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RESEARCH ARTICLE

THE EFFECT OF VAMAN KARMA IN THE MANAGEMENT OF HYPOTHYROIDISM - A CASE STUDY.

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Key words:-

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Abstract

Background: The study was conducted to evaluate cost effective and convenient treatment for Hypothyroidism in Ayurved.

Introduction: Hypothyroidism (underactive thyroid) is a condition in which thyroid gland doesn't produce enough of certain crucial hormones. Hypothyroidism may not cause noticeable symptoms in the early stages. Over time, untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility and heart disease, Goitre, Depression may occur early in hypothyroidism and may become more severe over time. The signs and symptoms of hypothyroidism vary, depending on the severity of the hormone deficiency. The oral medication restores adequate hormone levels, reversing the signs and symptoms of hypothyroidism. Hypothyroidism can also cause slowed mental functioning. Myxedema, this rare, life-threatening condition is the result of long-term, undiagnosed hypothyroidism. There is no direct reference of Thyroid in Ayurved Classics. While analysing the signs and symptoms of Hypothyroidism in Ayurvedic view, we note the involvement of all Strotas. The Kapha Dosha and Vata Dosha Vriddhi is elicited and Pitta Dosha Kshaya is seen. The study was carried out to see the effect of Vaman Karma in the management of Hypothyroidism.

Aims: To Study the effect of Vaman Karma in Hypothyroidism.

Methodology: A case study of 45 years old female patient with Sharirbhar Vriddhi, Katishula, Aruchi, Sarvanga Shula, Daurbalyata since 4-5 years, was treated with Vaman Karma.

Result: A case recorded and treated in our institute. Significant correction in Thyroid Function Test was seen in patient.

Conclusion: Encouraging results were obtained which are presented in full paper.

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Introduction:-

Hypothyroidism, also called underactive thyroid or low thyroid, is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone.^[1] The signs and symptoms of hypothyroidism vary, depending on the severity of the hormone deficiency. Problems tend to develop slowly, often over a number of years.^[2]

Hypothyroidism may not cause noticeable symptoms in the early stages. Over time, untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility and heart disease.^[1] Subclinical hypothyroidism, a milder form of hypothyroidism characterized by normal thyroxine levels and an elevated TSH level.^[1] Hypothyroidism is more common in women than men. People over the age of 60 are more commonly affected. Worldwide about one billion people are estimated to be iodine deficient; however, it is unknown how often this results in hypothyroidism. Iodine deficiency is the most common cause of primary hypothyroidism and endemic goitre worldwide. In areas of the world with sufficient dietary iodine, hypothyroidism is most commonly caused by the autoimmune disease Hashimoto's thyroiditis (chronic autoimmune thyroiditis). People with hypothyroidism often have no or only mild symptoms. Numerous symptoms and signs are associated with hypothyroidism, and can be related to the underlying cause, or a direct effect of having not enough thyroid hormones. Hashimoto's thyroiditis may present with the mass effect of a goiter (enlarged thyroid gland). Treatment with levothyroxine will likely be lifelong, but because the dosage you need may change and to check your TSH level every year.^[1,2] There is no direct reference of Thyroid in *Ayurved Classics*. The analysis of the symptomatology of Hypothyroidism in the light of Ayurveda showed that in this disease the dominance of *Kapha* with vitiation of *Vayu* due to *Margavarana* and predominantly *Annava*, *Rasava* and *Medovaha Strotodushti* with the *Dushti* of *Rasa*, *Medo Dhatu* may be considered as the responsible factor for disease.^[3] *Vaman Karma* has been considered as the best line of treatment for *Kaphaj* disorders.^[4] Considering all the facts in present study has been planned to assess the effect of *Vaman karma* in the management of Hypothyroidism.

Material and Method:-

Case Report:

A 45 year old female patient having following complaints was came in OPD and admitted IPD of Kaychikitsa Department, Government Ayurveda College, Nagpur.

Chief Complaints:

- | | | |
|-------------------------------------|-----|----------------|
| 1. Dakshin Pada Shula | } | since 3 years |
| 2. Sakashta Chankramana, Utkatasana | | |
| 3. Ubhaya Pada Chimchimayana | | |
| 4. Manyashula | } | since 6 months |
| 5. Daurbalyata | | |
| 6. Kshudhamandya | | |
| 7. Adhman | | |
| 8. Sarvangamarda | | |
| 9. Kasa | | |
| | - } | since 8 days |

History of Present Illness:

Patient having gradually increase in above symptoms from 3 years, so for treatment patient get admitted in Government Ayurveda College Nagpur.

Past History:

1. H/O Hypertension- since 3 months on irregular medication
2. No H/O DM, Hypothyroidism, Bronchial Asthama
3. H/O fall at home – 3 years back.
4. H/O RTA – 15 years back
5. No history any other illness.

Family History:

No specific history

Ashtavidha Parikshan:

1. Nadi -74/min
2. Mala – Samyaka
3. Mutra – Samyaka
4. Jivha- Sama
5. Shabda - Spashta
6. Sparsha – Samashitoshna
7. Drika – Spashta
8. Aakriti – Sthula
9. Praman – Wt- 69 kg
10. Ht – 154 cm
11. BMI – 29.11

Dashavidha Parikshan:

1. Prakriti – Tridoshaja (Vatapradhan Kaphanubandhi)
2. Sarata – Ras, Ashthi, Majja – Alpa sarata
3. Mamsa, Meda – Pravar sarata
4. Sar - Ras Mamsa, Medo, Ashthi, Majja sar – Alpa
5. Mamsa, Medo sar - Pravar
6. Samhanana – Madhyam
7. Satmya – Sarvasatmya
8. Satva - Madhyam
9. Aharshakti – Alpa
10. Vyayamshakti – Alpa
11. Vaya – 45 years
12. Desha- Sadharan

Vaiyaktik Vrittant:**Aahar****Aahar Praman:**

1 chapati, rice 1 bowl, bhaji, varan.

Ras Pradhanya:

Katu Rasa Pradhan

Guna:

Guru, Abhishyandi, Snigdha, Tikshna

Diet Habit:

habit of Vishamashana, Paryushit Aahar

Type of Food: Vegetarian

1. Vihar: Housewife
2. Vyasan: Tea – 3 times a day
3. Kshudha: Kshudhamandya
4. Pipasa: Samyaka
5. Nidra: Nidradhikya

Vikrut Strotas Parikshan:

1. Rasvaha Strotas – Kshudhamandya, Aruchi, Tandra, Gauravata, Angamarda
2. Mansvaha Strotus - Sakashta Chankramana
3. Medovaha Strotus - Stanodar Lambanam
4. Asthivaha Strotas - Ubhaya Pada ShulaSakashta Chankramana, Utkatasana Manya Shula
5. Majjavaha Strotas - Ubhaya Pada Chimchimayana

Investigations:

1. CBC: Hb% - 12 gm % ESR – 27 TLC- 6000 RBC- 4.26, Platelet- 325000
2. RBS: 82 mg/dl
3. TFT: T3 – 127 mc/dl T4 – 8.9 mc/dl TSH – 11.70 mc/dl
4. KFT: Blood Urea - 27.6 mg/dl Sr. creatinine – 1.14 mg/dl Uric acid - 5.4 mg/dl
5. Lipid Profile: Triglyceride – 171.3 Cholesterol – 196 HDL – 37.8
6. Urine Report: A/B – Nil Sugar – Nil ME – NAD

Objective Criteria:

It will be assessed as per given in diagnostic criteria

Physical characters:

1. Weight
2. BMI
3. Waist circumference
4. Hip circumference
5. Waist hip ratio

Biochemical parameters**Lipid profile****Subjective Criteria:**

The signs and symptoms of Hypothyroidism which are subjective in nature are used for symptomatic evaluation for which a multidimensional scoring pattern was adopted.

By giving a score according to the severity of the symptoms.

Severity of symptoms	Gradation
Absence of symptoms	0
Mild degree of symptoms	1
Moderated degree of symptoms	2
Marked degree of symptoms	3
Severe degree of symptoms	4

The details of the scoring pattern adopted for the main signs and symptoms in the present study are as follows.
Gradation of symptoms: (Nadkarni 2009-2010)

Following scoring pattern was adopted for the assessment of sign and symptoms:

Chala Sphika Udar

Absence of Chalatra	0
Little visible movement (in the areas) after fast movement	1
Little visible movement (in the areas) even after moderate movement	2
Moderate visible movement (in the areas) even after moderate movement	3
Movement (in the areas) even after changing posture	4

Alasya / Utsahahani:

No Alasya doing work satisfactorily with proper vigor in time	0
Doing work satisfactorily with late initiation	1
Doing work unsatisfactorily under mental pressure and takes time	2
Not starting any work on his own responsibility and	3

doing little work	
Does not take any initiation and does not want to work even after pressure	4

Kshudra Shwasa/ Ayasena Shwasa

Dyspnoea after heavy work (movement) but relieved soon and up to tolerance	0
Dyspnoea after moderate work but relieved later and up to tolerance	1
Dyspnoea after little work but relieved later and up to tolerance	2
Dyspnoea after little work but relieved later and beyond tolerance	3
Dyspnoea in resting condition	4

Daurbalya (Alpa Vyayam)

Can do routine exercise	0
Can do moderate exercise without difficulty	1
Can do only mild exercise	2
Can do mild exercise with difficulty	3
Cannot do even mild exercise	4

Nidradhikya

Normal sleep 6-7 hrs per day	0
Sleep up to 8 hrs per day with Angagaurava	1
Sleep up to 8 hrs per day with Angagaurava and Jrimbha	2
Sleep up to 10 hrs per day with Tandra	3
Sleep more than 10 hrs per day with Tandra and Kalama	4

Svedadhikya

Sweating after heavy work and fast movement or in very hot season	0
Profuse sweating after moderate work and movement	1
Moderate Sweating after little work and movement	2
Profuse sweating after little work and movement	3
Sweating even at rest or in cold season	4

Daurgandhya

Absence of body odour	0
Occasional body odour removed after bathing	1
Persistent body odour limited to closed areas difficult to suppress with deodorants	2
Persistent body odour limited felt from long distance not suppressed with deodorants	3
Persistent body odour limited felt from long distance not tolerated even by patient himself	4

Anga Gaurava (Heaviness of body) –

No heaviness in the body	0
Feels heaviness in the body but it does not hamper routine work	1
Feels heaviness in the body which hampers daily routine work	2

Feels heaviness in the body which hampers movement of the body	3
Feels heaviness in the body along with flabbiness which causes	4
Great distress to the person	5

Sandhishoola

No Sandhishoola	0
Mild pain due to excessive walking	1
Moderate pain due to moderate walking relieved later and up to tolerance	2
Severe pain due to mild walking relieved later and beyond tolerance	3
Pain at time of rest even	4

Gatrasada

No fatigue	0
Little fatigue in doing hard work	1
Moderate fatigue in doing routine work	2
Excessive fatigue in doing routine work	3
Excessive fatigue even in doing little work	4

This scoring system mentioned by Nadkarni M. A. (2009-2010)[33] in her P.G thesis will be followed so as to maintain uniformity in evolution of effects.

Management:**Pachan Chikitsa:**

Initially Pachan Kwath- 40 ml Vyanodane is given as a Pachak for 10 days. [5]

Shodhan Chikitsa:

Snehapana- with Triphaladi Tailpana for 5 Days. [6]

Table no 1:-Snehapana chart

Date	Day	Time	Matra	Kshudha kala	Bhojan Kala
29.1.19	Day 1	7 am	30 ml	12.30 pm	3 pm
30.1.19	Day 2	6.30 am	45 ml	2 pm	5 pm
31.1.19	Day 3	7 am	65 ml	5 pm	9 pm
1.2.19	Day 4	7.30 am	85 ml	3.30 pm	4 pm
2.2.19	Day 5	7 am	110 ml	5 pm	5.30 pm

Rest day on 3.2.19 – Sarvang Snehana, Svedan.

Vaman Karma – on 4.2.19 [4, 7]

1. Dashmula Siddha Niruha basti 750 ml stat given at 6 am.
2. Vacha Siddha Godugdha pana 200 ml
3. Sarvanga Snehana Svedan
4. Chatan Dravya
 1. Madanphala Churna – 2.5 gm
 2. Vacha Churna – 5 gm
 3. Yashtimadhu Churna – 7.5 gm
 4. Saindhava – 10 gm
 5. Madhu
 6. Yashtimadhu Fant Sevan –

Table no 2:-

Time	Glass	Pravar Vega	Madhyam Vega	Avar vega	BP	P	Lakshane
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7.44 am	1		1	1	130/90	110	Hrullas
7.46 am	2	2		2			Madhurasyata Svedagaman
7.50 am	4		2				
7.52 am	4	1	1	1	140/90	110	Tiktasyata Svedagaman
7.56 am	4	1		2			Daurbalyata
7.59 am	3		1	2			Tiktasyata, Udar Gauravata
8.03 am	2		1	2	140/90		
8.05 am	1	1	1	1			

Saindhav Jala Sevan:

8.10 am	1		1				Tiktasyata
8.11 am	2	1		2			Pita varna Vega
8.15 am	4	1	1	1			Udar Laghavata

Dhumpana: ^[8]**8.20 am –**

1. Ubhaya Nasika – 1 Avarti/ Pratyeki
2. Mukha – 1 Avarti

Shuddhi:**Antiki –**

Pittant

Maniki –

Input 8.500 lit

Output –

10 lit

Laingiki –

Madhyam Shudhi

Sansarjana Kram:

5 days

Shaman Chikitsa:

1. Kanchanar Guggulu – 250 mg 2 Vyanodane with Shigrupatra Swarasa.
2. Hansa pathyadi Kwath 40 ml Vyanodane
3. Shilajit Vati 250 mg 2 Vyanodane with koshn Jala.

Sthanik Chikitsa:

Indrayana and Devdaru Churna Lepa Galapradeshi for 10 days.

Observation:**Table no 3:-**Table showing effect of therapy on TFT

Date	22.1.19 (Before)	9.2.19 (After)
T 3	127	115
T 4	8.9	9.12

TSH	11.70	6.20
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Table no 4:-Table showing effect of therapy on Lipid Profile

Date	25.1.19 (Before)	11.2.19 (After)
Cholesterol	196	151
Triglyseride	171.3	110.9
HDL	37.3	37.8

Table no 5:-Table showing effect of therapy on BMI

Date	Ht	Wt	BMI
24.1.19	154 cm	69 kg	29.1
5.2.19	154 cm	66 kg	27.8

Table no 6:-Table showing effect of therapy on W: H Ratio

Date	Waist	Hip	W:H Ratio
24.1.19	96 cm	114 cm	0.84
5.2.19	93 cm	103 cm	0.90

Table no 7:-Table showing effect of therapy on Signs and Symptoms

Signs And Symptoms	Before Treatment	After Treatment
Chala Sphika Udar	2	1
Alasya / Utsahahani	2	0
Kshudra Shwasa/ Ayasena Shwasa	0	0
Daurbalya (Alpa Vyayam)	3	1
Nidradhikya	2	0
Svedadhikya	3	1
Daurgandhya	2	1
Anga Gaurava (Heaviness of body)	3	1
Sandhishoola	4	1
Gatrasada	3	0

Discussion:-

Hypothyroidism is a burning issues, and the present treatment is not helping much in resolving the underlying pathology. The conceptual analysis of symptomatology of Hypothyroidism helps up to identify it is Kapha Pradhan Tridoshaj Vyadhi with Rasa and Medo Dushti predominantly. The main Pathogenesis occurs due to the Kapha Vriddhi and may be due to the Strotovarodh, Prakopa of Vata. There are also having symptoms of Rasavaha Strotodushti. Kapha is Mala of Rasa Dhatu. Due to Rasa Dhatvagnimandya there is also Vriddhi of Mala Rupi Kapha. So the line of treatment for this kind of Dushti which will helps to eliminates Mala Rupi Kapha. The treatment can be planned based on Dosha Pratyenika Chikitsa. [9] Vaman is one of the best treatment for vitiated Kapha. [10, 11] In Hypothyroidism Rasa Dhatu Dushti is also takes place. Langhana is a line of treatment for Rasaj Vikara and Vaman is a type of Langhana therefore Vaman is pacifies the symptoms related to Rasa Dhatudushti. [11]

Hypothyroidism is a Strotovarodh Pradhan Vyadhi, so here Vaman will help for Stroto Vishodhan, also helps in normalizing the pratiloma gati of Vayu. [4] Vaman drugs due to its Ushna, Tokshna, Sukshma Guna reaches to heart by virtue of their Rasa, Virya and Vipaka and circulates all over the body. [12] They liquefy the morbid Dosha and bring them up to the Amashaya. From here the morbid Dosha through oral route are expelled out called Vaman. [7] It has direct effect on Agnisthan and thus also improves Agni. Thus, Vaman helps in Samprapti vighatana of the disease. [4]

Kanchanar is considered as a drug of choice for Granthi Vikar, hence drug was chosen. Kanchanar Guggulu helps in removing the Strotolepa and resolving Agnimandya. [13] Sthanik Lepa helps in reducing Sthanik Dosha Vriddhi. [14]

Conclusion:-

In this case study, there are reduction in subjective as well as objective parameters. The Ayurvedic Concepts in hypothyroidism having fruitful effect; but it is only a case study so that the end conclusion about management could not be drawn. This concept taking in mind the study should be carried out on large sample for serving the happiness to the mankind.

Result:-

Significant correction in Thyroid Function Test was seen in patient. There was improvement shown in subjective as well as objective parameters.

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