



ORIGINAL RESEARCH PAPER

Ayurveda

CONCEPT OF ANUKTAVYADHI W.S.R. TO HYPO AND HYPER THYROIDISM

KEY WORDS: Vikaraprakriti, adhishtana, samutthana, doshas, dooshyas

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ABSTRACT

The concept of anuktavyadhi is a reputable principle in Ayurveda which helps to clarify confusions regarding new diseases which are not clearly dealt in samhitas. The principles of Ayurveda are eternal and are formulated in such a way that they can be modified as per timely changes in society. Because of the effect of changes in desa, kala etc. new diseases are manifesting and some old diseases are not seen any more. But the Ayurvedic system of medicine has its own organised system for assessing any disease based on its fundamental principles. Acharya Charaka has been clearly stated that naming all types of diseases in definite terms is not possible always. Ayurveda insist on understanding the status of doshas and dooshyas in a disease and adopting appropriate treatment. This is applicable in newly emerged diseases also even if they are not explained in classical texts of Ayurveda. Thyroid disorders are such diseases which is not mentioned in Ayurvedic classics. This paper is an attempt to understand the hypo and hyperthyroidism in Ayurvedic perspective.

INTRODUCTION

The origin of Ayurveda and Ayurveda samhitas dated back to centuries. As time passes, there occurs marked changes in lifestyle, food habits, regimen, climate etc. These unfavourable changes leads to the emergence of new diseases which are not explained in Ayurveda Samhitas. Management of such newly emerged and undescribed diseases is a great challenge for the physicians of this era. But Acharyas gave certain guidelines to understand and manage such newly emerging diseases based on fundamental principles. The principles of Ayurveda are eternal and are formulated in such a way that they can be modified as per timely changes in society. The concept of Anuktavyadhi is such a principle which helps to understand and treat newly emerged diseases. Here is an attempt to understand hypo and hyperthyroidism in Ayurvedic perspective in the light of principles of anuktavyadhi.

MATERIALS AND METHODS

This review article is based on the data collected from modern medical text books and Ayurveda Samhitas.

Concept Of Anuktavyadhi

Acharya Chakrapani, the commentator of Charaka Samhita has defined anuktavyadhi as a disease whose nomenclature, signs and symptoms are not described in samhitas. According to Ayurveda, naming of disease is not that important in treatment. Acharya Charaka has clearly stated that it is not possible to name all types of diseases in definite terms.

The occurrence of disease is not possible without dosha prakopa. When aggravated, the same dosha may cause manifold diseases depending on various etiological factors and site of manifestation. Hence anuktavyadhis should be diagnosed from features of derangement of doshas and dooshyas and they should be treat according to general principles of treatment of doshas. In case of combination of doshas, the treatment also to be mixed up accordingly. However, they will not exceed the 6 upakramas namely snehana, rookshana, brimhana, langhana, svedana and stambhana just like vata etc. doshas never exceeds three.

Diagnostic approach to Anuktavyadhi

According to Acharya Charaka a physician should comprehend vikara prakriti (nature of disease i.e. doshas and dooshyas involved), adhishtana (location where the disease manifests) and samutthana (etiological factors) for the diagnosis of anuktavyadhi. These three are together termed

as trividha bodhya sangraha by Acharya Charaka. Besides these factors the factors like desa, bala, kala, anala, prakriti, vaya, satva, satmya, ahara, avastha are also to be considered. A physician who minutely examine the above factors before initiating treatment will never commits mistakes in treatment.

Treatment Approach To Anuktavyadhi

The therapies which are opposite to the properties of dosha, dooshya and nidana (causative factors) will be beneficial in the cure of disease. The general treatment for individual doshas described in samhitas are also to be adopted here either individually or by mixing according to the predominance of doshas. In case of dvidoshaja vyadhi (disease due to vitiation of two doshas) or tridoshaja vyadhi (disease due to vitiation of three doshas), the treatment prescribed for the two doshas or three doshas can be mixed up providing due consideration to the predominantly vitiated dosha without affecting the other doshas and also considering the status of agni, vaya, satmya etc.

Thyroid Disorders As Anuktavyadhi

Thyroid hormones play major role in the regulation of metabolism of body. So the hyper functioning or hypo functioning of these hormones will lead to metabolic disorders which is a growing health issue. Thyroid disorders are considered as anuktavyadhi because no direct mentioning of thyroid disorders is available in Ayurvedic classics. But the disease by the name galaganda is mentioned in Ayurveda Samhitas. The signs and symptoms of hypo and hyperthyroidism show resemblance with certain conditions described in Ayurveda. So it is better not to restrict the comparison of thyroid disorders to galaganda only. According to Acharya Charaka, anuktavyadhi should be understood on the basis of vikaraprakriti, adhishtana and samutthana.

Samutthana / Etiological Factors :

Genetic factors have an important role in the manifestation of hypo and hyperthyroidism. A strong hereditary tendency is also present. According to Ayurveda the diseases due to inheritance can be included under adibalapravrta vyadhi. Neonatal hypothyroidism and hyperthyroidism can be included under janmbala pravritta vyadhis. The changes in lifestyle, food habits along with environmental changes are other causes of emergence of new diseases such as hypo and hyperthyroidism. Such diseases that occurs due to the vitiation of doshas can be included under doshabalapravrta vyadhis. The doshas vitiated by their respective causes can vitiate dhatus and malas. Since the vitiation of dhatus and

malavaha srotas also results in the vitiation of respective dhatus and malas, the causes of srotodushti are also to be considered along with samanya nidana of doshakopa.

Vikaraprakriti / Nature Of Disease:

A disease will not occur without the derangement of doshas. The three doshas get vitiated due to the indulgence in their respective causes resulting in disequilibrium. The vitiated doshas interact with the dooshyas leading to the manifestation of diseases. The clinical presentation of the disease depends on the predominance of doshas and dooshyas involved in the disease process. This can be understood from the signs and symptoms of derangement of doshas, dooshyas, srotas etc. The signs and symptoms of hypo and hyperthyroidism are analysed in order to find the predominant doshas, dooshyas and srotas involved.

Table 1 Signs And Symptoms Of Hypothyroidism Along With Doshas And Srotas Involved

Signs and symptoms	Dosha involved	Dooshyas and Srotas involved
Weight gain	Kaphavridhhi	Rasavridhhi, Medovridhhi, Rasavaha srotas, medovaha srotas
Puffy face, hands and feet	Kaphavridhhi	Rasavaha srotas
Cool peripheral extremities	Kaphavridhhi	Rasavaha srotas
Poor appetite	Kaphavridhhi Pittakshaya	Annavaaha srotas Rasavaha srotas
Weakness	Vatavridhhi	Rasavaha srotas
Dry, brittle, loss of hair	Vatavridhhi	Asthi kshaya Asthivaha srotas
Difficulty in concentrating, poor memory	Vatavridhhi	Manovaha srotas
Reduced sweating	Kapha vridhhi Pitta kshaya	Medovaha srotas Svedavaha srotas Svedakshaya
Mild aches and pain	Vatavridhhi	Rasavaha srotas Mamsavaha srotas
Constipation	Vatavridhhi Kaphavridhhi	Pureeshavaha srotas
Menstrual disturbances	Vatavridhhi	Artavavaha srotas
Slow heart rate	Vata vridhhi	Rasavaha srotas Raktavaha srotas Pranavaha srotas
Goitre	Kaphavridhhi	Mamsavridhhi, Medovridhhi Mamsavaha srotas Medovaha srotas
Non pitting edema	Kaphavridhhi	Rasavaha srotodushti
Pallor	Kaphavridhhi Pittakshaya	Rasavaha srotas, Raktakshaya, Raktavaha srotas

Table 2. Signs And Symptoms Of Hyperthyroidism Along With Doshas And Srotas Involved

Signs and symptoms	Doshas involved	Dooshyas and Srotas involved
Weight loss	Vatavridhhi	Rasakshaya, Medokshaya, Rasavaha srotas, Medovaha srotas
Excessive appetite	Pittavridhhi	Annavaaha srotas
Increased sweating	Pittavridhhi	Medovaha srotas, Svedavaha srotas
Intolerance to heat	Pittavridhhi	Raktavaha srotas

Tremor	Vatavridhhi Kaphakshaya	Rasakshaya, Rasavaha srotas
Fatigue	Vatavridhhi	Rasavaha srotas
Palpitation , tachycardia	Vatavridhhi Kaphakshaya	Rasakshaya Rasavaha srotas
Diarrhoea	Pittavridhhi	Pureeshavaha srotas Pureeshakshaya
Insomnia	Vatavridhhi Pittavridhhi	Manovaha srotas
Excessive thirst	Pittavridhhi Vatavridhhi	Udakavaha srotas
Warm and moist skin	Pittavridhhi	Rasavahasrotas, raktavaha srotas
Thinning of nail and hair Onycholysis	Vatavridhhi	Asthikshaya Asthivaha srotas
Oligospermia/ oligomenorrhoea	Vatavridhhi	Majjakshaya, Sukrakshaya, Artavakshaya Artava and sukravaha srotas
Impotency/ Infertility	Vatavridhhi	Sukrakshaya, Sukra and artavavaha srotas
Psychological symptoms	Vatavridhhi	Manovaha srotas
Myopathy	Vatavridhhi	Mamsavaha srotas Mamsakshaya
Osteopenia	Vatavridhhi	Asthikshaya Asthivaha srotas

Adhishtana :

When aggravated, the same dosha can produce different diseases according to the site of vitiation. The vitiated doshas are then locate in dhatus, malas and srotas. Dhatus are seven in number viz. rasa, rakta, mamsa, medas, asthi, majja and sukra, malas are mainly three viz. pureesha, mootra and sveda. There are sthoola srotases and sookshma srotases which take part in the disease process. In case of thyroid disorders, considering the location of thyroid gland neck is the location. While considering the clinical features sarva sareera can be considered as the location because both hypo and hyperthyroidism presents with multi system symptoms.

DISCUSSION

The concept of anuktavyadhi helps to understand undescribed and newly emerged diseases in Ayurvedic perspective and to adopt appropriate treatment and lifestyle changes based on the fundamental principles of Ayurveda. Hypo and hyperthyroidism can be considered as anuktavyadhi as exact term for hypo and hyperthyroidism is not described in Ayurveda samhitas, though their signs and symptoms can be explained in Ayurvedic terms. This can be achieved by comparing the features of these diseases with equivalent signs and symptoms mentioned in Ayurveda. Clinical features of hypothyroidism show resemblance with those in conditions like agnimandya, pandu, rasadhātu vridhhi, kaphavrita vata etc. and have kapha and vata vridhhi. Clinical features of hyperthyroidism show similarity with those of atyagni, karsya etc. and have vata and pitta vridhhi. A possible samprapti of the disease can be assumed by comparing the pathogenesis of above mentioned conditions those found with similar signs and symptoms and the knowledge derived from modern medical text books.

Agni is an important factor in the pathogenesis of hypo as well as hyperthyroidism. The function of thyroid hormone can be correlated to that of agni and there is hypo functioning and hyper functioning of jataragni as well as dhatvagni in hypo and hyperthyroidism respectively. Decrease and increase of dhatvagni leads to dhatuvridhhi and dhatukshaya

respectively. Besides these, factors such as desa, kala, bala, prakriti, vaya, satva, satmya, ahara, avastha etc. are to be examined during the examination of patient. All these factors are to be considered for the selection suitable oushadha.

CONCLUSION

Unfavourable changes in lifestyle, food habits, daily regimen along with changes in climatic conditions leads to new diseases. Such diseases which are not described in samhitas should be diagnosed on the basis of vikaraprakriti (clinical features), adhishtana (location) and samutthana (causative factors). Besides the above factors one should also consider other factors like dushya, desa, kala etc. A physician who give due consideration to the above factors before initiating treatment never commits mistake and definitely achieve success in treatment.

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