ROLE OF VAMAN IN KAPHAJA GALAGANDA W.S.R. TO HYPOTHYROIDISM: AN AYURVEDA PERSPECTIVE

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ABSTRACT
Metabolic disorders are very common disorders throughout the world which affects physical, psychological and social changes; Hypothyroidism is one of them which is a bahudoshavastha as per Ayurveda. Shodhanachikitsa is considered as choice of treatment for Hypothyroidism. The prevalence of disease is more in women as compared to men. The disease involves deficiency in thyroid secretion which effects metabolism. The clinical presentation of hypothyroidism as per Ayurveda is Kaphavritta Udana Vata, Kaphavritta Samana Vata, Kaphaja Pandu, Kaphaja Grahani & Bahudoshavastha etc. The treatment involves Srotoshodhana, Agnideepana and Vatanulomana approaches. As per Ayurveda it is considered as dhatvagni-mandya, since shodhana helps to balance metabolism through dhatutsarmayata. Various researchers proved efficacy of panchakarma in Hypothyroidism, present article summarized vamana as potential therapy for Hypothyroidism.

KEYWORDS: Hypothyroidism, Panchakarma, Vamana, Shodhanachikitsa.

INTRODUCTION
Ayurveda dealt disorders of thyroid gland under Galganda & Kaphajasrotha, hypothyroidism is one of them which involve; abnormality of Jatharagni and Dhatwagni associated with abnormality of Kapha and Vata Dosha; disease also involve improper functioning of Rasavaha, Rakta vaha, Medovaha, Sukravaha and Manovaha Srotas. Hypothyroidism possessed abnormality of Medovaha Srotas which play significant role in the pathogenesis of hypothyroidism. The treatment approaches involve boost functioning of Rasavaha, Mamsavaha, Medovaha & Manovaha Srotas & pacifying Vata Dosha. The drugs of choice for same are Tinospora cordifolia, Aswagandha, Silajit & Guggulu, etc.

Urdhva (Vamana) and Adhoshodhana (Virechana) offer beneficial effects in disease since both therapies possess ability to remove Kapha and pacify Vata, which are dominant in Hypothyroidism. Kapha Vatahara, Ushna and Vatanulomana drugs may be applied for disease management. Vamana Karma offer significant result in Hypothyroidism and results may be attributed to the Kaphavritta agnimandya janya vyadhi nashak property of Vamana Karma. Many pacifying drugs like Pippali, Bhillataka, Panarnava, Amrita, Guggulu & Vidanga which possess Kapha-vatahara, Agni-deepana, Medohara & Avarana-nashak properties may also be used for same purpose.1-5

Figure 1. Samprapti (Pathogenesis) of Hypothyroidism.

Symptoms of Hypothyroidism
- Appetite disturbance.
- Constipation.
- Anaemia.
- Menstrual disturbance.
- Cold intolerance.
Sleep disorders.
- Pigmentation of skin / hairs.
- Weakness.

**VAMAN KARMA IN HYPOPHYROIDISM**

The disease possesses involvement of Kaphadosha, rasadhatus & rasi-dhatwaguni-mandya. The traditional methods of detoxification may help to pacify such etiological factors; literary study suggests clinical significance of Vaman Karma as shodhana chikitsa in Hypothyroidism. The Shodhanas Vamana Karma offer significant relief in Kaphavrini agnimandya janya vyadhi such as hypothyroidism. Ayurveda also recommended use of soothing drugs after purification to pacify remaining Doshai. Before performing Vamana Karma it is essential to perform oleation therapy to extracted Kapha into the gut. Use of digestive medicine such as; Trikatu churna, Chitrakadi Vatii & Hingwashtaka Churna before Vamana therapy may offer better detoxification through gut. The Sneha karma (oleation) & oil massage (sweating therapy) before Vamana help to liquefy or loosen toxins (kapha) which easily get evacuated Vamana.

The patient should relax (sleep) properly before vamana to ensure complete digestion of ingested food since indigestion may produce ama & affect efficacy of vamana karma.

The drugs which are used to induce emesis in hypothyroidism patient should be selected as per the nature of patient’s bowels (Koshta). The decoction (Kashaya) of the fruit of Madanaphala along with honey, Phanita and the powder of Madhuka may be used for same purpose.

**Poorva Karma of Vaman Karma in Hypothyroidism**
- Trikata Choorna may be used which offer deepana-pachana.
- Shuntigritta also recommended for snehapana effect.
- Murchitataila may be employed as abhyanga.

**Pradhan karma of Vaman Karma in Hypothyroidism**

*Madanaphalippalli choorna with saindhav & madhia with Vasimadhuphanta as vamanopagadravya.*

**Paschatkarma of Vaman Karma in Hypothyroidism**

General Sansarjana Krama need to be followed, relaxing or resting period should be decided after Vamana Karma. Consideration of Ahara/Vihara & Pathya/Apathya.

**Advantages of Vamana Karma in Hypothyroidism**
- Thyroid gland situated as Urdhwaabhag which is a Kapha-sthana & thus Vamana Karma easily evacuates dosha, as “Margasaumipya”.
- The disease conditions are kaphaja-nanatmaavikara/kaphajagalaganda/kaphajashotha and Vamana Karma offer significant relief in kaphaja vyadhi.
- Vasantikavamana not only relive the disease symptoms but also avoid further progression and complication of the disease.[6-10]

**CONCLUSION**

Article presents clinical significance of vamana in hypothyroidism. The literary review suggest that purification methods followed by palliative therapy offer significant relief in hypothyroidism. The traditional text of Ayurveda described that vamana (controlled emesis) offer most significant relief in hypothyroidism as compared to other detoxification process since vamana possess ability to pacify kapha dosha which is to be considered root cause of disease. Further literature suggests that use of vamana along with conduction of healthy regimens; dinacharya & ritucharya cure disease significantly. Ayurveda also mentioned that combined therapy vamana along virechana followed by shaman chikitsa provide better relief in hypothyroidism.

**REFERENCES**