

## Ayurveda Treatment for Hypothyroidism

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Hypothyroidism is an important lifestyle disorder with a prevalence rate globally 4.5% and in India 10.45%.

Hormonal therapy is the only line of treatment available in Allopathy, but in Ayurveda there are a number of drugs which normalise the thyroid function and these drugs do not contain any phyto-hormones. It can be considered as tridosha vyadhi, among tridosha kapha and vata dosha are in an aggravated state and it requires dosha pratyahata chikitsa rather than vyadhi pratyahata chikitsa.

Here avaranahara, agnideepaka and aamapachaka line of treatment plays a very major role. Drugs like kanchanara and classical formulations like Kanchanara guggulu which contains Agnideepaka and Aamapachaka are used to treat Hypothyroidism. In most of the cases hypothyroidism can be reversed with the proper usage of these drugs along with Dosha pratyahata chikitsa. Most of the times with modern medicine TSH will be under normal limits but associated symptoms or symptoms of hypothyroidism like myxedema, hairfall, weight gain, constipation, continues to prevail but with the Ayurveda treatment the first thing we notice is reduction in all symptoms and signs. Gradual reduction of TSH occurs and normal levels of T3 and T4 is maintained and the drugs which are used don't contain any synthetic hormone or phyto-hormones this very fact suggests that hypothyroidism is a reversible disease with Ayurveda.

All the autoimmune Hypothyroidism like Hashimoto's thyroiditis also responds to the dosha pratyahata chikitsa of Ayurveda very well.

Selected group of Hypothyroidism patients who were aged between 25yrs. In the newly diagnosed cases of Hashimoto's thyroiditis, where the patient can be reversed in short span of time. However chronic Thyroiditis

to 60yrs and they were again divided into 4 groups where the etiology induced Hypothyroidism and Hashimoto's hypothyroidism is reversed in has not taken any synthetic thyroxin hormones these autoimmune disease varied from idiopathic cause to Hashimoto's thyroiditis.

Thyroiditis patients who are on Synthetic thyroxin hormones can be treated and can reverse the disease. Except the benign goitre all the other signs of also the patient's we treated in the Ayurveda medicine.

◆Group A = Newly diagnosed cases along with subclinical hypothyroidism cases are selected and treated as per Dosha pratyahata chikitsa along with agnideepana and Aamapachana. Results were very promising and the time taken to reverse the disease was 6-9 months.

◆Group B = Newly diagnosed hypothyroidism cases who were not on any synthetic medication but the other co-morbidities like hypertension, DM type 2 and dyslipidemia were taken results here were also good but the duration ranged up to 18-36 months.

◆Group C = Chronic Hypothyroidism cases who were on synthetic thyroxin hormones with no co-morbidities were taken and here started with Ayurveda medicine simultaneously tapering the synthetic hormones and the duration ranged from 18-24 months.

◆Group D = chronic Hypothyroidism cases who were on Synthetic Thyroid hormones along with co-morbidities like hypertension and DM type 2, here duration was more than 24 months ranging up to 48 months and results were satisfactory.

Keywords: Hashimoto's thyroiditis, Synthetic Thyroxin Hormone, Kanchanara, Kanchanara Guggulu, Dosha pratyahata chikitsa