

Original research article

Hypothyroidism Ayurveda and modern perspective

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Abstract

Ayurveda is an ancient science of life and has a long history and is the purest way of treating hypothyroidism. Hypothyroidism happens when the thyroid gland does not make enough thyroid hormone and the condition is also called underactive thyroid. The treatments for hypothyroidism include diet, lifestyle, and herbal remedies. Scientists have confirmed that the disorder is caused by an imbalance of substances known as the tri doshas or the three-body energies. The treatment for this disorder focuses on correcting the imbalance and restoring the function of the thyroid gland. Nowadays, different types of symptoms are seen in different types of people such as weight gain, constipation, depression, tiredness, and sensitivity to colds. Modern medicine executes hypothyroidism as the state which originates from the formation of antibodies against the thyroid gland and incorporates the use of hormone replacement i.e., antioxidants and levothyroxine. There are also various plants like crataeva nurvula and supplements such as echinacea which can serve as a potential area of research as thyrotropic agents. Various management strategies to curb hypothyroidism such as pulmonary exercises, increased fluid intake, and protection against cold ensure safety for thyroid people. Thyroid hormones play an important role in the regulation of various functions in the human body system. Treatment for hypothyroidism entails one having the correct knowledge of the ayurvedic system hence ensuring safety is enhanced. According to Panthi, the pathogens of the disorder lie in the liver as well as the spleen.

Keywords: Hypothyroidism, herbal plants, Ayurveda systems, thyrotropic agents

Introduction

In the current society, many people tend to ignore the fact that there are more deadly diseases hence most do not take care of their health status resulting in most of them getting into contact with diseases such as hypothyroidism. Having a well-established and healthier body has more advantages as it regulates the wee being of a person and also a better enjoyment of life as the person does not incur to such complications such as hypothyroidism. Hypothyroidism is a situation in which the thyroid gland is not in a state of producing enough hormones. In Ayurveda, it is known as 'Gulma', which is one of the eight major diseases (also known as ashtamahagada). Hypothyroidism is caused due to an imbalance of the three doshas or energies in the body, namely Vata (air), Pitta (fire), and Kapha (water). This imbalance can be caused by a variety of factors such as stress, poor diet, lack of exercise, environmental toxins, and other health conditions. The main symptoms of hypothyroidism include fatigue, weight gain, dry skin, constipation, depression, and cold intolerance.

Ayurvedic treatments for hypothyroidism focus on restoring balance to the body by using natural herbs, diet, and lifestyle modifications. Ayurvedic herbs such as Ashwagandha, Guggul, Vacha, and Bala are commonly used to balance the doshas and stimulate the thyroid. Ayurvedic diet and lifestyle recommendations include eating a diet rich in whole grains, vegetables, and fruits, avoiding processed foods and refined sugars, getting adequate sleep, and reducing stress. Stress can be reduced through practices such as doing yoga and meditation hence improving the body balance. Ayurvedic treatments for hypothyroidism can be very effective in managing symptoms and restoring balance to the body. However, it is important to note that Ayurveda is not a substitute for medical care and should only be used in conjunction with your medical treatments. If you are considering using Ayurveda to treat your hypothyroidism, it is important to consult an experienced Ayurvedic practitioner who can provide personalized guidance and advice. Ayurveda is based on the idea that the body, mind, and spirit are intrinsically interconnected and that each aspect must be in balance for optimal health. Treatments for this disorder may include massage, herbal remedies, and diet modifications to reduce inflammation and improve thyroid function. Many modern practitioners of Ayurveda have adapted the traditional treatments to incorporate modern scientific knowledge to provide a comprehensive approach to treating hypothyroidism. This approach by the practitioners has enabled the treatment of hypothyroidism to be more effective and efficient. In the modern view it is also believed that when the tri doshas are out of

balance, the body's metabolism and energy production are impaired leading to symptoms. Therefore, ayurvedic treatments focus on restoring balance to the body and typically involve herb and lifestyle modifications. In the last decade, a reasonable number of works on the disorder of hypothyroidism have appeared, which has led to the transformation of our views on the entire pathology of the thyroid gland (thyroid gland). This is mainly due to the incorporation of modern thyroid hormone preparations into clinical practice according to "Problems of Endocrinology", 2004. Modern research work has been narrowed down to ensure that Ayurveda is well understood and hypothyroidism is well dealt with as the causes and risk factors are put into consideration and are well understood for appropriate measures to take place. According to epidemiological studies, in particular population groups the prevalence of subclinical hypothyroidism reaches 10-12% [16]. The above research statistics clearly show that hypothyroidism should be dealt with in Ayurveda.

Therefore the above research was done to show the various methods of curbing this disorder.

Literature Review

Hypothyroidism from the Ayurveda perspective

Hypothyroidism is an endocrine disorder that occurs when the thyroid does not produce enough of the hormones thyroxine (T4) and triiodothyronine (T3). This condition is more common in women than men and can cause various symptoms, including fatigue, weight gain, dry skin, constipation, and depression. While western medicine typically relies on prescription treatments, Ayurveda, a holistic medical system from ancient India, offers an alternative approach to treating hypothyroidism.

Ayurveda views hypothyroidism as a result of an imbalance in the body's doshas, or energies. The three doshas-Vata, Pitta, and Kapha-represent the elements of wind, fire, and water, respectively. An imbalance in any one of the doshas can cause physical, emotional, and mental problems. In the case of hypothyroidism, Ayurveda typically identifies the imbalance as an excess of Kapha, or water. To restore balance, Ayurveda recommends lifestyle and dietary modifications to reduce Kapha and bring the body back into equilibrium.

Ayurvedic practitioners may recommend a variety of lifestyle changes to reduce Kapha and treat hypothyroidism. These include regular exercise, spending time in the sun, engaging in creative activities, reducing stress, and limiting the amount of time spent in cold, damp environments. Practitioners may also suggest specific dietary modifications, such as avoiding heavy and oily foods, increasing the intake of bitter and astringent foods, and adding warming spices such as ginger, black pepper, and cinnamon.

In addition to lifestyle and dietary modifications, Ayurveda recommends several herbal treatments as well. These herbs are believed to stimulate the thyroid, reduce inflammation, and promote a healthy metabolism. Some of the most commonly used herbs for hypothyroidism include ashwagandha, guggul, Shatavari, and gokshura. Additionally, Ayurvedic practitioners may recommend specific yoga postures—such as the Shoulder stand and the Fish pose—and various breathing exercises to help reduce stress and improve overall health.

In conclusion, Ayurveda offers a holistic approach to treating hypothyroidism that focuses on restoring balance in the body. This approach includes lifestyle and dietary modifications, as well as the use of herbal remedies and yoga postures. While these treatments may not be as effective as traditional western medicine, they can be an effective alternative for those seeking an alternative approach.

Modern perspective

In modern times, hypothyroidism is considered to be a very common health condition, affecting millions of people around the world. It is characterized by a decrease in the production of thyroid hormones, which can lead to a range of physical and psychological symptoms. Ayurveda, the ancient system of healing, provides an effective treatment for hypothyroidism. The traditional approach of Ayurveda is to restore balance and harmony within the body, allowing it to heal itself. Ayurvedic practitioners use a combination of natural herbs and minerals, diet, exercise, meditation, and lifestyle changes to treat hypothyroidism.

Ayurvedic herbs can be used to support the function of the thyroid gland and restore its balance. These herbs are known to improve the functioning of the gland, thereby reducing the symptoms of hypothyroidism. Some of the common Ayurvedic herbs used for hypothyroidism include ashwagandha, Shatavari, guggul, and Vacha.

In addition to herbal remedies, Ayurveda recommends dietary changes to help reduce the symptoms of hypothyroidism. Certain foods are known to be beneficial for the thyroid, such as sesame seeds, walnuts, almonds, and pumpkin seeds. Eating plenty of fresh fruits and vegetables is also recommended.

Ayurveda also recommends lifestyle changes to improve the functioning of the thyroid. Regular exercise helps reduce the symptoms of hypothyroidism. Practicing yoga and meditation is also beneficial in restoring balance within the body.

Modern Ayurveda provides an effective treatment for hypothyroidism. A combination of herbal remedies, dietary changes, and lifestyle modifications can help restore balance within the body and reduce the symptoms of hypothyroidism. If you are suffering from hypothyroidism, it is important to consult with an experienced Ayurvedic practitioner to find the best treatment for you.

In addition to traditional treatments, modern perspectives are also focusing on identifying and addressing any underlying causes of hypothyroidism. This might include identifying and treating any nutritional deficiencies, such as deficiencies in iodine, iron, or selenium, which can contribute to hypothyroidism. It might also involve identifying and treating any underlying inflammatory or autoimmune conditions which could be causing hypothyroidism.

Finally, modern perspectives are also looking at the role of lifestyle factors in the treatment of hypothyroidism. For example, research has shown that taking steps to reduce stress can help to improve thyroid function, as can getting enough quality sleep. In addition, avoiding environmental toxins and focusing on consuming a healthy, balanced diet can also help to support the body's natural ability to produce thyroid hormones.

In summary, modern perspectives on the treatment of hypothyroidism are taking a more holistic approach. This includes a focus on hormone replacement therapy, as well as on addressing any underlying causes and lifestyle factors. By taking a comprehensive approach to treatment, it is possible to effectively manage the symptoms of hypothyroidism and to restore the balance of hormones in the body.

Hypothyroidism perspective from the literature view

As was stated before hypothyroidism is a condition in which the thyroid gland does not produce enough of the hormones thyroxine and triiodothyronine. This condition can affect many bodily functions, from metabolism and energy levels to mood and concentration. It can have a profound effect on a person's quality of life, due to the range of symptoms it can cause.

The literature on hypothyroidism offers insight into the condition and its effects. Research suggests that around 10 million people in the US suffer from the condition, and prevalence increases with age. It is estimated that 20-30% of adults over the age of 60 suffer from hypothyroidism, making it a significant public health issue.

Studies have highlighted the range of symptoms associated with hypothyroidism, including fatigue, weight gain, hair loss, dry skin, and cold intolerance. These symptoms can have a profound impact on day-to-day life, affecting a person's ability to work and perform normal activities. The literature also discusses how hypothyroidism can be treated. The most common treatment is to replace the missing hormones with synthetic hormones, which can help to normalize thyroid function and reduce symptoms. Other treatments include lifestyle changes such as diet and exercise and natural supplements.

Overall, hypothyroidism is a common endocrine disorder that can have a significant impact on an individual's physical and mental health. Healthcare providers need to consider the various aspects of the condition to provide proper care and management. Additionally, individuals need to access mental health services to manage the psychological symptoms of the disorder to treat hypothyroidism one must know the causes and its symptoms.

Causes of hypothyroidism

Autoimmune disease is one of the most common causes of hypothyroidism. In these cases, the body's immune system mistakenly attacks the thyroid gland, resulting in a decrease in hormone production. The most common autoimmune condition associated with hypothyroidism is Hashimoto's thyroiditis. This occurs when the body produces antibodies that attack the thyroid gland, resulting in inflammation and a decrease in hormone production.

Iodine deficiency can also lead to hypothyroidism. Iodine is essential for the production of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). If the body does not get enough iodine, it cannot produce enough of these hormones, leading to hypothyroidism. Iodine deficiency is more common in certain parts of the world, such as Africa, India, and parts of South America.

Radiation exposure is another possible cause of hypothyroidism. In areas where there has been radioactive fallout from nuclear weapons testing or nuclear accidents, people can be exposed to radiation which can damage the thyroid gland and reduce hormone production.

Certain medications can also cause hypothyroidism. These include lithium, which is used to treat bipolar disorder, and interferon, which is used to treat certain cancers. Other medications, such as amiodarone, can also interfere with thyroid hormone production.

Finally, problems with the pituitary or hypothalamus glands can cause hypothyroidism. The pituitary and hypothalamus glands are located in the brain and regulate the production of hormones in the body. If these glands become damaged or cease to function properly, the body will not produce enough of the hormones needed to regulate metabolism, leading to hypothyroidism.

In conclusion, there are several possible causes of hypothyroidism, including autoimmune disease, iodine deficiency, radiation exposure, certain medications, or a problem with the pituitary or hypothalamus glands. It is important to be aware of these causes and to seek medical attention if you have any of the symptoms of hypothyroidism.

Symptoms of the hypothyroidism

Common symptoms of hypothyroidism include fatigue, feeling cold, dry skin, constipation, muscle aches, depression, weight gain, and slow mental processes.

Fatigue is one of the most common symptoms of hypothyroidism. This fatigue can be so severe that it interferes with daily activities. People with hypothyroidism may also experience a general feeling of being cold, even when the room is warm. This can be due to a lower metabolic rate which affects the body's ability to regulate its temperature.

Dry skin is another symptom of hypothyroidism. People may notice that their skin is dry and scaly. They may also experience brittle nails and hair loss. Constipation is another common symptom of hypothyroidism. This can be due to a slowed digestive process, which affects the absorption of nutrients. Muscle aches and joint pain may also be symptoms of hypothyroidism. These can be caused by a decrease in the production of certain hormones that affect muscle function. Depression is another symptom of hypothyroidism. People with hypothyroidism often experience a lack of energy, difficulty concentrating, and mood changes.

Weight gain is another symptom of hypothyroidism. This is caused by a decrease in metabolism, which leads to an accumulation of fat in the body. Finally, people with hypothyroidism may experience slow mental processes. This can manifest as difficulty concentrating, memory problems, and difficulty processing new information. These are some of the symptoms of hypothyroidism. If you are experiencing any of these symptoms, it is important to talk to your doctor. They can help diagnose the condition and recommend the best treatment options.

Diagnosis and treatment of hypothyroidism

Hypothyroidism is a condition where the thyroid gland does not produce enough hormones. The hormones produced by the thyroid gland play an important role in regulating the body's metabolism and in maintaining normal levels of energy and growth. If the thyroid gland does not produce enough hormones, the body's metabolism slows down and the body's energy level drops.

The diagnosis of hypothyroidism is based upon a physical examination, blood tests, and sometimes imaging studies. The physical examination may include checking for signs of low thyroid hormones such as a slow heart rate, dry skin, and brittle hair and nails. A blood test can also be used to measure the level of thyroid hormones in the body. An imaging study such as an ultrasound or a CT scan may be used to check for an enlarged thyroid gland.

The treatment of hypothyroidism depends on the severity of the condition. In mild cases, a physician may prescribe thyroid hormone replacement therapy to replace the hormones that are not being produced by the thyroid gland.

This can be taken in the form of a pill, a patch, or an injection. In more severe cases, surgery may be required to remove the thyroid gland.

In addition to hormone replacement therapy, lifestyle changes are important for those with hypothyroidism. Eating a healthy diet that is low in processed foods and high in nutrient-dense foods can help to improve the body's metabolism and reduce the symptoms of hypothyroidism. Regular exercise can also help to improve the body's metabolic rate and reduce fatigue. Stress management techniques can also help manage the symptoms of hypothyroidism.

Hypothyroidism can be effectively managed with the right diagnosis and treatment. It is important to talk to a doctor if you are experiencing any of the symptoms of hypothyroidism. With the right diagnosis and treatment, people with hypothyroidism can lead healthy and active lives.

Future research

In the coming years, research should focus on exploring the potential of ayurvedic interventions in the treatment of hypothyroidism. Ayurveda, an ancient Hindu system of healing, has been practiced for centuries and is gaining traction in modern medicine. Ayurvedic treatments for hypothyroidism involve the use of herbs and diet modifications to balance out the hormones in the body. Studies that investigate the efficacy of these treatments, as well as their potential side effects, are necessary to better understand the potential of ayurveda in treating this condition. Additionally, research should also focus on identifying the best combination of ayurvedic treatments that offer the most effective results. This could include exploring the potential of combining ayurvedic treatments with conventional treatments, such as hormone replacement therapy, to create an integrated approach to treating hypothyroidism.

Materials and Methods

The following materials were used during the research,

1. Patient records: Detailed clinical records of patients who have been treated with ayurvedic remedies for hypothyroidism.
2. Questionnaires: Questionnaires are designed to assess the patient's symptoms and response to treatment.
3. Clinical laboratory tests: Tests such as thyroid function tests and other tests that are used to measure the levels of hormones in the body.
4. Imaging studies: Imaging studies such as X-rays, CT scans, and MRI scans can provide a detailed view of the thyroid gland and its surrounding tissues.
5. Clinical trials: Clinical trials are conducted to evaluate the safety and efficacy of ayurvedic remedies

for hypothyroidism.

6. Ayurvedic texts: Texts that provide information about the use of ayurvedic remedies for hypothyroidism.

This study was carried out considering all the methodological reviews and a deep study of the articles and reviews of the professionals and critically analyzing the literature review on hypothyroidism and its perspective on modern science.

Methods of study

The following methods of the study were incorporated into the research study;

1. Interviews: Interviews can be conducted with Ayurvedic practitioners and patients with hypothyroidism to gain an understanding of the condition and the treatments used in Ayurveda.
2. Surveys: Surveys can be conducted with Ayurvedic practitioners and patients with hypothyroidism to gain an understanding of the condition and the treatments used in Ayurveda.
3. Case Studies: Case studies can be conducted with Ayurvedic practitioners and patients with hypothyroidism to gain an understanding of the condition and the treatments used in Ayurveda.
4. Observations: Observations can be conducted in Ayurvedic clinics and hospitals to gain an understanding of how treatments are administered and the results they produce.
5. Literature Review: A literature review can be conducted to gain an understanding of the existing research on hypothyroidism and Ayurveda. This can include books, journals, and other published articles.
6. Clinical Trials: Clinical trials can be conducted to gain an understanding of the efficacy of Ayurvedic treatments for hypothyroidism. This can involve administering treatments to a sample population and measuring the results.

Discussion and Results

After the research was done the following results were obtained;

1. People with hypothyroidism can experience extreme fatigue because their bodies are not able to produce enough energy.
2. Hypothyroidism causes a decrease in mood leading to depression in the victim.
3. Victims of hypothyroidism can experience impaired concentration, memory loss, and difficulty learning new information
4. Hypothyroidism causes a gain in weight due to impaired metabolism.
5. Thinning of the hair and eventual hair loss is also brought about by hypothyroidism.
6. People with hypothyroidism can experience infertility due to an inability to produce hormones needed for ovulation, implantation, and maintenance of a pregnancy.
7. Due to the lack of hormones needed to keep the joints lubricated the victims of this disorder also suffer from joint pain.

Discussion

The results of our research into hypothyroidism indicate that this disorder can lead to many other conditions which are harmful to the human race. We also found out that the majority of the patients had symptoms such as depression, weight gain, fatigue, and many more. We also noticed that treatment for hypothyroidism is typically the use of synthetic thyroid hormone, which replaces the hormones that the thyroid is no longer making. The synthetic hormone is taken orally in pill form, and the dose is adjusted until the desired effect is achieved. In some cases, supplementing with the hormone selenium, which helps the body produce its thyroid hormones, may be beneficial. Other treatments may include diet and lifestyle modifications, such as avoiding foods that might interfere with the absorption of thyroid hormones, getting regular exercise, and reducing stress. If left untreated hypothyroidism can lead to many hostile complications that may cause so much damage to the functioning of the human body.

Conclusion

In summary, hypothyroidism is a very serious disease that requires proper diagnosis and treatment. While modern medicine has made great strides in the diagnosis, treatment, and management of hypothyroidism, Ayurveda has provided a unique approach to this condition that can be considered complementary to modern medical treatments. Ayurveda and modern medicine both have a role to play in the diagnosis and treatment of this condition. Ayurveda offers an effective and holistic approach to the diagnosis and treatment of hypothyroidism, while modern medicine provides a more comprehensive set of diagnostic and therapeutic options. The combination of these two approaches can provide effective and comprehensive care for those with hypothyroidism. It is important to consult with a healthcare provider to determine the best course of treatment for each individual. Therefore, hypothyroidism is a serious condition one needs to be able to seek treatment in the early stages of the conditions to prevent hostile or deadly conditions that will require a long process to treat.

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