



ROLE OF PUNARNAVADI KWATHA IN EFFECTIVE MANAGEMENT OF HYPOTHYROIDISM

Dr. Vitkare Akshay¹, Dr. Shivananda B. Karigar², Dr. Sampathkumar Bellamma³

¹IInd year PG scholar, Department of Dravyaguna, TGAMC, Ballari, RGUHS Karnataka

²Assistant Proff, Department of Dravyaguna, TGAMC, Ballari, RGUHS Karnataka

³Associate Proff, Department of Dravyaguna, TGAMC, Ballari, RGUHS Karnataka

Abstract: Thyroid is an essential endocrine gland. Thyroid hormones controls body's fundamental metabolic rate, currently hypothyroidism possessing a measure challenge to medical fraternity in developing as well as developed country. Hypothyroidism is the common clinical condition of thyroid hormone deficiency and if left untreated, can lead to serious adverse health effect on multiple organ systems.

Primary hypothyroidism is defined as elevated thyroid stimulating hormone (TSH) concentration in combination with free thyroxin (T4) concentration below the reference range.

Hypothyroidism usually associated with the symptoms like weight gain, face puffiness, fatigue, hair loss, constipation. In the conventional system there is no permanent solution for this disease. Hence there is an urgent need for safe and effective alternate solutions where ayurveda can play vital role to resolve the issues. As per classics, *Punarnavadi kwatha* is one of the potent herbal preparation which acts on *sarvanga shopha* (~anasarca), *Pandu*, *Udara* etc. Though, *Punarnavadi kwatha* is not indicated directly in hypothyroidism but based on clinical presentation in hypothyroidism like mixed edema, *Pandu* which are the indications of *Punarnavadi kwatha*. Hence same medicine used in hypothyroidism associated with these symptoms.

Keywords-Hypothyroidism, Thyroid stimulating hormone (TSH), Srotoshodhana, Punarnavadi kwatha

I. INTRODUCTION-

Hypothyroidism is the most common problem in today's modern world. The prevalence of hypothyroidism in india is 11%. It is the most common disorder seen in daily OPD. The global incidence of hypothyroidism is increasing and disturbing way as people are exposed to more stress and strain. Weight gain, fatigue, cold intolerance, hoarseness of voice, puffiness of face are the symptoms of hypothyroidism. Triiodothyronine (T3) and tetraiodothyronine or thyroxine(T4) are the two hormones secreted by thyroid gland. In hypothyroidism less secretion of T3 and T4 because of abnormal functioning of thyroid gland⁽¹⁾. Incidence:- The ratio of male female is approximately 1:6.

According to the ayurvedic signs and symptoms, hypothyroidism is characterised by an abnormality of Jatharagni and Dhatwagni along with abnormality of Kapha and Vata dosha as well as Rasavaha, Raktavaha, Medovaha, Shukravaha and ManovahaSrotas. The thyroid glands primary role is to serve as a spark for the continuation of oxidative metabolism in most tissues. In Ayurveda parlance, this is attributed to the function of Agni (~a system related to metabolism). Hormone replacement with medication is not an option for the Ayurvedic care of hypothyroidism.

In *Tridoshiya Adhyaya* of *Charaka sutra sthana* chapter 18, *Galganda*, *Gandamala* etc are described. *Shotha chikitsa* is also mentioned in *Chikitsa sthana* seperatly⁽²⁾.

Galganda and *Gandamala* mentioned in Ayurveda can be correlated with the disorder caused by thyroid gland. As per Ayurveda, disturbance of *Meda dhatu* results in formation of *galganda* when there is vitiation of *vata* and *kapha doshas*, with predominance of *kapha*. In pathogenesis, *dushti* of *rasadhatu* plays a major role. Clinical features of hypothyroidism i.e *ashradha*, *aruchi*, *gaurava*, *tandra*, *angamarda*, *agnimandya* etc.

are similar to the clinical manifestations of *rasa dhatu dushti lakshana*. Hormonal disturbances are mainly due to the dysfunction of *agni*.

Punarnavadi kwatha is a yoga mentioned in our classics which is mainly indicated in clinical conditions associated with *shotha*.

In the hypothyroidism all the symptoms indicates the involvement of *kapha dosha, rasa dhatu* and *rasa dhatvangni*. Hence involvement of morbid *Kapha dosha* plays important role in pathogenesis of hypothyroidism.

Sroto shodhana (~cleansing of the macro and microchannels), *Agni deepana* (~stimulation of the digestion and metabolism), *Pachana* (~digestion) and *Vatanulomana* (~proper regulation of excretory system) are the main principles of treatment. *Punarnavadi kwatha* can be very effective to manage above conditions to treat hypothyroidism. Ingredients of *Punarnavadi kwatha* are *Agnideepaka, Sroto shdhaka* and *Shothahara* in action. Present work shows action of *Punarnavadi kwatha* in management of hypothyroidism.

Table no. 1 Samprapti ghataka

<i>Dosha</i>	<i>Kapha Vriddhi, Vata Vriddhi, Pitta Kshaya</i>
<i>Dushya</i>	<i>Rasa, Meda</i>
<i>Agni</i>	<i>Jatharagni, Dhatvagni</i>
<i>Ama</i>	<i>Jatharagnimandhyajanita, Dhatvagnimandhyajanita.</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Medovaha and ManovahaSrotasa.</i>
<i>Srotodushti prakara</i>	<i>Sanga, Vimarga gamana</i>

II. AIMS AND OBJECTIVES

Present study aims to find effective and safe treatment in hypothyroidism. The objective of this study is to explore role of *Punarnavadi kwatha* in hypothyroidism.

III. MATERIALS AND METHODS

Table no.2 Punarnavadi kwatha ingredients⁽³⁾

SL NO	Drugs	Rasa	Guna	Virya	Vipaka	Karma
1	Punarnava (<i>Boerhavia diffusa</i>)	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kaphavatashamaka, Shothaghna, Panduhara, Deepana
2	Haritaki (<i>Terminalia chebula</i>)	Pancharasatm aka alavana	Laghu, Ruksha	Ushna	Madhura	Tridoshashamaka, Lekhaniya, Deepana, Pachana, Shothaghna, Rasayana
3	Nimba (<i>Azadirachta indica</i>)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapittahara, Deepana
4	Haridra (<i>Curcuma longa</i>)	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Vatakaphahara, Shothaghna
5	Katuki (<i>Picrorhizakurroa</i>)	Tikta	Laghu, Ruksha	Sheeta	Katu	kaphapittahara, Deepana, bhedana
6	Patola (<i>Trichosanthes dioica</i>)	Tikta, katu.	Laghu, ruksha.	Ushna	Katu.	Kaphapittahara, Deepana, pachana
7	Guduchi (<i>Tinospora cordifolia</i>)	Kashaya, tikta.	Laghu, Snigdha,	Ushna	Madhura.	Tridoshahara, rasayana, deepana, panduhara,

8	Shunthi (<i>Zingiber officinale</i>)	Katu.	guru, ruksha, tikshna	Ushna	Madhura.	Kaphashamaka, deepana, pachana, shophahara
9	Musta (<i>Cyperus rotundus</i>)	Tikta, katu, kashaya	Laghu, ruksha	Sheeta	Katu	Kaphapittahara, Deepana, pachana
10	Devadaru (<i>Cedrus deodara</i>)	Tikta, kashaya, Katu.	Laghu, Ruksha	Ushna	Katu	kaphavatahara, shophahara.

Table no.3 Anupana

SL NO	Drugs	Rasa	Guna	Virya	Vipaka	Karma
1	Guggulu (<i>Commiphora mukul</i>)	Tikta, Katu	Laghu, Ruksha, Vishada, sookshma, sara.	Ushna	Katu	Tridosahara, Lekhana, shophahara
2	Gomutra:	Katu, Lavana	Teekshna	Ushna	–	kaphahara

Table no.4 Overall rasapanchak of the formulation

Rasa	Tikta, Kashaya
Guna	Laghu, Ruksha
Virya	Ushna
Vipaka	Katu
Karma	kaphahara,

Laghu, ruksha guna possess scrapping property, promoting a sense of lightness and alleviating obstructions by eliminating imbalanced kapha. Ushna brings lightness to body by aampachana. Tikta Rasa does deepana and pachana. By these elements it helps in reducing shophahara, obesity, panduta, fatigue etc.

In bhaishajyaratnavali, punarnavadi kwatha is mentioned in sarvanga shotha, udar, pandu etc. which are mainly of sankleda janya vikaras and also ambudushyayukta disorders. Based on Vishesh Siddhanta of Ayurveda, here we have to plan a treatment in such a way that, the drugs should be kledahara, shoshaka and should be ushnavirya.

PUNARNAVA- is popularly known as *Shareeram punarnavam karoti* (~rejuvenates the body) it has the ability to regenerate body. It is known for its Mutrala activity (~diuretic)⁽⁴⁾, by this *sharirika kleda* is eliminated, thus it pacifies *shotha* which is most common presenting complaint in hypothyroidism.

DEVADARU- It is light in action, hot in potency and Pungent in post digestive effect Therefore, it alleviates edema and *kapha-vataja* diseases⁽⁵⁾.

SHUNTHI is a digestive and preventing the formation of *ama*⁽⁶⁾.

GUUCHI⁽⁷⁾ and **HARITAKI**⁽⁸⁾ are very useful rasayana drugs.

KATUKI being the drug of choice for Bhedana of mala, it helps in Mala bhedana and hence acts as shodhanai.e, it clears the channels.

On review of the ingredients of *Punarnavadi kwatha* and by looking into the pathogenesis and involvement of doshas in thyroid problems, especially in hypothyroidism and also in its associated conditions like Myxoedema, weight gain, fatigue, hair loss etc which are mostly seen in *Pandu roga lakshanas*, *Punarnavadi kwatha* is very much suitable in such condition of Thyroid disorder.

IV.DISCUSSION

Hypothyroidism is a major issue in the current era, many modern medicinal therapies and medicines are available for the treatment of this disease but these are not devoid of side effects and the reoccurrence rate is also high. It is very important to show an interest in traditional herbal remedies which are regarded as quite safe and cost-effective. On reviewing the clinical presentation of hypothyroidism from various sources it is found that hypothyroidism is an abnormality of *Jatharagni* and *Dhatwagni* involving *Kapha* and *Vata dosha* and influencing *Rasavaha*, *Raktavaha*, *Medovaha* and *Manovaha Srotas*.

Ultimately, these factors should be considered during the Ayurvedic management of hypothyroidism. The *Punarnavadi kwatha* suggested for this ailment not only relieve from numerous symptoms but also directly affect the hormone secretions involved in the disease development and promote the thyroid gland's proper function. Even yet, further clinical studies on the mentioned herbs are required to confirm their effectiveness in correcting thyroid dysfunction and give medical professionals more alternatives for treating the condition.

V.CONCLUSION

Hypothyroidism affects many different physiological systems and has a wide range of symptoms. Therefore, it is preferable not to limit hypothyroidism to *Galaganda* alone, as recommended in the classics. Hypothyroidism symptomatology is conceptually analyzed, which enables us to classify it as a *Kapha Pradhana*, *Rasa* and *Medo Dushti*. The course of therapy might be planned using *Dosha Pratyaneeka Chikitsa* rather than *Vyadi Pratyaneeka Chikitsa*. The core of therapy is to maintain Agni. In light of this, dietary guidelines and a healthy lifestyle as prescribed in Ayurvedic scriptures, coupled with herbs with *Deepana*, *Pachana*, *Lekhana*, *Kaphashamaka*, *Vatanulomana* and *Srotoshodhana* characteristics, appear to be useful in treating this illness. Thus, a multi-factorial and holistic approach is required for the management of hypothyroidism i.e., diet, drugs and yogic exercises & Pranayama all in combination help in normalizing the thyroid functions.

VI.ACKNOWLEDGEMENT

I would like to thank Dr. Rajasheklhar Ganiger sir HOD Dept of Dravyaguna TGAMC Ballari for guiding me and also extend my sincere thanks to Dr. Shivananda Karigar sir, Dr. Pravin sir, Dr. Abhishek for helping me to gather valid information.

VII.REFERENCES

- (1) API textbook of medicine 12th edition-2022, Editor-in-Chief. Sandhya A Kamath, Jaypee brothers medical publishers, New Delhi, Page no -581.
- (2) Agnivesha, Caraka Samhita vol-1 elaborated by Caraka and Dridhabala. Edited with Caraka Chandrika Hindi Commentary by Dr. Brahmanand Tripathi. Chaukhamba Prakashan Varanasi, Reprinted-2021, Page no-307.
- (3) Bhaishajyaratnavali, Vol-2, edited and enlarged by Bhisagrantha, Shri Brahmashankar Mishra, commented by shri Kaviraja Ambikadatta Shastri, English Translation by Dr Ranjiv Lochan, Reprint-2009, Chaukhamba Publication, page no-571
- (4) Bhavamisra, Bhavaprakasha, vol-1, commentary by Dr. Bulusu Sitaram, Forward by Prof. K.C. Chunekar, Chaukhamba orientalia Varanasi, Reprint-2022, Page no-290.
- (5) Bhavamisra, Bhavaprakasha, vol-1, commentary by Dr. Bulusu Sitaram, Forward by Prof. K.C. Chunekar, Chaukhamba orientalia Varanasi, Reprint-2022, Page no-199.
- (6) Bhavamisra, Bhavaprakasha, vol-1, commentary by Dr. Bulusu Sitaram, Forward by Prof. K.C. Chunekar, Chaukhamba orientalia Varanasi, Reprint-2022, Page no-136.
- (7) Bhavamisra, Bhavaprakasha, vol-1, commentary by Dr. Bulusu Sitaram, Forward by Prof. K.C. Chunekar, Chaukhamba orientalia Varanasi, Reprint-2022, Page no-230.
- (8) Bhavamisra, Bhavaprakasha, vol-1, commentary by Dr. Bulusu Sitaram, Forward by Prof. K.C. Chunekar, Chaukhamba orientalia Varanasi, Reprint-2022, Page no-131.