

## Role of Ayurveda Modalities to Manage the Hyperthyroidism: A Case Report

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### ABSTRACT:

Hyperthyroidism is a condition marked by excessive levels of T3 and T4 hormones and low levels of TSH, resulting in a rapid metabolism and various troubling symptoms. Common manifestations include significant weight loss, increased appetite, heat intolerance, and excessive sweating. Within *Ayurvedic* medicine, this condition falls under the categories of *Bhasmak Roga* or *Atyagni*, attributed to an imbalance in *Pitta Dosha* that leads to heightened digestive fire and metabolic activity. In this case a 29-year-old male patient who experienced alarming symptoms such as exertional dyspnea, irritability, and sudden weight loss accompanied by increased sweating. His thyroid tests confirmed hyperthyroidism, revealing high levels of T3(5.3pg/ml) and T4 (1.95ng/dl) and suppressed TSH (<0.0100SUIU/ml). Remarkably, after receiving a comprehensive *Ayurvedic* treatment plan involving *Virechana* (therapeutic purgation), *Shirodhara* therapies, the patient not only normalized his thyroid hormone levels T3 (4.00 pg/ml), T4 (1.09 ng/dl) and TSH(1.60 UIU/ml) but also saw a significant improvement in overall symptoms. This case study highlights the effectiveness of *Ayurvedic* detoxification and balancing therapies in managing hyperthyroidism. By addressing both the physical and mental dimensions of the condition, this approach promotes hormonal equilibrium and restores metabolic health. This integrative strategy showcases *Ayurveda's* remarkable potential in treating endocrine disorders, especially when synergized with conventional diagnostic and therapeutic practices.

**KEYWORDS:** *Ayurveda*, Bio-purification, Hyperthyroidism, *Shirodhara*, *Virechana Karma*.

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### INTRODUCTION:

Hyperthyroidism is an increased level of T3 and T4 occurs concerning a decreased level of TSH. In certain cases, the level of T4 remains normal whereas TSH decreases.

This situation is known as Subclinical hyperthyroidism. Added to it when the level of TSH decreases and T4 increases it is known as Clinical hyperthyroidism. In *Ayurveda*, symptomatically it can be put

under the term of *Bhasmak Roga*<sup>[1]</sup> as well as which is caused due to excessive digestive fire which ultimately results in vitiation of *Pitta*. The signs and symptoms of hyperthyroidism and *Bhasmak Roga* highly resemble. The treatment of the *Roga* is depicted in *Ayurveda* classics with the *Shodhana* (Bio purification) and the medicaments which work of the *Agni* (digestive fire or *Annavaha Sotas*). The concept of bio purification of the body and the administration of medicaments is systemically mentioned and helps restore the metabolism of body. Therefore, here tried to treat this case with the help of *Ayurveda* remedies and its given encouraging result also.

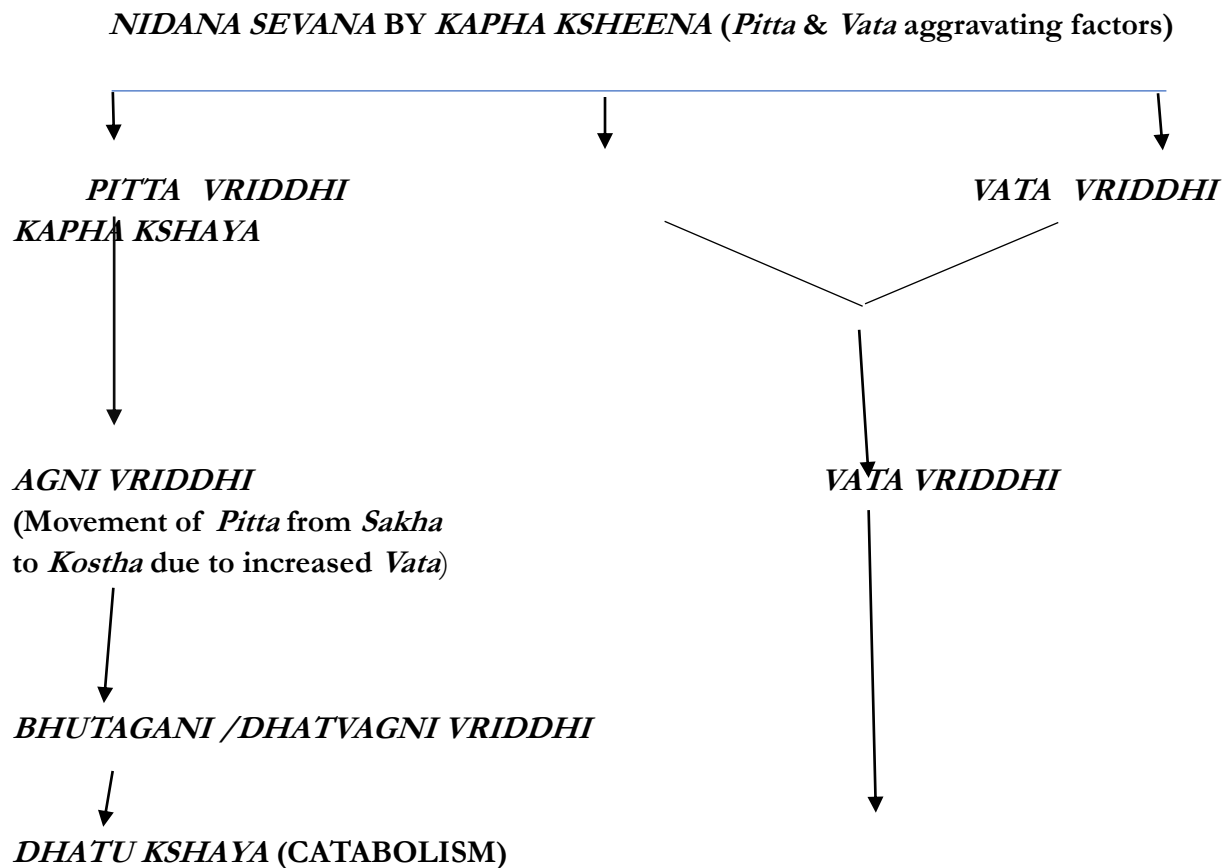
The Thyroid gland is a butterfly-shaped organ located in the neck, responsible for producing the hormones triiodothyronine (T3) and thyroxine (T4)<sup>[3]</sup>. These hormones play a critical role in regulating metabolism, heart rate, and body temperature. Additionally, the thyroid is essential for growth, development, and overall energy regulation. Thyroid disorders affect approximately 1-2% of the population, with a higher prevalence in women<sup>[4]</sup>. The incidence of thyroid-related issues increases with age and is notably higher in regions where iodine deficiency is common. One such disorder is hyperthyroidism, a condition in which the thyroid gland produces an excess of thyroid hormones. This overproduction results in an accelerated metabolism and exaggerated physiological functions. Common symptoms associated with hyperthyroidism include weight loss, increased appetite, heat intolerance, and excessive sweating. Cardiovascular manifestations may include tachycardia (rapid heart rate), palpitations,

*Atyagni*<sup>[2]</sup>

and elevated blood pressure. Neurological symptoms often present as nervousness, irritability, and tremors, while gastrointestinal symptoms may involve diarrhea and frequent bowel movements. Musculoskeletal symptoms, such as muscle weakness and fatigue, are also frequently observed in individuals with hyperthyroidism. *Atyagni* (also known as *Bhasmak Roga*) is a condition described in *Ayurvedic* medicine characterized by an excessive state of digestive fire (*Agni*) leading to abnormal hunger and rapid metabolism. In this state, individuals exhibit an insatiable appetite and may consume large quantities of food without gaining weight, sometimes leading to a state of physical debilitation. The core pathological process in *Atyagni* is thought to involve the dysregulation of digestive and metabolic processes, resulting in overactivity that can cause depletion of bodily tissues (*Dhatu*s).

### Pathogenesis:

When comparing *Atyagni/Bhasmak Roga* to hyperthyroidism in modern medical science, several similarities emerge. Both conditions involve an accelerated metabolic rate and heightened physiological activity. In hyperthyroidism, the overproduction of thyroid hormones (T3 and T4) by the thyroid gland drives an increase in metabolism, leading to symptoms such as unexplained weight loss, increased appetite, heat intolerance, and excessive sweating, which parallel the classical symptoms of *Atyagni*. Additionally, hyperthyroidism can cause increased gastrointestinal motility, which could correspond to the digestive disturbances noted in *Atyagni*.<sup>[5]</sup>



Previous studies have explored the efficacy single formulation in managing *Bhasmak Roga* w.s.r. Hyperthyroidism. However limited research has been conducted on the cumulative effect of Ayurvedic formulation along with *Panchkarma* on treating *Bhasmak Roga*. This study is unique as it directly evaluates the role of Ayurvedic medication along with *Panchakarma sodhana karma* providing the proper understanding on the concept of *Bhasmak roga* in today's world.

#### Case presentation:

29 years of male patients suffering from exertional dyspnea, irritability, and increased sweating for 2 months along with these symptoms gradually noticed sudden weight loss and an increase in appetite. Also had the investigated for increased level of T3

(5.3pg/ml), T4 (1.95ng/dl) and decreased TSH (<0.0100SUIU/ml). He had taken the allopathy medicines Methimazole 10mg/day for 1 year. Patient want to *Ayurveda* consultation and visited to the Hospital *Kayachikitsa* department. Additionally, is hypertensive and takes allopathic medicine for the same. The patient gets his investigation reports with deranged thyroid profile levels.

#### Clinical findings:

General examination of the patient revealed that the patient was moderately built, well nourished (apparently), able to maintain normal/ straight decubitus and afebrile. No Pallor/Icterus/cyanosis/clubbing/enema/lymphadenopathy was observed. Hair was dry, brittle, and rough. Skin was also dry. Tongue was moist and

coated. Patient came with Thyroid profile investigation. Elevated levels of T3(5.3pg/ml) & T4(1.95ng/dl) was found along with deranged level of TSH (<0.0100SUIU/ml). The patient was thin, and fatigued, appearing tired. Patient developed exertional dyspnea during daily activities (Dyspnea Grade -2). Blood Pressure was 130 /80 mm Hg and pulse was 110/min. Upon general examination, pallor, icterus, clubbing, cyanosis, or lymphadenopathy was absent. His appetite was increased to 5 meal per day, along with sudden weight loss with disturbed bowel movements. sleep patterns were normal. On systemic examination no abnormality was found in cardiovascular system, respiratory system, central nervous system and gastrointestinal tract.

The patient underwent the *Dashavidha Pareeksha*, a comprehensive ten-fold examination, starting with the assessment of *Prakruti* (~ Body constitution), which determined a *Vata Pitta* constitution with *Vata Pradhan Tridoshaj*. The examination revealed a balanced *Satva* (~Mental Constitution), while the *Sara* examination (~Examination of elementary tissue) indicated moderate essence of tissue. *Samhana* (~Compactness) was also found to be moderate. In terms of *Aahar shakti*, the patient demonstrated increased intake of food. *Satyma* examination (~Compatibility) was moderate, while *Pramana* (~measurement of blood organs) showed average results. The patient's *Vyama shakti* (~capacity for exercise) was assessed as moderate, considering their age being in the middle range. Moving on to the *Asthavidha Pareeksha*, an eight-fold examination, the patient's pulse (*Nadi*) was noted to be *pittaj* with a rate of 110 beats per minute. Bowel movements (*Mala*) were reported as abnormal (*ama*), and urine (*Mutra*)

examination was normal. Speech (*Shabda*) was considered ordinary (*Sadbarana*), and the tongue (*Jivha*) appeared coated with whitish coating discoloration (*ama*). Body built (*Akriiti*) was assessed as moderate, while vision (*Driks*) and touch (*Saparsha*) were noted to be within normal ranges.

### THERAPEUTIC INTERVENTION:

Before *Shamana chikitsa* (~palliative procedures), *Shodhana chikitsa* was done to clear the *Srotas* for the better efficacy of medications. For *Shodhana chikitsa*, *Virechana karma* (~therapeutic purgation) was done in December 2023. The patient was given 2 g each powders of *Trikatu Churna*, *Shunthi* (*Zingiber officinale* Roscoe.), *Maricha* (*Piper nigrum* Linn.), *Pippali* (*Piper Longam* Linn.) twice a day for *Deepana* (~enhancing metabolic fire) and *Pachana* (~enhancing digestion). *Triphala Ghrita* for *Abhayantara snehana* (~therapeutic internal oleation) for five days in increasing dose (of 30, 60, 90, 120, and 150 ml) was given on the empty stomach with lukewarm water. After five days of *Abhayantara snehana*, *Samyak sidbhi laksana*<sup>[6]</sup> (~symptoms of proper internal oleation) including softness and unctuousness of skin, passing stool softly. For the next three days, *Sarvanga abhyanga* (~therapeutic massage) was done with *Ksheerabala* oil followed by *Sarvanga bashpa swedana* (~sudation therapy) with *Dashmoola kwatha*. *Virechana* was done with *Trivritta avaleha* (60 ml with lukewarm water between 10 and 11 AM). 24 Vegas were noticed inferring *Pravara shudbhi*. For this, seven days plan of *Sansarjana karma*<sup>[7]</sup> included with *Peya* (~watery gruel prepared from Barley) for first three diets, followed by *Vilepi* (~thick gruel of rice), *Yusha* (~soup prepared from green gram), and *Mamsarasa* (~Mutton soup) for succeeding three diets each, in that order. During treatment, the patient was

advised to take only *Pathya aahara* (~wholesome food), *Vihara*, and avoid *Apathya* (~unwholesome food). [table 1]

### Dietary Recommendation (*Pathya* - *Apathya*)

Foods that are sweet in taste, fatty, increase *Kapha*, and are heavy to digest should be given. Examples include *Payasa* (milk pudding), *Krishara* (a thick gruel prepared from rice and lentils) enriched with *Goghrita*, and *Paiṣṭika* (a dish resembling flour paste).<sup>[8]</sup> *Yavagu* (thick gruel) mixed with *Ghrita* should be provided whenever the patient feels hungry. *Mantha*, prepared from wheat flour, may also be advised. Milk medicated with the *Jeevaniya* group of drugs, along with sugar and *Ghrita*, can be given. A paste of fruits or substances containing oil like *Tila* (sesame seeds) combined with sugar and ghee helps pacify *Agni*. Additionally, milk medicated with *Syama* and *Trivritta* may be recommended for *Virechana* to alleviate *Pitta*, followed by a diet of milk pudding. *Acharya Yogratnakar* has mention use of

heavy, unctuous food and drink also *pitta* alleviating purgation.<sup>[9]</sup>

### Diagnostic Assessment:

The diagnostic assessment criteria of the patients had taken the symptoms which depicted in classics as subjective criteria includes *Daurbalya* (debility), *Trishna*(thirst), *Snasa* (breathlessness), *Daha* (burning sensation) and *Murcha* (fainting)<sup>[10]</sup> The details are as below: [table 2]

### Follow up & Outcomes

During the treatment period, significant improvements were observed in the levels of T3, T4 &TSH. Additionally, the patient experienced relief from symptoms. Furthermore, his increased appetite and weight loss was in control during the follow-up session [table -3]

After taking *ayurvedic* treatment the deviated values of T3, T4, and TSH came into the normal range on 13, February 2024 in which T3 (4.00pg/ml), T4(1.09ng/dl), TSH (1.60SUIU/ml). Table -4 [Fig-1,2,3]

**Table -1: Timeline of the events:**

Duration	Events
12 September2023	The patient complaints of shortness of breath, Irritability, Increased sweating along with sudden weight loss and increased appetite.
14 November 2023	After some time, when patient did not get relief, thorough investigations were conducted, elevated levels of T3(5.3pg/ml) & T4(1.95ng/dl) was found along with deranged level of TSH (<0.0100SUIU/ml) The patient was diagnosed with hyperthyroidism and with these complaint patient wants to have <i>Ayurvedic</i> management. (Figure-1)
20 December 2023	Patient come to <i>Kayachikitsa</i> OPD at CBPACS Hospital along with all investigation.
20 December,2023	Proper assessment of the patient with personal history was done on first visit and patient was advised to detail <i>Ayurveda</i> management with <i>Panchakarma</i> therapies. Procedure of <i>Virechana karma</i> was explained with essential lifestyle modifications and dietary regimens were advised.(figure-2)
18 January 2025	Patient came for follow up after the <i>Shodhana</i> therapy, advised the medicaments combination of <i>Ashwagandha Churna</i> 1 g, <i>Brahmi Churna</i> 1 g and <i>Sunthi Churna</i> 1g twice a day after the meal with luke warm water in addition patient was asked <i>Arogya Vardhini Vati</i> 2 tablet (500mg each) and

	<i>Kanchnar Guggul</i> 2 tablet (500mg each) after food empty stomach before food with luke warm water Also, patient was asked for the follow up investigation after <i>shodhana</i>
25 January 2024	Patient came with follow up report levels of T3(2.95 pg/ml) & T4(0.77ng/dl) was found along with level of TSH (5.26 UIU/ml). Patient got mild relief in perspiration, Dyspnea, and weight loss. Now advised given to patient for the <i>Shirodhara</i> , patient was admitted in the IPD <i>Kayachikitsa</i> for <i>Shirodhara</i> with <i>Ksheerbala</i> oil was done for the 7 days then Patient was asked for the 1 month of continuation of same treatments.(Figure -3)
10 February 2024	Patient increased appetite got subsides along with other symptoms.
20 February 2024	Follow-up appointments were scheduled and patient came with the after-treatment report as suggested and the result if investigations follow up report levels of T3(4. 00 pg/ml) & T4(1.09 ng/dl) was found along with level of TSH (1.60 UIU/ml). Patient had no other complains. (Figure-4s)

**Table- 2: Improvement in Symptoms on the basis of Ayurveda**

Symptoms	Before Treatment	After Treatment
<i>Daurbalya</i> (debility)	++	+
<i>Trishna</i> (thirst)	+++	-
<i>Swasa</i> ((breathlessness),	+++	++
<i>Daba</i> (burning sensation)	++	-
<i>Murcha</i> (fainting).	-	-

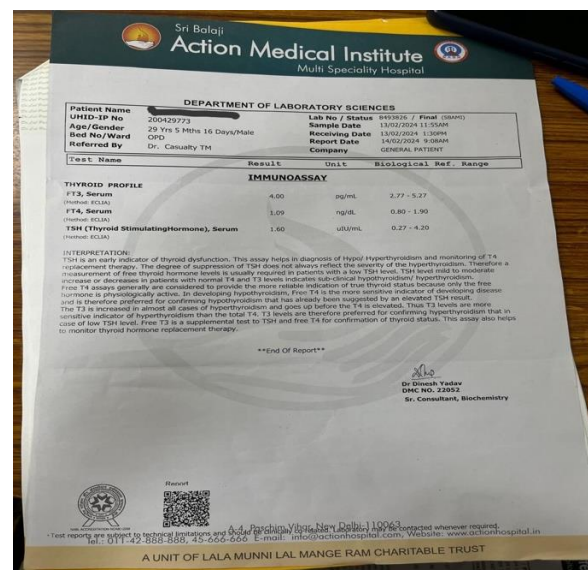
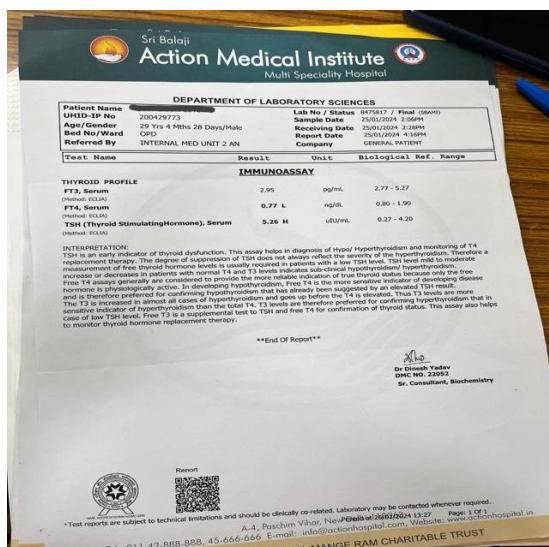
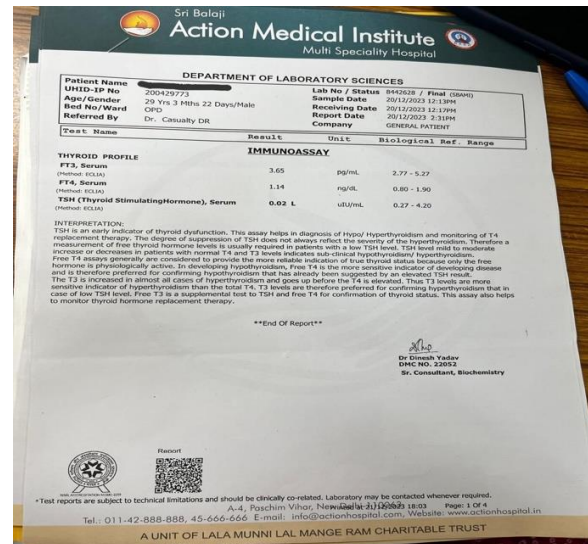
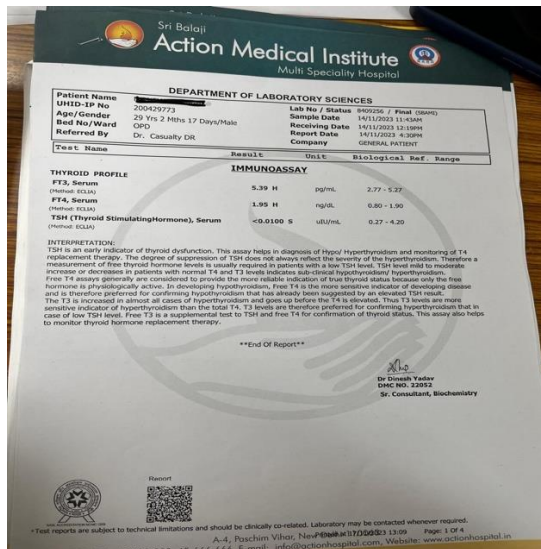
**Table -3: Improvise of the subjective parameters:**

Symptoms	Before Treatment	After Treatment
Exertional Dyspnea	+++	++
Sweating	+++	-
Irritability	++++	+
Loss Of Weight	++	-
Increase Appetite	++++	+

**Table -4: Improvise of the objective parameters:**

Thyroid Profile	Before Treatment (14/11/23)	After Treatment (25/1/24)	Follow Up (14/2/24)
T3	5.39 pg/ml	3.65pg/ml	4.00pg/ml
T4	1.94 ng/dl	1.14ng/dl	1.09ng/dl
TSH	<0.0100 uIU/ml	0.02uIU/ml	1.60uIU/ml





## DISCUSSION:

### Mode of Action of Virechan in Hyperthyroidism

*Virechana*, one of the five detoxification therapies in *Ayurveda*, plays a crucial role in managing hyperthyroidism by addressing the root causes of metabolic imbalance. From an *Ayurvedic* perspective, hyperthyroidism is primarily due to aggravated *Pitta* which generates excess heat in the body, leading to symptoms such as excessive sweating, nervousness and increased metabolism.

*Virechana* helps by eliminating excess *Pitta* through controlled purgation, thereby cooling the body, reducing the hyperactivity and restoring the metabolic balance. This purification process aids in stabilizing the function of *Agni* and overall health.

From modern point of view hyperthyroidism is linked to overactive metabolism caused by excessive thyroid production. *Virechana* works by cleansing the liver and intestine which play vital role in hormone metabolism and detoxification. It

reduces the inflammation and oxidative stress from thyroid gland.

### Mode of action of *Shirodhara*

*Shirodhara* are traditional *Ayurvedic* therapies that help manage hyperthyroidism by regulating the body's neuroendocrine functions, reducing stress, and promoting hormonal balance. *Shirodhara* involves the continuous pouring of warm herbal oils on the forehead, which calms the nervous system and regulates the hypothalamic-pituitary-thyroid axis. This helps normalize thyroid hormone levels, reduce stress, and alleviate symptoms like irritability and restlessness. It also has a cooling effect that pacifies aggravated *Pitta* dosha, easing heat-related symptoms such as excessive sweating and heat intolerance, while promoting relaxation and improving sleep quality, which aids in hormonal balance.

### Mode of action of ayurvedic formulation

*Ashwagandha* (*Withania somnifera*), has *Rasayan* properties along with *Tikta*, *Katu*, *Madhur* *Rasa* with *Laghu*, *Snigda* *Guna* *Madhura* *Vipaka* and *Ushna* *Guna*.<sup>[11]</sup> Studies have shown *Ashwagandha* methanolic extract treatment improves thyroid function and prevents oxidative stress.<sup>[12]</sup> *Brahmi* (*Bacopa monnieri*) is a *Medhya Rasayan* having nervine properties. It plays a major role in regulation of thyroid hormone by maintaining the normal functioning of hypothalamic pituitary axis. It is a natural thyroid modulator. *Sunthi Churna* (*Zingiber officinale*) has *Katu* *Rasa*. *Laghu*, *Ruksha*, *Tikshna* in *Guna*, pacifies *Vata* and *Kapha* along with *Ushna Virya*.<sup>[13]</sup> It enhances the digestive fire (*Agni*) and eliminates the toxic from body thus helps in normal functioning of the body. It balances stress and cortisol level. *Arogya Vardhani Vati* is a classical formulation, mainly contains *Kutaki* (*Picrorhiza kurroa*) which is

purgative in nature. *Atyagni* has *vridha Pitta* and *Vata*. thus it helps in *Vata Anulomam*, removes *Strotas Avrodha* (blockage of channel) as well as elimination of vitiated *pitta* in the body. *Kanchnar Guggul* is an anti-inflammatory, anti-oxidative in nature. It regulates the thyroid gland functioning.

### Management of *Atyagni*:

*Guru*, *Snigda*, *Madhura*, and a diet rich in plenty of liquids should be provided to maintain *Agni*. A treatment modality focusing on *Vata-Pitta shamana* and *Kapha vardhana* should be followed. Additionally, three fundamental treatment modalities should be adhered to *Nidana Parivarjana*, *Samsbodhana Chikitsa*, and *Samsana Chikitsa*.<sup>[14]</sup> In case of *bhasmak roga* even if the patient suffers from indigestion, he must be given food repeatedly because of increased digestive fire.<sup>[15]</sup>

### CONCLUSION:

The traditional bio-purification therapies and the *Ayurveda* medicaments can be the choice of herbal and natural supplement to manage the metabolic disturbance and hormonal imbalance. This case is highlighting the strength of the *Ayurveda* medicaments' strength in the field of Thyroid imbalance. On the basis of biochemical parameters and features in the present case of hyperthyroidism the above-mentioned managements were found very effective.

### Consent of patient:

The consent of the patient has been taken for publication and procedure without disclosing the identity of the patient.

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