Original Research Paper

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Management of Primary Hypothyroidism by Ayurvedic Medicines.

Ayurveda

KEYWORDS:

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ABSTRACT

Thyroid disorders are the most common disorders of the endocrine glands. Increasing incidences of hypothyroidism is a matter of worry; there are many measures to treat the hypothyroidism according to the condition. In case of primary hypothyroidism treatment is to give the hormone. But if this hormone is given for long time there is a great tendency for their thyroid to become progressively less functional and eventually stop producing any functional hormone. The Ayurvedic medicines are useful in the management of hypothyroidism without any side effects. The present case study has focus effectiveness of Ayurvedic therapy in primary hypothyroidism.

Introduction-

Hypothyroidism is a condition in which the thyroid gland fails to produce hormone adequately, it may be due to dysfunction of thyroid itself or it may be at the level of Pituitary gland or at the level of Hypothalamus. When it is at the level of thyroid gland, it called as primary hypothyroidism. Management of hypothyroidism with modern drugs may bring the value TSH to normal range but the increased dosage and continue medications are cost expensive and make patient drug dependant. So a better and safer and long lasting therapy is needed for the present society and now it is demand of time to search the management for the type of ailment through heritage of Ayurveda. The present case study shows usefulness of Ayurvedic treatment in the management of Primary hypothyroidism.

Case report-

Case History
Patient name- ABC
Age- 52 yrs Sex – Female
Occupation- Housewife

C/O-
Palpitation (All symptoms on & off since 2 years)
Anorexia
Dry skin
Constipation
Hair loss
Obesity

History of present illness-
Patient was known case of hypothyroidism since 2 yrs and was taking Tab Thyroxine 75mcg once a day since 2 yrs.

Past Hostory-
No/h/o- HTN/DM/PTB/BA/Epilepsy/ or any other serious medical illness
No/h/o-Any surgical illness
Family History- NAD
O/E-
GC- Fair, Afebrile
Pulse-70/min
BP- 120/84 mmhg
S/E
RS- AEBE clear

All routine investigations of pt was within normal limits.
Treatment given- The Tab Thyroxine reduce to 50mcg/day and following Ayurvedic medicines was started

Tab Arogyvardhini (500mg) Thrice a day
Tab Raspachak (500mg) Thrice a day
Triphaladi kwath 50 ml twice a day

First Follow up (after one & half month) - The symptoms Palpitation, Anorexia, Constipation, Hair loss was reduced. TFT within normal limits.

Treatment continued as same and dose of Tab Thyroxine was further reduced to 25 mcg / day.

Second Follow up (after one & half month)- No any fresh complaints. Patient was felling better Weight was reduced by 2kg. TFT was Normal. Treatment continued as same and dose of Tab Thyroxine was further reduced to 12.5 mcg / day.

Third follow up (after one & half month)- No any fresh complaints. Patient was felling better Weight was reduced by 3kg. TFT was Normal. Tab Arogyavardhini was stopped. Other Treatment continued as same and Tab Thyroxine was stopped.

Regularly three monthly follow up taken for one year. Her TFT was normal during each follow up.

	7/10/2015	18/11/2015	2/1/2016	25/2/2016	1/6/2016
T3	70	90	96	95	123
T4	5.5	5.9	7.9	6.5	7.5
TSH	11	2.3	1.6	1.2	1.6

Discussion-

Sr No	Kalpa	Content	Karma
1	Tab Arogyvardhini	Rasa, Gandhaka, Lohabasma, Abrakbhasma, shulva basma,Triphala, guggul, Chirtamool,Tikta, Nimbvrukshadal ambu	Reduces dhatvagni mandya, Improves liver function & metabolism
2	Tab Raspachak	Patol Indrayava kutki	Improves Rasagni helps to produce normal ras dhatu, reduces symptoms caused by ras dhatu dushti.
3	Triphaladi Kwath	Triphala, Kanchanar., Pipali	

Conclusion-

In the pathogenesis of Primary Hypothyroidism, from Ayurvedic point of view, role of Ras dhatu, Kapha dosh with Jatharagni and Datvagni is important. Considering above fact, Primary Hypothyroidism can be very well managed with Ayurvedic treatment, depending upon the symptoms, careful selection of drug to be made.It seems that Ayurvedic medicines like Kanchanar, Pipalli,Triphala has some Thyroid hormone like properties which might be maintain thyroid gland function.The patients who are not affordable to expensive allopathic treatment can be managed satisfactorily by these Ayurvedic medicines .There is no any Serious side effects or Adverse reaction of these Ayurvedic medicines. As it seems that results of Ayurvedic medicines are blissful to thyroid disorders without any side effects and hence can be used confidently.

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