

**A CLINICAL STUDY OF SHUNTI DHANYAKA JALA IN THE  
MANAGEMENT OF HYPOTHYROIDISM****Ch. Vinuthna<sup>1\*</sup> and M. Anil Kumar<sup>2</sup>**<sup>1</sup>M. D. (RS & BK)<sup>2</sup>M. D. (Sly)Article Received on  
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**ABSTRACT**

Ayurveda is the Indian system of medicine use the drugs from three main sources i.e. plant, mineral and animal origin. In this plant based medicines plays a major role in the system of Ayurveda. Hypothyroidism is the main obstacle facing in the line of treatment of infertility, to overcome of these obstacle permanently this is a small attempt has been made in our study which is mentioned in Arshochikista in chikistastana of Ashtanga hrudaya, to overcome of badda mala and vata and facilitate of free flow those respected dosas.

So, it is inferred as it is having property like Srothosodhana and facilitate their free flow of respected sravas, however a clinical trial was performed in our clinic and their results and details are clearly explained in our study.

**KEYWORDS:** Hypothyroidism, Srothosodhana, Shunti Dhanyaka jala.**INTRODUCTION**

Luxury life style gives rise to many life style disorders for example Thyroid, hypertension, Diabetes etc. comes under this. Luxury life style means they adopt sedentary habits and habitats which leads to agnimandya gives rise to srotoavarodha. Acharya Vagbhata says persons who indulge in partaking incompatible foods, over eating and eating of uncooked food develop the dreaded Amadosha, which is similar to poison also known as ama visha.<sup>[1]</sup>

Hypothyroidism may occur as a result of primary gland failure or in sufficient thyroid gland stimulation by the hypothalamus or pituitary.<sup>[2]</sup>

Thyroid disorders can be caused due to hyper secretion or hypo secretion of the gland. Thyroid is an important part of the human endocrine system, where thyroid hormones plays a major role in the metabolic activity, growth and development.<sup>[3]</sup>

The decreased levels of thyroid hormones leads to hypothyroidism, symptoms like weakness, puffiness, dryness decreased sweating, fatigue, lethargy of face, intolerance to the cold, myxedema, non-pitting type of pre-tibial edema, constipation, decreased libido and menstrual disturbance's like amenorrhea followed by menorrhagia<sup>[4]</sup> etc.

The standard treatment of thyroid disorders are usually involves hormonal medication to correct the imbalance in life long,<sup>[5]</sup> but many people are interested in knowing if alternative medication can help them to manage it. This is a clinical trial carried out in our Satayu ayurvedic hospital at Naidupeta Tirupati district.

### **A case report**

An unmarried women 26 years old came to us with chief complaints of

- Malavastambha (Constipation)
- Twak rukshatva (Dryness skin)
- Dourbalya (Weakness)
- Keshapatana (Hair loss)
- Having breath less ness even in small exercise (Swasa kastatha)
- Anarthava (Amenorrhea)

Patient had above complaints in the last 2-3 years had already diagnosed as Hypothyroidism by allopathic doctors, patient under treatment of Tab.Thyronorm 75 mcg (OD dose) since 1year, after hormonal replacement also patient didn't get complete relief from above complaints. Moreover she doesn't get satisfaction through allopathic line of treatment, for better treatment she came to our clinic.

### **Astavidha pareeksha**

- Nadi (Pulse) - 84/min (Vata-kapha)
- Mala (Stool) - vistamba
- Mutra (Urine) -Normal
- Jeevana (Tongue) -Sama
- Agni - Kshut mandya

- Shabda - Normal
- Sparsha - Ruksha twak
- Druk - Upanetra
- Akrti - Madyama
- Bala - Alpa
- Rakta chapa - 120/60 mm of hg

## MATERIALS

**Table 1: Showing materials used for study.**

| S. no | Dravya               | Dose                   | Duration   | Anupana   |
|-------|----------------------|------------------------|--|-----------|
| 1.    | Hingwastaka churna   | 4 gms                  | B.D 7days  | Hot water |
| 2.    | Shunti Dhanyaka jala | Instead of plain water | Along with meal, in between meal, thirsty situations | —         |

## METHODS

### Centre of study

Satayu ayurvedic hospital naidupeta tirupati district.

### Types of study

Simple random single case study.

## OBSERVATIONS AND RESULTS

Due to our treatment there are revealed regression of symptoms, the patient had started improving symptoms within 7 days, after 3 months of course she completely recovered from subjective symptoms as well as objective signs.

**Table 2: Improvement in subjective symptoms.**

| S. No | Symptoms       | 1 <sup>st</sup><br>(15days) | 2 <sup>nd</sup><br>(30days) | 3 <sup>rd</sup><br>(45days) | 4 <sup>th</sup><br>(60days) | 5 <sup>th</sup><br>(90days) |
|-------|----------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 1.    | Dourbalya      | +                           | 0                           | 0                           | 0                           | 0                           |
| 2.    | Mala vistamba  | +                           | 0                           | 0                           | 0                           | 0                           |
| 3.    | Twak rukshana  | ++                          | +                           | 0                           | 0                           | 0                           |
| 4.    | Anartava       | ++                          | +                           | +                           | 0                           | 0                           |
| 5.    | Swasa kastatha | ++                          | 0                           | 0                           | 0                           | 0                           |
| 6.    | Kesha patina   | ++                          | +                           | +                           | +                           | 0                           |

| S. No. | Hormone | Before treatment | After treatment | Normal range  |
|--------|---------|------------------|-----------------|---------------|
| 1.     | T.S.H   | 36 mIU/L         | 4.06 mIU/L      | 0.4-5.5 mIU/L |

## DISCUSSION

We have to initiate the patient particularly to stop the unwholesome dietetic food habits. Due to those type of food gives rise to agnimandya and constipation, agnimandya leads to amotpatti in individual. This ama can impair Jataragni even Dhatwagni (Rasa, Rakta, mamsa etc) level also, because of hingwastaka churna having action of Amapachana, due to this quality it can digest the ama at the same time it can increase the Jataragni. Dourbalya (because of Ama) and Mala vistamba both are regretted in second sitting itself only. Anarthava is normalized in second sitting means she crossed 30 days of her normal initiation of menstrual cycle. Keshapatana is completely recover form fifth sitting itself only. Giving **shunti dhyanaka jala** instead of plain water whenever she is thirsty or in between meal or after the food before food we have to advised to take by an individual,<sup>[6]</sup> it can gradually cleans the channels and increasing the jataragni so we can inferred it is best drug of choice having ama pachana<sup>[7]</sup> (because of Shunti) quality and srotho shodana<sup>[8]</sup> (due to Dhanyaka) quality. Within three months of strict diet control under the medication we can completely with drawn the hormonal replacement therapy of an individual.

## CONCLUSION

Sedentary life style always leads to agnimandya even in Pancha boutikagni level also, Ayurveda has best solution to get rid of this. In Ayurveda basic treatment stands on Gut it self only, it is based on seven Dhatwagnis, five Boutika agni & Jataragni. So it is simple and effective medication in hypothyroidism.

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