



### RESEARCH ARTICLE

## CONSIDERABLE EFFECT OF AYURVEDIC INTERVENTION IN SUBCLINICAL HYPOTHYROIDISM: A CASE STUDY OF ANUKTAVYADHI (UNSAID DISORDER)

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### Abstract

Ayurveda explained various concepts of treatment both in ukta (mentioned) and anukta vyadhi (unsaid diseases). For the management of anuktavyadhi, there should be an accurate observation of sign and symptoms and minute examination of dosha-dushya involved in that particular disease. Hypothyroidism can be considered under anuktavyadhi. Subclinical hypothyroidism is a mild state of thyroid failure. It may cause due to autoimmune disorder or iodine deficiency mainly. This case is regarding a female patient of age 38 years' old who had diagnosed subclinical hypothyroidism 7 years ago and had taking medication for it. Primarily she consulted for hypothyroidism and simultaneously she wanted to treat her psoriatic condition. After treatment her TSH value reversed within normal limit which was elevated by 5 times 5 months ago of treatment. Ayurvedic management was included oral medications and lifestyle changes for healthy living. Her symptoms regarding psoriatic condition were also gets subsided after 2 months of treatment.

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### Introduction:-

Hypothyroidism is now becoming prevalent worldwide including India among lifestyle disorders and hormonal imbalance disorders. It manifests with very usual symptoms like fatigue, weight, mood alterations, stress etc. Its prevalence in India is around 11 % and it is higher than western countries. In western countries its prevalence is only 2 % to 4.6 %. [1] Although some patients may have minor symptoms, this state is termed as subclinical hypothyroidism (SCH). The mean annual incidence rate of autoimmune hypothyroidism is up to 4 per 1000 women and 1 per 1000 men. It is more common in certain populations, such as the Japanese, probably because of genetic factors and chronic exposure to a high iodine diet. The mean age at diagnosis is 60 years, and the prevalence of overt hypothyroidism increases with age. Subclinical hypothyroidism is found in 6–8% of women (10% over the age of

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60) and 3% of men. The annual risk of developing clinical hypothyroidism is ~4% when subclinical hypothyroidism is associated with positive thyroid peroxidase (TPO) antibodies. [2] This is a worrying condition among people because now it is affecting in early ages and there are more incidences in female than male. Sub-clinical hypothyroidism is a state of thyroid in which TSH level found increased to a little extent while other thyroid hormone levels (T3 & T4) remain normal which indicates mild underactive thyroid function. Generally, in mild cases there is no need of treatment but if TSH level is significantly elevated within the sub-clinical range or in pregnancy state or patient suffering from symptoms like fatigue, hair loss, weight gain, depression etc. then there may be need to take treatment. TSH (thyroid stimulating hormone) is the chief hormone for secretion of thyroid gland hormones and is secreted by anterior pituitary gland. There are 2 hormones secreted by thyroid gland named as T3 (tri-iodo-thyronine) and T4 (thyroxine). These 2 hormones increase the metabolic rate of the body. Hyperthyroidism and hypothyroidism are the two main disorders which caused by alteration in thyroid gland hormones. [3]

There is no reference of hypothyroidism and hyperthyroidism in ayurveda. But there is one disease related to thyroid gland referred in ayurveda by name galaganda. [4, 5] Acharya Charaka mentioned about anuktavyadhi. Anuktavyadhi means that diseases which are not named or unsaid. But it does not mean that apart from the named diseases there cannot be other diseases. Acharya have stated that it is not necessary to know the exact nomenclature of the disease even it is not possible always. [6] So hypothyroidism can be included in anuktavyadhi. One can diagnose a condition of disease by knowing nidān-panchak of disease. It includes Hetu (etiology), Purvaroop (pre-symptomatic phase), Roopa (sign and symptoms), Upshaya (relief by) and samprapti (pathogenesis). [7] For the Ayurvedic treatment it is not always compulsory to know the name of disease. For effective Ayurvedic treatment it is important to know the dosha-dushya involved in pathogenesis by observing symptoms.

This article is going to present a case study of subclinical hypothyroidism. A female patient who had K/C/O of hypothyroidism since 7 years was taking regular medicine for it. She had consulted to the JeenaSikhoLifecare Limited Hospital, Pune, Maharashtra for Ayurvedic treatment of subclinical hypothyroidism primarily but along with this she had complaining of psoriatic patches over skin and scalp. Purpose of this case study is to discuss about the Ayurvedic efficacy in hypothyroidism.

#### Case report:-

A female patient aging 38 years old had consulted to JeenaSikhoLifecare Limited Hospital, Pune, Maharashtra on 20/10/2024. She was already a diagnosed case of subclinical hypothyroidism 7 years ago. Along with this known case, she had complaining of –

- Patches on skin
- Psoriasis over scalp &
- Hyperacidity

Following to this her history was taken (table no. 1) and examinations were done (table no. 2) for further diagnosis of the disease.

**Table no. 1: Personal history**

Assessment	Observation
Diet pattern	Mixed (vegetarian & non-vegetarian)
Family history	Mother & maternal grandfather: diabetic
Procedure history	Cesarean section
Past illness	K/C/O Hypothyroidism since 7 years
Medication history	Tab. Thyronorm 75 mg OD

Table no. 2: AshtavidhaParikshan

Assessment	Observation
Nadi(pulse)	Vatakapha
Mala (bowel)	Samyak
Mutra(urine)	Samyak(Normal)
Jivha(tongue)	Sama (White coating)
Shabda(pronunciation)	Spashta(clear)
Sparsh(touch)	Ruksha(dry)
Drik(eyes)	Prakrit
Aakriti(physique)	Madhyam(average) Weight: 55 kg

**Laboratory report:** Almost 5 months prior to consult she had done her TFT (Thyroid function test). She was also investigated for her hemoglobin on same day. Her T3 and T4 were within normal limits but TSH was increased. Hemoglobin also found in its normal value. Findings of these tests are as like below:

Table no. 3: TFT and Hb report

Test name	29/05/ 2024	Reference range	02/12/2024
Thyroid stimulating hormone (TSH)	17.836 micro IU/mL	0.34 – 5.60	2.982 IU/mL
Triiodothyronine (T3)	1.35 ng/mL	0.87 – 1.78	1.42 ng/mL
Thyroxine (T4)	7.04 µg/dL	5.48 – 14.28	9.34 µg/dL
Hemoglobin (Hb)	12.4 gm/dL	12 - 15	13.6 gm/dL

**Diagnosis:** Primarily this is a known case of subclinical hypothyroidism and patient had come to the hospital for taking treatment of it. Besides this she had complaining of psoriatic patches over skin and scalp. So the diagnosis could be Psoriasis with K/C/O subclinical hypothyroidism primarily.

#### Ayurvedic intervention:

In ayurveda, aahara (diet), nidra (sleep) and vyayama (exercise) are mentioned as equally important for the cure of any disease specifically apathyajanyavyadhi (lifestyle disorder). So Ayurvedic management of this case was also included diet, sleep and exercise recommendation together with oral medicines.

Oral medicines included ayurvedic and herbo-mineral formulations for symptomatic relief and to pacify the dosha-dushyadushti involved in this case. Formulations which can cure both hypothyroidism and psoriasis were prescribed in together. All medicines were told to take with koshnajala (lukewarm water).

Table no. 4: prescribed medicines on 1<sup>st</sup> day and in 1<sup>st</sup> follow-up

Course	Formulation
Day 1 20/10/2024	<ol style="list-style-type: none"> <li>1. Table Rakta care – 1 tablet BD after food (Adhobhakta with koszna jala)</li> <li>2. Syrup Puroderm-G – 20 ml syrup BD after food (Adhobhakta with samamatra koszna jala)</li> <li>3. Charma rogharvati – 1 tablet BD after food (Adhobhakta with koszna jala)</li> <li>4. Capsule Thyroplus – 1 capsule BD before food (Pragbhakta with koszna jala)</li> <li>5. Syrup Immune power – 10 ml syrup BD after food (Pragbhakta with koszna jala)</li> </ol>
1 <sup>st</sup> follow-up 15/11/2024	<ol style="list-style-type: none"> <li>1. Granthiharvati – 1 tablet BD after food (Adhobhakta with koszna jala)</li> <li>2. Asthipurakvati – 1 tablet BD after food (Adhobhakta with koszna jala)</li> <li>3. DhatuposhakCap – 1 tablet BD after food (Adhobhakta with koszna jala)</li> <li>4. Hair oil – apply over hair at least 3 times per week</li> </ol>

#### Diet recommendation:

She advised to follow Ayurvedic diet planned by DIP diet schedule.

Ayurvedic diet included –

**Pathyaaahara(to have)** – mudgayusha (green gram soup), yavanna (barley food items), bhrushtatandul (roasted rice), jurna (sorghum).

**Apathy aahara(to avoid)** -masha (black gram), dugdha and dugdhajanyapadartha (dairy products), pishtanna (starchy foods, refine flour), stale food, guda (jaggary) and sugar products, mansahar(no-vegetarian food)

**DIP diet plan: It was included 3 steps of diet plan:**

Step 1: In the morning till noon (12.00 pm) eat only fruits of 3 to 4 types like banana, apple, strawberries, grapes etc. Amount of fruits and salads were calculated by formulas of DIP diet plan suitable for that particular weight of patient.

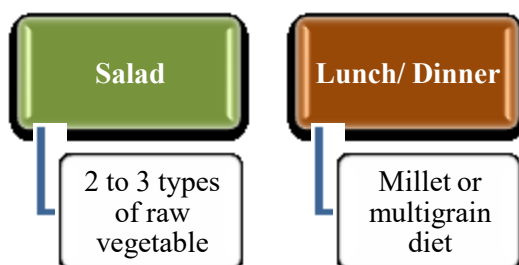
Minimum amount to be consumed for fruits was = 550 grams

**Step 2: She was advised to eat her lunch or dinner always in 2 plates:**

- Plate 1 – eat salad in above mentioned quantity just before lunch/dinner. It included 2-3 types of raw vegetables like cucumber, tomato, carrot, beetroot etc. After eating salad take plate 2 for eating.
- Minimum amount to be consumed for salad was = 275 grams
- Plate 2 – it included multigrain/ millet diet. Eat homemade and fresh vegetarian food according to hunger. It should contain negligible amount of salt and oil. Same rules were to be followed for lunch and dinner.

**Lunch time: 1.00 to 2.00 pm**

**Dinner time: 6.00 to 7.00 pm**



Step 3: During snacks time in the afternoon (4.00 to 5.00 pm) if wanted to eat something then advised to eat sprouts, dry fruits, fresh fruits, drink herbal tea/ coconut water etc. Dry fruits were told to eat by soaking at least for 3-4 hours.

**Quantity of sprouts = 55 grams**

**Water intake recommendation:**

- Drink Shritasheetjala(alkaline water) in low quantity intermittently.
- Avoid more water intake at a time.
- Drink a little water in between while eating.
- Don't drink water just before and after eating of food.

**Exercise/ Yogasanas:**

- She was advised to do any simple exercise regularly like sun salutations.
- Advised to perform Vajrasan (diamond pose) after every meal
- Do shatapavali (100 stepping walk) after lunch and dinner.
- Perform Jalandhar bandh every day.

**Sleeping recommendation:** Advised to –

- Sleep on time (before 10.00 pm) and wake up early morning before sunrise
- Avoid day sleeping
- Avoid night awakening
- Take 7 to 8 hours of sleep

**Results:-**

- Her previous TSH investigation was of 5 months ago. Then she started Ayurvedic treatment with healthy lifestyle. After 2 months of treatment her TSH level reduced approximately by 5 times than previous reading and comes within normal limit.

- Before treatment hemoglobin level was already within normal range. Due to intake of blood purifier medicines her hemoglobin positively increased by 1.2 %.
- She had not complaining about symptoms of subclinical hypothyroidism like fatigue, mood swings, irritability, hair loss, feeling of coolness etc. But sometimes when she had missed her dose of medicine she was getting suffered from these symptoms in mild form. These mild symptoms also get subsided after 2 months of treatment.
- Besides this her psoriatic patches also healed nearly about to normal.
- Dry skin became oily and normal after treatment.
- Tongue examination showed normal colour and clear tongue (niram).
- Before treatment she was weighting about 55 kg. After treatment due to healthy lifestyle recommendation she lost her weight around 3 kg and it was 52.35 kg.
- Following table no. 6 notified before and after treatment laboratory results:

**Table no. 5: TFT and Hb before and after treatment**

Test name	Before treatment 29/05/ 2024	Reference range	After treatment 02/12/2024
Thyroid stimulating hormone (TSH)	17.836 micro IU/mL	0.36 to 5.60 IU/mL	2.982
Hemoglobin (Hb)	12.4 gm/dL	12 to 15 gm/dL	13.6 gm/dL

### Discussion:-

Generally, SCH is asymptomatic. But sometimes it can show mild symptoms like constipation, depression, fatigue, unexplained weight gain, dry and coarse skin and hair, heavy menstrual bleeding etc. SCH can progress and develop into full blown hypothyroidism. It occurs particularly if the TSH levels are significantly elevated or in the presence of thyroid antibodies. Symptoms of improper functioning of thyroid gland include fatigue and extreme somnolence with sleeping up to 12 to 14 hours a day, tremendous muscular sluggishness, slowed heart rate, decreased cardiac output, decreased blood volume, sometimes increased body weight, constipation, mental sluggishness, failure of many trophic functions in the body evidenced by depressed growth of hair and scaliness of the skin, development of a froglike husky voice, and, in severe cases, development of an edematous appearance throughout the body called myxedema.<sup>[2]</sup>

### Nidan-panchak:

1. **Hetu:** Hypothyroidism shows similar symptoms like kapha- vata dosh prakoplakshana. This disease can be included in santarpanjanyavyadhi which causes due to frequent unhealthy lifestyle. Acharya Vagbhata stated that kapha and rasa dhatu should be considered as similar to each other.<sup>[8]</sup> Besides, symptoms of thyroid dysfunction are somewhat similar to rasavahasrotoduhti. So etiological factors may include –
  - Vata-kaphaprakopakaahar-vihar – factors which have same property like prakrutvata and kapha dosha. For example, atisnigdhaaahar increases kaphadosha, atisheetaaahar elevates vatadosha etc.
  - Santarpanjanyavyadhi mentioned by Charakacharya<sup>[9]</sup> and
  - Hetu of rasavahasrotodushti: Guru (heavy to digest), sheetam (cooling property food), atisnigdham (oilier food), atimatra (more quantity of food), samashnatam (eating of same food regularly), chintyanamchatichintanata (more stress and anxiety)<sup>[10]</sup> Some of these causative factors were found in the history of patient exactly.
2. **Purvaroopa–** SCH is assumed as an early stage of thyroid disease in its own. Means it may be a pre-symptomatic phase of hypothyroidism<sup>[11]</sup> and it can be a roopa (symptomatic phase) of hypothyroidism.
3. **Roopa –** Roopa is the symptomatic phase of disease. Due to already on medication she had not complained about symptoms of SCH. But sometimes she was getting mild symptoms of it. These symptoms are similar to rasavahasrotodushtilakshan, kaphaprakopalakshan and vataprakopalakshan in some extent.

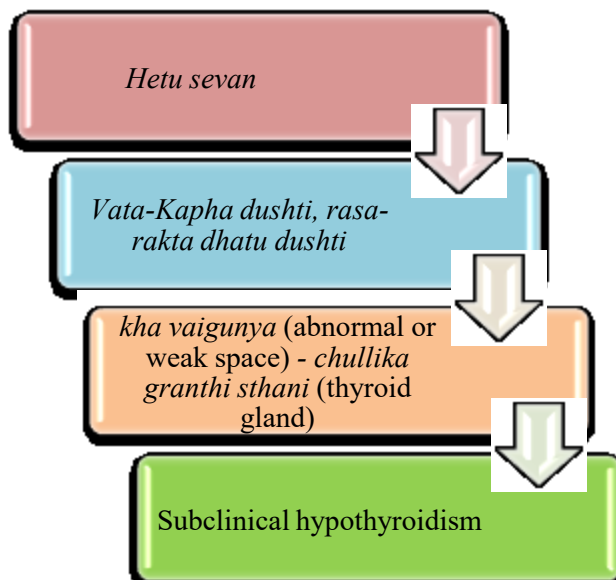
Table no. 6: Clinical feature and Ayurvedic terminology

Symptoms of SCH	Ayurvedic terminology	Regarding symptom
Fatigue	Alpabalatva (low immunity) <sup>[12]</sup> / Balabhransha (loss of strength) <sup>[8]</sup> Sada(fatigue/ weakness) <sup>[10]</sup>	Vatavridhhi (elevation) Rasavahasrotodushtilakshan
Cold intolerance	Ushnakamitva <sup>[8]</sup> Shaitya (feeling of cold increased) <sup>[8]</sup>	vatavridhhi kaphavridhhi
Dry skin and hair	Khara and parusha(very dry skin) <sup>[13]</sup>	Vatavridhhi
Constipation	Shakrut graham <sup>[8]</sup>	Vatavridhhi
Unexplained weight gain/ heaviness	Gourava <sup>[10]</sup>	Rasavahasrotodushtilakshan
Increased sleep	Atinidrata <sup>[14]</sup>	Kaphaprakopa (elevation)
Symptoms of depression	Shoka(sad), [15]pralap(delirium), bhram(confusion), deenata(unhappy) <sup>[8]</sup>	Vatavridhhi
Voice changes	Khara (dryness in voice) <sup>[13]</sup>	Vatavridhhi
Muscle cramps/ muscle sluggishness	Shlathangatva (muscle sluggishness) <sup>[8]</sup> Angamarda(muscle pain/ body ache) <sup>[10]</sup>	Kaphaprakopa

- Menstrual irregularities are sometime due to vataprakopa because ‘veg pravartana’ is the normal function of vatadosha which means regulation of activities in body.<sup>[8]</sup>
- 4. **Upashaya** – Relief by some specific things was not observed by her. But due to cold intolerance she was feeling good in hot weather season.

##### 5. Samprapti of hypothyroidism is being like:

Galagandhas vataand kapha dosha predominance along with medodhatudushti.<sup>[4]</sup> Acharya Charaka mentioned one more dhatudushti in galagandand that is raktadhatudushti. Galgandis a structural growth of thyroid gland as like in goiter. So it involves medodhadtudushtialso. But SCH is a functional abnormality of thyroid gland. So it can be considered as vata, kaphaprakopa and rasa-raktadhatudushtiin SCH.



**Ayurvedic intervention:**

Acharya Vagbhata also mentioned about unsaid disorders. He has not termed it by specific name like anuktavyadhibut explained about the unknown diseases. He mentioned the concept for how to treat the unknown disorders. He said in each disease at first examine the doshas minutely. Because these vitiated doshas are the only reason to form disease by affecting its place of origin and by circulating to any weak or abnormal space in the body and causes various types of diseases. Shloka regarding this is given below:

“Sa evakupitodoshasamuthanvisheshata|Sthanantaranichprapyavikarankurutebahun||”<sup>[14]</sup>

There is no need to think whether to do treatment or not if we don't understand the name of disease. Therefore, start their treatment quickly by knowing the nature of disease, their different locations of affecting and causative factor.

“Vikaranamakushalo n jihniyatkadachan|Na hi savravikaranamnamatoastidhruva||”<sup>[14]</sup>

Treatment plan of this case is already stated previously after diagnosis. Here the discussion of Ayurvedic management is explained.

**Oral Medicines**

Choice of medicines was made according to pathogenic factors involved and manifestation of symptoms. Along with SCH, medicines were given for psoriatic complaints.

**1. Tridoshashamaka**

- **Vatahar** – to regularize metabolic action
- **Pittahar** – to reduce hyperacidity and to pacify Bhrajak Pitta in skin, this helps to cure psoriasis
- **Kaphashamaka** – detoxifies the body, relieves skin issues like itching, psoriatic patches, etc.

**2. Rasa Dushtihar**

Acharya Vagbhata has given a statement about the treatment of Rasa Dhatu Dushti and said that in Rasa Dushti, Langhan Chikitsa (weight loss) should be applied. [8] ‘Rasjanam vikaranam sarva langhanam oushadham|’

**3. Raktashodhak**

Blood purifier

**4. Langhan Chikitsa**

Medo (fat) – Anil (vata) – Shleshma (kapha) nashanam kriya (pacifying treatment)

**5. Rasayan**

Immunity booster

**Prescribed Medicines (with Key Ingredients & Uses):****1. Charmrog Har Vati:**

Ingredients: Aamalki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guduchi (*Tinospora cordifolia*), Guggulu (*Commiphora mukul*), Shunthi (*Zingiber officinalis*), Maricha (*Piper nigrum*), Pippali (*Piper longum*), Trivrutta (*Operculina turpethum*), Danti (*Baliospermum montanum*).

Use: Given for psoriasis as it works effectively in skin diseases and detoxifies the body. This includes Triphala (Aamalki, Bibhitaki & Haritaki). Acharya Vagbhata mentioned Triphala as:

- Ropani (healing property)
- Twakgada (skin diseases)
- Kledo-medo-meha-kapha-asrajit (pacifies or cures wet metabolic waste, fat/lipid, diabetes, kapha dosha, blood disorders) Triphala is termed as Rasayanivara (best tonic). [16]

**2. Granthihar Vati:**

Ingredients: Kanchnara (*Bauania variegata*), Guggulu (*Commiphora mukul*), Aamalki (*Emblica officinalis*), Bibhitaki (*Terminalia bellerica*), Haritaki (*Terminalia chebula*), Pippali (*Piper longum*), Maricha (*Piper nigrum*), Shunthi (*Zingiber officinalis*), Varun (*Crateva nurvala*), Dalchini (*Cinnamomum zeylanicum*).

Use:

- Trikatu (Shunthi, Maricha, Pippali) is useful in Sthoulya (obesity) and Shleepad (elephantiasis). [16]
- Kanchnara is mentioned in Gandamala [17] (similar to Galganda that affects the neck region but with series of swellings). Other herbs have Lekhana (scraping), Tridosahar, and anti-inflammatory properties. → Given for thyroid dysfunction and to reduce weight.

**3.Syrup Puroderm-G:**

Ingredients:Nimba(*Azadirachta indica*),Manjistha(*Rubia cordifolia*),Guduchi(*Tinosporacordifolia*),Sariva (*Hemidesmus indicus*),Khadir(*Acacia catechu*), Chopchini (*Smilax china*), Bakuchi (*Psoralea corylifolia*), Daruharidra (*Berberis aristata*),Gorakhmundi(*Sphaeranthus indicus*),Kirattikta(*Swertia chirayta*),Yashtimadhu(*Glycyrrhiza glabra*), Bhringraj (*Eclipta alba*), Kutaki (*Picrorhiza kurroa*), Haridra (*Curcuma longa*).

**Use:** Yashtimadhu, Sarivaand Manjisthaare the drugs of varnyamahakashaya(group of herbs useful in skin disorders). [18] Other herbs like Nimba, Haridra, Guduchi, Kirattiktaalso mentioned for their uses in skin disorders. Some herbs reduce itching, some improves skin complexion by pacifying pitta dosha, some herbs purify blood etc. So this formulation was given to reduce psoriatic skin patches and their related problems. Blood purification was useful in both SCH and psoriasis.

**4.Rakta Care Tablet:**

Ingredients: Amragandhi Haridra (*Curcuma amada*), Tankan Bhasma (ash of borax), Sphatika Bhasma (rock crystal), Shuddha Gandhaka (purified sulphur), Kutaki (*Picrorhiza kurroa*), Kirattikta (*Swertia chirayta*), Manjistha (*Rubia cordifolia*), Khadir (*Acacia catechu*), Sariva (*Hemidesmus indicus*).

**Use:** Plays a key role in skin disorders, scalp itching, fungal infection, scalp psoriasis, and blood purification.

**5.Dhatuposhak Vati:**

Ingredients: Sudha (Lime), Shankha Bhasma (*Turbinella pyrum* ash), Praval (*Corallium rubrum*), Mukta (Pearl), Shukti (Oysters), Kapardik (*Cypraea moneta*), Loha Bhasma (Ferrum ash).

**Use:** Immunity and hyperacidity.

**6. Asthipurak Vati:**

Ingredients:Ashwattha(*Ficus religiosa*),Laksha (*Laccifer lacca*),Asthisrinkhala (*Cissus quadrangularis*), Arjun (*Terminalia arjuna*), Nagbala (*Grewia hirsuta*), Vanshlochan (*Bambusa arundinacea*), Guggulu (*Commiphora mukul*).

**Use:** Anti-inflammatory, useful in osteoarthritis, blood disorders, strengthens hair.

**7.Syrup Immune Power:**

Ingredients: Guduchi (*Tinospora cordifolia*), Nagkeshar (*Mesua ferrea*), Dashmoola (formulation of 10 herbs) [19], Babbula (*Acacia babbula*), Dhatura (*Datura metel*), Vasa (*Adhatoda vasica*), Jatiphala (*Myristica fragrans*), Yashtimadhu (*Glycyrrhiza glabra*), Lavang (*Syzygium aromaticum*), Kantakari (*Solanum surattense*), Kankol (*Piper cubeba*), Bruhat Ela (*Amomum subulatum*), Maricha (*Piper nigrum*).

**Use:** For weakness, immunity booster.

- Dashmoola has Tridoshaghna property (pacifies Vata, Pitta, Kapha), Shothahar (anti-inflammatory), and Aamadoshanashaka (detoxifies Rasavaha Srotodushti). [19, 20]

**8.Thyropus Capsule:**

Ingredients: Triphala, Bramhi (*Bacopa monnieri*), Gokshur (*Tribulus terrestris*), Punarnava (*Boerhavia diffusa*), Shunthi (*Zingiber officinalis*), Ashwagandha (*Withania somnifera*), Yashtimadhu (*Glycyrrhiza glabra*), Shilajit (*Asphaltum*), Kaishora Guggulu, and Kanchnar Guggulu (Ayurvedic formulations).

**Use:** Improves digestion and thyroid dysfunction.

**Diet recommendation:**

- It is essential in all diseases specifically in lifestyle disorders. Reason behind this is, the person who follows healthy diet and activities will never get diseased or if get diseased then can cure easily. [21] Acharya Vagbhatamentioned Kulattha(horse gram), Jurna(sorghum), Shyamaka (Barnyard millet), yava (*Hordeumvulgare*), mudga(green gram), madhudakam(honey water) in sthoulyavyadhi(obesity). [22] So the patient was told to add this food in regular diet.
- DIP diet plan included vegetarian and homemade food based on natural resources and was planned according to after sunrise and before sunset time. It has significant role in lifestyle disorders and can detoxify the body naturally. [23]



- **Water intake:**

- Koshnajala was suggested as anupan with medicines. Anupan is a liquid substance and has to consume with or after intake of medicine or food. <sup>[24]</sup> It improves the absorption and effectiveness of drug into the body. Koshnajala is mentioned as best anupan for all.
- Shutasheetajala was suggested for drinking. It involves boiling of water and then letting it to cool at normal temperature naturally. This water digests easily and rapidly. <sup>[22]</sup>
- Alpajalapana was told because in santarpanjanyavyadhi or in lifestyle disorders like ascites, edema, piles, liver and spleen disorders, diabetes etc. less water intake is suggested by acharyas. <sup>[22]</sup>

**Exercise/yogasan:**

- Specifically, she was told to practice Jalandhar bandh regularly. Its effect is mentioned – the destroyer of a host of diseases of the throat (kanth-dukhoughanashana). <sup>[25]</sup>
- Vajrasan was told to do after every meal for 5 minutes as it detoxifies the body by removing impurities of 7000 nadi's. <sup>[25]</sup>

**Further scope of study:**

1. The scope can encompass to know its exact patho-physiology along with clinical presentation by the view of ayurveda.
2. If pre-symptomatic phase is diagnosed earlier, it can be easy to treat. For this manifestation of pre-symptomatic phase should be studied.
3. In present days it has occurring at early ages and causes mental and emotional disturbance of patient very badly. So other than unhealthy lifestyle, it is necessary to find out that, is there any other underlying cause of its occurrence at early ages.
4. A broad scope for research in Ayurvedic treatment for hypothyroidism to cure this permanently.

**Conclusion:-**

- A fine conclusion of this case study is that, even if a disease is not mentioned in the Ayurvedic literature, it can be successfully treated by knowing the Ayurvedic pathogenesis of disease.
- Another conclusion is that in unsaid diseases minute study of clinical features and proper history taking can aid to know the dosh-dushyainvolved in the disease. It helps to catch the accurate diagnosis.
- The patient, a 38-year-old female with a 7-year history of subclinical hypothyroidism, presented with dermatological symptoms (skin patches, scalp psoriasis) and gastrointestinal complaints (hyperacidity). Baseline investigations on 29/05/2024 revealed markedly elevated TSH levels (17.836  $\mu$ IU/mL) with normal T3 and T4 values, confirming ongoing thyroid dysfunction. After initiating a comprehensive Ayurvedic treatment protocol, including Ayurvedic medications, dietary regulation, and lifestyle modifications, follow-up evaluation on 02/12/2024 demonstrated significant improvement in thyroid function, with TSH reduced to 2.982  $\mu$ IU/mL (within normal range), T3 and T4 levels maintained in the normal range, and hemoglobin improved from 12.4 g/dL to 13.6 g/dL. The marked normalization of thyroid profile and hemoglobin levels indicates the effectiveness of the Ayurvedic regimen in managing subclinical hypothyroidism while also potentially alleviating associated systemic symptoms.
- Conclusion regarding Ayurvedic management is that, precise choice of drugs and following healthy lifestyle regimen by patient can reverse the chronic sub-clinical hypothyroidism just within 2 months of treatment.

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