



### Role of *Vaman Karma* and *Shaman Chikitsa* in hypothyroidism:

#### A case study.

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#### ABSTRACT:

Hypothyroidism is one of the most common endocrine disorders seen in daily OPD. It refers to the deficiency of thyroid hormone caused due to various reasons. There is not a direct description of hypothyroidism found in *Samhitas*. Hypothyroidism can be considered as a *Santarpanjanya Vikara* due to *Kaphavatadosha Dushti*. There is involvement of all *Srotas* but dominantly *Rasvaha Srotas*. Hence it can be corrected through *Langhan Chikitsa*. This case study gives a description of successful management of a patient suffering with hypothyroidism. A 25 years old female diagnosed as a case of hypothyroidism presented with complaints of weight gain, fatigue, constipation, and swelling on face. She was well managed within 3-months with *Vaman Karma* and *Shaman Chikitsa*. Patient had very good relief and remarkable improvement in her TSH value. After 3-months her TSH value reduced from 13.832 uIU/ml to 4.438 uIU/ml.

#### KEYWORDS:

Hypothyroidism, *Santarpanotha Vikara*, *Vaman*, *Shaman*, *Langhan*.

#### INTRODUCTION:

Hypothyroidism (HT) is a common condition where the thyroid gland is underactive due to various causes like autoimmune, iatrogenic, iodine deficiency, transient thyroiditis [1]. The common clinical finding of hypothyroidism is weight gain whereas common symptoms are fatigue, cold intolerance, dry skin, dry hair, alopecia, somnolence, depression, infertility and menorrhagia [1]. The prevalence of hypothyroidism in the developed world is about 4-5%, whereas in India it is about 10% [2]. It is much more common in females than males and lower in blacks than whites [3]. Although new drugs & therapeutics are emerging for the management of hypothyroidism, its prevalence is increasing at an alarming rate. There is need to discover new effective medicine having lower side

effects and every system of medicine must contribute to effective management.

Hypothyroidism can be considered as a *Santarpanjanya Vikara* due to *Kaphavatadosha Dusthi* and involvement of *Rasvah Srotas*. Hence it can be corrected through *Langhan Chikitsa*. *Vaman* is the best *Shodhan* therapy of *Kaphadosha* [4] and *Rasvashrotodushti*. Post *Vaman*, the *Shaman Aushadhi* advised was *Arogyavardhini* and *Punarnavadi Kashayam*. Both formulations are *Deepan, Anulomana, Shothhara* and *Kaphavataashamak* targeting at the core cause of the disease.

### AIM & OBJECTIVES:

To evaluate efficacy of *Vaman Karma* and *Shaman Chikitsa* in Hypothyroidism.

### CASE-HISTORY:

A female patient aged 25 years was apparently healthy a year back; gradually she developed fatigue, getting tired easily during routine activities, generalized body ache. She also complained of marked increase in body weight from 65 kg to 70 kg. Later patient also noticed that she had puffy face. For all these complaints she visited me. Patient was advised to undergo routine blood tests along with thyroid functional test and there was marked increase in TSH level.

**Family History:** Mother suffered with hypothyroid and diabetes.

### Personal History:

- Pulse - 62/min
- BP- 120/80
- Weight- 70 Kg
- Appetite – Reduced
- Allergy - Dust allergy
- Addiction - Nil
- Bowel – Constipation
- Micturition - 6-8 times in a day
- Diet – mixed diet
- Exercise - very less
- Sleep - more

### Systemic Examination:

- ✓ CVS – S<sub>1</sub>S<sub>2</sub> normal
- ✓ CNS – normal
- ✓ RS – normal

### Vikriti Pariksha-

- ✓ Dosha – Kaphpradhan
- ✓ Dushya - Rasa, Meda
- ✓ Desha - Sarvang
- ✓ Rog-bala- Madhyam
- ✓ Aatur- bala - Madhyam

### Samprapti Ghatak-

- Dosha- Kapha, Vata
- Dushya- Ras, Meda
- Agni- Jathragnimandya
- Srotas- Rasvah , Medovah
- Srotodushti- Vimargagamana
- Adhishtana- Gala Pradesh
- Udbhava Sthana – Amashaya
- Vyaktsthana- Sharira

### MATERIAL AND METHODS:

Following treatment protocol was adopted.

- *Deepana, Pachana*
- *Shodhan Chikitsa - Vaman Karma*

- *Shaman Chikitsa*

SN	Period	Treatment	Medicines	Observations
1.	19/01/2017 - 25/01/2017	<i>Deepan, Pachan</i>	<i>Trikatu Churna – 2.5 gm bd</i>	<i>Agni deepiti</i>
2.	26/01/2017 - 30/01/2017	<i>Shodhana Snehpana</i>	<i>Goghrit</i>	<i>Agni deepiti, Vatanulomana, Snigdha Varchas, Adhastat Sneha Darshan</i>
3.	31/01/2017	<i>Visharam Kala</i>	<i>Sarvang Abhayanga with Til Taila &amp; Sarvang Vashpa Sweda, Kaphavardhak Aahar</i>	<i>Samyak Snehana Swedana Lakshana</i>
4.	01/02/2017	<i>Vaman Karma</i>	<i>Madanphaladi Churna Yoga</i>	<i>Pittant Vaman, feeling of Laghutva, Man Indriya Prasad, Madhyam Shuddhi</i>
5.	02/02/2017 – 05/02/2017	<i>Sansarjana Krama</i>	<i>-</i>	<i>Agnideepan, Sharir Laghav</i>
6.	08/02/2017 – 18/04/2017	<i>Shaman Chikitsa</i>	<i>Arogyavardhini – 250 mg bd</i>  <i>Punarnavadi kashayam - 40 ml bd</i>	Relief in complaints  (TSH – 4.438uIU/ml)

## OBSERVATIONS:

After *Vaman Karma* there was marked improvement in all symptoms like fatigue, generalized body ache, swelling on the face, constipation etc. Her weight reduced by 3 kg (from 70 to 67). Gradually she felt better with *Shaman Chikitsa* and further lost 2 more kg and her appetite improved. Her pulse became 76/minute. Thyroid function was repeated after 3-months of treatment. TSH level reduced from 13.832 uIU/ml to

4.438 uIU/ml. At the end of 3<sup>rd</sup> month there was marked improvement in the patient. No side effect was reported.

## RESULT:

The Ayurvedic management was found to be effective in reducing the TSH and also the presenting complaints.

## DISCUSSION:

Hypothyroidism makes a great impact on day to day life with its symptoms such as fatigue, weight gain, loss of appetite, swelling etc. Hypothyroidism can be considered as *Santarpanjanya Vikara* mainly due to *Kapha Prakop* and *Rasvaha Srotodushti*. *Adhyashana*, *Divaswap*, *Atisheetsevan* were the main *Nidana* found in the patient. Considering the *Nidana* and *Lakshana* first line of treatment was planned as *Vaman Karma* followed by *Shaman Chikitsa*.

Patient was given *Trikatu Churna* for *Aampachan*. *Shodhan Snehapan* was done with *Goghurut*. By the end of 5<sup>th</sup> day patient attained *Samyak Snigdha Lakshna*. Next day during *Vishranti Kala* along with *Kaphavardhak Aahar Abhayanga* with *Til* oil and *Sarvang Vaspa Sweda* was given. Next day *Madanphaladi Churna* was used as *Vamak Yoga*. Patient had eight *Vegas* and *Pitanta Vaman* leading to *Sharir Laghavata* and *Daurbalya*. The patient felt lightness of body and marked reduced weight and swelling post *Vaman*. Fatigue, loss of appetite, swelling on face and weight further reduced significantly after taking *Shaman Chikitsa* with *Arogyavardhini* and *punarnavadi kashay*. *Arogyavardhini* is a classical herbo-mineral formulation. It is useful in hypothyroidism due to its *Deepan*, *Pachan*, *Tridoshghna*, *Medonashak*, *Srotovishodhak* action <sup>[5]</sup>. *Punarnavadi Kashayam* is described by *Chakradatta* in *Shoth Rogadhikara* <sup>[6]</sup>. It is very effective formulation due to *Shothanga* and *Agnideepan* action. After 3-months of *Shodhan* and *Shaman Chikitsa* TSH level reduced to 4.438 uIU/ml from 13.832 uIU/ml.

## CONCLUSION:

From the above study it can be clearly concluded that *Vaman* and *Shaman Chikitsa* with *Arogyavardhini* and *Punarnavadi kashayam* together are effective in the management of primary hypothyroidism without apparent evidence of side effect or any other complications. The treatment protocol showed encouraging result in this case. But large clinical trial is necessary to establish it as a standard treatment.

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