

Case Study

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A CASE STUDY ON THE EFFICACY OF VAMANA KARMA IN HYPOTHYROIDISM

Kaushik Nishant 1*, Bhojak Poonam 2, Shettar RV 3

- ¹ Associate Professor, Department of Kayachikitsa, Sri Ganganagar College of Ayurvedic Science and Hospital, Tantia University, Sri Ganganagar, Rajasthan, India
- ² Associate Professor and HOD, Department of Agada Tantra, Sri Ganganagar College of Ayurvedic Science and Hospital, Tantia University, Sri Ganganagar, Rajasthan, India
- ³ Professor, Department of Kayachikitsa, Shri D. G. Melmalagi Ayurvedic Medical College and Hospital, Gadag, Karnataka, India

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*Corresponding author

E-mail: dr.nishant16@gmail.com

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ABSTRACT

Hormonal diseases are encroaching the charts day by day. The growing graph of the incidences ofthyroid disorder has always been a matter of concern and challenge to the medical field. Despite achieving innumerable breakthroughs in the management of thyroid illness, a lack of risk-free issues regarding the safety and effectiveness of the medicines have always hurdled the advancement of the treatment. Hence, the accelerating demand to treat hypothyroid cases by adopting the Ayurveda system of medicine is ardently focused. The study's main aim is to manage thyroid without hormonal therapy with reduced risk factors and detrimental effects. Methods: A single case study on Hypothyroidism was undertaken to seek Ayurveda intervention in the successive management, including dietary altercations and follow-up. Treatment had been initiated with Deepana-Pachana (appetizer and digestant drugs), snehapana internal administration of lipids), followed by shodhana karma (purificatory therapy) and samasarjana karma (a specific diet regimen following the detoxification/purificatory procedure). After the treatment, the present work proves to be constructive as the clinical outcome suffices the study's objective, reducing the signs and symptoms and relieving the patient.

Keywords: Hormonal diseases, thyroid disorder, Hypothyroidism, intervention

INTRODUCTION

The thyroid is an endocrine gland responsible mainly for maintaining a normal basal metabolic rate of the body. The thyroid gland is a bi-lobed structure connected by an isthmus, which is present below and anterior to the larynx. The gland develops from an evagination of the developing pharyngeal epithelium that descends to its normal position in the anterior neck1. This pattern of descent explains the occasional presence of thyroid tissue in atypical locations such as the base of the tongue. The thyroid comprises follicles lined by low cuboidal- tocolumnar epithelium filled with thyroglobulin-rich-colloid. In response to TSH released by thyrotropes in the anterior pituitary, the follicular epithelial cells (which secrete thyroid hormone) of the thyroid pinocytic colloid and ultimately convert thyroglobulin into thyroxine (T4) and lesser amounts of triiodothyronine (T3). T4 and T3 are released into the systemic circulation, reversibly bound to circulating plasma proteins for transport to peripheral tissues. The unbound T3 and T4 interact with intracellular receptors to ultimately up-regulate carbohydrate and lipid catabolism and stimulate protein synthesis in a wide range of cells2.

The net effect of these processes is an increase in the basal metabolic rate. The thyroid gland also contains a population of parafollicular C- cells that synthesize and secrete the hormone calcitonin. This hormone promotes calcium absorption by the skeletal system and inhibits the resorption of bone by osteoclasts. Diseases of the thyroid include conditions associated with excessive release of thyroid hormones (hyperthyroidism), those

associated with thyroid hormone deficiency (Hypothyroidism), and mass lesions of the thyroid³.

There is negative feedback of thyroid hormone on the pituitary, so when plasma concentrations of T4 and T3 are raised (hyperthyroidism), TSH secretion is suppressed, and conversely, when concentrations of T4 and T3 are decreased (primary Hypothyroidism), TSH level is elevated.

MATERIALS AND METHODS

A 26-year-old lady presented with an itching sensation all over the body, dry skin, swelling in the eyes, rashes in the extremities, paleness, muscular cramps and discolouration in the nails in the Out-patient department of Shri D. G. Melmalagi Ayurvedic Medical College and Hospital, Gadag, Karnataka, India, (OPD no. 18749) and Reg.no. 5610). The duration of occurrence of these symptoms was between 3-5 days. Cold intolerance and hair loss were remarkably present. A history of undue weight loss, prolonged fever, and starvation due to long-standing fast were noted. The involvement of the case subject was prolonged, and inactivity and lethargy were observed. Longer menstruation with heavier flow on the first 2 days and 5th and 6th day was also observed. There were muscular cramps with more intensity than the previous cycle. On investigation, the WBC levels were elevated to 17,000/mm³. Further investigation of the thyroid suggested low T3 and TSH levels. The T4 levels were considerably normal. Notably, while taking a family history, there was no previous case of any hormonal disorder present.

Table 1: Examination Findings 4,5

Skin examination	Dry and course, itching sensation, rashes present, pale and dry face.
Pulse	Bradycardia (58-60 beats per minute) present.
Eyes examination	Inflammation (pre-orbital) present.
Reflex examination	Hypo-reflexia (e.g., plantar reflex absent.)

Table 2: Details of the Vamana karma procedure administered to the patient.

Duration	Procedure	Medicated substances used
Five days	Deepana and pachana (appetizer and digestant drugs)	Chitrakadivati (250 mg tid after food), warm water
Six days	Snehapana (internal administration of lipids) 30 ml-1st day,	Pachatikta Guggulu ghrita, warm water
	60 ml-2 nd day, 90 ml-3 rd day, 120 ml-4 th day, 150 ml-5 th day,	
	180 ml-6 th day	
Three days	Abhyanga and swedana (massaging of oils and body heating)	Murchitatilataila
One day	Vishramakaala (resting phase)	Kapha vardhaka ahara sevana
		(milk, curd rice, ice cream, sweets, bakery confectionaries)
Next day	Vamana karma (medicated emesis procedure)	A combination of Madanaphala Pippali soaked in Yashtimadhu
(early		Phanta overnight and given along with madhu and saindhava
morning)		lavana. After this, about 2 litres of cow's milk was given.
	Vamana karma (medicated emesis procedure)	Eight times the vomiting urge took place and stopped naturally.
Four days	Samsarjana karma (a specific diet regimen following the	Three meals of Peya (liquid gruel), three meals of vilepi (rice
	detoxification /purificatory procedure)	paste), Three meals of akrta yusha (vegetable soup without ghee
		or oil), Three meals of krta yusha (vegetable soup with ghee or
		oil)

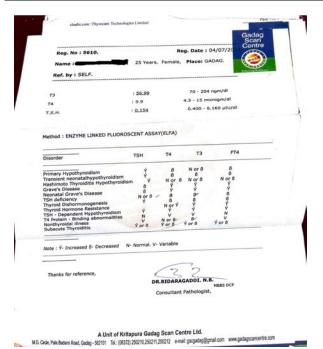
OBSERVATION AND RESULTS

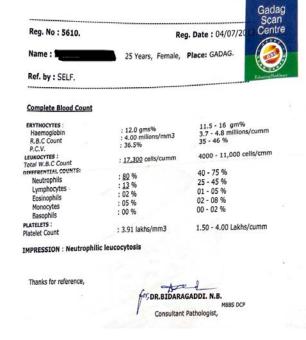
Table 3: T3, T4, and TSH values at different intervals.

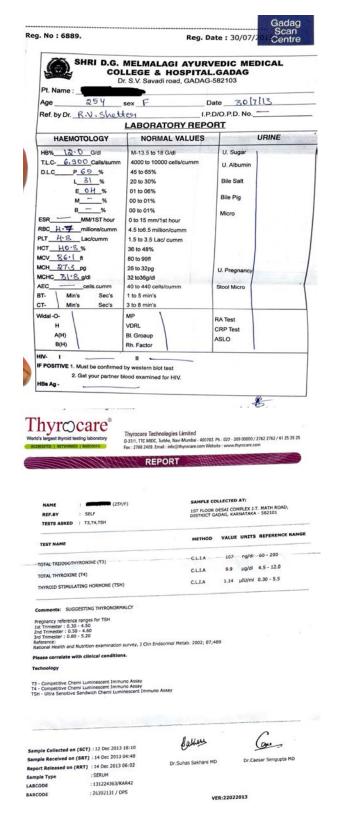
Duration	Т3	T4	TSH
Before Vamana karma (medicated emesis procedure)	56.99 ng/dl	9.9 ng/dl	0.154 micronIU/dl
After Vamana karma (medicated emesis procedure)	144.25 ng/dl	10.5 ng/dl	0.679 micronIU/dl
Follow-up 3 months	Kanchanaara Guggulu Shigru kwatha		
	1-0-1, 250 mg, after food15-0-15 ml, after food.		
After 3 months of follow-up	92.0 ng/dl	7.21 ng/dl	3.17 micronIU/ml

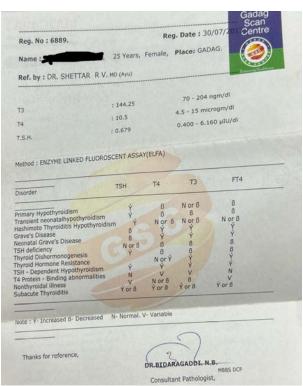
Table 4: Examination findings after treatment.

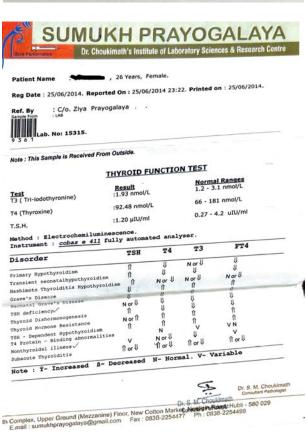
Skin examination	Skin pores appear to be enlarged; the skin was smooth in texture. The itching sensation and rashes disappeared.
	Paleness of face reduced. The skin of the face seemed slightly oleated.
Pulse	72-75 beats per minute present.
Eyes examination	Inflammation (pre-orbital) is not present anymore.
Reflex examination	Hypo-reflexia absent (e.g., plantar reflex normal- toes down-going))











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Pt. NAME :			-	06/09/2014 6362	
REF BY : Dr R	.V Shettar		REP ID	6302	
AGE: 26 SEX	: FEMALE OPD NO LABORA	D: 18749 TORY REPORT	IPD NO: 0): O	
INVESTGATIONS HEMATLOGY	RESULT	NORMAL VA	NORMAL VALUES		
HEMAILUGT		M.0-9 MM	F 0-20 MM	MM/1 hour	
ESR	16	M.0-9 MM		Gr %	
CBC	12.0	11	18 10000	Cells / Cumm	
IEAMOGLOBIN	9300	5000	0	Com ,	
/.B.C .C		0	70	%	
OLY	53	60 25	40	%	
LYM	38	2	6	%	
EOSI	07	2	6	%	
MON	02	4	5	Mills/Cumm	
RBC	4.51	32	54	%	
HCT	37.2	76	96	FL	
MCV	82.5	26	36	PG	
MCH	26.6 32.2	31	37	G/GL Lacs / Cmm	
M C H C PLEATLET	3.78	1.5	4	Lacs / Chin	

The reduction in the signs and symptoms began during the snehapana kala (internal administration of lipids) itself. Thyroid levels of the subject fell in the normal range after 20 days of treatment and continued to be so even after 3 months of follow-up.

DISCUSSION

The case study presented with itching sensation all over the body, dry skin, swelling in the eyes, rashes in the extremities, paleness, muscular cramps, discolouration in the nails, undue weight loss began to show significant improvement from the snehapanakala (internal administration of lipids) which continued for six days. Immediately after the Vamana karma (medical emesis), these signs and symptoms disappeared, gradually restoring the thyroid levels to a normal range. One should also be aware that hormonal cases may not have a specific cause. Sometimes, one's immune system may fail to fight back such hormonal disorders. In fact, according to Ayurveda⁶, the functioning of the thyroid is controlled by Pitta dosha (that governs body metabolism). All the metabolic actions carried out by the thyroid hormones are directly subjected to Pitta dosha (that which governs body metabolism). In the case of hypothyroidism, coating by the Kapha dosha (that which is responsible for binding/assimilation in the body) and medo dhatu (fat tissue) obstructs the cellular level functioning of Pitta dosha⁷ (that which governs body metabolism. Kanchanara Guggulu resolves the agnimandya (loss of appetite) and eliminates strotolepa (coating in the channels). Vamana shodhana kriya (medical emesis therapy) improves agni (appetite/heat energy). Vamaka dravya (emetic drugs) possess the properties like ushna (hot), tikshna (penetrating), sukshma (minute), vyavayi (diffusing rapidly) and vikasi (expanding sharply) with their swavirya (vascular path or sensory stimuli connected to the heart and brain). They move to hridaya (heart), and via dhamani (impulses by nerves or vascular path), they lead to micro and macro channels of the body and act over the vitiated complexes. The agneya guna (heat) liquefies the complexes, followed by the tikshna guna (penetrating), breaking them into several particles. The liquefied matter then glides via various unctuous channels towards the kustha (abdomen), enters the amashaya (lower gastro-intestinal tract) and then stimulated by Udana Vayu and has the dominance of Agni and Vayu mahabhuta, move in urdhavabhaga (related to ability of certain drugs that direct induce chemoreceptor trigger zone) and get expelled outside through buccal cavity8.

Probable mode of action and metabolism of Kanchanara Guggulu

- Drugs like Shunthi (*Zingiber officinale*) and Shigroo (*Moringa oleifera*) possess ruksha guna (rough/dry) that is useful in shotha (inflammation).
- Along with this, Shunthi (*Zingiber officinale*) acts as Kapha Vatahara, and laghu guna (lightness in quality) of Shigru does the sroto shodhana (cleansing of the channels).
- Varuni and Shigru possess katu vipaka (pungent taste conversion post digestion) and act as shothahara (antiinflammatory). Shunthi (*Zingiber officinale*) possessing snigdha guna (unctuousness)will result in dhatu poshana (nourishment) and subsides Vata.

There is an understanding of the specific anti-inflammatory, antioxidant, and analgesic action of drugs like Kanchanara, Shunthi and Triphala (polyherbal medicine). Also, drugs like Shigru (moringa) and Varuni (colocynth) exhibit anti-inflammatory and antioxidant activity. Shigru (moringa) acts as an analgesic also.

Hence, understanding how the therapy works internally, and the medicinal treatment followed supports the system from having a downfall is noted in this case study where both Vamana karma (purificatory treatment) and Kanchanara Guggulu with Shighru Kwatha as shamana chikitsa (medicinal treatment) prove to be significantly effective and does not require assisted drug therapy. 9-11

CONCLUSION

In the present case study on Hypothyroidism, an endocrinal disorder occurring due to the hypo functioning of the thyroid gland, the applied shodhana chikitsa (purificatory treatment) followed by the shamana chikitsa (medicinal treatment) is evident in curbing the disorder without the aid of hormonal drug therapy. There is a satisfactory reduction in signs and symptoms and consistent maintenance of normal thyroid levels post-treatment. Currently, patients are administered with immediate use of hormone therapy in cases of Hypothyroidism in a blink of an eye. Such diseases could be curbed with a scientific-based, safer and better approach to the profound utility of Ayurvedic medicines and therapies like Vamana therapy (shodhana kriya).

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