

CASE REPORT

EFFECTIVENESS OF VAMANA KARMA IN THE MANAGEMENT OF HYPOTHYROIDISMSonika Nadda¹, Anmika Mayur^{1*}¹Dept. of Panchakarma, Chaudhary Devilal College of Ayurveda, Jagadhri, Haryana, India.

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Abstract: Effectiveness of Vaman karma in the management of hypothyroidism: A Case Report. **Background:** Worldwide prevalence of Hypothyroid is estimated between 2-4/1000 total population. The prevalence of hypothyroidism in India is 11%, compared with only 2% in UK and 4.6% in USA. **Objective:** To describe the management of a single patient with the help of Panchakarma. **Clinical features:** A 26-year-old female, presented with severe dryness over skin, intense stress, lethargy, fatigue and elevated TSH levels. **Intervention and Outcomes:** TSH levels were measured after the treatment. Patient was on chitrakadi vati for 7 days, kanchnar guggulu 250mg and hamsapadadi kwath 15ml twice daily. For panchakarma she was given takradhara for 14 days and Vaman was performed. **Results:** Patient reported that overall quality of life improved since starting the Panchakarma treatment and remarkable change in level of TSH in thyroid profile test was observed. **Conclusions:** This case study discusses the effect of Panchakarma and ayurvedic medicines for the better management of hypothyroid.

Keywords: Ayurveda, Hypothyroid, Panchakarma, Vaman Karma

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INTRODUCTION

Panchakarma in Ayurveda is a combination of different therapies with over 5000-year history which deals mainly with purification of the vitiated doshas from the body. Literature shows that Panchakarma therapies eradicate the diseases completely and enhance nonspecific immunity against all diseases.

Among the Panchakarma, Vaman has been considered the best karma for kaphaj disorders. Hypothyroidism (under active thyroid) is a condition in which thyroid gland doesn't produce sufficient thyroid hormones. In early stage, Hypothyroidism may not show very noticeable symptoms but over time, if it is not treated well then situation may end up with multiple health issues such as obesity, multiple joint pain, infertility and cold intolerance, dry skin, lack of energy, lethargy, Depression which become more severe over time.

The signs and symptoms of hypothyroidism vary, depending on the severity of the hormone deficiency. In hypothyroidism community-based studies has been estimated between 2--4/1000 total population worldwide.^[1] In Ayurveda, there is no direct reference and direct correlation of hypothyroidism, As thyroid gland is located in kapha sthana (chest) and its action is getting slow (manda) which is the guna of Kapha Dosha. Acharya Charak have prescribed Vamana karma in the treatment of Kaphaja roga therefore this study was carried out to evaluate the effectiveness of Vamana karma in the management of hypothyroidism.

Patient Information

A 26-year-old female was apparently healthy 3 years back. After marriage, she shifted to Canada & got a job.

Due to a hectic schedule and increased stress, she gradually developed fatigue and got low on energy. Later she noticed severe dryness in the skin and at the same time got pregnant for which she underwent a routine checkup and found elevated TSH level for which she was advised Eltroxin 100mg/day. After delivery, she shifted to India and consulted in the Panchakarma OPD at CDL Hospital for the treatment.

SYSTEMIC EXAMINATION

CVS SYSTEM-S1 S2 heard, no added sounds

RS System-Normal vesicular breathing

GI System- Soft, non-tender, no organomegaly

CNS System- The Patient was alert, awake, oriented to time, place and person

AYURVEDIC ASSESMENT AND DIAGNOSIS

Pariksha

Prakruti: VataKaphaj

Samahanana: Madhyama

Satva: Madhyama

Satmya: Madhyama

Abhyavarana Shakti: Alpa

Jarana Shakti: Alpa

Vyayama Shakti: Alpa

Vayah: 26 years

Vikruti Pariksha

Dosha: Vata-Kaph

Dushya: Ras, Rakt, Medha

Rog Bala: Madhyama

Atur Bala: Madhyama

Samprapti Ghataka

Dosh: Vata-Kaph

Dushya: Ras, Rakt, Medha

Agni: Mand

Srotas: Rasavaha srotas, Raktvaha srotas, Manovaha srotas

Srotodushti: Sang and Vimarg gaman

Adhistana: Sarva sharir

Rogmarga: Madhyama

THERAPEUTIC PLAN

First Step - Takra dhara, Deepan-Pachan

Second Step- Snehapana, Vaman, Samsarjana krama

Third Step - Herbal recommendation

First Step-

• Takra Dhara:

Ingredients: Buttermilk- 2 lit
Nagar motha-200 gm
Raw tender turmeric -50gm

Duration: 14 days

Observations: Anxiety decreased
Felt more energetic

• Chitrakadi vati: 1 tab morning, evening
with hot water for 7 days

Observations: Started feeling hungry on food time.

Felt more lightness in mind and body.
Quality of sleep improved

Second Step- Explained in detail in Table 1.^[6]

Table 1: Second step of the treatment

S.No.	Treatment	Ingredients	Days	Observation
1	Sneh Pana Abhyangam swedanam	Murchit Gritam	1 st day -30ml 2 nd day-60ml 3 rd day-100ml 4 th day-150ml 5 th day -200ml In the evening of	Samyak snigdha lakshna on 5 th day like lightness in body, (vata-anulomana) proper flatulence) very soft stool, softness and oiliness in skin Felt relaxed

			5 th day of Vaman	
2	Abhyangam ,swedanam Vaman at 6 AM	Dhanwantaram Taila Akanth pan with 150 ml milk Vamak yog- Madan phal pippali chooran -10gm overnight soaked in 200ml yasti madhu phant. Yasti Madhu Phant -3 lit Salt water -1 lit	1 hour Same day	Felt lightness and relaxed 8 veg. -Kapha pittant. -Lightness in chest,head,and whole body.
3	Samsarjan krama	Pey –day 1 Vilepi –day 2 Akrut Yush –day 3 Krut yush-day 4 Normal lagu Ahar- day 5		Pt. felt more energetic Cheerful Enthusiastic Got good sleep

Third Step-

Herbal recommendation:

- Kachnar guggulu 250mg two times a day with hot water after food for 6 weeks
- Hamsapadadi kawath 15ml + 30 ml water two times before food.

FOLLOW-UP

Date	T3	T4	TSH
27.01.2022	1.042 ng/ml	8.22 ug/dl	23.71 uIU/ml
3.03.2022	126.7 ng/dl	6.850 ug/dl	4.944 uIU/ml

DISCUSSION

Worldwide prevalence of Hypothyroid is estimated between 2-4/1000 total population [2] The prevalence of hypothyroidism in India is 11%, compared with only 2% in UK and 4.6% in USA. Compared with coastal cities (eg. Mumbai, Goa, Chennai) cities located inland (eg. Kolkata, Delhi, Ahmadabad, Bangalore and Hyderabad) have a higher prevalence (11.7% VS 9.5%). [3] Here, Kapha dosha plays a major role in the pathogenesis of hypothyroidism as thyroid gland is located in kapha sthana (chest) and its action is getting slow (manda) which is the guna of

Patient visited after 10 days, during the follow up it was observed that patient looks more energetic, no lethargy, no fogginess in mind, lost 3kg body weight and was advised for thyroid profile.

RESULTS

Patient reported that overall quality of life improved since starting the Panchakarma treatment and remarkable change in level of TSH in thyroid profile test was observed.

Kapha Dosha, diminished Agni (BMR), lethargy and slowness in body functions. Acharya Charak have considered Vamana karma as the best treatment of Kaphaja roga. [4] Hypothyroidism is a Srotoavrodh pradhana vyadhi, so here Vamana will help for sroto vishodhan. [5] It will also normalize the *Pratiloma Gati* of Vata which will further help in relieving the Vataj symptoms e. g. Dry & Coarse skin and fatigue. In present case Patient was given Deepana- Pachna with Chitrakadi Vati for correcting Agni and Jarana shakti which is also a necessary step for Snehapana.

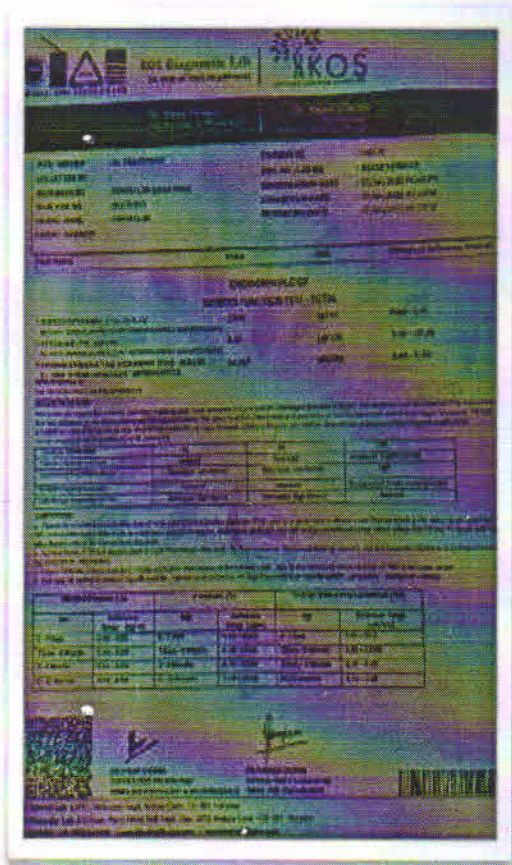


Fig.1: Before Treatment (27.01.2022)

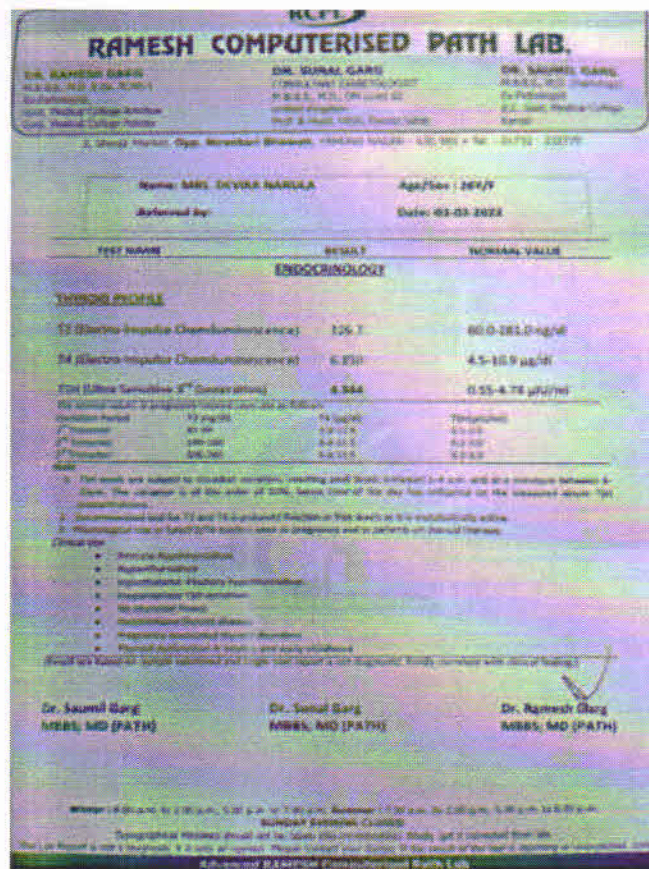


Fig. 2: After Treatment (03.03.2022)

CONCLUSION

With above discussion it may be concluded that Hypothyroidism can be managed well with Panchakarma and Ayurvedic medicines. There are many research done on this topic which are the evidence to support this fact. There is no chance of recurrence, if person follows the Ayurvedic concept of healthy life and regular cleansing of the body through Panchakarma.

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