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INTERNATIONAL JOURNAL OF DIAGNOSTICS AND RESEARCH**Hypothyroidism and Ayurveda: Bringing Modern Causes with Ancient Texts**Dr.Aanchal Gupta¹, Dr. Sanjay Shukla², Dr. Rupendra Chandrakar³¹PG Scholar, Shri N.P.A Govt Ayurved College, Raipur (C.G.)²Reader, Dept. Of Roga Nidana Evam Vikruti Vigyan, Shri N.P.A Govt Ayurved College, Raipur(C.G)³Reader, Dept of Samhita Siddhant, Shri N.P.A Govt Ayurved College, Raipur (C.G.)

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Abstract

Hypothyroidism—a condition where the thyroid gland fails to produce enough thyroid hormones—is increasingly common in today's world. Fatigue, weight gain, constipation, cold intolerance, depression, and menstrual irregularities are just a few of its many symptoms^[1]. While modern medicine attributes it to autoimmune conditions (like Hashimoto's thyroiditis), iodine deficiency, and stress, *Ayurveda* offers a unique lens through which we can understand not just the symptoms, but the root causes behind the understanding Hypothyroidism in Modern lifestyle.

Keywords: Hypothyroidism, Thyroid hormones, *Ayurveda*, Modern lifestyle**Introduction :**

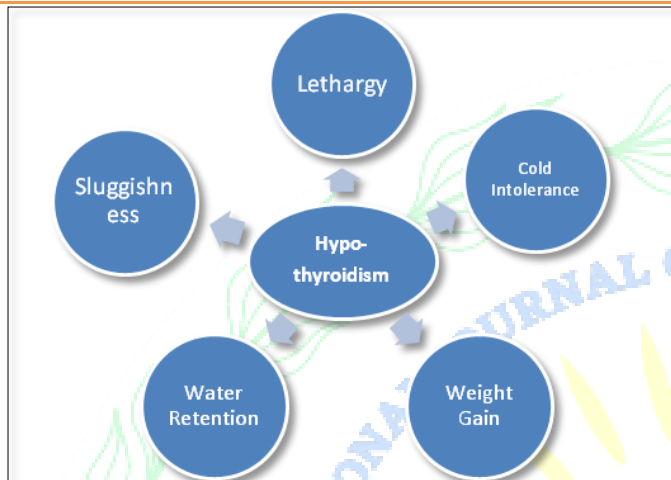
In allopathic terms, hypothyroidism is a hormonal disorder characterized by :

- Underactive thyroid hormone production (T3, T4)
- Elevated TSH (Thyroid Stimulating Hormone)
- Most commonly caused by autoimmune inflammation of the thyroid (Hashimoto's)

However, *Ayurveda* doesn't name the thyroid gland specifically in ancient texts. Instead, it analyzes diseases through *Doshas* (*Vata*, *Pitta*, *Kapha*), *Dhatus*, *Agni* (digestive/metabolic fire), and *srotas* (channels). Many aspects of hypothyroidism mirror an imbalance of these elements.

Lensing hypothyroidism through Ayurveda :

Hypothyroidism as a Disease of *Kapha* and *Meda Dushti*. - *Kapha* Dominance and Hypometabolism



Hypothyroidism Symptoms

Hypothyroidism Symptoms: lethargy, cold intolerance, weight gain, water retention, sluggishness—are clear signs of *Kapha* aggravation [2]. *Ayurveda* describes *Kapha* as heavy Guru (heavy), Sheet (cold), Manda (slow), and *Sthira* (stable), all of which reflect a low metabolic rate similar to hypothyroid conditions [3].

Kapha vitiation leads to *Manda Agni* (low digestive fire), which is the root of *Ama* (toxic, undigested metabolic waste) formation. This *Ama* obstructs the *Srotas* (channels), impairs *Dhatu* nourishment, and results in systemic sluggishness—paralleling hypothyroid physiology.

Meda Dhatu and Obesity :

Meda (fat tissue) is often involved in metabolic diseases in *Ayurveda*. In hypothyroidism, weight gain, puffiness, and increased fat accumulation point toward *Meda Dhatu Dushti*. When *Meda* becomes excessive or improperly formed, it creates further heaviness, hormonal imbalance, and toxin retention-amplifying *Kapha Dosha* and slowing metabolism.

Rasa Dhatu Dushti and Hormonal Imbalance

Ayurveda views *Rasa Dhatu* as the plasma and lymphatic system, the primary carrier of nutrition and hormones. Improper formation of *Rasa Dhatu* due to *Manda Agni* and *Ama* leads to poor hormonal secretion. Since the thyroid is part of the endocrine system, this impairment may result in under functioning of glands like the thyroid.

Manas (Mind) and Agni: Role of Stress

Modern science recognizes stress as a trigger for autoimmune thyroiditis. WHO also recognizes complete mental and emotional well-being essential for health and not merely the absence of diseases [4]. *Ayurveda*, too, links emotional imbalances (stress, grief, over thinking) with deranged *Agni* and *Dosha* imbalance [5] - especially *Vata* aggravation and subsequent *Kapha* blockage. Prolonged mental stress weakens *Ojas* (vital immunity) and derails the mind-body balance [6], creating a breeding ground for systemic dysfunction including thyroid disorders.

Nidana Relevant to Modern Hypothyroidism

Ancient *Ayurvedic* texts like *Charaka Samhita* and *Ashtanga Hridaya* enumerate certain causes (*Nidana*) that align closely with modern triggers of hypothyroidism:

Ayurvedic cause	Modern correlation
Ati-snigdha Ahara	Junk food, processed fats
Alpa vyayam	Sedentary lifestyle
Diwaswapa	Disturbed biological rhythm
Mandaagni	Poor metabolism, gut dysfunction
Manasika hetu	Chronic stress, anxiety, depression
Ama Janya	Systemic inflammation, autoimmunity
Beeja Dushti	Hereditary predisposition

Hypothyroidism and Galaganda : An Ayurvedic Connection :

In certain cases, when the thyroid becomes visibly enlarged (goiter), Ayurveda equates this with *Galaganda*, a condition described in classical texts as a swelling in the throat region due to *Kapha* and *Vata* imbalance [7]. Though not a complete description of hypothyroidism, *Galaganda* covers the structural manifestation of thyroid issues and is managed with herbs that are still effective today. *Ayurvedic Management Approach for Hypothyroidism* *Ayurveda* focuses on root-cause elimination, balance restoration, and Agni strengthening. A typical protocol includes:

1. Agni Deepana and Ama Pachana:

- **Herbs:** *Trikatu*, *Chitraka*, Dry Ginger, *Hing*
- **Purpose:** Restore digestive fire & clear toxins

2. Kapha and Meda Shamana:

- **Herbs:** *Guggulu*, *Triphala*, *Musta*, *Punarnava*
- **Purpose:** Regulate fat metabolism and reduce excess *Kapha*

3. Liver Stimulation:

- The liver plays a key role in converting T4 to active T3 hormone.
- **Formulations:** *Arogyavardhini Vati*, *Liv-52*, *Bhumi Amla* etc

4. Stress Management:

- **Rasayanas:** *Ashwagandha*, *Brahmi*, *Mandukaparni*
- Help in adrenal balance, stress control, and rejuvenation

5. Panchakarma Therapies:

- *Vamana* (therapeutic emesis) and *Basti* (medicated enemas) are used for detox and *dosha* balance.

- *Abhyanga* (oil massage) and *Nasya* (nasal oil) nourish the nervous system and throat region.

5. Diet and Lifestyle Recommendations:

Favorable Foods -

- Warm, light, and easy-to-digest meals
- Use spices like ginger, black pepper, cinnamon
- Include vegetables like bottle gourd, ridge gourd, drumstick

6. To Avoid:

- Cold, raw, oily, and dairy-heavy foods
- Excess sugar, processed snacks
- Daytime sleep and night awakenings

7. Lifestyle Tips:

- Daily exercise like brisk walking or yoga
- Pranayama and meditation to reduce stress
- Sun exposure for natural Vitamin D and hormonal rhythm

Discussion:

As *Ayurved* always says that naming each and every disorder is not possible. Diseases emerging in modern era might seem new and challenging, but are always sooner or later found embedded in concepts of *ayurved*. Any disease occurring in the body are never beyond the core principles of *Ayurved* (*Tridosha Siddhant*, *Dhatu Vaishamya Awastha*). It only requires the vision to understand and treat the *Dhatu Vaishamya* in order to achieve *Aarogya*. As explained above, the so called modern day issue, Hypothyroidism has been previously correlated with *Galganda* mentioned in *Ayurveda* by many commentators.

Conclusion :

Hypothyroidism may seem like a modern ailment rooted in sedentary living, fast food, and stress—but its true causes were already deeply understood by *Ayurvedic* seers millennia ago. Whether it's *Manda Agni*, *Ama*, *Kapha* excess, or *Manasika Hetu*, all of these factors lay the foundation for what modern science today defines as thyroid dysfunction.

By acknowledging the timeless wisdom of *Ayurveda* and integrating it with current diagnostics, we can approach hypothyroidism not just as a hormone deficiency, but as a multi-system imbalance that can be corrected through natural, holistic, and individualized care.

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