

Hamsapadyadi Kashaya in thyroid disorders

Thyroid hormones, T3 and T4, regulate metabolism. As a result, gastrointestinal manifestations like indigestion and constipation develop in thyroid disorders. Hamsapadyadi Kashaya helps to regulate metabolism. Ingredients of Hamsapadyadi Kashaya are Hamsapada, Vasa, Nimba, Pippali, and Guduchi, which normalize thyroid function and prevent the growth of the thyroid gland (goiter and goiter-like conditions).



Metabolic syndrome, obesity and insulin resistance are the common manifestations of goiter, which can be overcome by using Hamsapadyadi Kashaya. Since Hamsapadyadi Kashaya regulates the thyroid gland, it is useful to treat both hypo- and hyperthyroidism. Vasa in Hamsapadyadi

Kashaya helps to fight inflammation, while Guduchi nourishes Sapta Dhathu (acting as an immunity booster); Nimba is proven to improve hypothyroidism in a clinical trial. Vardhamana pippali prayoga is found effective in the treatment of hyperthyroidism. Hamsapadyadi kashaya can be administered with Kanchanara Guggulu and Amritha Satva for better results.

Inside

Thyroid disorders and their management

2

Kanchanara in hypothyroidism: What two clinical trials say?

4

Thyroid disorders and their management

Introduction

There has been an explosive increase in the prevalence of thyroid disorders in India. The prevalence is said to have reached an epidemic proportion.¹ It is estimated that about 2.9% of the Indian population has thyroid disorders – a **whopping five crore population**.² Besides, an almost similar percentage of people (2.8%) have subclinical thyroid disorders.³ Therefore, the burden of thyroid disorders is huge in India.

There are several reasons for this high prevalence of thyroid disorders – a rise in autoimmunity, rapid iodization, and obesity. Besides, easy accessibility to thyroid function tests could be another reason. A lack of availability of mechanistic studies, a lack of clear understanding of pathology, a lack of supportive clinical data, and gaps in understanding the genetic basis of the disease make long-term management of thyroid disease challenging.¹

Thyroid and Ayurveda

While Ayurveda directly explains the manifestations of hypothyroidism – goiter and goiter-like disorders as Galaganda and Gandamala; there is no clear explanation of disorders of hyperthyroidism. The thyroid disorders may correlate better with Sthoulya and Karshya, as mentioned in the Ashtou Ninditiya Adhyaya of Charaka Samhita. Besides, in most cases of thyroid abnormalities, patients do not have nodular swellings in the neck (called goiter).⁴

Symptoms of Sthoulya correlating with Hypothyroidism	Symptoms of Karshya correlating with Hyperthyroidism
<ul style="list-style-type: none">• Sthoulya/Weight gain• Javoparodha/lethargy• Krucchravyavaya/reduced libido• Dowrbalya/fatigue• Atikshut/increased appetite• Atipipasa/increased thirst• Ayusho hrasa/increased mortality (could be due to complications like heart disease)	<ul style="list-style-type: none">• Na sahati vyayamam/easy fatigue• Kshaya/weight loss• Shwasa/palpitation• Grahani/diarrhea• Shushka nithamba-udara-greeva/Muscle wasting• Sthula parva/visible joints due to muscle wasting

Management from an Ayurvedic Perspective

There are several aspects to the management of thyroid disorders. Management is based on dosha-dooshya, aavarana and Lakshana are recommended. Lifestyle modifications can give further necessary support to the patient. Besides, since thyroid hormones also impact the patient's psychology, measures like Yoga and other Manoroga chikitsa can be very helpful. Eating food rich in fruits and vegetables, sufficient exercise, and exposure to sunlight are recommended as lifestyle modifications.⁴⁻⁶

While hyperthyroidism is majorly vata-pittaja, hypothyroidism is vata-kaphaja. Commonly used herbs and Yogas in hyper- and hypo-thyroidism are listed below.⁴⁻⁹

Treatments useful in hypo- and hyper-thyroidism	
Hypothyroidism	Hyperthyroidism
<p>Herbs</p> <ul style="list-style-type: none"> • Brahmi (<i>Bacopa monnieri</i>) • Guggulu (<i>Commiphora mukul</i>) • Kanchanara (<i>Bauhinia purpurea</i>) • Ashwagandha (<i>Withania somnifera</i>) • Apamarga (<i>Achyranthes aspera</i>) • Kustha (<i>Saussurea lapa</i>) • Aamra (<i>Mangifera indica</i>) 	<p>Herbs</p> <ul style="list-style-type: none"> • Yashtimadhu (<i>Glycyrrhiza glabra</i>) • Shankhapushpi (<i>Convolvulus pluricaulis</i>) • Guduchi (<i>Tinospora cordifolia</i>) • Shatavari (<i>Asparagus racemosus</i>) • Aswagandha (<i>Withania somnifera</i>) • Sarpagandha (<i>Rauvolfia serpentina</i> L.) • Amalaki (<i>Embllica officinalis</i> Gaertn.) • Methi (<i>Trigonella graceum</i> L.) • Bilwa (<i>Aegle marmelos</i> L. Correa) • Tulasi (<i>Ocimum sanctum</i> L.) • Shigru (<i>Moringa oleifera</i> auct.non Lam)
<p>Compound formulations</p> <ul style="list-style-type: none"> • Kanchanar Guggulu • Varunadi Kasaya • Hamsapadyadi Kashaya • Aswagandharista • Trifala • Chandraprabha Vati • Combination of Kanchanar Guggulu, Trivit Avaleha and Varunadi Kasaya 	<p>Compound formulations</p> <ul style="list-style-type: none"> • Panch-Tikta-Ghrut-Guggulu • Triphala-Guggulu • Punarnavadi-Guggulu • Maha-Manjishthadi-Qatha • Bilva-Avelaha • Kumariasav • Gandharva-Haritaki
<p>Herbomineral preparations</p> <ul style="list-style-type: none"> • Mandura bhasma • Loha bhasma • Ayaskriti • Shilajatu prayoga • Arogyavardhini vati with Amahara kashaya • Kupipakwa rasayana 	<p>Herbomineral preparations</p> <ul style="list-style-type: none"> • Abhraka bhasma with Kalyanaka ghritha/saraswata ghritha • Pravala bhasma/Shankha bhasma with vidaryadi ghritha/kashaya/ madhu • Pravala panchamrutha • Kamadugha rasa • Kupipakwa rasayana • Swarna bhasma
<p>Aasana:</p> <ul style="list-style-type: none"> • Sarvangasana • Matsyasana • Halasana • Surya-namskar • Naukasana 	<p>Yoga:</p> <ul style="list-style-type: none"> • Sarvangasana • Surya-namaskar • Halasana • Matsyasana
<p>Pranayama:</p> <ul style="list-style-type: none"> • Suryabhedana • Anulom- viloma • Ujjayi 	<p>Pranayama:</p> <ul style="list-style-type: none"> • Sheetali and Sheetkari • Naadi Shodhan • Bhramari • Ujjayi

Conclusion

The prevalence of thyroid disorders is increasing to epidemic proportions in India. Since the condition is not clearly explained in Ayurveda, the management is based on dosha-doosha, aavarana and Lakshana is recommended. There are several herbs, formulations, herbominerals and yoga available for the treatment of thyroid disorders.

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Kanchanara in hypothyroidism: What two clinical trials say?

Kanchanara guggulu is widely used in the management of thyroid disorders. Here are the two studies that explored Kanchanara Guggulu's effects on hypothyroidism.

A study by Mhatre showed a significant reduction in symptoms like edema, muscle cramp, dry skin, puffiness of the face, hair loss, excessive sleep and lethargy on using Kanchanara Guggulu for 30 days. There was also a significant reduction in cholesterol and thyroid-stimulating hormone (TSH) levels. The TSH levels decreased from 6.322 mIU/L at baseline to 4.64 mIU/L after three months. The researchers identified the following Dosha and Dooshya in 30 patients included in the study – Avlambaka Kledaka Vata - Samana and Rasa Dhatu.¹

Kombe and Kucheshwar performed a randomized active-control study. In the study, Kanchanara Guggulu was compared with Levothyroxine 25 mg, both administered for a duration of 90 days. There was a significant

decrease in body weight and body mass index (BMI) with Kanchanara guggulu but the reduction was not significant with Levothyroxine.²

There was a significant reduction in TSH levels in both groups. With Levothyroxine, TSH levels decreased from 7.43 mIU/L at baseline to 4.83 mIU/L at day 90, whereas, with Kanchanara Guggulu, it decreased from 7.50 mIU/L at baseline to 5.71 mIU/L at 90 days. In comparison, the TSH level decreased more significantly in the Levothyroxine group. A significant increase in T3 levels was observed with Kanchanara Guggulu – from 87.8 ng/dL to 93.55 ng/dL on day 30, whereas in the Levothyroxine group, the increase was from 79.65 ng/dL to 84 ng/dL. Similarly, T4 levels increased from 6.62 µg/dL at baseline to 6.95 µg/dL at day 30 in the Kanchanara Guggulu group; in the Levothyroxine group, the increase was from 6.72 µg/dL to 7.13 µg/dL, which was significant. Kanchanara Guggulu was also effective in improving symptoms.²

Conclusion

Kanchanara Guggulu effectively reduces TSH levels and improves symptoms of hypothyroidism. When we see the results of the two studies, prolonged administration (90 days) could give better results on TSH level reduction compared to a shorter duration of administration (30 days).

References

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Mail: sdpayurveda@gmail.com Website: www.sdpayurveda.com