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A single case study to evaluate efficacy of *Tamra Bhasma* on hypothyroidism.

Shivani J. Mishra¹, Sachin Sheth², Baban Rathod³

1. P. G. Scholar,

2. Guide and Assistant Professor,

3. Professor and H.O.D.,

P.G. Dept. of Rasashastra, APM's Ayurved Mahavidyalaya,
 Sion, Mumbai, Maharashtra, India

***Corresponding author:**
 dr.shivanimishra25@gmail.com

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Abstract:

Ayurvedic medicines are often considered effective for chronic and lifestyle disorders. Hypothyroidism is clinical condition in which there is a *kapha –vata vruddhi* is taking place which shows the symptoms like increased body weight, fatigue, loss of appetite, muscle cramps, and frequent muscle aches, hair fall, irregular menses. Sometimes hypothyroidism does not show any symptoms but on investigation there is a change in thyroid hormones level. So, we have to rule out the disease condition before starting the treatment.

Hypothyroidism is a common disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone. There is no direct reference of thyroid in ayurvedic classics but *Galaganda* and *Gandamala* have been frequently used in these classics. Ayurvedic management of hypothyroidism is much effective and preventive as compare to modern treatment.

Introduction:

Hypothyroidism refers to any state that results in a deficiency of thyroid hormones, including hypothalamic or pituitary diseases and generalized tissue resistance on thyroid hormone and disorders that affect the thyroid gland directly^[1]. Hypothyroidism is the most common form of thyroid disorder and is very commonly encountered problem in clinical practice. It is arguably among the commonest endocrine disorder worldwide. India too, is no exception. According to a projection from various studies on thyroid disease, in India 42 million people are suffering from thyroid disorders.

Though any disease condition is not described in *ayurveda* which is similar to hypothyroidism yet, several references are scattered in various texts. Eight types of *nindita purushas* can be described on the basis of various hormonal disorders^[4]. If we try to have a keen insight to the pathogenesis of hypothyroidism according to the principles of *ayurveda*. We find that it is basically caused due to dysfunction of the *agni*^[2]. *ypo-function* of *jatharagni*, which in turn, affects *dhatvagni*, eventually brings out pathological sequence and ultimately, the diseased condition developed.

Inspite of many advances, the modern management of hypothyroidism still remains unsatisfactory. Excessive thyroid hormone replacement carries the potential for serious long term metabolic complications. (e.g. accelerated osteoporosis, drug intolerance, hypersensitivity, the danger of acute and chronic complications). The most important to search out safe, effective and cheaper remedies. Such remedies could be explored from the huge wealth of *ayurveda*.

Aim:

To know the efficacy of *tamra bhasma* in hypothyroidism.

Objectives:

- Literary study of hypothyroidism.
- Literary study of *tamra bhasma*.

Material and Methods:

- *Tamra bhasma* was given in a dose of 250 mg thrice a day in *adhobhakta kal* with lukewarm water for 90days with follow up by interval of 15days.

Patient Name	ABC
Age	28 years
Marital Status	Married
Sex	Female
Weight	80kg
Height	5 ft
Prakruti	Kapha vataj

Hetu:

Dadhi sevan, kaphkar aahar vihar, Divaswap, Avishyandi aadhar^[2]

Lakshan: Subjective criteria:

Symptom	Severity	Duration
Obesity	+++	8 months
Fatigue	+++	8 months
Tiredness	+++	6 months
Loss of Appetite	+++	6 months

Objective criteria:

Investigation (Reports dated 20/4/2018)

T₃ - 119.94 ng/dl

T₄ - 4.05 ug/dl

TSH- 68.09uiu/ml

Results: After Treatment:

	Before Treatment	After Treatment
Symptom	Severity	Severity
Obesity	+++	++
Fatigue	+++	+
Tiredness	+++	+
Loss of Appetite	+++	+

Objective criteria:

Investigation (Reports dated 27/7/2018)

T₃- 84.89 ng/dl

T₄- 9.70ug/dl

TSH- 3.00uiu/ml

Discussion:

Hypothyroidism is abnormality of *jatharagni* and *dhatwagni* along with abnormality of *kapha* and *vata dosha* as well as *rasavaha*, *raktavaha*, *medovaha*, *manovaha srotas*^[2]. The line of treatment with specific target to *rasavaha*, *mansavaha*, *medovaha* and *manovaha*. In today's hitech and competitive world people are leading a stressful life and as the thyroid gland is very sensitive to stimuli like stress and anxiety, the global incidence of hypothyroidism is increasing.

The allopathic treatment is accompanied with many side effects like infertility, osteoporosis, impaired diastolic function and exercise capacity, high blood pressure, increased thickness of intima media and increased risk of coronary heart disease.^[4] Management of hypothyroidism with synthetic thyroid hormone derivatives are cost expensive and makes the patient drug dependent till the end of mortal life. For better, safer and long lasting therapy of hypothyroidism is the need of hour.

It is already mentioned in *Rasatarangini*.

Tamra bhasma is *tikta*, *katu*, *kashay rasatmak*, *ushna viryatmak*, *vata-kapha shamak*, *lekhan* properties. All the above properties mentioned in

rasatarangini , according to that *tamra bhasma* act on hypothyroidism. When *bhasmas* are prepared then particle size is reduced till nano particles. This helps the medicine to reach to the each and every smallest cell of the body.

Conclusion:

Based on clinical sign and symptoms, *tamra bhasma* was found to be safe and effective in the management of hypothyroidism. So, we may conclude that treating hypothyroidism patients with *tamra bhasma* may be valuable for bringing their thyroid hormone levels into normal range.



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End of article