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"A Role of Kanchanara Shunthi Kwatha in the Management of Dhatwagnimandya W.S.R. to Hypothyroidism"

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Abstract

Hypothyroidism is a condition in which the thyroid gland is not able to produce enough thyroid hormone.[i] The main purpose of thyroid hormone is to 'run the body's metabolism so it is understandable that in hypothyroidism, people will have symptoms associated with a slow metabolism. The prevalence of hypothyroidism in India is 11%, compared with only 2% in the UK and 4·6% in the USA. The sign and symptoms of hypothyroidism are notorious for their non specific nature. It leads to a whole life of pathological events and makes the affected person to remain dependent on hormonal replacement therapy throughout his life. Thus, there is an increasing demand to understand the hypothyroidism in view of Ayurveda and to establish the management through Ayurvedic system of medicine. On the basis of Ayurvedic principles, we can understand the pathology of hypothyroidism as the 'Dhatwagnimandya' at systemic and cellular level which can be understood as decreased caloric expenditure (hypo-metabolism) in modern science. Hypo functioning of Jatharagni, which in turn, affects bhutagni and dhatwagni, eventually, brings out pathological sequence & ultimately, the diseased condition developed. In this article, effort is made to review some Ayurvedic herbs for correction of imbalance in Agni and faulty function of the thyroid gland. Administration of Kanchanara Shunthi Kwatha checks and controls dhatwagnimandya at basic level. The contents of this drug are easily available and very effective.

Keyword – Hypothyroidism, Agni, Dhatwagnimandya, Kanchanara Shunthi Kwatha

Introduction

In the current highly civilized era, stress and strain and changing of life style of modern human being has created several disharmonies in his biological system. This has resulted in various metabolic disorders. Among these disorders, hypothyroidism is one of the most significant disharmony whose incidence increases day by day. It is second only to diabetes mellitus as the most common endocrine disorder[ii]. The prevalence of hypothyroidism in India is 11%, compared with only 2% in the UK and 4·6% in the USA.[iii] According to a projection from various studies on thyroid disease, in India 42 million people are suffering from thyroid disorders, out of which hypothyroidism is most common with prevalence of 5.4%[iv]. It is more prevalent among the females with male female ratio being 1:6[v].

Aims & Objectives

To evaluate clinical efficacy of Kanchanar Shunthi Kwatha in the management of Dhatwagnimandya W.S.R. to Hypothyroidism

Materials and Methods

1 Literary sources of ayurveda, modern medical science, various medical journal and internet were referred to collect the relevant materials.

Drug Review

As described earlier that the main factor responsible for the manifestations of hypothyroidism is the "agnimandya", hence drugs acting on agni, having deepana, paachana, srotoshodhaka, medohara, lekhana and karshanapradhana properties are likely to check the basic pathogenesis of hypothyroidism.

Among the wide varieties of drugs mentioned in ayurveda textbooks **Kanchanara Shunthi Kwatha** has been chosen for the study as to establish its efficacy in successful treatment of hypothyroidism. Kanchanara Shunthi Kwatha mentioned in Bhaishjya Ratnawali in Gandmala rogadhikar, contains kanchanara twak along with Shunthi as prakshepa dravya.

Administration of Kanchanara Shunthi Kwatha checks and controls agnimandya at basic level. Contents of this drug are easily available, cheaper & easy to use as there is no special measure or precaution that needs to be taken during its administration.

Trial Drug – Kanchanara Shunthi Kwatha[vi]

Table 1:- Content of Kanchanara Shunthi Kwatha

Sr. No	Name Of Drug	Latin Name	Quantity	Part Used
1	Kanchanar	Bauhinia variegata	50 gm	Bark
2	Shunthi	Zingiber officinale	3gm	Rhizome

Method of preparation

Kanchanara twak was taken in Yavakuta form. Then herbal drug decoction was prepared by adding 4 times water of total weight of the drugs. When 1/8 of water (40ml) remained, then the decoction was filtered. Shunthi powder was added in kwatha as prakshepa dravya.

Mode of administration

Kanchanar Shunthi Kwatha – 40ml, twice in a day empty stomach.

Table 2: Ayurveda properties of Kanchanara[vii]

Rasa	Guna	Virya	Vipaka	Doshgnata	Karma/ Prabhava
Kashaya	Laghu, Ruksha	Sheeth	Katu	Tridoshahar	Gandamala-Nashna

Table No. 3: Ayurveda properties of Shunthi[viii]

Rasa	Guna	Virya	Vipaka	Doshgnata	Karma /Prabhava
Katu	Laghu, Snigdha	Ushana	Madhura	Kapha –Vata Shamaka	Triptighna, Deepan Pachan

In the **Kanchanara Shunthi Kwatha** there was predominance of following –

Rasa - Tikta followed by kashaya rasa

Guna - Laghu, ruksha

Virya - Ushana

Vipaka – Katu followed by Madhura rasa

Dosakarma - Vata kapha nashaka

1) Kanchanara

It promotes the normalcy in hypothyroidism patients as its prabhava as gandamalanashaka. The synonym of kanchanara, gandari itself shows its activity on hypothyroidism.

2) Shunthi

Shunthi along with **laghu guna** also possesses **snigdha guna** and undergoes **madhura vipaka** and thus has anabolic effects on the body. Shunthi acts direct enrichment of the nutritional quality of rasa dhatu and helps in improving tissue nourishment and in production of better qualities of dhatus, due to its snigdha guna and madhura vipaka. Shunthi mollify vata and kapha by its ushna virya and madhura vipaka. Shunthi has also deepana, pachana property which is beneficial in hypothyroidism. Thus, it is clear that shunthi is more effective on jatharagni, bhutagni and dhatwagni level, which not only corrects the jatharagni but also nourish the dhatus.

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Probable mode of action of Kanchanara Shunthi Kwatha in dhatwagnimandya[ix]:

Hypothyroidism is always associated with decreased metabolic rate besides hormonal imbalance. In ayurvedic terminology, there is vitiation of agni, doshas, dushyas and srotas etc. which helps in creating samprati of the dhatwagnimandya. Kanchanara Shunthi Kwatha, after absorbing into body channels, brings out its effect, in vitiated doshas, dushyas & agni by theirs inherent properties.

Dosha: Drugs, by virtue of their katu, kashaya and tikta rasa, tikshna & laghu guna affects kapha dosha and on the basis of madhura rasa & snigdha guna combats vata dosha. Hence, aggregated actions are reflected as kapha vata shamaka.

Dushya: Rasa & Meda are the foremost dushyas getting affected in samprapti of dhatwagnimandya. Various intrinsic characteristics of the drug correct rasa & medo dhatu dushti by acting on agni level.

Agni & Ama: Due to hypofunctioning of agni, formation of ama results as a consequence. Kanchanara Shunthi Kwatha having deepana-pachana properties which fights against agnimandya & ama and finally improves status of dosha, dushya & agni.

Sroto-dushti: Kanchanara Shunthi Kwatha has srotovishodhaka properties by means of its katu rasa & laghu, tikshna guna. Hence it eradicates srotorodha by virtue of its vilyana and pachana karma.

Conclusion

Hypothyroidism is a common chronic metabolic disease. Hormonal therapy is just a part of the management but it has some limitations and side effects, not a whole treatment. As far as the management of hypothyroidism through ayurveda is concerned, hormonal replacement is not possible through drugs. However, one can interpret the pathogenesis of hypothyroidism in the context of ayurveda, in which role of agni is foremost and through its management, whole some normal activity of the thyroid gland may be achieved. So Kanchanara Shunthi Kwatha could play the role and can show its thyrogenic effect. Further, various researches have already been conducted in favour of its thyrogenic effect. So we can use Kanchanara Shunthi Kwatha for the treatment of dhtwagnimandya (hypothyroidism).

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