

Integrative Ayurvedic Management of Primary Hypothyroidism: A Case Report

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ABSTRACT

Background: Hypothyroidism is a common endocrine disorder characterized by reduced thyroid hormone production and impaired metabolism. Integrative approaches, including Ayurveda, are increasingly explored for chronic metabolic conditions.

Case Presentation: A 22-year-old female presented with fatigue, constipation, loss of appetite, and cold intolerance. Laboratory findings revealed elevated serum TSH levels indicating hypothyroidism. The condition was assessed through both modern diagnostic parameters and Ayurvedic evaluation.

Intervention: The patient was managed with an individualized Ayurvedic treatment protocol for 16 weeks. An Ayurvedic medicine, *Kanchanar Guggulu Vatika*, mentioned in *Vangasen Samhita*, and *Hamsapadiadi Kashaya*, mentioned in *Vaidyamanorama*, were given to the patient for 16 weeks with regular follow up of 15 days interval.

Result: Post – treatment assessment showed improvement in Serum TSH levels along with symptomatic relief. Ayurvedic parameters such as *Agni* and *Dosha* balance also showed improvement.

Conclusion: This case highlights the potential role of Ayurvedic management in hypothyroidism and supports the need for further integrative clinical studies.

Keywords: Hypothyroidism, Ayurveda, *Kanchanar Guggulu Vatika*, *Hamsapadiadi Kashaya*, *Agni*, *Dosha*, Case report

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INTRODUCTION

Hypothyroidism is a chronic endocrine disorder associated with decreased thyroid hormone production, leading to generalized metabolic slowdown. Conventional treatment primarily involves hormone replacement therapy, which may not address underlying metabolic dysfunction.

In Ayurveda, Hypothyroidism can be understood as a condition involving *Mandagni* (impaired metabolic activity), *Kapha* predominance, and *Ama* accumulation. These factors contribute to systemic dysfunction resembling hypothyroid pathology.

Recent interest in integrative medicine has highlighted the importance of combining traditional knowledge systems with modern biochemical approaches. However, clinical documentation of Ayurvedic management in hypothyroidism remains limited.

This case report presents an integrative evaluation of hypothyroidism managed with Ayurvedic intervention.

CASE PRESENTATION

Patient information:

- Age: 22 yrs
- Gender: Female
- Occupation: Student

Chief Complaints:

- Fatigue
- Loss of appetite
- Constipation
- Cold intolerance

History of Present Illness:

- Duration: 6 months
- Onset and progression: Insidious onset with gradual progression

Medical History:

- Previous treatments: Thyroid replacement therapy
- Drug History: Levothyroxine 50mcg / OD
- Family History: None

Ayurvedic Assessment:

- *Prakriti*: *Kapha-Vata* dominant
- *Vikriti*: *Kapha-Vata* aggravation
- *Agni*: *Mandagni*
- *Dosha* involvement: *Kapha, Vata Dosha*
- *Srotas* affected: *Rasavaha, Medovaha*

Clinical Examination:

- Pulse: 72/min
- Blood pressure: 110/80 mmHg
- BMI: 18.5 kg/m²

Laboratory investigation (Baseline)

Serum TSH - 11.22 µIU/ML

INTERVENTION

Ayurvedic formulation	<i>Kanchanar Guggulu Vatika</i>	<i>Hamsapadiadi Kashaya</i>
Dose & Duration	2 Tab/BD (Before meal)	40 ml/BD (Empty Stomach)
<i>Anupana</i>	Lukewarm water	Lukewarm water

- **Dietary regimen:** The patient was advised a light, easily digestible diet (*Laghu Ahara*) with emphasis on warm and freshly prepared food. *Kapha*- aggravating items such as

heavy, oily, cold, and fermented foods were restricted.

- **Lifestyle advice:** Regular physical activity, avoidance of daytime sleep, and adherence to a structured daily

routine (*Dincharya*) were advised to support metabolic function.

- **Rationale of Intervention:** The selected therapeutic approach was intended to enhance Agni (Metabolic fire), facilitate *Ama pachana* (metabolic detoxification), and restore *Dosha* balance. From a biochemical perspective, this may contribute to improved metabolic regulation and endocrine function.

- **Compliance and Monitoring:** The patient was regularly monitored at defined intervals for clinical response and adherence to therapy. No modification in treatment was required during the study period.
- **Safety Assessment:** Throughout the intervention period, no adverse drug reaction or significant side effects were observed, indicating good tolerability of the administered regimen.

OUTCOME MEASURES

Primary Outcome:

- Change in TSH level

Secondary Outcomes:

Symptoms	Baseline Value	Post – Treatment Value
Fatigue score (0-3)	3	0
Loss of Appetite (0-3)	3	1
Constipation (0-3)	3	1
Cold Intolerance (0-3)	2	0

RESULT

Biochemical Findings:

Serum TSH	11.22 µIU/mL	3.64 µIU/mL
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Clinical Findings:

- Improvement in fatigue
- Improvement in Appetite
- Better bowel habits

Ayurvedic Outcomes:

- Improved *Agni*
- Reduction in *Kapha* symptoms

DISCUSSION

The present case demonstrates improvement in hypothyroidism following Ayurvedic management. From an integrative perspective, the observed changes may be attributed to improved metabolic function and systemic regulation.

Ayurveda conceptualized such conditions as resulting from impaired *Agni* and *Kapha*

dominance, leading to metabolic slowdown. The intervention may have contributed to restoration of metabolic balance and reduction of pathological factors.

Unlike conventional hormone replacement therapy, which supplements deficient hormones, Ayurvedic management aims to restore physiological balance and endogenous function.

The ingredients present in *Kanchanar Guggulu Vatika*, with their mode of action towards Hypothyroidism, are:

- **Kanchanar:** *Lekhana & Granthi nasaka*, reduces glandular swelling, clears *Kapha-Vata* accumulation.
- **Trikatu:** *Potent Deepana-Pachana*, Stimulates *Jatharagni & Dhatwagni*,

prevents Kapha accumulation at root level.

- **Triphala:** Detoxification, Rasayana, improves metabolism and bowel correction.
- **Guggulu:** Lekhana, Yogavahi, lipid-metabolism regulator.

The ingredients present in *Hamsapadiadi Kashaya*, with their mode of action towards Hypothyroidism are:

- **Hamsapadi:** Anti-inflammatory, Glandular stabilizer, supports endocrine balance.
- **Amrita:** Agnivardhaka without Pitta aggravation, Rasayana & Immunomodulator.
- **Nimba:** Blood Purifier, Anti-inflammatory, regulates immune-mediated pathology.
- **Pippali:** Deepana & Rasayana, enhances thyroid-related metabolism gently.
- **Vasa:** Kapha – Pitta samaka, anti-inflammatory, reduces congestion and swelling.

The improvement in biochemical markers alongside symptom relief supports the integrative approach. However, conclusions are limited due to the single-case design, and further controlled studies are required.

PATIENT PERSPECTIVE

The patient reported improved energy level, better digestion, and overall well-being during the course of treatment.

LIMITATION

- Single case report
- Lack of control group

CONCLUSION

The case suggests that Ayurvedic management may offer a beneficial integrative approach in hypothyroidism. Further large-scale studies are required to establish efficacy and clinical applicability.

ETHICAL APPROVAL

Informed consent was obtained from the patient before publication.

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