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A CASE STUDY TO SHOW THE EFFECT OF *VAMAN CHIKITSA* ON HYPOTHYROIDISM DISEASE

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ABSTRACT

Ayurveda aims at cure of the disease and restoration of the natural health by maintaining doshas, dhatus in balance form.

The therapeutic action for completing the aim encompasses the following –

1. Elimination of the causative factors of disease
2. By breaking down the pathogenesis of disease
3. By eliminating the toxins of the body
4. Palliative treatment of imbalance by-
 - a. Medicinal treatment (*aushada chikitsa*)
 - b. Balance diet (*ahara chikitsa*)
 - c. Life style management (*vihara chikitsa*)

If the aetiology is removed the disease can even be cured without the use of therapeutic approach. The disease stage can be assessed by *doshas* involvement & there *lakshanas*. *Sanshodhana chikitsa* not only cures the progress of disease but also enhances the impact of *samshamana chikitsa*. It deeply cleanses the body & eliminates the vitiated doshas.

The ancient classics describes the five- fold purification process in the form of major internal cleaning procedures like emesis, purgation, enemata, insufflation and blood- letting with necessary preparatory processes (*purva karma*). In this case study we will visualise the effect of *vamana karma* along with *samshama chikitsa* in hypothyroidism disease even without the use of allopathic medication.

Key Words: Hypothyroidism, *Agnimandhya*, *Vamana*, *Agni*, *Dhatawagnimandhya*, Thyronorm

INTRODUCTION

Hypothyroidism is now emerging as the most common endocrine disorder commonly found in females. The Thyroid hormone is well known hormone required for the metabolic processes in the body. Disturbance in the normal physiology of production and secretion of this hormone leads to the development of thyroid disorder.

According to *Ayurveda*, the pathology of the disease can be understood as a consequence of *dhatawagnimandhya*. In natural form *jatharagni*, *bhutagni* and *dhatawagni* regulates *dhatu* formation & balance in the body. The whole physiological process depends upon the food intake & quality of life which effects the hormonal regulation in the body.

Agnimandhya and *tikshnata* can be correlated with hypo & hypermetabolism condition which can be clearly understood with thyroid disorders respectively.¹

Acharya *Charak* has beautifully mentioned the *samanya vishesh Siddhant*, according to which doshas can be maintained in balance form.

“Sarvadasarvabhavanamsamanayamvriddhikarnam

Hash hetuvisheshasapravharti ubhayastu”²

To achieve prolong benefits *panckarma* procedures plays miraculous role along with other palliative measures. It not only deeply cleanses the body but also enhances the effects of therapeutic interventions according to the disease. When the doshas are deeply seated then additional bio purification therapies helps to remove the vitiated doshas.

Case Report

Age- 28 years

Sex- Female

Religion- Hindu

Socioeconomic status- Middle class

Marital Status- Unmarried

Chief complaints- The major symptoms were lethargy, constipation, heaviness all over body, anger, weight gain and continuous feeling of depression from last 6 months

History of Present Illness- A 28 years old female patient was asymptomatic before 1 year, gradually she started feeling lethargic, puffiness all over body and depression. Then patient consulted to allopathic hospital & advised for Thyroid Profile. Patient got investigated and found with raised TSH level which was 7.5. Then, patient was advised to take thyronorm 50 mcg. But patient refused to take that medicine & ignore the condition. After 6 months symptoms remain same so patient consulted to Ayurvedic Hospital where she got investigated and her TSH found increased to 19.59. Then patient was advised for *vamana therapy*. After this patient admitted to hospital for the whole *panchkarma* procedure.

History of Past illness- No History

Family History- NAD

Treatment History- No History

Menstrual History- Periods Regular, 3-4/28 days

Obstetrics History- NAD

Diet- Vegetarian,

No addiction of tea, coffee, alcohol, tobacco or smoking or any other

Examination

a. Modern Parameters- BP- 120/70 mmHg, PR- 74/min Regular, RR- 17/min, Temperature- 98°C, Weight- 72 Kg

b. Asthavidha Pariksha

Nadi- Madhyam, 74/min

Mala- Amatyukta, 1 time a day, irregular

Mutra- 4-5 times a day

Jivha- Amatyukta

Twak- Samanyasparsh

Sparsha- Samanaya

Drik- Samanaya

Akriti- Madhyama

Investigation

Before treatment

5/4/21- Thyroid Profile-TSH- 19.59

Treatment Protocol

Total Procedure- 14 days (on admission)

Purvakarma-

1. Deepan Pachan (Procedure before the *Pradhana karma*)

| <i>Purvakarma</i> | Medications | Days | Anupana |
|----------------------|---|-------|----------------|
| <i>Deepan-Pachan</i> | 1) <i>Ajmodadi churna</i> ½ teaspoon before every meal 2) <i>Chitrakadi vati</i> - 2 tablets after every meal (chew) | 3days | Lukewarm water |

2. After Deepan- Pachan, Snehpana (4 days)

| Sneha (Ghrit) | Quantity | Days |
|----------------------------|----------|------|
| <i>Mahatriphaladighrit</i> | 50 ml | 1 |
| | 70 ml | 2 |

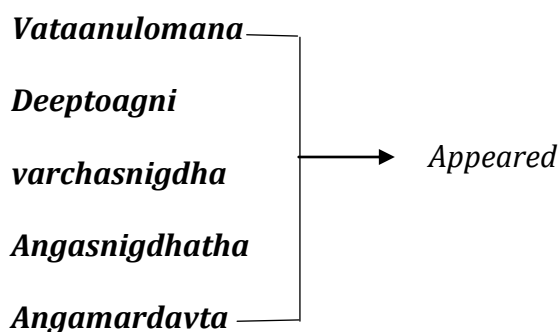
| | | |
|--|--------|---|
| | 100 ml | 3 |
| | 140 ml | 4 |

✚ Diet during the *snehpana*-

1. Moong dal khichdi
2. Lukewarm water sip by sip during the whole day

✚ The dose of *Mahatriphaladi ghrita* was decided according to *lakshanas* appearance.

✚ *Samyaka Sneha Siddhi lakshanas*³ appeared in 4 days



✚ Vitals were stable during the *snehpana*.

3. *Abhyanga Swedana (after 7 days deepanpachan and snehpana)*

| Procedure | Drug | Days |
|------------------------|------------------------|------|
| <i>SarvangAbhyanga</i> | <i>Prasarini taila</i> | 1-2 |
| <i>SarvangaSwedana</i> | <i>Dashmool kwath</i> | 1-2 |

✚ During the *vishram kala* (*snehanaswedana* day 1stday), *kaphavardhakaharas* like rice, curd, white chena was included in the diet.

✚ On examination

1) *Samayaka swedana Lakshanas* appeared-

*"Sheetashoolaunhayampareestambhagauravanighrahae
Sanjatamardava swede swedanaadiartimata"*⁴

2) Vitals were stable

i. Main Karma (Vamana)

✚ In the morning after *snehana swedana karma*, the patient feels relaxed

On examination- vitals were stable

✚ **At about 7:00 am**

1st step – *Rice yavagu* given to the patient

-After the ingestion of *rice yavagu*

-*Ikshu rasa* was served- about 4 litre was consumed by patient– till *akantha*

-After this patient spit out some quantity of *ikshuras*.

-Then *vamaka aushadi* medicinal paste was given with *mantra uccharanof vamana karma*

✚ **Ingredients of *vamaka* medicinal paste**

-*Madanphalchurna* –4 gm, *Vachachurna*- 2 gm, *Saindhavalavana* – 1.5 gm, Honey- 2 tsf

with *anupana* of *yashtimadhuphanta*

-Patient was feeling uncomfortable and heavy. But her friend was there to console her during the procedure.

-After 20 min later, patient felt nausea and vega started

-In between the *vegas*, *lavanaudaka* was also given. Patient refused to drink *lavanudaka*. she was encouraged & somehow 3 litres of *lavanaudaka* was consumed until all the medicinal content returned.

-During the starting *vegas* there was excessive expulsion of sticky whitish substance(*kapha*) and in the last proper yellow bile like content(*pitta*) expelled out.

-Proper *vamanasuddhi lakhsanas*⁵ were seen

Kramatakapha pitta anila

Hritparshwaindriya marga suddhi

Laghuta

→ appeared

Examination after *vamana* - GC was normal, conscious oriented, BP- 100/70mmHg
Pulse- 68/min.

Total *vamana vega*- 14

After the end of *vamana* procedure *dhoompana* was given with *yastimadhu churna*.

Vitals were normal.

Patient was advised to rest for the whole day and consume lukewarm water sip by sip.

4. *Pashchat karma (Sansarjan karma)*

After the *Pradhan karma (vamana)*–*sansarjan karma* for 5 days.

| Day | <i>Pratham kala</i> | <i>Dwitiya kala</i> |
|-----|---------------------|-----------------------|
| 1 | - | <i>Manda</i> |
| 2 | <i>Manda</i> | <i>Peya</i> |
| 3 | <i>Peya</i> | <i>AkritYusha</i> |
| 4 | <i>AkritYusha</i> | <i>Krit Yusha</i> |
| 5 | <i>Krit Yusha</i> | <i>SamanayaBhojan</i> |

After 14 days of *samsodhana chikitsa*, patient was discharged and ask for follow up after 1 week.

Patient was advised to started with light diet like moong dal khichdi, *yava* khichdi, daliya.

After 1 week, patient visited to OPD and advised for investigation.

Investigation

| | Before <i>samsodhana</i> (5/4/21) | After <i>samsodhana</i> (28/4/21) |
|-----------|--------------------------------------|--------------------------------------|
| TSH Level | 19.59 | 6.05 |

| | | |
|--------|-------|-------|
| Weight | 73 Kg | 69 Kg |
|--------|-------|-------|

✚ *Samshana chikitsa* along with diet management & yoga started after 1 week of effective management of *Sanshodana chikitsa*.

✚ ***Samshamana chikitsa-***

1. Medicinal combination(1month)- *Bivhitakchurna* 80gm, *Trikatuchurna* - 20gm, *Dalchinichurna*- 10 gm, *PravalPishti*- 10 gm (2 gm twice a day with lukewarm water before meals).

2. *Kanchnar Guggulu* 2 tab twice a day with lukewarm water after meals

Arogyavardhini vati 2 tab twice a day with lukewarm water after meals

Patient was advised to continue the treatment until next visit.

✚ **Diet Plan** -Patient was advised to avoid goitrogenic food (cauliflower, cabbage, broccoli), heavy foods which are hard to digest and soyabean till the disease completely cure.

✚ **Yogasanas-** *Ujjai* (10 minutes), *udgit* (10 minutes), *kapalbhati* (20 minutes), *bhramari* (10minutes), *Suryanamaskar* (5 rounds) twice a day.

✚ After 5 months of this continuous medication along with diet and yoga, patient come for 2nd follow up & got investigated

Investigation (After *samshamanachikitsa*)

21/9/21-Thyroid Profile – T3- 0.78 ng/ml, T4- 89.48 nmol/L, TSH- 2.97 μ IU/mL

RESULTS &OBSERVATION

✚ Through the investigations we can see the miraculous effects of *sodhana* and *shamshana chikitsa*.

✚ There is no even single use of allopathic medicine before and after the treatment for the disease.

✚ *Shodhana* therapy eliminates deep seated *doshas* from the body. It deeply cleanses the body and keep the vitiated *doshas* in balance form.

✚ *Samshamana chikitsa* appeared to be more effective after *sanshodhana therapy* by increasing the drug effect in the body.

✚ Ignorance of *vyadhinidana*, intake of proper diet & *yogasanas* help to prolong the *shodhana* effect on the body.

✚ **Before vamana karma-Fig. 1**

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(Multidimensional Service Unit of Divya Yog Mandir Trust)
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Reg. No.: 5053
Name of Patient: Mr./Mrs./Ms.: [REDACTED]
Address: [REDACTED]
Referred by: [REDACTED]

Dated: 05/04/2021
Age/Sex: 28 Yrs.Female

IMMUNOLOGY

| Test Name | Result | Unit | Normal Value |
|-------------------|--------|--------|--------------|
| TSH MINI VIDAS | 19.59 | uIU/ml | 0.25 - 5.50 |

Note: TSH levels are subject to circadian variation, rising several hours before the onset of sleep, reaching peak levels between 11 pm to 6 am. Nadir concentrations are observed during the afternoon. Diurnal variation in TSH level approximates $\pm 50\%$, hence time of the day has influence on the measured serum TSH concentration.

**** End Of Report ****

Technologist _____ Page 1 of 1

Pathologist *[Signature]*

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After Vamana karma- Fig. 2




| | | | |
|--|--|--|---------------------|
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| Reg. No.: 5502 | Name of Patient : Mr./Mrs./Ms.: [REDACTED] | Dated : 28/04/2021 Age/Sex : 28 Yrs.Female | |
| Address : Referred by : | | | |
| IMMUNOLOGY | | | |
| Test Name | Result | Unit | Normal Value |
| TSH MINI VIDAS | 6.05 | uIU/ml | 0.25 - 5.50 |
| <p><i>Note: TSH levels are subject to circadian variation, rising several hours before the onset of sleep, reaching peak levels between 11 pm to 6 am. Nadir concentrations are observed during the afternoon. Diurnal variation in TSH level approximates $\pm 50\%$, hence time of the day has influence on the measured serum TSH concentration.</i></p> | | | |
| **** End Of Report **** | | | |
| <div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div style="width: 45%;"> <p style="text-align: right;">Technologist</p> </div> <div style="width: 45%; text-align: right;"> <p>Page 1</p> <p style="margin-top: 10px;">  Pathologist </p> </div> </div> | | | |
| <p style="text-align: center; font-size: small;"> Patanjali Yogpeeth, Delhi-Haridwar National Highway, Near Bahadrapur, Haridwar - 249405, Uttarakhand, India Phone: 01334 - 240008, 248888, 248999, 246737 Fax: 01334 - 244805, 240664 E-mail : divyayoga@divyayoga.com Web. : www.divyayoga.com Not for Medico Legal Purpose </p> | | | |




Fig. 3





After Samshamana chikitsa-Fig. 4




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Certificate No. (AH-2017-0025)

Reg. No.: 8650/PATH

Name of Patient: Mr./Mrs./Ms.: [REDACTED]

Address: [REDACTED]


Referred by: [REDACTED]

Dated: 21/09/2021

Age/Sex: 29Yer/F

| TEST | VALUE | NORMAL RANGE |
|------|-------------|------------------------|
| T3 | 0.78ng/ml | (0.4 - 1.95 ng/mL) |
| T4 | 89.48nmol/L | (44.0 – 120.0 nmol/L) |
| TSH | 2.97µIU/mL | (0.25 - 5.50µIU/mL) |

The test has been carried out in Fully Automated Immunoassay System VIDAS using ELFA (Enzyme Linked Fluorescence Assay) technology



Technologist

Pathologist

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DISCUSSION

Hypothyroidism occurs as result of Hormonal Imbalance. Many Research studies prove that hormonal imbalance occur as a result of life style related disorder.

In modern science the disease can only be manage with the help of hormonal therapy eventhough in Ayurveda it can be completely cure.

In this case report, we can observe the symptoms are due to *kaphaavarana* in the body which leads to *agnimandhya*.

Excessive intake of *kaphavardhakahara*, *picchila*, *guru*, *snigdha anna*, *divaswapna* etc enhance *kaphadosha* which results in *agnimandhya* followed by *medodhatuvridhi*. This whole process results decrease metabolism & hypofunctioning of the body.

Shodhana chikitsa plays a vital role. *Vamana karma* expels out all the *vitiated kapha* and balances other doshas in the body.

Acharya Charak has mentioned *Samsodhana gunas*

“Evum Vishusdha kosthasya kayaagni abhibardhate

Vyadhe cha upsamyanti prakarti cha anuvartate”⁶

(ch.su.16/17)

Balanced *samshodana* maintains the *doshas* in balance form & removes the free radicals from the body. These free radicles are unwanted product form as result of *mandagni*. The administration of *vamana karma* enhances the efficacy of drug therapy. The combination used in the medicine have *kapha leghana* & *agnideepana* properties protect the *kaphavridhi*.

CONCLUSION

On the basis of *nidanas* Hypothyroidism can be concerned under *Santarpanjanyavikaras*. Excessive intake of *kaphavardhakahara*, *picchila*, *guru ahara* & *viharas* increases the chances of *santarpanjanyavyadhis*. *Vamana* therapy plays an important role in *kaphaj vikaras*. It balances the *doshas* & enhances the effect of *samshamana chikitsa*.

Understanding the importance of this treatment in earlier stages improves the prognosis & enhances the life quality.

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