



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

Answers To Evolve Thyroid Disorders Case Study

H Kauffman



Answers To Evolve Thyroid Disorders Case Study:

The book delves into Answers To Evolve Thyroid Disorders Case Study. Answers To Evolve Thyroid Disorders Case Study is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Answers To Evolve Thyroid Disorders Case Study, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Answers To Evolve Thyroid Disorders Case Study
 - Chapter 2: Essential Elements of Answers To Evolve Thyroid Disorders Case Study
 - Chapter 3: Answers To Evolve Thyroid Disorders Case Study in Everyday Life
 - Chapter 4: Answers To Evolve Thyroid Disorders Case Study in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Answers To Evolve Thyroid Disorders Case Study. This chapter will explore what Answers To Evolve Thyroid Disorders Case Study is, why Answers To Evolve Thyroid Disorders Case Study is vital, and how to effectively learn about Answers To Evolve Thyroid Disorders Case Study.
 3. In chapter 2, this book will delve into the foundational concepts of Answers To Evolve Thyroid Disorders Case Study. This chapter will elucidate the essential principles that must be understood to grasp Answers To Evolve Thyroid Disorders Case Study in its entirety.
 4. In chapter 3, the author will examine the practical applications of Answers To Evolve Thyroid Disorders Case Study in daily life. This chapter will showcase real-world examples of how Answers To Evolve Thyroid Disorders Case Study can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Answers To Evolve Thyroid Disorders Case Study in specific contexts. The fourth chapter will explore how Answers To Evolve Thyroid Disorders Case Study is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Answers To Evolve Thyroid Disorders Case Study. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Answers To Evolve Thyroid Disorders Case Study.

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