



Effect of Vamana Karma in Uncontrolled Hypothyroidism- Case Report

Dr. Sreeja. V.S 1* & Dr. T. K. Sujan²

¹Assistant professor, Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram, Kerala, India

²Professor and HOD Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram, Kerala, India

Email Id : serviceheb@gmail.com

ABSTRACT

Hypothyroidism (also called *underactive thyroid* or *low thyroid* is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone. The prevalence of Hypothyroidism is high in India, affecting approximately one in 10 adults in the study population. The prevalence of subclinical hypothyroidism was also high in study, the value being 9.4%. Hypothyroidism is also correlated with Kaphaja Nanatmaja Vikara. Panchakarma is one of the important aspects of Ayurveda which help to combat against various diseases. The different treatment modalities of Panchakarma help to sustain normal health status and Vamana is one of them. Vamana means induction of emesis along with internal and external oleation and fomentation. The study was carried to see the effect of Vamana in the management of Hypothyroidism. This is a single case study on a patient with uncontrolled Hypothyroidism, who was taking Thyronorm 125mcg and with TSH 31.77 mIU/L. Before and after Vamanakarma TFT has been analysed and found after Vamana karma TSH has been reduced to 4.57 mIU/L. Vamanakarma will be helpful in management of uncontrolled Hypothyroidism.

Keywords: Hypothyroidism, Vamana, thyroid stimulating hormone (TSH).

Access this Article Online

Website: <http://heb-nic.in/jrim>

Received on 02/07/2021

Accepted on 10/07/2021 © HEB All rights reserved

Quick Response Code:

