



## MANAGEMENT OF HYPOTHYROIDISM WITH VIRECHANA THERAPY - A CASE STUDY

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## Abstract

This is the case study of 49 years old female patient suffering from Hypothyroidism since 5 years. Patient came with the reports of Thyroid Function Tests (TFT's) and Lipid profile. In which TSH (Thyroid stimulating hormone) level, total cholesterol levels were raised (TSH-10.99mIU/L, Total cholesterol level- 227.5). So also patient was having complains of weight gain, lethargy, lower limb edema and constipation. Patient was on regular treatment (thyroxine supplementation) since 5 yrs. but there was no significant change in raised TSH level and no symptomatic relief too. This case was treated with *Virechana* (purgation) one of the *Ayurveda Panchakarma Therapy*.

**Management:** 1] *Pachana* (internal medicine for proper digestion)- *Hingvashtaka Churna* 3gms, *Apan kala* (before food) for 7days. 2] Internal oleation- with *Triphala Ghrita*. 3] *Virachana* Drug- *Abhayadi Modaka* 1000mgs (4 tablets) was given on empty stomach.

**Results and Conclusion:** After *virechana* TSH level was 4.23mIU/L(Normal Range). Significant symptomatic relief was also observed in patient. Thus *virechana* have significant therapeutic values in Hypothyroidism.

**Key words:** Hypothyroidism, *Virechana*.

## INTRODUCTION:

Hypothyroidism is one of the leading endocrine disorder of today. In which thyroid gland cannot produce enough T3 and T4 hormones. And because the body is expecting a certain amount of thyroid hormones; the pituitary will make additional TSH in an attempt to stimulate the thyroid gland to produce more hormones<sup>(1)</sup>. Therefore TFT's shows high TSH level and low T3, T4 levels in Hypothyroidism.

Thyroid hormones plays important role by controlling the rate of metabolism of the body and functions of many organ systems. Nearly all metabolically active cells require thyroid hormones. Therefore when Hypothyroidism occurs the rate of body metabolism slow down. This is most common functional disorder of thyroid gland. And following sign and symptoms may occurs: Tiredness, Constipation, Cold intolerance, Weight gain, Hoarse voice, Poor hearing, Puffy face, Hair loss, swelling of limb, Depression, Poor memory. Each individual may have any number of these symptoms<sup>(2)</sup>.

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There is no direct mention of Thyroid gland and Hypothyroidism in *Ayurveda*. However this condition can be correlate with the state of *Jatharagnimandya* resulting in the formation of *Ama*<sup>(3)</sup>. *Kapha dosha vrudhi* has also presented. Due to *jatharagnimandya*, *ama* and *kapha dosha vrudhi*, '*Dhatvagnimandya*' produces. Especially *Rasa dhatvagnimandya* and *Medo dhatvagnimandya* occurs in Hypothyroidism<sup>(4)</sup>. The only treatment available in modern medicine is synthetic thyroxine tablets which patients have to take for long-life. Therefore it is need to find out solution for this problem by alternative Ayurvedic therapy. As per *Vagbhata* this condition of *amadosha* can be treated firstly by proper *deepana-pachana* and then *shodhanachikitsa*<sup>(5)</sup>. *Virechana* is one of the *shodhana* (purification) therapy which is beneficial in *pitta* and *kapha dosha janya vyadhi*. According to *Acharya Sushruta*, *Virechanakarma* is beneficial for *agnideepana*<sup>(6)</sup>. It is also major treatment for diseases of *medo dhatu dushti*. Thus this case was managed with *Virechana* therapy.

### Case report:

Age - 49 years.

Gender- Female.

History-Patient was known case of Hypertension since 5 years and on regular treatment.

Also she was known case of Hypothyroidism from last 5 years and on regular treatment (Tab. Thyronorm 100mcg).

#### Complains-

- 1] Gaining weight from past 6 months (4kgs). Weight of patient was 86kg on the day of visit.
- 2] Lower limb edema on both legs from 6months.
- 3] Constipation from 1year.
- 4] Lethargy from 1year.

#### Laboratory reports-

- 1] TSH- 10.99mIU/L. 2] Total cholesterol level- 227.5

These reports were done just before 1 month of her visit to hospital. Reports were indicating raised TSH level and raised cholesterol level.

Patient was on regular modern treatment for Hypothyroidism but she was never got any significant changes in TSH level. And also not

getting any symptomatic relief. *Ayurvedic* treatment was given after taking complete history.

#### MANAGEMENT:

*Pachana* (internal medicine to facilitate proper digestion) – *Hingvashtaka Churna* 3gms in apan kala(before food) with warm water for 7 days.

Internal oleation with *Triphala Ghrita* in increasing order for five days (oleation stopped as symptoms of proper oleation achieved) was followed. Daily assessment for symptoms of oleation was done.

External oleation and sudation was done on *vishraam dina* with *Sesame oil*.

*Virechana* drug - *Abhayadi modak* - 1000mg (4tablets)was given on empty stomach. *Uttam shuddhi*(26vega) was achieved and *Sansarjan Krama* (special diet regimen) of 7 days was advised.

**Table No. 1- Internal oleation therapy chart**

Day	Date	Dose of Sneha	Time of consumption of Sneha	Time of Kshudhbodh	Jarana kala	Other Symptoms
1	17/2/2016	50 ml	6.30 am	2.00 am	7 ½ hrs	<i>Hrillas,udgar</i>
2	18/2/2016	60 ml	6.30 am	2.30 am	8 hrs	<i>Mukha shushkata,kapha patan.</i>
3	19/2/2016	70 ml	6.35 am	3.50 am	9 hrs 25min.	<i>Pichil malpravritti, swedpravruti.</i>
4	20/2/2016	80 ml	6.30 am	4.00 am	9 hrs 30min	<i>Hrillas,drava mala 2 veg.</i>
5	21/2/2016	100 ml	6.30 am	3.50 pm	9 hrs 20min	<i>Udgar,Addhstad snehadarshan, swedpravartan.</i>

**Table No. 2 – Virechana Parikshana Chart**

Vaigiki	Antiki	Laigiki
26	<i>Kaphant</i>	<i>Samyak shudhi (Vatanulomana, Sharir laghvta, Agni vrudhhi)</i>

#### OBSERVATION & RESULTS:

**Table No-3 (TFT's & Lipid Profile Reports)**

Investigations	Before 1 month of treatment	After 15 days of treatment
TSH level	<b>10.99</b> mIU/L	<b>4.23</b> mIU/L
Total cholesterol	<b>227.5</b>	<b>185</b>
Triglycerides	<b>205</b>	<b>98</b>
HDL	<b>28.5</b>	<b>45</b>
LDL	<b>199.2</b>	<b>140</b>
VLDL	<b>41.1</b>	<b>19.6</b>

**Table No-4(Weight of Patient in kg)**

	Before 20 days of treatment	After 15 days of treatment
Weight	<b>86.5 kg</b>	<b>84kg</b>

**DISCUSSION:**

According to *Ayurveda* Hypothyroidism can be correlate with state of *Agnimandya* Along with *kapha dosha vrudhi*, *Rasadhatvagnimandya* and *Medo dhatvagnimandya*. The line of treatment for *Ama dosha* is *Pachana*(digestion of Ama) then *deepana* and lastly *shodhana*(purification). *Virechana* is one of the *shodhanachikitsa* which is beneficial to restore the *Agni* (impaired metabolism)<sup>(7)</sup>. According to *Kashyapa*, *virechana* is useful for '*dhatu shudhi*'(cleansing of *dhatu*)<sup>(8)</sup>. Therefore this patient was treated with *pachana* followed by *Virechana* therapy.

*Abhayadi Modaka* was used for *Virechana*. All the Contains of this drug are of *ushna*, *tikshna guna* and of *katu, tiktarasatmak*. (Except *Musta* which is of *sheeta virya*)<sup>(9)</sup>.

Probable mode of action:

1] It was observed that raised TSH level of patient came to normal range. *Virechana* increases the *jatharagni*. As well as *ampachana* has done and it restores *Dhatvagnimandya* too. Therefore, here we can conclude that, *virechana* therapy helps for normal secretion of pituitary and thyroid gland by acting on cellular level.

2] Raised Lipid profile levels of patient were corrected after *Virechana*. And 2.5kg weight loss has also observed. So, by the *tikshna guna* of *Virechanadru*g, *lekhana karma* of excessive *Meda* has done.

3] *Laghu, ruksha guna* of *virechana* drug helps to *shodhana* of *kapha dosha*, thus *virechana* helps to decrease *kapha dosha*.

4] This patient not only got significant changes in clinical reports but also got relief from symptoms. 70% relief from lower limb edema,

total relief from constipation and lethargy was observed after *virechana* therapy.

**CONCLUSION:**

1] Hypothyroidism can be treated on the line of '*kapha avrodhjanya Dhatvagnimandya*'.

2] *Virechana* therapy has significant therapeutic values in the management of Hypothyroidism.

3] So, this study if carried out on large sample size can come out with some concrete conclusion with the help of appropriate statistics.

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