Hypothyroidism w. s. r. to kaphavruta udana vayu – an overview study

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Abstract:
Hypothyroidism is one of the fastest rising health issues in India, with the prevalence rate of 10.95% ~1 in 10 adults. Thus, it is of great need to deal with this ever-emerging disease. In Ayurveda, Hypothyroidism is often taken as Rasa-pradoshaja vyadhi and treated accordingly but the outcome is not as expected always. So, there is a need to find out other conditions which shows similar signs and symptoms as hypothyroidism and that can be considered in differential diagnosis. In Modern medicine the causes of Hypothyroidism are differentiated in deficiency, insufficiency of hormone, inefficiency of gland, autoimmune disorder, Cancer etc. In our study we will refer it with Kaphavruta udana vayu vikruti with the help of classical textual references which will be helpful in the treatment precisely.

Aims & objective –
1. To evaluate co-relation between hypothyroidism with kaphavruta udana vayu vikruti
2. To evaluate action of erand sneha in kaphavruta udana vayu vikruti

Methodology –
All classical texts were referred like Bruhtrayi & Laghuhrayi and others to evaluate the clinical correlation of hypothyroidism and kaphavruta udana vayu vikruti. Whether line of treatment mentioned in kaphavruta udana vayu vikruti shows the positive result in hypothyroidism.

Conclusion –
It was observed that the signs and symptoms of hypothyroidism were very much similar with kapha vruta udana vayu vikruti. Hypothyroidism can successes fully be referred as Kaphavruta udana vayu vikruti. According to textual references we can utilize Eranda Sneha Nasya & Paan in the management of hypothyroidism. Thus, it has significant role in reducing the signs and Symptoms of Hypothyroidism because of its Vata-kaphhara, srotovishodhan, Anulomana, vrushya actions. Further studies and clinical trials are essential to evaluate the efficacy of erand sneha and correlation between hypothyroidism & kaphavruta udana vayu vikruti.
**Keyword:** (Metabolic diseases, Kaphavruta Udana Vayu, Hypothyroidism, Erand Sneh.)

**Introduction:**
Hypothyroidism becoming alarming issue, with the prevalence rate of 10.95% ~1 in 10 adults. It has thus changed the need of moment; the biggest concern now is to life a healthy life. Therefore, we must deal with this ever-emerging disease. In Ayurveda, Hypothyroidism is often taken as Rasa - pradoshaja vyadhi and treated accordingly but the outcome is not as expected always. So, there is a need to find out other conditions which shows similar signs and symptoms as hypothyroidism and that can be considered in differential diagnosis. Here we have referred Hypothyroidism with kaphavruta udana vayu vikriti, we will be noting their clinical correlation an if treatment given in latter part be beneficial for Hypothyroidism as well.

**Aims and Objects:**
To evaluate co-relation between hypothyroidism with kaphavruta udana vayu vikruti
To evaluate action of erand sneh in kaphavruta udana vayu vikruti

**Methodology**
All classical texts were referred like Bruhtrayi to evaluate the clinical correlation of hypothyroidism and kaphavruta udana vayu vikruti. Whether line of treatment mentioned in kaphavruta udana vayu vikruti shows the positive result in hypothyroidism, Clinical symptoms of both the conditions ie. Hypothyroidism and Kaphavruta udana vayu vikruti were compared and stated.

**Clinical features of hypothyroidism**

- Tiredness, weakness
- Dry skin, Hair fall
- Weight gain, poor appetite
- Hoarse voice
- Poor memory and constipation
- Dry coarse skin, cool peripheral
- Puffy face, hand, feet
- Bradycardia

**Symptoms of Kaphavruta udana Vayu vikruti**

- Varna Vikruti
- Vani And Swar nigrahana me vigraha
- Daurbalta
- Shahrir me Bharipan
- Aruchi

**Clinical correlation observed**
Weight gain, Hoarse voice, Dry coarse skin, Weakness, Poor appetite these the key symptoms of kaphavruta udana vayu vikruti which is present in hypothyroidism as well thus it can easily state as such that -

“The signs and symptoms of hypothyroidism are very much like kaphavruta udana vayu vikruti. Hypothyroidism can successfully be referred as Kaphavruta udana yavu vikruti.”

**Kaphavrutaa Udana Vayu Chikitsa & Its Application in Hypothyroidism**

- Kaphanashana
- Anulomaka

Vata - kaphhara, srotovishodhan, Anulomana, such actions work wonders in any Aavrana involving kapha dosha along with vata, here considering their similarities it should be given a thought on
how chikitsa of Kaphavruta udana vayu vikriti will be beneficial on patients having symptoms of hypothyroidism. Symptoms which we have mentioned above like weight gain, dry coarse skin weakness etc.

ERAND

Ayurvedic Classification

- Bhedaniya, Swedopag, Aangmarprashamana, Madhurskand (Charak)
- Vidharigandhadi, Adhobhagahara, Vatasanshaman (Sushruta)

Pharmacodynamics

Rupa: Madhur, Katu, Kashay
Guna: Guru, Snigdha, Tikshana, Sukshma
Virya: Ushana
Vipaka: Madhura
Doshakarma: Kaphavata Shamaka, Pittashamak(Taila)

Observation:
Erand Sneha (Castor oil) and its MODE OF ACTION [6]
The oil of the seeds is used as purgative and it is used as emulsion in dysentery, the oil is little warmed up and topically used for applying over swellings and pains of joints and body organ in different ailing conditions. Various parts of the plant such as seeds, seeds oil, roots, roots bark leaves are used in different forms in treatment of several disease; they also enter in number of formulations prescribed in treatment of various ailments. As mentioned in Kaidevya Nighantu it is vrushya, ushman, Margshodhana, kaphapittanil nashnam, Shopha nashnam,gulma, Vrudhi,(Saptavidha). Also Acharya Charak and Chakradatta have stated Erand to possess such properties thus by its administration its will not only act as kaphanashan pr anulomana but margshodhana and vrushya, shothahara and thus rectifying Samprati of Kaphavrut Udana Vayu vikriti ultimately benefiting patients suffering from Hypothyroidism.

Result:
Kaphavruta udana vayu vikriti can be referred as differential diagnosis of Hypothyroidism and considering all the properties of Erand sneh its clinical trial should be conducted for further evaluation and its data with upashay anupashay in presenting clinical features will definitely give us concrete theory in such disease.

Discussion:
Considering above mentioned properties of errand n its mode of action being prompt Kapha-Vata hara and Anulomana it will certainly relieve patients from mentioned conditions.

Acharya Chakradatta has mentioned Erand tail pan in Vrudhi roga also in Vatavrudhi vikara its has been mentioned to be taken with Gau- mutra, Acharya Charak has mentioned Reand Sneha as Vrushya and Vataharanam, also used in Vataj Gulma, all types of Vata vyadhi, Shotha,Sthaulya, Vibandha, keeping all this in mind and also clinical features of Hypothyroidism and Kaphaavruta Udanaavayu, Paan or Nasya yog of Erand Sneha can be very effective.

Conclusion:
The signs and symptoms of hypothyroidism were very much like kaphavruta udana vayu vikruti. And they surely produce positive correlation. Hypothyroidism can successfully be referred as Kaphavruta udana vayu vikruti. Further studies and clinical trials are essential to evaluate the efficacy of erand sneha in Hypothyroidism and correlation between hypothyroidism & kaphavruta udana vayu vikriti with adequate sample
thus providing us with more concrete research work on this subject.

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