



CASE STUDY

Management of Hypothyroidism through Ayurveda: Single Case Study

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ABSTRACT

One in ten persons in India suffer from hypothyroidism, one of the most widespread thyroid conditions. Despite the fact that hypothyroidism's diagnosis and treatment are frequently regarded as being straight forward, many persons with this ailment receive inadequate care. The current problem was chosen for research and Ayurveda principles were used to treat it due to the disease's extensive range and high incidence in society. Based on the patient's symptoms and signs, a treatment plan was designed and assigned. *Shaman* and *Shodhan* are two main treatment protocol of Ayurveda which can alleviate the disease. Present scenario is the single case study in which *Shaman* therapy was adopted due to patient's busy schedule. *Paachan* and *Deepan* were given to the patient according to her *Prakriti* following the *Shaman* drugs. The patient's biochemical and clinical profiles indicate that the treatment regimen was effective. Patients with hypothyroidism ought to be given the option to forego lifetime hormone therapy. This can be accomplished by thoroughly assessing patient's response to the medicines used here and then reproducing those results in a much larger cohort.

Key Words Hypothyroidism, Ayurveda, Mandagni, Varunadi Kashay

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INTRODUCTION

India has a high prevalence of thyroid diseases, and the nation actually lacks suitable treatment options for hypothyroidism. Hypothyroidism is a condition caused by a lack of thyroid hormone or body tissue resistance to thyroid hormone in relation to metabolic demand. Each and every tissue in the body needs thyroid hormone to function normally. Therefore, its lack shows up as multi - system involvement. In India, there are

thought to be 42 million persons with thyroid diseases, the majority of whom have hypothyroidism, which has a prevalence of 5.4%¹. The current medical system is still looking into ways to treat hypothyroidism better and more successfully. TSH and T₄ levels may be returned to normal with synthetic thyroid hormone derivatives, but the patient will remain drug dependent for the rest of their lives due to the increased dosage and ongoing medication. It

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