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## Hypothyroidism: An Ayurvedic and Modern Correlation

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### Abstract:

Hypothyroidism is a prevalent endocrine disorder characterized by insufficient production of thyroid hormones. Ayurveda, the traditional Indian system of medicine, explains hypothyroidism under the concept of Agnimandya and Dhatvagnimandya, focusing on the imbalance of Doshas, particularly Kapha and Vata. This review aims to correlate the modern understanding of hypothyroidism with Ayurvedic principles by analyzing its Nidana (etiology), Samprapti (pathophysiology), symptoms, and treatment perspectives. The study uses both classical Ayurvedic texts and modern endocrinology literature to establish a comparative framework. The discussion highlights potential integrative approaches to diagnosis and management. The prevalence rate of Hypothyroidism in India is 11%. Women's are affected approximately six times more than men's.

**Keywords:** Hypothyroidism, Agnimandya, Dhatvagnimandya Samprapti, Thyroid dysfunction, Endocrine disorders.

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**INTRODUCTION:**

1. The prevalence rate of Hypothyroidism in India is 11%. Women's are affected approximately six times more than men's.
2. It occurs when the thyroid gland fails to produce sufficient thyroxine (T4) and triiodothyronine (T3) hormones. In Ayurveda, although the thyroid gland is not explicitly described, its functional analogy lies with Agni, particularly Dhatvagni, which governs tissue metabolism.
3. This paper aims to explore the correlation between the biochemical and pathological manifestations of hypothyroidism in modern medicine with the Ayurvedic concept of Agnimandya and associated Dosha imbalances.

**Aim:**

To critically analyze the concept of Agnimandya as described in Ayurvedic texts and correlate it with the clinical features, pathogenesis, and management of Hypothyroidism in modern medicine, with the purpose of exploring integrative and holistic treatment approaches.

**Objectives:**

1. To study the classical Ayurvedic concept of Agnimandya, including its etiopathogenesis (nidāna and samprāpti), clinical features (lakṣaṇa), and stages of progression.
2. To review the modern medical understanding of Hypothyroidism, including its immunopathology, clinical presentation, diagnostic criteria, and complications.
3. To establish a comparative correlation between Agni and Hypothyroidism based on similarities in clinical presentation, chronicity, systemic effects, and joint involvement.
4. To analyze the Ayurvedic approach to management of Hypothyroidism through shodhana (purificatory), shamana

(palliative), and rasayana (rejuvenative) therapies.

**Methodology:**

This review is based on an in-depth analysis of classical Ayurvedic texts including the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, along with modern endocrinology literature, clinical guidelines from the American Thyroid Association, and peer-reviewed articles from PubMed and Google Scholar.

**Nidana:****A) Ayurvedic Perspective**

According to Ayurveda, the primary cause is Agnimandya, which leads to the formation of Ama (toxins) and imbalance of Kapha and Vata. Key Nidanas include:

Ajeerna (indigestion)  
Guru Ahara (heavy food)  
Atinidra (excess sleep)  
Avyayama (lack of physical activity)  
Manasika Nidanas (mental stress and grief)

(Charaka Samhita, Sutra Sthana 28/7)

(Eating during indigestion brings hundreds of diseases)

**B) Modern Perspective**

Common etiological factors include:

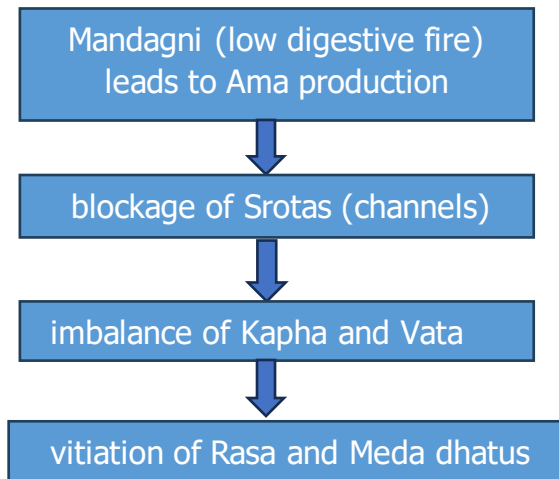
Autoimmune thyroiditis (Hashimoto's disease)  
Iodine deficiency  
Post-thyroidectomy or radioactive iodine therapy  
Congenital hypothyroidism  
Medications such as lithium and amiodarone

**Samprapti****A) Ayurvedic View**

(Ashtanga Hridaya, Sutrasthana 13/25)

(In the presence of Mandagni, Doshas are not digested and result in various diseases)



**B) Modern View**

Primary hypothyroidism: Failure of the thyroid gland to produce T3/T4

Secondary hypothyroidism: Dysfunction in the pituitary or hypothalamus

Laboratory features: ↓T3, ↓T4, ↑TSH in primary; ↓TSH in secondary

**Metabolic impacts:**

Decreased basal metabolic rate

Reduced thermogenesis

Altered protein, lipid, and carbohydrate metabolism

**Clinical Symptoms Comparison Table**

Ama lakshan	Symptoms of Hypothyroidism
Strotorodha	Stunned growth
Bal bhrinsha	Delayed development milestones, Cold intolerance, Mental impairment
Gaurava	Swollen puffy, Oedematous face, weight gain
Anil mudhata	Slow HR, joint pain, inability to concentrate
Aalasya	Lethargy, sleepiness
Aruchi Apakti	Decrease appetite and BMR
Malasanga	Constipation

**Diagnosis:**

Modern TSH, Free T3, Free T4 levels

Ayurveda Rogabala, Doshabala, Agnibala, Nadi, Mala, Jihva, Mutra

**Management Approaches:**

Modern Levothyroxine hormone replacement therapy

Ayurveda Deepana-Pachana (stimulate Agni)

Kaphahara- Kanchnar Guggula etc.

Medohara – Medopachak vati, etc.

Deepan- Trikatu, Hingwashtak etc.

Panchakarma - Virechana, Vaman

**DISCUSSION:**

There is a significant conceptual overlap between the two systems.

In Ayurveda Agni is main factor which directly related with thermogenesis and metabolic activities in body. The main action of thyroid hormone is to act as a spark to start up body metabolism at cellular level.

**CONCLUSION:**

Hypothyroidism can be considered as a condition which results into Dosha dushti. - Kapha vata dosha vrudhiand pitta kshya results in agnimandya. dhatwagni mandya. this vitiation of Agni results in formation of ama nirmiti. Dosha pratyantik chikitsa will help to manage this condition better. Rasayan will help to managing condition as it helps in strotomukh vishodhan. The drugs like hingwashtak choorn, trikatu choorn will work better in hypothyroidism because of its deepan, pachan & kaphagna properties. Thus, with Ayurveda we heal the root imbalance of hypothyroidism rather than treat symptoms for the remainder of patient's life.

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