta*, it is eliminated through *Vamana Karma* using *Madhanaphala Vamaka Yoga*. It contains *Madhana phala pippali choorna*, *Yastimadhu Choorna*, *Vacha choorna*, *Saindhava lavana* and *Madhu*. This *Vamaka Yogais* having *Agni* and *Vayu mahabhootha* predominance and *Ushna*, *Teekshna*, *Vyavayi*, *Vikasi guna*. By these qualities and *Prabhava* the *Utklishta dosha* are eliminated out of body through *Mukha marga*<sup>[8]</sup>. Thus, *Vamana karma* in Hypothyroidism helps in *Samprapti vighatana* of disease.

## CONCLUSION

Hypothyroidism can be understood as *Anuktha Vyadhi*, which results due to *Agni dushti*, *Dhatwagni mandya* especially *Rasa* and *Medho dhathu*. Treatment adopted here is based on *Doshic* predominance and symptomatology. Thus, the above clinical study concluded that *Vamana Karma* is found to be effective in management of hypothyroidism.

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**\*Address for correspondence**

**Dr. Sreelal A S**

PG Scholar

Department of Panchakarma

Govt. Ayurveda College

Thiruvananthapuram.

Email: [sree.10.lal@gmail.com](mailto:sree.10.lal@gmail.com)

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