



Management Of Hypothyroidism By Jirna Jwara Chikitsa W.S.R. To Anukta Vyadhi– A Case Study

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ABSTRACT

Ayurveda has been playing the vital role in curing chronic and untreatable conditions where other therapies are helpless. But principles of Ayurvedic *chikitsa* must be applied clinically to that specific condition while treating. Such unknown diseases are termed as *Anukta vyadhis* by Ayurveda. It is need for today to think in the specific direction about such conditions while treating it. Hypothyroidism is the diseased condition resulting from lack of effects of thyroid hormones on body tissues. Hypothyroidism can be termed as *Anukta Vyadhi* according to Ayurveda. In the present study the patient of Hypothyroidism having history of *Jwara* since 1.5 to 2 months has been discussed. *Jirna Jwara* found us to be *hetu* for Hypothyroidism. So he was treated using principals of *Jirna Jwara Chikitsa*. At the end of three months patient got symptomatically relief, as well as the Thyroid Function Test also came to normal level. This study is mainly aimed to explore the precious principles like *Anukta vyadhi chikitsa* and *Hetu Viparita chikitsa* on clinical basis. We are hopeful that, this study may be helpful for scholars and practitioners of Ayurveda to understand Ayurvedic principles while applying clinically. Hypothyroidism can be treated by Ayurvedic treatment.

Keywords - Thyroid, Hypothyroidism, Thyroid Function Test, *Jirna Jwara chikitsa*, *Hetu Viparita chikitsa*, *Anukta vyadhi*.

INTRODUCTION

Ayurveda has been playing the vital role in curing chronic and untreatable conditions where other therapies are helpless. But principles of Ayurvedic *chikitsa* must be applied clinically to that specific condition while treating, otherwise someone may get failure. There are many such diseases mentioned by Modern Medicine which are not enlisted in Ayurvedic classical texts or cannot be correlated with any Ayurvedic *vyadhi*. Such diseases are termed as *Anukta vyadhis* by Ayurveda.^[1] Acharya Charaka focused that *Anukta vyadhis* should be treated according to *dosha - dushya nidana*.^[2] *Chikitsa* of *Anukta vyadhis* is nothing but correcting *Guna* of impaired *dosha*. *Pradhanya* and *Vikalpa samprapti* play important role while treating *Anukta vyadhis*.^[3] Diseases like Hypertension, Ulcerative colitis, AIDS, Hepatitis B etc may be termed as *Anukta Vyadhis* according to Ayurveda. Students, new practitioners always face this problem and are in dilemma what the name to be given such disease? And how to treat it?

That why it is need for today to think in the specific direction about such conditions while treating. Also it will be definitely helpful in service of patients, in growth of Ayurveda and in finding a decisive conclusion about *Anukta vyadhis* under the light of Ayurvedic principles. An Ayurvedic practitioner has to always face such conditions in day to day practice. Hypothyroidism is the diseased condition resulting from lack of effects of thyroid hormones on body tissues.^[4] T3 and T4 (thyroid hormones) levels are low in Hypothyroidism while increased level of TSH (pituitary hormone) confirms the diagnosis.^[5] The term Hypothyroidism is not mentioned anywhere in Ayurvedic literature and hence it can be termed as *Anukta*

vyadhi.^[1] The present study is a case study of patient suffering from Hypothyroidism. After detailed physical examination of patient using Ayurvedic diagnostic tools the patient was diagnosed as *Jirna Jwara*. He was treated using principals of *Jirna Jwara Chikitsa*^[6,7] mentioned by Charaka. At the end of three months patient got relief symptomatically, as well as the laboratory findings of Thyroid Function Test also came to normal level.

This study is mainly aimed to explore the precious principles like *Anukta vyadhi chikitsa* and *Hetu Viparita chikitsa* on clinical basis. It should also be taken into consideration that every time the case of Hypothyroidism may not get relief by *Jirna Jwara Chikitsa*. The practitioner has to think in accordance with *samprati ghatak* to diagnose the *vyadhi* for its complete cure. We are hopeful that, this study may be helpful for scholars and practitioners of Ayurveda to understand Ayurvedic principles while applying clinically.

CASE HISTORY

45 years male patient having *Jwara* since 1.5 to 2 months, earlier diagnosed and treated as P.U.O. (Pyrexia of Unknown Origin) by physician but did not get relief. Patient further consulted to several physicians. They were also unable to diagnose & treated him as a case of P.U.O. Finally patient consulted to well-known Hospital of Pune, but didn't get relief. After 2-3 days he noticed some swelling in neck region hence he went to ENT Consultant. USG of thyroid revealed Thyroiditis. Accordingly ENT Consultant treated him with some specific antibiotics and then patient got partial relief from fever.

To check any disturbance in thyroid functions, Thyroid Function Test was done. Previously it revealed elevated T3 & T4 levels (Hyperthyroidism) in two successive readings. After two months TSH level was increased and T3, T4 came to normal (Hypothyroidism^[5]) and patient was representing the symptoms – *manda jwara*, *daurbalya*, *agnimandya*. Accordingly ENT Consultant prescribed him Tab Eltroxin 100 micro gram (Thyroxin) once a day & advised to take it for lifelong. Patient was willing to take some Ayurvedic treatment so he came to Kayachikitsa OPD of SVNHT, s Ayurved Mahavidyalaya, Rahuri Factory, Ahmednagar, Maharashtra.

On examination

After careful examination and assessment patient was diagnosed as *Jirna Jwara*.^[8] He was treated as *Jirna Jwara* with *dhatwagnimandya* because during treatment with allopathic medicines patient was having on & off fever for duration of 1^{1/2}- 2 months i.e. more than 21 days. After getting partial relief from fever by antibiotics patient was having disturbances in Thyroid functions. Patient has been investigated for Thyroid Function Tests before he came to our hospital. On first visit TFT values were: TSH - 75.62, T3 - 76, T4 - 4.84, FT3 - 2.74, FT4 - 0.60. (Table 2)

Management

1st Visit (Day 1) : *Laghu Malini Vasanta, Arogya vardhini Vati, Mahatiktaka Ghruta*.

2nd Visit (Day 21): *Laghu Malini Vasanta, Arogya vardhini Vati, Mahatiktaka Ghruta, Guduchi siddha dugdha*.

3rd Visit (Day 51): *Mahatiktaka Ghruta, Guduchi siddha dugdha*.

Patient was treated for 80 days. Detailed information about *matra*, *kala* and *anupana* of the drug given during each follow up are enlisted in Table 1.

Table 1. Shows follow up wise treatment given to the patient along with details.

Day	Sr. No.	Plan of Treatment				
		Aushadhi	Matra	Kala	Frequency	Anupana
1 st	1	Laghu Malini Vasant	125mg	Adhobhakta	Thrice	Koshna jala
	2	Arogyavardhini Vati	250mg	Adhobhakta	Thrice	Koshna jala
	3	Mahatiktak Ghrut	15ml	Ananna	Twice	Koshna jala
21 st	1	Laghu Malini Vasant	125mg	Adhobhakta	Twice	Koshna jala
	2	Arogyavardhini Vati	250mg	Adhobhakta	Thrice	Koshna jala
	3	Mahatiktak Ghrut	15ml	Ananna	Twice	Koshna jala
	4	Guduchi Siddha doodh	50ml	Ananna	Twice	-----
51 st	1	Mahatiktak Ghrut	15ml	Ananna	Twice	Koshna jala
	2	GuduchiSiddha doodh	50ml	Ananna	Morning	-----
The last treatment was continued further for 30days						

After Treatment

Patient was given the treatment of 3rd visit for 30 days. At end of 80 days patient was symptomatically relieved. Thyroid Function Tests were repeated during 2nd visit, 3rd visit, at the end of course and 5 months after end of the course. Change in the values of Thyroid Function Test is mentioned in Table 2.

Table 2 Shows progress in the values of Thyroid Function Tests.

Sr. No.	Day of the Investigation	Approximate Day	Thyroid Function Tests				
			T3 ng/dl	T4 ug/dl	TSH uIU/ml	FT3 pg/ml	FT4 ng/dl
1	Before treatment	Day 0	76	4.84	75.62	2.74	0.60
2	2 nd visit	Day 21	110	7.10	13.36	3.30	0.77
3	3 rd visit	Day 51	133	9.10	5.52	3.48	1.00
4	After Treatment	Day 100	123	9.80	4.28	---	---
5	5 months later	Day 230	86	8.90	2.43	---	---
Normal Range of Test			60-200	4.5-12.0	0.30-5.5	1.7-4.2	0.7-1.8

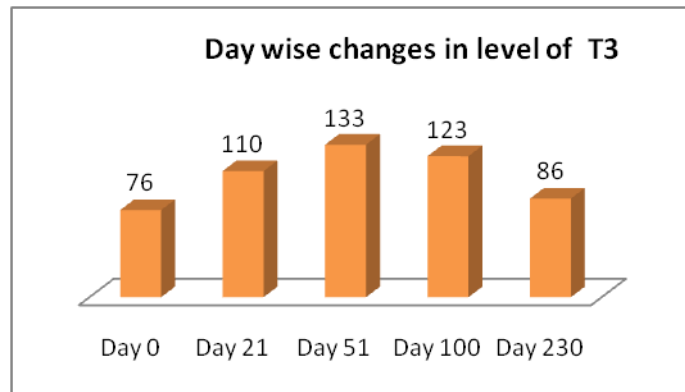


Figure 1 Shows day wise changes in level of T3

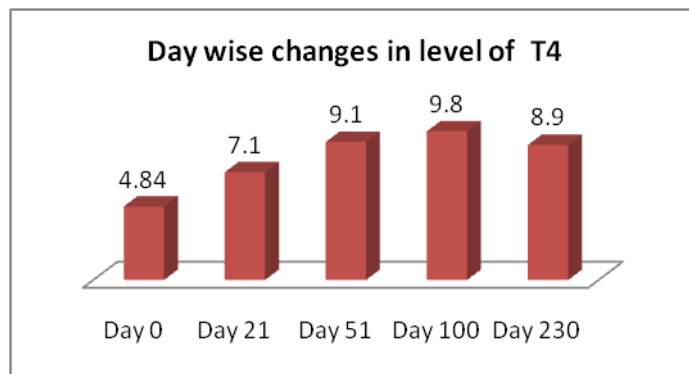


Figure 2 Shows day wise changes in level of T4

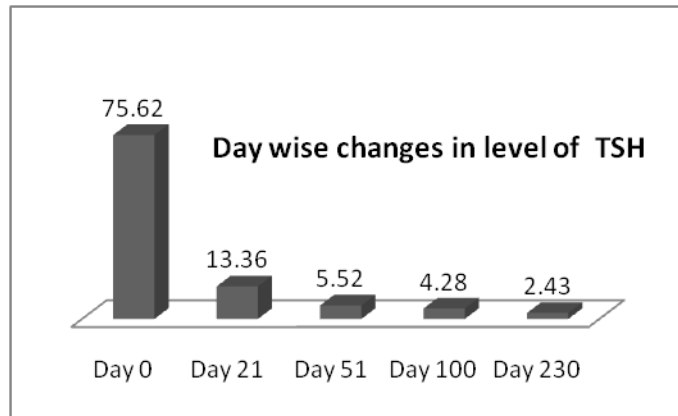


Figure 3 Shows day wise changes in level of TSH

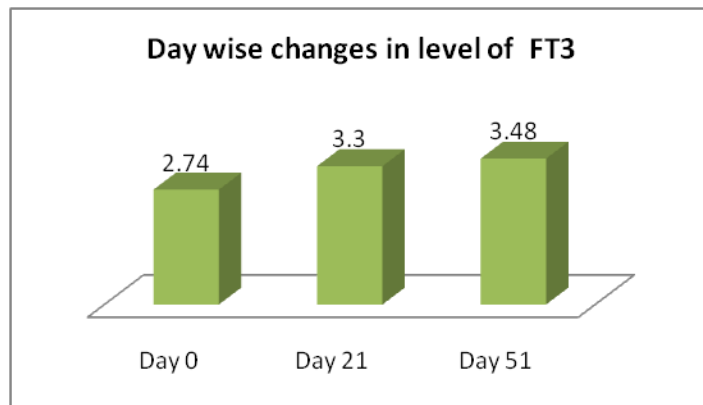


Figure 4 Shows day wise changes in level of FT3

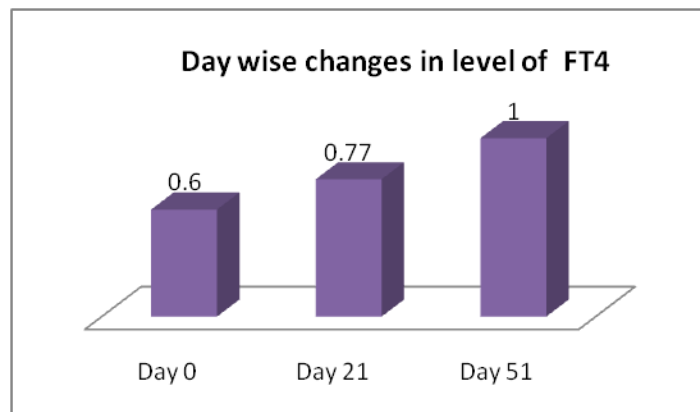


Figure 5 Shows day wise changes in level of FT4

DISCUSSION

The disease Hypothyroidism is not mentioned in Ayurvedic classical texts. *Anukta vyadhi siddhant* was considered here.^[2] After detailed history taking and examination by applying Ayurvedic diagnostic tools the patient was diagnosed as *Jirna Jwara* with *dhatwagnimandya*. *Jirna Jwara chikitsa* for this patient of Hypothyroidism can also be termed as *Hetu Viparita Chikitsa*, because during case history *Jirna Jwara* was found to be the *hetu* for Hypothyroidism. *Jwara* is *pittapradhana*, *samatapradhana* and *rasa dhatu dushtijanya vyadhi*, also Charaka guided to use *Ghruta*^[6] and *Dugdha*^[7] in case of *Jirna Jwara*. So line of treatment included *Langhana*, *Dipana*, *Dhatwagni vardhana*, *Jwaraghna*, *Pittaghna*, *Ghruta pana* and *Dugdha pana upakramas*.

Laghmalini Vasanta increases *dhatwagni* and mentioned it to use in *Jirna Jwara* by Yoga Ratnakara^[9]. *Arogya vardhini vati* is mentioned to use after 5 five days of *Jwara*.^[10] It is also a good *dhatwagni vardhak*.^[11] The patient was showing the signs and symptoms of Hypothyroidism resembles with increase in *Prithvi* and *Aap mahabhuta guna* in body and *Arogya vardhini Vati* is *Vayu* and *Agni guna pradhan*, hence also it was used. *Ghruta pana* is advised by Charaka in *Jirna Jwara*^[6] and *Jwara* is a *Pittaja* disease. Hence *Mahatiktaka Ghruta* is used as it is *pittaghana* also. *Dugdha pana* is also indicated in *Jirna Jwara*.^[7] *Guduchi* [*Tinospora cordyfolia*] is *shresth Jwaraghna*, *pittashamaka* and *pasayana*.^[12] Hence it was decided to give *Guduchi siddha dugdha* to the patient.

It was observed that the patient of Hypothyroidism got relief using *Jirna Jwara Chikitsa siddhant*. It is also fact that every patient of Hypothyroidism may not be treated using same *Chikitsa siddhant*. *Vyadhi vinishyaya* (diagnosis) should be made on Ayurvedic background to decide which *Chikitsa siddhant* will most preferable for that particular patient. Thinking in accordance with *Anukta Vyadhi Chikitsa* played a key role in management of Hypothyroidism.

CONCLUSION

1. The disease not mentioned in Ayurvedic text (*Anukta Vyadhi*) can be treated by Ayurveda.
2. *Jwara* was found to be *hetu* for Hypothyroidism hence *Jirna Jwara Chikitsa* was also *Hetu Viparita Chikitsa* for this particular patient.
3. Ayurvedic *Vyadhi vinishyaya* (diagnosis) is must to treat any *Anukta Vyadhi*.
4. In this case *Vyadhi avastha* was *Nava* and *Rasa dhatu dushti pradhana* hence it was cured earlier. *Jirna avastha*, *Gambhira avastha*, *Uttarottara dhatu dushti* may take longer duration.
5. Diseases like Hypothyroidism can be treated by Ayurvedic treatment.

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