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RESEARCH ARTICLE

CURATIVE & PREVENTIVE EFFECT OF SAMSHODHANA IN METABOLIC DISORDERS W.S.R. TO HYPOTHYROIDISM.

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Abstract

Metabolic disorders impacts physical, psychological and social changes in multidimensional aspects. hypothyroidism is a major counter of metabolic disorder which in turn is a bahudoshavastha where shodhanachikitsa is the choice of treatment as a preventive and curative aspects.

Hypothyroidism is a common clinical entity in now days practice most commonly present in women population i.e. – 1:100 ratio. The deficiency in thyroid secretion is basic cause which in turn effects metabolism and leading to clinical syndromes.

So keeping metabolism as a base, hypothyroidism can be understood better way as dhatwagni-mandya in ayurvedashodhana helps to balance metabolism by bringing back dhatusatmyata by detoxification.

Thus, panchakarma has got the potentiality for curative as well as preventive aspects of metabolic disorders in terms of samshodhana (vamana & virechana both).

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Introduction:-

Metabolic disorders impacts physical, psychological and social changes in multidimensional aspects. Hypothyroidism is a major counter of metabolic disorder.

Hypothyroidism is a clinical syndrome resulting from a deficiency of thyroid hormones which is a common clinical entity is now days practice most commonly present in women population. i.e. 1:10 ratio. This condition effect on the metabolism of the whole body up to the cellular level so, the multisystem involvement and their signs and symptoms occurs as well the mental status of the patient is also disturbed in further status.

Hypothyroidism is not a single disease entity in Ayurveda the disorders of thyroid gland are dealt under the heading of Galganda, Kaphajasothe the analysis of the symptomatology in the light of Ayurveda principles of Agni, Srotas, Dosha and Dushya.

So keeping the metabolism as base, hypothyroidism can be understood in better way in terms of dhatwagnimandhya in Ayurveda.

Ayurveda doesn't emphasize on the exact nomenclature of the disease rather it insist on the diagnosis of the constitutional status of the disease.

So, we have to concentrate on the doshik status of the disease because they are the pillars of our health.

“Thyroxine replacement therapy” is the choice of treatment in modern science which is expensive one, conducting the various adverse effects due to continuous medication.

So, the safer, better and long lasting therapy is the need of the hour, shodhana therapy is a unique therapy enjoys the superiority over the mode of treatment.

The common features of hypothyroidism includes easy fatigability, coldness, weight gain, constipation, menstrual disturbances, sensitivity to cold, forgetfulness, sleepiness, lethargy, puffiness of face, non-pitting oedema, loss of appetite etc.

All the signs and symptoms of hypothyroidism are nearer to laxanas of kaphadosha.

The vaman – karma is one of the best measure of Kapha disorders and best srotoshodhaka among the panchakarma therapies.

Aims and Objectives of the Study:-

- ❖ To evaluate the efficacy of vaman karma in the management of hypothyroidism.
- ❖ To study Hypothyroidism in Ayurvedic aspect.

Hypothyroidism – an Ayurvedic Approach:-

Hypothyroidism is not a single disease entity; multisystem involvement is seen in the pathogenesis.

So, on the basis of clinical presentation, it can be co-related with certain conditions. It is difficult to give a single Ayurvedic term for it.

As charaka opines – the same provided humour, according to the diversity of causes and its localization in different regions, produces many types of diseases so for the complete analysis we have to go through the details of samprapti-ghatakas.

Dosha:-

Majority of Kaphajananatmajavikara can be included as a sign and symptom of hypothyroidism which is suggestive of predominance of kaphadosha in the manifestation of disease.

Dushya:-

Dusti of Rasa Dhatu plays a major role in the pathogenesis. Many rasa-pradoshajaVikara's are also similar to the clinical features of hypothyroidism.

- | | |
|------------------------------|--|
| 1. Loss of Appetite | - Agnimandya – Rasapradoshajavikara |
| 2. Constipation | - MandaGuna of Kapha leads to apanavikruti |
| 3. Weight gain | - Stoulya due to Rasa & medodhatwagnimandya |
| 4. Hoarseness of voice | - According to sharangadhara it is a kaphajaVikara |
| 5. Anaemia | - Pandu – Rasapradoshaja |
| 6. Menstrual Disturbance | - Aratavakshaya (Rasa Upadhatu) |
| 7. Cold Intolerance | - shita – asahishanuta |
| 8. Excessive sleep | - Atinidra |
| 9. Dry skin / hairs | - Rasa-kshayalakshanas |
| 10. Forgetfulness | - Vitiated Kaphamay causebuddhimandyaby affecting Manobala |
| 11. Pain | - Angamarda |
| 12. Sluggishness | - Alasya |
| 13. Weakness | - Bala-Kshaya |
| 14. Puffiness of Face & body | - Kaphajashotha. |

Symptoms	Dosha Involved
Weight gain	KaphaVridddhi
Swelling on the body	KaphaVridddhi
Loss of appetite	KaphaVridddhi& Pitta Kshaya
Forgetfulness	KaphaVridddhi
Dry skin / hairs	KaphaVridddhi
Minimal Sweating	Pitta Kshaya
Anaemia	KaphaVridddhi
Constipation	Kapha&VataVridddhi
Hoarseness of voice	KaphaVridddhi
Sluggishness	KaphaVridddhi
Menstrual Disturbance	Kapha&VataVridddhi
Cold intolerance	KaphaVridddhi
sleepiness	KaphaVridddhi

All above symptoms indicates the involvement of Kaphadosha, rasadhatu and rasa-dhatwagni-mandya, in hypothyroidism. Among allkaphadosha, play a major role in the manifestation of disease.

Chikitsa:-

Ayurveda natures – two notions i.e. shodhana and shaman chikitsa. Sanshodhana is considered as a unique type of treatment of various chronic, auto immune, hormonal, degenerative disorders etc. Where the other sorts of treatments have no satisfactory effect.

Acharyacharaka has highlighted the role of panchakarma therapy by stating that the disease treated by shodhana will never reoccurs.

Considering the Kaphadosha predominance, srotoshodhaka, Agnivardhaka and doshapratyanikachikitsa – vaman karma is one of the best measure for the treatment of hypothyroidism.

Vaman Karma:-

Poorva Karma:-

- ❖ TrikatuChoorna for deepana-pachana.
- ❖ Shuntighrita for snehapana
- ❖ Murchitaitala for abyanga

Pradhan karma:-

Madanaphalapippalichoorna with saindhav&madhu with Yastimadhuhanta as vamanopagadravya.

Paschatkarma:-

General SansarjanaKrama is to be followed :

- ❖ Thyroid gland position is “ Urdhwabhag which is a Kapha-sthana, easy and nearer route for evacuation of dosha, as “Margasamipya”.
- ❖ Vamana Karma is the line of treatment for kakphaja-nanatmajvikara, kaphajagalaganda and kaphajashotha also.
- ❖ Pandu and mandagni are also enlisted under vamyarogas.

Conclusion:-

- ❖ Hypothyroidism can be co-related with kaphajananatmajavikara which shows kaphadosha predominance.
- ❖ “Prevention is better than cure” as hypothyroidism is a lifestyle disorder – By following Healthy regimens like dinacharya, rutucharya (vamanavirechana etc. as seasonal regimen) the disease can be prevented.
- ❖ Vasantikavamana is necessary to relive the disease completely and to avoid further progression and complication of the disease as a detoxification therapy.
- ❖ Combined therapy i.e. vamana – virechana followed by shaman chikitsa can be implemented with great confidence to get better results.

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