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An Ayurvedic Approach in Management of Hypothyroidism: A Case Study

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Introduction: Hypothyroidism is commonly occurring endocrine disorders, which affects about 10% of the global population. Since last few decades the treatment modalities are available in health industry. But still hypothyroidism has come into discussion due to its present consideration as life style disorder. There is no direct reference of hypothyroidism in Ayurveda, but it's symptoms can be correlated to that of *Medoroga* (deposition of abnormal adipose tissue), *Ati-Sthaulya* (over weight), or *Santarpanyajanya Vyadhi* (diseases occurring due to excessive or improper nourishment).

Methods : In present case study a 47 years old Sikhha male subject came with complaint of *Bharvruddhi* (weight gain), *Twakrukshata* (dryness over skin), *Klama* (drowsiness), *Shirashul* (headache), *Alasya* (dullness), *Santha Nadi Gati* (bradycardia).

Subject was diagnosed on the basis of investigation Thyroid profile with increased TSH and slight lower sided T₃ & T₄. Subject was treated by considering concept of *Santarpanyajanya Vikara* (*Kapha Vataja Samprapti*). The holistic approach was maintained during treatment of about 1 year. Intervention introduced were *Nidan Parivarjan*, *Dinacharya* changes *Chatushprakara Sanshuddhi* (Detoxication Procedures: *Vaman*, *Virechan*, *Basti*, *Nasya*) followed by *Shaman Chikitsa* with *Vyadhi Pratyanka* medicines like, *Kanchanar Guggulu*, *Gokshuradi Guggulu*, *Kaishor guggulu*, *Aarogyavardhini Vati* etc.

Result: The Ayurvedic intervention showed significant relief in symptoms along with subsequent downfall in thyroid profile values.

Discussion: This case study will be directory for further research in field of diagnosis, treatment modalities, & result analysis.

Key Words: Ayurved, Hypothyroidism, *Santarpanyajanya Vikara*, endocrinal diseases

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