



Conceptual study of correlation between Hypothyroidism and Dhatvagnimandya

KEYWORDS

Agni, Dhatvagnimandya, Hypothyroidism

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ABSTRACT

Introduction- Hypothyroidism is major disease observed with increasing prevalence. It occurs due to hormonal imbalance & decreased metabolism. According to Ayurveda, Agni controls metabolism. Among 3 types of agni, Dhatvagni transforms ahararasa into particular dhatu. Hypofunctioning of Dhatvagni causes symptoms such as Sluggishness, sleepiness etc. are observed in hypothyroidism. Objectives -1) To study Symptomatology of Hypothyroidism & Dhatvagnimandya. 2) Find out correlation between Hypothyroidism & Dhatvagnimandya. Materials & Methods - 1) Literary study of Dhatvagnimandya & hypothyroidism was done. 2) Comparative study of hypothyroidism & dhatvagnimandya was done. Observation- Vata-kahaja dhatvagnimandya leads to Ama formation & srotorodha. Vitiated rasadhātu impairs other dhatus. The symptoms of Dhatvagnimandya- Agninasha, Pandutwam, Aartavnasha, Sheetasatmya etc. can be correlated with Loss of appetite, Anaemia, Amenorrhoea, Cold intolerance respectively with symptoms of Hypothyroidism. Conclusion- On the basis of above study we can correlate, Hypothyroidism with Dhatvagnimandya.

INTRODUCTION

Hypothyroidism results from various abnormalities that lead to insufficient synthesis of thyroid hormones. Hypothyroidism is common to society, more prevalent among females. It is not only confined to metropolitan population but also extends to rural & urban areas. Ratio of hypothyroidism in females to males is 6:1 & millions of people are suffering from Hypothyroidism.

As Hypothyroidism is not mentioned directly in Ayurvedic texts but several references are found in various texts which can be correlated with it. If we see the pathogenesis of hypothyroidism according to the principles of Ayurveda, we find that it is basically caused due to dysfunctioning of the Agni. Agni is of 3 types-Jatharagni, Bhutagni, and Dhatvagni. Hypofunctioning of Jatharagni, which affects dhatvagni, eventually brings out pathological sequence & ultimately diseased condition.

“Swasthanasya kayagnehe anshaha dhatushu samsritaha | Tesham sadatideeptibhyam dhatuvrudhikshayodbhavaaha ||”

(Ashtang hridaya sutrasthan 11/34....pg.no.188) (Kunte & Shastrinavre, 2012)

Acharya vagbhata has given direct relation between Dhatvagni & Jatharagni. All the dhatu has their separate Agni called Dhatvagni & are nothing but part of Jatharagni. So with Jatharagni, Dhatvagni also gets manda (impaired) or dipta (aggravated) & causes dhatu vrudhhi (excess accumulation) or kshaya (waning) respectively.

“Vikaranamakushalo na jinhiyat kadachan | Na hi sarvavikaranam namatoasti dhruva sthithi ||”

(Charaka sutrasthan 18/44....pg.no.108) (Agnivesh, 2013)

A physician should not feel ashamed of, if he cannot name a pathological condition or disease. Instead he should lay emphasis on comprehending the responsible doshas & treat accordingly. Thus here an attempt has been made to

correlate symptomatology of hypothyroidism with Ayurvedic references.

AIM-

Find out the correlation between Hypothyroidism & Dhatvagnimandya.

OBJECTIVES-

- I. To study the symptomatology of Hypothyroidism & Dhatvagnimandya.
- II. Find out the correlation between Hypothyroidism & Dhatvagnimandya.

TYPE OF STUDY-

This is conceptual type of study.

MATERIAL & METHODOLOGY-

- I. Literary study of Dhatvagnimandya & hypothyroidism was done.
- II. Comparative study between Hypothyroidism & Dhatvagnimandya was done.

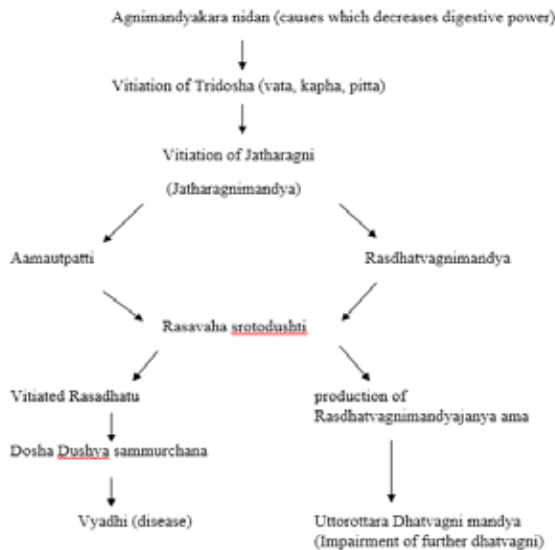
AGNI IN AYURVEDA (Agnivesh, 2013) (Acharya, 2013)

In Brahmasutra, Agni is meant to be sign of life in the body. Acharya sushruta has described 5 types of pittas as well as indirectly told about bhutagnis. Acharya charaka has quoted that Agni is the mula(base), normal functioning of which leads to healthy life & any deterioration causes vikruti(diseased condition).

Types of agni-

- 1) Jatharagni
- 2) Bhutagni
- 3) Dhatvagni

Out of these Jatharagni is most important as it influences other agnis inside the body. Dhatvagni means by which ahararasa (food) undergoes further transformation till it takes status of particular dhatus.

SAMPRAPTI (Kunte & Shastrinavre, 2012)

Due to Agnimandya (causes which decreases digestive power) hypofunctioning of Jatharagni occurs & first rasa dhatu remains undigested, when it enters in stomach, it gets vitiated by doshas & is called as Ama (Undigested food). This ama causes srotodushti & further Dhatvagnimandya.

SYMPTOMS OF HYPOTHYROIDISM (Agnivesh, 2013) (Kunte & Shastrinavre, 2012) (Acharya, 2013) (Mohan, 2006) (Davidson, 2014)

Abnormal weight gain-

It occurs due to imbalance between calorie intake & energy expenditure which, in hypothyroidism results due to disturbed metabolic processes. This can be considered due to dhatvagni mandya which causes dhatuvruddhi especially medovruddhi (increased adipose tissue) takes place.

Puffy appearance of body features-

Puffiness of face especially eyelids, hands & feet results due to accumulation of hydrophilic mucoproteins subcutaneously. This puffiness may be due to kapha. Due to its prithvi (solid) & apa (water) mahabhuta (great element) predominance properties of heaviness & steadiness this puffiness appears.

Loss of appetite-

It may happen as a result of hypofunctioning of Jatharagni which produces Ama & kapha which further causes Jatharagni & dhatvagnimandya.

Dry, coarse skin & Hair-

Rasa dhatvagni mandya produces vitiated rasa dhatu which leads to improper Nutrition to next dhatu Rakta (blood), therefore leads to coarseness of skin & hair. Vitiated vata dosha also causes dryness of skin. Twak (skin) updhatu (secondary secretions of body) of mamsa (muscles) dhatu gets affected because of vitiated mamsa dhatu & loose normalcy.

Minimal /absent sweating-

Physiologically, body temperature is controlled by pitta because it loses excessive heat from the body in the form of sweda (sweating). It's hypofunctioning leads to Minimal or absent sweating.

Anaemia-

In succession to dhatvagnimandya rasa dhatu get vitiated which is unable to nourish uttardhatu, rakta (Blood). Pandu (Anaemia) has been described under rasa dushtijanya vikara (disease) too.

Constipation-

Vata prakopa (ruksha guna) & aggravated kapha (manda guna) may oppose the normal function of apan vayu (type of vata dosha) results in malavshambha (constipation).

Hoarseness of voice-

Hoarseness of voice in hypothyroidism mostly results either from mucinous Deposits in vocal cords (intralaryngeal cause) or by external pressure on laryngeal nerve (extra laryngeal cause). According to Ayurveda it may be due to vitiated kapha (manda guna).

Generalised aches & pain-

Due to rasa dhatvagnimandya angamarda (generalised aches) seen & aggravated vata dosha may causes ruja (pain).

Sluggishness-

Due to hypofunctioning of agni vitiated rasa dhatu & ama causes Shaithilya, alasya (sluggishness).

Tiredness-

It results from aggravated vata & vitiated Meda dhatu.

Menstrual disturbances-

Due to hypofunctioning of Agni, rasa vriddhi occurs which is in asthaya (unstable) form. This vitiated dhatu unable to nourish updhatu artava (Menstrual flow) & stanya (Breast milk) properly. Hence artava pravrutti (Menstruation) ceases. Secondly vitiated doshas causes artava vaha srotodushti & obstruction of these srotas results in anartava (Amenorrhoea).

Cold intolerance-

Due to hypofunctioning of agni Rasa dhatu get vitiated which is unable to nourish uttardhatu Rakta & this vitiated Rakta dhatu causes sheetasatmya (cold intolerance).

Forgetfulness-

Vitiated kapha dosha causes increase in Tamoguna (darkness). Also Manovaha srotas are affected by vitiated doshas. All this makes smrutialpata (Forgetfulness).

Sleepiness-

Vitiated Rasa & Kapha induce sleepiness. It may be due to manda guna of vitiated kapha.

Muscle cramps/stiffness-

Kandara (Tendons) & snayu (Muscles) updhatu of rakta & medodhatu respectively do not get proper nutrition which results in their improper function or it may be correlated with slow relaxation of muscles, hence stiffness occurs & due to aggravated vata causes cramps (sankoch).

Table No.1

Correlation of symptoms of vitiated Dhatus & different srotodushti lakshanas with Symptoms of hypothyroidism (Ag-nivesh, 2013) (Kunte & Shastrinavre, 2012) (Acharya, 2013) (Mohan, 2006) (Davidson, 2014)

Symptoms of Vitiating Dhatu & Srotas	Symptoms of Hypothyroidism
Rasa- Agninaasha(loss of appetite), Angamarda(Generalized aches), Tandra(Sleepiness), Pandutwam (Anaemia), Gauravam(Heaviness of body), Aalasyam(Sluggishness), Avasada(Tiredness)	Loss of appetite, Generalised aches, sleepiness, Anaemia, Heaviness of body Sluggishness, Tiredness
Rakta- Agninaasha(Loss of appetite), Sheetasatmya (cold intolerance)	Loss of appetite, cold intolerance
Mansa- Gurugatrata(Heaviness in body parts), Shwayathu(Oedema)	Heaviness in body parts, Oedema
Meda- Sthulata(Abnormal weight gain), Shoph(Generalised oedema), Alpepi cheshtite shwasam(Tiredness), Nidra(Sleepiness), Aalasyam(Sluggishness)	Abnormal weight gain, Generalised oedema, Tiredness, Sleepiness, Sluggishness
Aartava- Vandyatwam(Infertility), Aartavnasha (Amenorrhoea), Maithunasahishutwam(Loss of libido)	Infertility, Amenorrhoea, Loss of libido
Swedavaha srotas- Aswedanam (Minimal sweating or absent), Angasya parushyam (Dry or coarse skin)	Sweating minimal or absent, Dry & coarse skin

DISCUSSION-

Hypothyroidism is not directly described in Ayurvedic literature but signs & symptoms of hypothyroidism can be correlated with symptoms of Dhatvagnimandya according to principles of Ayurveda.

Normal condition of Agni is must for body function rhythmicity. According to view of allopathic system metabolic activity of the body is controlled by thyroid hormone & in Ayurveda we found that metabolic activity of the body is under control of Jatharagni, Bhutagni & Dhatvagni. So the cause of disease is alteration in metabolic activity which according to Ayurveda is vitiation of Dhatvagni. This vitiation can occurs in two ways-when Jatharagni, Dhatvagni also gets impaired while on the other hand this Jatharagni mandya leads to formation of ama which in turn causes srotorodha (blocks further body channels).

Due to above pathological sequences vitiated rasa dhatu is formed Causing impairment of next dhatus too & thus a chain of pathological events is started. Jatharagni mandya once created can be treated at earlier state but vitiation of Dhatvagni is once created cannot be treated easily. On this basis we can assume disease chronicity & its kricchrasadhyata (difficulty in treating). Moreover, longer duration of treatment is needed to cure Ama at dhatu level.

CONCLUSION-

On the basis of above study we can correlate the Hypothyroidism with Dhatvagnimandya.

SCOPE FOR FUTURE STUDY-

Clinical trials on symptoms of hypothyroidism & dhatvagnimandya to find out the correlation between them.

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