



EFFECT OF CLASSICAL VAMANA KARMA AND SOME AYURVEDA MEDICINE IN THE MANAGEMENT OF HYPOTHYROIDISM: A CASE STUDY

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ABSTRACT

Hypothyroidism is one of the most common functional disorder of the thyroid gland and is very commonly encountered problem in clinical practice. The common symptoms of hypothyroidism includes fatigue, increased sensitivity of cold, constipation, dry skin, weight gain, puffy face, hoarseness of voice, muscle weakness, pain and stiffness or swelling of joints, irregular menstrual periods, thinning of hair, impaired memory etc. In spite of many advances, the modern management of Hypothyroidism still remains unsatisfactory. *Ayurveda* through its holistic approach particularly *Panchakarma* which aims at eliminating the basic causative factor and other morbid factors involved in the disease helps in effective management of this disease. Among *Panchakarma* procedures, *Vamana Karma* is found to be very effective in the management of Hypothyroidism. Due to *Margavaranajanya Samprapti* and *Kapha* dominant state with *Pitta Dushti*, to remove obstruction of *Kapha*, *Vamana* (Therapeutic emesis) has been found beneficial. This article presents a single case report in which previously diagnosed case of Hypothyroidism was treated successfully with *Vaman Karma* and oral *Ayurveda* medicine.

KEYWORDS: Hypothyroidism, *Ayurveda*, *Vaman*, *Agnimandhya*, *Bahudoshavastha*.

INTRODUCTION

Hypothyroidism results when the thyroid gland fails to produce enough thyroid hormone due to its structural and functional impairment that significantly impairs its output of hormones -this leads to hypo metabolic state of thyroid gland. Which in -turn tends to slow down the body's function. The thyroid gland controls metabolism through the production of thyroid hormone. Some of the main symptoms of the disease are -fatigue, increased sensitivity of cold, constipation, dry skin, weight gain, puffy face, hoarseness of voice, muscle weakness, pain, stiffness or swelling in joints, irregular menstrual periods, thinning of hair, depression, impaired memory etc.^[1]

Hypothyroidism is one of the most common functional disorder of thyroid gland and is a very commonly encountered problem in clinical practice. The prevalence of hypothyroidism in the developed world is about 4-5%^[1,2] and the prevalence of subclinical hypothyroidism in the developed world is about 4-15%.^[1,3] According to a cross-sectional, multi-centered epidemiology study conducted at eight sites in India namely Bangalore, Chennai, Delhi, Goa, Ahmadabad, Hyderabad, Kolkata and Mumbai, Hypothyroidism was found to be a

common form of thyroid dysfunction affecting 10.9% of the study population. The prevalence of undetected hypothyroidism was 3.47% i.e., almost one-third of the hypothyroid patients (186 out of 587) were diagnosed for the first time during the course of study-related screening. This suggests that a significant proportion of patient population may go undetected and untreated even as it continues to impair the daily quality of life, work performance and economic productivity of an individual.^[4]

In spite of many advances, the modern management of Hypothyroidism still remains unsatisfactory. The drug of choice for Hypothyroidism is levothyroxine. It is associated with many adverse effects due to consumption for longer period. Some of them are increased hunger, muscle weakness, diarrhoea, excessive sweating, irregular periods fever, hair loss etc. Severe side effects are chronic heart failures, inflammation of skin caused by an allergy, mood changes etc.^[5] Even after regular intake also quality of life of the patient is not much improved, though laboratory investigations appear to be normal. So world is looking towards *Ayurveda* for a safe and effective medication for treatment of Hypothyroidism.

Several mini references are found scattered in various *Ayurveda* texts regarding Hypothyroidism. Eight types of *Nindita Purusha*^[6] can be described on the basis of various hormonal disorders. If we try to have a keen insight to the pathogenesis of hypothyroidism according to the principles of *Ayurveda*, we find ourselves around the fact that it is basically caused due to dysfunctioning of the *Agni*. Hypofunctioning of *Jatharagni*, which in turn, affects *Dhatvagni*, eventually brings out pathological sequence & ultimately, the diseased condition.

If *Sodhana* is administered properly it pacifies the disease, destroys the disease and increases the *Bala* and *Varna*.^[7] *Ayurveda* through its holistic approach particularly *Panchakarma* which aims at eliminating the basic causative factor and other morbid factors involved in the disease. In hypothyroidism dominance of *Kapha* and *Dushti* of *Rasa Dhatu* are the main features. Thyroid Gland is situated in neck region which is the *Sthana* of *Kapha Dosha* and *Kapha* predominant symptoms are present in this patient of Hypothyroidism. *Vamana* is considered the best line of treatment for *Kaphaja* disorders^[8] *Vamana Karma* is selected as main line of treatment in this case of Hypothyroidism. A combined effect of *Panchkarma* procedure along with oral internal medicine and *Pathya Ahara* (special dietetic regimen) helps in proper management of Hypothyroidism.

PATIENT INFORMATION

A female patient aged 20 years came to the *Panchakarma* OPD at National Institute of *Ayurveda* Jaipur, India with complaint of increase in weight, decrease in appetite, puffiness of face, swelling in the body and lethargy since 2 months. According to patient, she was asymptomatic before 2 months and then she noticed drastic increase in body weight along with decrease appetite. There was swelling in the body especially puffiness in face along with generalized weakness and lethargy in the body. As per patient she had taken general tonics for weakness and lethargy she didn't get any relief so she came for *Ayurveda* Treatment. No history of any addiction was found. No personal and family history of any major systemic illness was present. According to patient she was going stressful conditions since some months.

CLINICAL FINDINGS

On physical examinations patient was found afebrile with Blood pressure - 120/80 mm of Hg, Pulse rate - 80/minute, R.R. - 22/minute. On Systemic examination no abnormality was found in respiratory, cardiovascular and central nervous system activity. On examination puffiness in face was found. The patient was *Pitta Kapha prakruti*, having *Madyam Koshtha* and *Madyam Bala*. *Rasavaha*, *Raktavaha*, *Medovaha*, *Purishavaha* and *Swedovaha Srotodushti Lakshanas* were observed.

THERAPEUTIC INTERVENTION

After taking proper history patient was subjected to further investigations like Hb%, CBC, TSH Urine R/E. After seeing the report of investigations, it was concluded that patient was suffering from Hypothyroidism since her TSH was 8.02. Treatment plan was planned accordingly in which patient was kept in oral medicine for some times and then after Classical *Vamana Karma* (therapeutic emesis) and *Pathya Aahar* (dietetic regimen) was given.

Vamana Karma

Pre- Procedure: *Deepana Pachana* done with *Panchakola Churna* 3gm twice a day with lukewarm water for 5 days till *Samyak Pachana*. Administration of *Shodhananga snehapana* was done with *Suddha goghrita*^[9] (Plain cow's ghee) on the escalating dose of 30, 60, 90, 120 and 180 ml for 5 days everyday at 7.15am in the morning. Patient was advised to strictly follow regimens advised on *Snehapana* (internal oleation). *Samyak Snigdghata Lakshanas* (signs of proper oleation) were observed and then *Sarvanga Abhyanga* (whole body *Ayurveda* massage) with *Dashamula Taila* (*Dashamula* medicated oil) and *Baspa Swedana* (Steam sudation) with *Dasamula* decoction was done on next day morning empty stomach at 9 am. *Kaphautkleshakara* food was given for diet in the evening.

Procedure: Traditional *Vamak yoga* (combination of with *Madanphala churna* 6gm, *Vacha* 1gm, *Saindhav* 2gm and *Honey* 20gm) was used. *Vamanopaga Kashaya* – *Yastimadhu*, *Milk*, *lavanodaka* were used. Observations for *Samyak Suddhi Lakshanas* (signs of proper purification) were made. 6 *Vegas* with *Pittaantaki Madyam Suddhi* was observed. Patient was haemodynamically stable within the procedure and no sign of dehydration was observed after *Vamana*.

Post-procedure: Classical *Samsarjana Krama Peyadi Krama* (sequence) with 2 *Annakala* was advised for 5 days. After completion of *Samsarjana Karma* patient was advised to take normal diet.

Internal Medicine: *Panchakol churna* 3gms two times a day, *Arogya vardhani vati* 2 tab 2 times a day, *Taruni Kusumar Churna* 5gms at bed time, *Kanchanar Gugullu* 500mg 2 Times a day.

Table 1: Timeline of Case.

Years	Clinical events and Intervention
30/9/2016	Increase in body weight, decrease appetite, puffiness of face, lethargy and sleepiness.
1/10/2016	Diagnosed as Hypothyroidism. TSH was 8.02
2/10/2016	Given oral medications <i>Panchakol churna</i> , <i>Arogya vardhani vati</i> , <i>Taruni Kusumakar Churna</i> , <i>Kanchanoor guggulu</i> for 1 month.
4/11/2016	Reinvestigation was done after 1 month TSH came down to 6.46
5/11/2016	Patient came for follow up with report. There was very mild relief in symptoms like puffiness of face and lethargy, sleepiness but there was no reduction in weight, appetite was not so good. Patient continued the same medicine for next 3months.except <i>Arogyavardani</i> which was stopped after 45 days.
17/3/2017	Patient came to follow up with report. TSH was 5.05.Her daily activities were hampered. No drastic improvement in symptoms.
18/3/2017	Patient was planned for <i>Vamana Karma</i> . Deepan Pachana with Panchakol Churna for 5 days. <i>Snehapana</i> with <i>Suddha Goghrita</i> for 5 days. <i>Vamana</i> with <i>Madanaphala</i> , <i>Vacha</i> , <i>Saidhava</i> and honey. <i>Samsarjana Karma</i> for 7 days.
5/4/2017	After completion of <i>Samsarjana Karma</i> , there was reduction in weight about 3kg.Her appetite was increased. There was no puffiness in face, and no complain of sleeplessness and lethargy. She was able to perform her daily activities in normal pattern. She was kept in only <i>Panchakol churna</i> and <i>Tarunikusumakar churna</i> .
24/5/2017	Haematological reinvestigations was done TSH came to 3.30, which is within Normal limit.

DIAGNOSIS AND TREATMENT

Patient had come with symptoms of weight gain, feeling of heaviness in body, lethargy, weakness of the body and sleepiness, puffiness in face, decreased appetite. She was experiencing these symptoms since two months. Due to excessive uneasiness in body, her study and daily activities was also hampered. *Mandagni Lakshana* like *Gasrasadanam* (weakness of the body), *Gaurava* (feeling of heaviness) *Kapha Avruta Vata Lakshana* like *Shaitya*

(cold intolerance), *Gaurava* (feeling of heaviness), *Shula* (pain);and many symptoms of *Bahudoshavastha* like *Avasada* (depression), *Klama* (fatigue), *Sthoulya* (obesity), *Alasya* (malaise), *Dourbalya* (weakness), *Avipaka* (indigestion), etc can be compared with symptoms of Hypothyroidism. Most of the symptoms of *Mandagni*, and *Bahudoshavastha* was present in this patient.

Table no-2.

Intervention	Dose	Anupana	Treatment Duration
Oral Drugs			
<i>Panchakol churna</i>	3g twice daily	Warm water	3mths
<i>Arogyavardhani Vati</i>	2 tab twice daily	Warm water	45 days
<i>Kanchanar Guggulu</i>	500mg bd	Warm water	3 months
<i>Taruni kusumakar</i>	5g at bed time	Warm water	6months
<i>Panchakarma Procedure</i>	Method of preparation	Method of administration	Duration
<i>Vamana</i>	<i>Vamana</i> yoga was given in dose of 6gm <i>Madanaphal</i> , <i>Vacha</i> 2gm, salt 2gm, with honey	Through Oral route	<i>Depana</i> , <i>Pachana</i> for 5 days, <i>Snehapan</i> for 5days <i>Abhyanga Swedana</i> for 2 days <i>Vaman Karma</i> .

FOLLOW UP AND OUTCOMES

During the treatment there was marked relief in puffiness of face. Appetite was good. General condition of the patient was improved and there was marked relief in

lethargy, feeling of heaviness and sleepiness. Reduction in weight was about 3 kg. Assessment of the patient before and after treatment is shown in table no. 3.

Table No. 3: Assessment before and after treatment.

BT = Before treatment, AT= after treatment

Domain	1/10/2016	4/11/2016	17/3/2017	24/5/2017
TSH	8.02	6.04	5.05	3.30

DISCUSSION

There is no direct reference of Hypothyroidism in *Ayurveda* but clinical presentation of hypothyroidism show resemblance with different clinical conditions described in *Ayurvedic* classics up to some extent. These include *Kaphaja Galganda*, *Kapha Avruta Vata*, in particular and *Mandagni Janya Vikara* and *Bahudoshavashta* in general. *Mandagni Lakshana* like *Gatrasadanam* (weakness of the body)^[10] *Gaurava* (feeling of heaviness)^[11] *Adhamanam* (distension of abdomen) *Kapha Avruta Vata Lakshana* like *Shaitya* (cold intolerance), *Gaurava* (feeling of heaviness), *Shula* (pain)^[12] *Kaphaja Grahani lakshana* like *Sadanam* (asthenia) *Akrushasya api dourbalyam* (weakness despite the lack of emaciation), *Strisuaharshanam* (impotency), *Alasyam* (malaise)^[13] and many symptoms of *Bahudoshavashta* like *Avasada* (depression), *Sthoulya* (obesity), *Alasya* (malaise), *Klama* (fatigue), *Avipaka* (indigestion) *Dourbalya* (weakness) etc can be compared with symptoms of Hypothyroidism. If we try to have a keen insight to the pathogenesis of hypothyroidism according to the principles of *Ayurveda*, we find that it is basically caused due to dysfunctioning of the *Agni*. Hypofunctioning of *Jatharagni*, which in turn, affects *Dhatvagni*, eventually, brings out pathological sequence & ultimately, the diseased condition is developed. Among *Panchakarma Procedure*, *Vamana Karma* is the best therapy for the elimination of *Kapha Dosha* and related morbid factors. In hypothyroidism dominance of *Kapha* and *Dushti of Rasa Dhatu* are the main features. Thyroid Gland is situated in neck region which is the *Sthana* of *Kapha Dosha* and *Kapha* predominant symptoms are present in this patients of Hypothyroidism. Further, *Susruta* and *Vagbhata*, both have prescribed *Vamana Karma* in the treatment of *Kaphaja Galganda*^[14] (*Su. Chi. 18/50, AS Hr. Ut. 22/71*) So considering all these facts in mind *Vamana Karma* is selected as main treatment in this case.

The *Samana* drugs like *Panchakol churna* is best *ruchya* (appetizer) *Deepan Pachana*, improves *Agni* (digestive fire) and helps in removal of *Ama* (toxins) from body. *Arogyavardhani vati* which contains (*rasa, gandhaka, trifala, guggulu, tikta* etc) reduces *dhatuagnimandhya*, improves liver function and metabolism, and acts as *rasayana*. *Rasayan* after *Panchakarma* procedure is mandatory for rejuvenation of health. *Kanchanar guggle*^[15] is a classical formulation, used for *Kapha* accumulations in the tissues. Powerful decongestants such as *Kanchanara, Trifala, Trikatu, Trijata, Kanchanar* (*Bauhinia variegata* L), *Varuna* (*Crataeva nurvala* Buch-ham) are mixed with *Guggulu* to break down and eliminate hardened *Kapha*. This detoxifying blend supports the proper function of lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation and is very useful in hypothyroidism. The ingredients of *Tarunikusumakar churna* are *Taruni, Yava Kshara, Trikatu Trifala Tankana, Suksma Ela* ect which are *Kaphagna* in action, helps to open the channel and is laxative in action.

CONCLUSION

Hypothyroidism is a burning problem in today's stressful society, which has been found difficult to manage. Through *Ayurveda* especially *Panchakarma*, with its holistic approach works on the etiopathogenesis of the disease and its proper management. *Panchakarma* procedures like *Vamana Karma* along with some internal medicines have shown good result in this case of Hypothyroidism. So *Panchakarma* procedure along with internal medicines can provide a ray of hope for the management of hypothyroidism and helps to increase the quality of life of the patients.

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