

Twitter Thread by Dr Nishita Choudhary



Dr Nishita Choudhary
@Nishita Chy



Hypothyroidism in Ayurveda.

Thyroid problem are the most common endocrine disorders presently seen worldwide and hypothyroidism is the most common functional disorder of thyroid gland. In Ayurveda we correlates the disorders caused by thyroid gland as Galganda, Bhasmak Roga etc.

It has been reported that in India alone, about 42 million people suffering from thyroid disorders. The incidence of hypothyroidism is increasing day by day and there is increasing demand to treat the disease through the Ayurvedic system of medicine.

So let's try to understand the disease Hypothyroidism as per Ayurveda through various Ayurvedic principles so as to set its management strategies.

Hypothyroidism is a functional disorder of thyroid gland.

Hypothyroid results when the thyroid gland fails to produce enough of the thyroid hormone due to structural or functional impairment that significantly impairs its output of hormones this leads to the hypo metabolic state.

In very young infants, hypothyroidism can result in irreversible mental and physical retardation, unless treatment is initiated within weeks after birth,

whereas, in children and adults, the effects of hypo-function of thyroid though profound are reversible.

The female-male ratio is approximately 6:1. It has been reported that in India alone, about 42 million people suffer from thyroid disorders.

It is sometimes referred as Silent disease because of its camouflaged symptoms which mimic as the symptoms of other disease.

Two principal types of Hypothyroidism are Primary Hypothyroidism and Secondary Hypothyroidism. Primary Hypothyroidism is a condition of decreased hormone production by thyroid gland due to its loss or destruction through processes of autoimmune destruction or radiation injury.

Secondary hypothyroidism is the result of hypothalamic or pituitary disease or defects in the thyroid-stimulating hormone (TSH) molecule.

Iodine deficiency remains the most common cause of hypothyroidism worldwide.

In areas of iodine sufficiency autoimmune mechanism appear to play an etiological role in a significant proportion of patients along with iatrogenic causes (like treatment of hyperthyroidism).

Weight gain, tiredness, easy fatigability, anemia, swelling face, hands, feet, menstrual irregularities, cold intolerance, rough skin, thin brittle hair, hair fall, muscle stiffness, weakness, constipation, decreased appetite, forgetfulness, goiter are major presentations of Hypothyroidism.

Untreated hypothyroidism may lead to number of health problems such as obesity, arthritis, heart disease, infertility etc. it can be easily differentiated from the diseases like Anemia, Depression, Obesity, Ovarian Insufficiency. Fibromyalgia, Hypoalbuminemia, Hypopituitarism
Etc

The conventional treatment of Hypothyroidism is Thyroid hormone replacement therapy or Levothyroxine. it has certain side effects on long term use like precipitates angina, causes cardiac arrhythmia, palpitation, tachycardia, muscle cramps, weakness, restlessness, osteoporosis etc..

So, there is a great need to find out a safe and effective remedy which not only relieve symptoms but also increase in sense of well-being. And It can be traced from rich, time-tested unsheathed treasure of knowledge of Ayurveda. In Ayurveda, we correlates the disorders caused

by thyroid gland as Galganda, Gandmaala, Bhasmaka etc. Though many diseases of current era do not find mention in Ayurvedic texts.

According to Acharya Charak it is not necessary that every disease have certain name but it is more important to understand the possible pathogenesis of the disease in terms of involved factors like dosha, dushya etc. After knowing that, it can be successfully treated .

There is no direct mention of the thyroid gland in Ayurveda but a disease by the name Galaganda characterized by neck swelling is mentioned. The first description of neck swelling was mentioned in AtharvaVeda by the name apachi. Charaka mentioned the disease in 20 sleshmavikaras.

Sushruta in Sareera

Sthana has mentioned that of the seven layers of the skin, the sixth layer Rohini is the seat of Galaganda. In Nidana Sthana he described Galaganda as two encapsulated small or big swellings in the anterior angle of the neck,

which hang like scrotum, whereas Charaka mentioned Galaganda as a solitary swelling.

Climatic conditions, water supply, dietary conditions, etc., are mentioned as the main aetiological factors.

Bhela described that Sleepda and Galaganda are more common in eastern part of the country and that persons consuming predominantly fish are liable to develop Galgaganda. Harita Samhitakara described the role of contaminated water and infection in the precipitation of Galaganda.

In Ayurveda Galganda is due to vitiation of the Kapha dosha mainly but also of vata and meda dhatu. Rasa dhatu plays a major role in pathogenesis as Rasaja Vikaras mentioned in Charak samhita are similar to the clinical features of hypothyroidism.

Sarvangasana is the most suitable and effective asana for the thyroid gland. Enormous pressure is placed on the gland by this powerful posture, after Sarvangasana practice of Matsyasana and Halasna is important.

Other effective asanas include Surya Namaskara (Sun salutation), Pavanamuktasana (wind relieving pose) with emphasis on head and neck exercises, Supta Vajrasana (sleeping thunderbolt pose), jalandharabandha, viparitakara, trikona asana.

Pranayam

The most effective pranayama is ujayi. It acts on the throat, and its relaxing and stimulating effects are most probably due to stimulation of the throat area, which are controlled by the brain stem and hypothalamus.

Bhramari pranayam, also found helpful. Surya, Chandra, Nadi Sodhana pranayama (right, left and alternate nostril breathing) is useful in balancing metabolism.

Dhanyawad■