Original Research Paper

Volume - 15 | Issue - 06 | June - 2025 | PRINT ISSN No. 2249 - 555X | DOI : 10.36106/ijar

Ayurveda

SYNERGIZING AYURVEDA AND AI: A NOVEL APPROACH TO HYPOTHYROIDISM DIAGNOSIS

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ABSTRACT **Introduction:** Hypothyroidism is an endocrinological disorder with a frequency of about 5% of the world's population, with causes ranging from autoimmune to geographic variability, gender, age, and iodine deficiency. The Billiewicker criteria for diagnosis were developed by the Indian Journal of Endocrine and Metabolic Society. There has never been a clear mentioning of hypothyroidism in Ayurvedic literature. However, a sizable portion of patients seek the same advice from Ayurvedic doctors. The results are greatly valued. The protocols pertaining to the diagnosis and treatment of hypothyroidism have not been previously explored or published as of this writing. AI can help us overcome this complexity by analysing complex data and identifying patterns. **Aim And Objectives:** To review Ayurvedic literature exploring the understanding and management of hypothyroidism, and synergizing Ayurveda with Artificial Intelligence. **Materials And Methods:** Literature search was done from Ayurvedic Samhitas,pubmed,google scholar databases. **Discussion:** By understanding hypothyroidism in Ayurveda, individuals can adopt a more natural and comprehensive approach to managing their condition, addressing the root causes and promoting overall well-being. By integrating the concepts of *Santarpanotthajanya Vyadhi* and *Apatarpanotthajanya Vyadhi*, their symptoms, and treatment protocol, the AI system validates diagnostic tools and enables personalized management protocols for hypothyroidism, thereby enhancing its clinical utility and value. From data collection to personalized treatment protocols, leveraging preprocessing, predictive analytics, and clinical validation for enhanced patient management. **Conclusion:** Thus, the integration of predictive analysis and diagnostics through AI techniques pave the way for a novel and innovative approach to manage hypothyroidism in Ayurveda.

KEYWORDS : Hypothyroidism, AI And Ayurveda, Diagnostic Tool

INTRODUCTION

Hypothyroidism is a common endocrine disorder that affects millions of people worldwide. Hypothyroidism is a common endocrine disorder characterized by the underproduction of thyroid hormones by the thyroid gland. The thyroid gland plays a crucial role in regulating metabolism, growth, and development.Hypothyroidism is defined as a condition where the thyroid gland fails to produce sufficient thyroid hormones, leading to a decrease in metabolic rate and various clinical manifestations [1]. The prevalence of hypothyroidism varies depending on the population, geographic location, and diagnostic criteria used.A study published in the journal Thyroid estimated that approximately 4.6% of the global population suffers from hypothyroidism [2].Another study published in the Journal of Clinical Endocrinology and Metabolism estimated that the global prevalence of hypothyroidism is around 5.1% [3].In the United States, the prevalence of hypothyroidism is estimated to be around 4.6% to 9.5% [4].In Europe, the prevalence of hypothyroidism is estimated to be around 2.5% to 5.5% [5].In India, the prevalence of hypothyroidism is estimated to be around 4.2% to 11.1% [6].

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Billewicz Criteria for Hypothyroidism

The Billewicz criteria are a set of guidelines used to diagnose hypothyroidism, particularly in iodine-deficient areas [7] Developed by Dr. W.Z. Billewicz in 1969, these criteria emphasize the importance of clinical evaluation and laboratory tests in diagnosing hypothyroidism[8].

Billewicz Criteria:

1. Clinical Features: Presence of at least two of the following [9]:

- Fatigue
- Weight gain
- Cold intolerance
- Dry skin
- Hair loss
- Constipation

2. Thyroid Function Tests (TFTs):

- Serum T4 level below 4 µg/dL (or 50 nmol/L) [10]
- Serum TSH level above 10 µU/mL (or 10 mU/L) [11]

3. Thyroid Antibodies:

- Presence of thyroid peroxidase antibodies (TPOAb) or thyroglobulin antibodies (TgAb)

Interpretation:

- If all three criteria are met, the diagnosis of hypothyroidism is confirmed.
- If only two criteria are met, the diagnosis is probable.
- If only one criterion is met, the diagnosis is unlikely.

However, a sizeable portion of patients seek the same advice from Ayurvedic doctors. The results are greatly valued.AI can help us overcome this complexity by analysing complex data and identifying patterns.The Purpose of the study is to develop and evaluate a novel AI driven approach for diagnosing hypothyroidism, leveraging machine learning algorithms and electronic health records. This helps to explore the potential of AI in identifying novel biomarkers & risk factors for hypothyroidism. The development of a diagnostic tool for hypothyroidism helps in contributing to better patient care and improved health outcomes.

METHODOLOGY

DATABASES
PubMed,Scopus,Critical review of Ayurveda Samhitas
KEYWORDS
Hypothyroidism and ayurveda,santharpana vyadhi,apatarpana vyadhi
n = 20
Screening Based on relevance, feasibility & comprehensiveness, n= 4

Figure 1 *Showing The Methodology*

Explore The Potential Of AI In Identifying Novel Biomarkers & Risk Factors For Hypothyroidism

The development of personalized medicine involves a multi-step process, starting with **Data Collection**, where vast amounts of patient information are gathered [12]. Next, **Machine Learning (ML) Algorithms** are applied to identify patterns and correlations within the data [13]. **Biomarker Identification** is then used to pinpoint specific biological indicators of disease or risk [14]. **Risk Factor Analysis** helps to determine the likelihood of disease progression or treatment response [15]. Finally, **Predictive Modeling** enables the creation of personalized treatment plans, while **Continuous Learning** ensures that the models are constantly updated and refined [16]. This integrated approach enables healthcare providers to deliver tailored interventions and improve patient outcomes, exemplifying the power of

personalized medicine [17].

Ai May Identify Novel Biomarkers And Risk Factors, Such As:
- Specific genetic variants (e.g., thyroid-stimulating hormone receptor gene)[18]
- Proteomic signatures (e.g., thyroid peroxidase antibodies)[19]
- Metabolic profiles (e.g., altered lipid or glucose metabolism)
- Environmental toxins (e.g., perchlorates, pesticides)
- Nutritional deficiencies (e.g., iodine, selenium)

Hypothyroidism – An Ayurvedic Perspective

In Ayurveda, hypothyroidism is understood as a disorder of the thyroid gland, which is considered a part of the "*Agni*" (digestive fire) system [20]. The thyroid gland is seen as a vital organ that regulates metabolism, growth, and development [21].

Ayurvedic Causes:
- Imbalance of "*Kapha" dosha* (leading to sluggish metabolism)
- Impaired "*Agni*" (digestive fire)
- Poor nutrition and digestion
- Stress and anxiety
- Genetic predisposition

Ayurvedic Symptoms:
- Weight gain and water retention
- Fatigue and lethargy
- Cold intolerance
- Dry skin and hair
- Constipation
- Depression and anxiety

In Ayurveda, hypothyroidism is understood as a disorder caused by an imbalance of *Kapha dosha*, leading to an increase in *Ama* (toxins) and *Sama Rasa dhatu* (improperly digested nutrients) [22]. This imbalance undergoes *Prasara* (spread) through the *Urdhwaga dhamani* (upward channels) to the *Sleshma bhaga* (*Kapha*-dominated regions), resulting in continued excitation of *Kapha dosha*[23]. This, in turn, vitiates *Medho dhatu* (fat tissue), leading to *Dosha dushya sammurchana* (accumulation of toxins in the tissues) [24]. The *Medho dhatvagi mandya* (reduced fat metabolism) and *Ayatha upachita medho dhatu* (improperly nourished fat tissue) contribute to *Medhoja galaganda* (thyroid gland dysfunction), ultimately manifesting as hypothyroidism [25].

Figure 2 *Showing The Flow Chart Of Santharpanajanya Vyadhi Samprapthi*

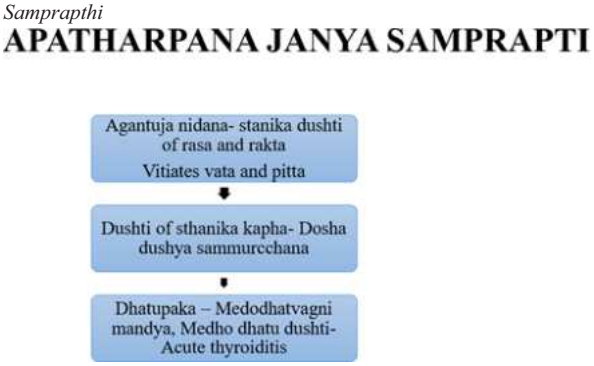

Figure 3 *Showing The Apatarpanajanya Vyadhi Samprapthi*

In Ayurveda, acute thyroiditis is understood to be caused by *Agantuja nidana* (external factors) leading to *Stanika dushti* (imbalance) of *Rasa* and *Rakta* (nutrient and blood tissues), which in turn vitiates *Vata* and *Pitta doshas* [26]. This imbalance further leads to *Dushti* of *Sthanika Kapha* (imbalance of local *Kapha)* and *Dosha dushya sammurcchana* (accumulation of toxins in the tissues) [27]. The resultant *Dhatupaka* (tissue damage) affects *Medodhatvagni* (fat tissue metabolism) leading to *Medho dhatu dushti* (fat tissue imbalance) and ultimately causing *Medhoja galaganda* (thyroid gland dysfunction), manifesting as acute thyroiditis [28].

AI AND AYURVEDA – IN DIAGNOSTICS

The integration of Artificial Intelligence (AI) and Ayurveda has the potential to revolutionize diagnostics in traditional medicine. AI can help analyze complex Ayurvedic concepts, such as *Prakriti* (individual constitution) and *Vikriti* (disease manifestation), to provide personalized diagnoses [29]. Machine learning algorithms can be trained on large datasets of Ayurvedic clinical decisions to improve diagnostic accuracy [30]. Additionally, AI-powered chatbots can be used to collect patient information and provide Ayurvedic diagnostic reports [31].

The integration of Artificial Intelligence (AI) and Ayurveda can enhance the diagnostics of hypothyroidism by:

1. Analyzing Prakriti and Vikriti: AI can help analyze an individual's Prakriti (constitution) and Vikriti (disease manifestation) to identify patterns indicative of hypothyroidism

2. Predicting Thyroid Function: Machine learning algorithms can be trained on Ayurvedic clinical data to predict thyroid function and detect hypothyroidism

3. Identifying Ayurvedic Syndromes: AI-powered systems can identify Ayurvedic syndromes related to hypothyroidism, such as *Medoja Galaganda* (thyroid gland dysfunction)

4. Personalized Diagnosis: AI can help provide personalized diagnoses based on individual characteristics, such as age, sex, and Ayurvedic constitution.

CONCLUSION

In Ayurveda, diagnosis is crucial for identifying the underlying causes of a disease and developing an effective treatment plan.In Ayurveda, diagnosis is crucial for identifying the underlying causes of a disease and developing an effective treatment plan.The integration of Artificial Intelligence (AI) in Ayurvedic diagnosis has the potential to revolutionize the practice of this ancient system of medicine.This pave the way for a novel and innovative approach to manage hypothyroidism in Ayurveda. By integrating the concepts of *Santarpanotthajanya Vyadhi* and *Apatarpanotthajanya Vyadhi*, their symptoms, and treatment protocol , the AI system validates diagnostic tools and enables personalized management protocols for hypothyroidism, thereby enhancing its clinical utility and value.

Synergizing Ayurveda and AI offers a novel approach to hypothyroidism diagnosis, leveraging the strengths of both systems to provide a more comprehensive and personalized understanding of the disease. By integrating Ayurvedic concepts, such as *Prakriti* and *Vikriti*, with AI-powered machine learning algorithms, we can:
- Enhance diagnostic accuracy
- Identify subtle patterns and correlations
- Provide personalized treatment recommendations
- Improve patient outcomes

This innovative approach has the potential to revolutionize the diagnosis and management of hypothyroidism, and potentially other diseases, by combining the wisdom of traditional Ayurvedic medicine with the power of modern AI technology.

Future Directions:
- Develop and validate AI-powered Ayurvedic diagnostic tools
- Conduct clinical trials to evaluate the efficacy of this approach
- Explore applications in other diseases and health conditions
- Foster collaboration between Ayurvedic practitioners, AI researchers, and healthcare professionals

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