



Case Study

## A CASE STUDY ON EFFECTIVE AYURVEDIC MANAGEMENT OF HYPOTHYROIDISM

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### ABSTRACT

The thyroid gland is a key component of the endocrine system, regulating metabolic processes, growth, and development through thyroid hormone secretion. The prevalence of endocrine disorders has increased markedly in recent decades, with hypothyroidism emerging as a major public health concern. It affects approximately 2–5% of the global population, while urban India reports a significantly higher prevalence of 10.95%, with a greater burden among females. Psychosocial stress and anxiety further contribute to thyroid dysfunction due to the gland’s sensitivity to neuroendocrine stimuli. Additionally, subclinical hypothyroidism, defined by elevated thyroid-stimulating hormone (TSH) levels with normal thyroxine (T4) levels, often remains underdiagnosed despite its adverse impact on quality of life. These observations underscore the need to investigate hypothyroidism from an Ayurvedic perspective and to develop evidence-based management strategies grounded in traditional medicine. This case report describes a 50-year-old female patient with hypothyroidism, presenting with a six-year history of abdominal heaviness, fatigue, sour belching, loss of appetite, anxiety, hair fall and throat irritation with marked worsening of symptoms over the preceding five months. The patient had been on allopathic treatment for hypothyroidism for six years. Following 3 months of Ayurvedic intervention, significant symptomatic improvement was observed, along with a reduction in serum TSH levels from 7.813 mIU/L to 4.2 mIU/L.

### INTRODUCTION

Thyroid disorders represent the most prevalent endocrine diseases globally. The thyroid gland synthesizes and secretes two principal hormones, thyroxine (T4) and triiodothyronine (T3), which are produced within the follicular cells of the gland. Their secretion into the systemic circulation is regulated by thyroid-stimulating hormone (TSH), released from the thyrotrophs of the anterior pituitary gland. TSH is a key regulator of the hypothalamic-pituitary-thyroid axis and is widely regarded as the most sensitive physiological indicator of thyroid function.

Hypothyroidism, characterized by insufficient synthesis and secretion of thyroid hormones, is associated with substantial clinical consequences. Sedentary behavior and poor dietary patterns are considered important contributing factors to the rising incidence of endocrine disorders, including thyroid dysfunction.<sup>[1]</sup> If left untreated, hypothyroidism may lead to complications such as hypertension, dyslipidemia, infertility, cognitive deficits, and neuromuscular abnormalities.<sup>[2]</sup> Management of symptomatic hypothyroidism with confirmed thyroxine deficiency typically involves replacement therapy with levothyroxine (L-thyroxine), a synthetic, long-acting form of thyroxine.<sup>[3]</sup> Excessive thyroid hormone replacement can cause serious long-term metabolic complications. Hence it is important to search for safe, effective, and affordable remedies in Ayurveda to treat the root cause of the disease. Thyroid hormone replacement therapy may result in thyroid cell atrophy and dysfunction, this therapy

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normalizes TSH hormone level but not treat symptoms of Hypothyroidism significantly.

From an Ayurvedic perspective, hypothyroidism is not attributed to a single disease entity but is understood through multiple pathophysiological constructs based on clinical manifestations. The condition can be interpreted as a disorder involving the vitiation of *Jatharagni* (factor responsible for digestion), *Rasa* and *Meda Dhatvagni*, *Rasa*, *Mamsa*, *Meda Dhatu*, *Kapha* and *Vata Dosha*. Additionally, dysfunction of *Rasavaha* and *Medavaha Srotasa* plays a significant role in the pathogenesis, particularly in metabolic disorders such as hypothyroidism. Clinically, hypothyroidism may manifest through various Ayurvedic disease constructs, including *Ama*-associated conditions, *Rasapradoshaja vikara* (disorders of *rasa dhatu*), *galaganda* (goitre), *kaphaja shotha* (*Kapha*-related edema), and *Vata-kapha* dysfunctions such as *Kaphavrita udana* (*Kaphaavritta Vata*).<sup>[4]</sup> It may also be classified under *Bahudosha avastha*, indicating *Kapha* dominance or multisystem *Doshic* involvement. Clinical presentation varies with individual *Prakriti* (constitutional type), emphasizing the need for a personalized approach to diagnosis and management.<sup>[5]</sup> Ayurvedic treatment primarily aims at *Samprapti vighatana* (interruption of disease pathogenesis) through *Deepana-pachana* (metabolic correction) and *Langhana* (therapeutic reduction), *Rasayan Karma* & *Majjadhatu Poshan* also might be needed to improve the hypothyroidism condition. In this axis, the blood portal system from the hypothalamus is blocked, and the release of TSH is decreased from the anterior pituitary. To remove the block *Shothahar*, *Tikshana*, *Deepan* and *Pachan Dravya* are needed.<sup>[6]</sup>

**AIM**

To evaluate the clinical and biochemical response to selected Ayurvedic *Shamana chikitsa* in a patient with hypothyroidism.

**OBJECTIVES**

- 1) To assess the therapeutic efficacy of *Saraswata Ghrita* in reducing anxiety and improving associated clinical manifestations in hypothyroidism.

- 2) To assess changes in serum TSH levels following Ayurvedic intervention.

**Case Report**

A 50-year-old female patient came to thyroid clinic on 13/10/2025 with complaints of

1. Heaviness of abdomen
2. Fatigue
3. Sour belching
4. Loss of Appetite
5. Hair loss
6. Dryness of Skin
7. Anxiety

**Duration:** 6 years

**History of Personal Illness**

Patient had above complaints since six years with marked worsening of symptoms over the preceding five months. no h/o HTN, DM, asthma. The patient is k/c/o hypothyroidism from six years. she was on allopathic medicine 100mg of thyroxine, Even consumption of allopathic medicine, patient have been suffering from persistent sensation of Heaviness in the abdomen, fatigue, sour belching, loss of appetite, hair fall, indigestion, anxiety and irritation in throat region Even all medicine this symptom increased gradually, so she came to thyroid clinic at Chaudhary Brahm Prakash Ayurved Charak Sansthan, New Delhi on 13<sup>th</sup> October 2025 for ayurvedic treatment.

**Past History**

There was no history of any surgical intervention and no known drug or food allergies were reported by the patient.

**Personal History**

The patient was consuming a vegetarian diet with a reduced appetite and complaint of indigestion, incomplete evacuation of bowel, while micturition and sleep was normal. There was no history of any addiction. Physical activity was irregular, suggesting a sedentary lifestyle contributing to her metabolic complaints.

**Family History**

There was no reported family history of hypothyroidism and metabolic disorders such as diabetes mellitus and hypertension. No known genetic disorders were reported in the family.

**Table 1: Vitals Examination**

Vital Parameter	Observation
Blood Pressure (BP)	120/80 mm of Hg
Pulse Rate (PR)	74/min
Respiratory Rate (RR)	18 /min
Temperature	Afebrile (97.3°F)
Weight	91.7 Kg

**Table 2: Systemic Examination**

System	Findings
General Examination	Conscious, oriented, heavy built (obese)
Cardiovascular System	S1S2 normal, no murmurs
Respiratory System	Bilateral air entry present, no added sounds
Gastrointestinal System	Coated tongue, soft abdomen, sluggish bowel sounds
Central Nervous System	Conscious, well oriented, normal reflexes
Locomotor System	Normal gait, normal tone
Skin	Dryness present

**Local Examination**

**Inspection**

No visible swelling or enlargement was observed in the thyroid region. The skin over the neck appeared normal, with no discoloration or dilated veins.

**Palpation**

No tenderness, nodules, or masses were felt in the thyroid area. There was no rise in local temperature,

**Treatment Plan**

and the thyroid gland was not palpable. No cervical lymph nodes were enlarged.

**Auscultation**

No bruit was heard over the thyroid region on auscultation.

**Diagnosis:** Hypothyroidism

**Table 3: Plan of Shaman Chikitsa**

Date	Medication	Dose	Duration	Targeted Complain	Rationale to select	Effect
13/10/2025	<i>Laghusutshe khar Rasa</i>  <i>Brihat Manjisthadi kwatha</i>	250mg Twice a day with water  40ml Twice before meal	15 days	1) Sour belching 2) Heaviness of abdomen 3) Constipation 4) Indigestion (Coated tongue) 5) Decreased appetite	The symptoms show a <i>Pitta-Vata Dosh</i> imbalance with a Dominant <i>pitta</i> involvement. These medications have <i>Pachaka</i> and <i>Rechaka</i> effects, which pacifies <i>Pitta</i> and regulates <i>Vata</i> .	Heaviness of the abdomen and sour belching significantly relieved. Significant improvement was observed in constipation. Appetite improved.
28/10/2025	<i>Saraswata Ghrita</i>  <i>Laghu sutshekhara Rasa</i>  <i>Brihat Manjisthadi kwatha</i>  <i>Arogyavard hini Vati</i>	20ml Once a day with warm water  250mg Twice a day with water 40ml Twice before meal  500mg Twice a day with	60days	1) Severe anxiety 2) Severe dryness of skin 3) Fatigue 4) Dryness and irritation in throat 5) Occasional constipation 6)Heaviness of body	The selected treatment works on the underlying <i>Vata-Kapha</i> imbalance with impaired <i>Agni</i> , <i>Saraswata Ghrita</i> functions as a <i>Medhya Rasayana</i> with <i>Vata-shamaka</i> and <i>Snehana</i> properties, relieving <i>Rukshata</i> (dryness), promoting <i>Anulomana</i> , nourishing <i>Majja Dhatu</i> , and relive anxiety. <i>Laghu Sutshekhara Rasa</i> supports <i>Deepana-Pachana</i> , regulates <i>Pachaka Pitta</i> , and restores <i>Agni bala</i> . <i>Arogyavardhini Vati</i> used	Marked Improvement observed in Anxiety, dryness and throat irritation, Significant reduction in fatigue, Heaviness of body and Occasional constipation

		water			as a <i>Nitya Virechaka</i> , <sup>[7]</sup> it enhances <i>Jatharagni</i> and <i>Dhatvagni</i> , facilitates <i>Ama Pachana</i> , and corrects <i>Medo Dushti</i> , thereby reducing heaviness of body, fatigue and sluggish metabolism. <i>Brihat Manjisthadi Kwatha</i> supports <i>Rakta Prasadana</i> <sup>[8]</sup> and <i>Srotoshodhana</i> , ensuring proper <i>Rasa-Rakta Dhatu Parinama</i> and <i>Dhatu poshana</i> . Together, this combination achieves <i>Vata-Kapha Shamana</i> , <i>Agni Deepana</i> , <i>Ama Pachana</i> , and <i>Srotoshodhana</i> , leading to restoration of <i>Samagni</i> and <i>Dosha-Dhatu-Mala Samyata</i> .	
23/12/2025	<i>Saraswata Ghrita</i>  <i>Dashmoola Kwatha</i>  <i>Amalaki churna + yashtimadhu churna + Godanti Bhasma</i>	20ml Once a day with warm 40ml Twice before meal  3gm + 3gm + 125mg Twice a day with milk	30 days	1) Mild anxiety 2) Dryness of skin 3) Mild body ache 4) Hair fall	Here, <i>Vata prakopa</i> associated with <i>Dhatu kshaya</i> and mild <i>Pitta anubandha</i> present aggravated <i>Prana Vata</i> manifests as Anxiety, while disturbed <i>Vyana</i> and <i>Apana Vata</i> produce body ache, dryness, and hair fall due to inadequate <i>Dhatu poshana</i> . The medication work as <i>Vata-shamana</i> , <i>Rasayana</i> , and <i>Brimhana dravya</i> . <i>Dashamoola Kwatha</i> regulates systemic <i>Vata</i> and relieves body ache through its <i>Shothahara</i> and <i>Vata-anulomana</i> action. <i>Amalaki</i> supports <i>Rasa-Rakta Dhatu poshana</i> and performs mild <i>Pitta-shamana</i> , thereby helping in <i>Keshya</i> effect. <i>Yashtimadhu</i> enhances <i>Brimhana</i> and <i>Varnya karma</i> , counteracting dryness, while <i>Godanti Bhasma</i> balance <i>Pitta</i> by its <i>Sita Virya</i> and supports <i>Dhatu</i> .	Improvement was observed in anxiety, body ache, hair fall and dryness of skin.

**OBSERVATION AND RESULT**

**Table 4. Changes in thyroid symptoms**

S.No.	Subjective Parameter	Gradation			
		1 <sup>st</sup> day	On 30 <sup>th</sup> day	On 60 <sup>th</sup> day	On 90 <sup>th</sup> day
1.	Fatigue	3	1	0	0
2.	Heaviness of abdomen	2	0	0	0
3.	Irritation of throat	3	1	0	0
4.	Dryness of skin	3	2	1	1
5.	Hair loss	3	3	2	1
6.	Anxiety	2	2	1	0
7.	Appetite	Poor	Good	Good	Good

**Table 5: Gradation of subjective parameter's (0-3 Scale)**

Parameter	Gradation			
	0	1	2	3
Fatigue	No fatigue	Mild tiredness, does not affect daily activities	Moderate fatigue, interferes with routine work	Severe fatigue, limits daily activities
Heaviness of abdomen	No heaviness	Mild, occasional heaviness	Persistent heaviness, especially after meals	Severe heaviness with significant discomfort or distension
Irritation of Throat Region	No irritation	Mild, occasional throat irritation	Persistent irritation causing discomfort	Severe irritation with difficulty in swallowing
Dryness of skin	No dryness	Mild dryness	Moderate dryness	Severe dryness
Hair loss	No hair loss	Mild hair fall	Moderate hair fall	Severe hair fall
Anxiety	No anxiety	Mild anxiety (occasional)	Moderate anxiety (Frequent)	Severe anxiety (intense)

**Table 6. Changes in thyroid reports**

Objective Parameters	Normal values	Before treatment (12/10/2025)	After treatment (26/01/2026)
T3	0.81-1.81	1.32	1.45
T4	4.6-10.5	5.2	10.03
TSH	0.40-4.78	7.813	4.232

**DISCUSSION**

According to *Acharya Vagabhata*, *Kapha*-associated *Pitta dushti* with vitiation of *Vata* due to *Margavarna* along with predominant *Rasavaha*, *Medovaha* and *Mamsavaha Srotodushti* can be considered causes of this disease.<sup>[9,10]</sup> According to Ayurvedic principles, hypothyroidism may be considered a state of *Agnimandya*, in which both *Jatharagni* and *Dhatvagni* are diminished.<sup>[11]</sup> This results in impaired *Dhatu Paka* and leading to faulty tissue metabolism and subsequent *Kapha-Vata Vriddhi*. Weakened *Agni* promotes *Ama Utpatti*, leading to *Srotorodha*, particularly in the *Rasavaha* and

*Medovaha Srotas*. This hampers normal physiological functioning.

Clinical features such as lethargy, fatigue, weight gain, weakness, and glandular enlargement arise primarily due to *Kapha* and *Meda* accumulation along with *Srotorodha*, whereas symptoms like constipation, muscle pain, loss of libido, and amenorrhea are mainly attributable to *Vata* vitiation, particularly due to *Avarana* (obstruction of *Vata* by *Kapha* or *Meda*), which disturbs normal *Vata* functions in the body.<sup>[12]</sup>

In the present case, *Shamana Snehapana* using *Saraswata Ghrita* was administered, taking advantage of its classical properties as *Vishaghna* (detoxifying), *Agnivardhaka* (digestive fire-enhancing), *Medhya* (intellect-promoting), and *Rasayana* (rejuvenating).<sup>[13]</sup> Its *Samskara Anuvartana* enables it to absorb and carry the therapeutic attributes of co-administered herbs, allowing deep penetration, particularly into *Majjadhatu* (nervous tissue) and endocrine organs, including the thyroid gland.<sup>[14]</sup> Through its *Yogavahikarma*, *Ghrita* delivers active principles to target tissues without altering their efficacy,<sup>[15]</sup> supporting cellular nourishment, tissue regeneration, and proper *Dhatu* transformation. By enhancing *Agni*, clearing *Ama*, and pacifying *Vata* and *Kapha*, it improves metabolic support, facilitates effective nutrient delivery and strengthens *Majja Dhatu* and neurological function, thereby improving both systemic and mental well-being.

Moreover, the dual role of *Saraswata Ghrita* as a *Yogavahi* and *Rasayana* makes it a vital component in the Ayurvedic management of hypothyroidism, complementing both herbal formulations and Panchakarma therapies to restore metabolic and endocrine homeostasis, particularly in stress-related manifestations of the condition.

Clinically, hypothyroidism is characterized by sluggish metabolism, impaired cellular energy production, hormonal insufficiency, and *Vata-kapha* imbalance, which manifest as fatigue, weight gain, hair loss, dry skin, and cognitive disturbances. The use of *Saraswata ghrita*, in combination with other Ayurvedic interventions, restores *Agni* and *Dosha* balance and also supports optimal *Dhatu* nourishment, contributing to both symptomatic relief and improved physiological homeostasis.

### Probable mode of action

#### *Saraswata Ghrita*

*Saraswata ghrita*, a polyherbal *Medhya* compound drug used in traditional medicine for cognition and memory related problems is blended with the drugs, which exert a variety of pharmacological actions including anti-inflammatory, anti-amyloidogenic, anti-cholinesterase, hypolipidemic, and antioxidant properties.<sup>[16]</sup>

It is *Medhya* with *Vata-shamaka*, *Snehana* and *Rasayana* properties, which help to manage hypothyroidism by pacifying *Vata-Kapha* imbalance and restoring *Agnimandya*. Its *Snigdha* and *Guru* qualities nourish the *Dhatu*s through *Sukshma Srotogamitva*, promote proper *Dhatu Poshana* and alleviate fatigue, hair loss, and dryness of skin.<sup>[17]</sup> *Saraswata Ghrita* clears *Srotorodha* in the *Rasavaha* and *Medovaha Srotas*. It improves digestion, appetite,

and *Anulomana*, reducing abdominal heaviness and sour belching. Its *Medhya* and *Rasayana* actions nourish *Majja Dhatu* and help relieve anxiety.

#### *Arogyavardhini Vati*

*Arogyavardhini Vati* can be considered a potent *Deepana-pachana* and *Ama-pachaka* formulation, which enhances *Jatharagni* and *Dhatvagni*,<sup>[18]</sup> thereby supporting proper *Dhatu Parinama*. Its *Lekhana* and *Medohara Guna* help in controlling *Meda Vriddhi* and reducing *Kapha* accumulation, while its action on *Yakrit* promotes efficient formation of *Rasa-Rakta Dhatu*. By alleviating *Srotorodha* and correcting *Kapha-pradhana Medo Dushti*, the preparation helps restore *Dosha-Dhatu-Mala Samyata*, addressing the underlying *Samprapti* in hypothyroidism. The presence of *Kajjali*, due to its *Yogavahi* property, enhances the potency of other ingredients, and the combined *Chedana* and *Bhedana* actions aid in opening obstructed channels. Additionally, the herbomineral nature of the formulation supports subtle tissue penetration (*Sukshma Srotogamitva*) and assists in maintaining systemic metabolic balance.<sup>[19]</sup>

#### *Brihat Manjisthadi Kwatha*

*Brihat Manjisthadi Kwatha*, with its *Srotovishodhana* (channel-clearing) property, may help alleviate *Margavarana* (obstruction), thereby improving circulation and enhancing nutrient and metabolic by-products. *Manjistha* (*Rubia cordifolia*), being a *Rakta Prasadaka*, purifies *Rakta Dhatu*, which can reduce tissue congestion and heaviness. Its *Tridosahara* effect may help pacify *Vata* and mitigate symptoms such as fatigue, dryness of skin, hair loss, and anxiety,<sup>[20]</sup> while *Srotosodhaka* action promotes proper flow in the channels, facilitating digestion and relieving sour belching and loss of appetite. Additionally, the classical *Vishaghna* and *Daha Prashamana* effects, along with the experimentally reported antibacterial, anti-inflammatory, antioxidant, immunomodulatory, and mild CNS depressant properties of the individual herbs may further support reduction of inflammation, oxidative stress, and stress-related manifestations in hypothyroid patients.

#### *Laghusut Shekhar rasa*

*Laghu Sutshekhar Rasa* is *Deepana-Pachana*, regulates *Pachaka Pitta*, and restores *Agni bala*, which are often impaired in hypothyroidism. By enhancing digestive and metabolic functions.

#### *Dashmoola Kwatha*

*Dashmoola Kwatha*, with its *Vatahara* and *Srotoshodhana* properties, improve *Agnimandya*. Its *Deepana-pachana* action helps digestion and metabolism. *Rasayana* and *Vata-pacifying* effects may alleviate fatigue, dryness, hair loss, and anxiety in hypothyroidism.

During the treatment period, serum TSH decreased from 7.813  $\mu\text{IU/mL}$  to 4.2  $\mu\text{IU/mL}$ , while Free T4 and Free T3 remained within normal limits, indicating stable peripheral hormone conversion. Owing to these improvements with significant improvement in symptoms. These findings indicate that *Shanama snehapana* and *Shaman Chikitsa* helped restore *Agni*, reduce *Ama*, and re-establish *Dosha Samya*, leading to both symptomatic and biochemical improvement.

### RESULTS OUTCOME

- Reduction in serum TSH Level from 7.813  $\mu\text{IU/ml}$  to 4.2 $\mu\text{IU/mL}$  after *Shaman Chikitsa*.
- Free T3 remained within normal limits (0.81-1.81ng/mL).
- Free T4 remained within normal limits (4.6-10.5ug/dL).
- Marked reduction in anxiety, irritation at throat region and difficulty in swallowing.
- Improvement in sensation of heaviness in the abdomen, sour belching and loss of appetite indicating better function of *Agni*.
- Improvement in Fatigue and overall wellbeing.
- Normalization of bowel habits with complete evacuation.
- No adverse effects or complications observed during or after treatment.

### CONCLUSION

This single case study suggests the potential efficacy of Ayurvedic management- particularly *Panchakarma* in the form of *Shamana Snehapana* combined with *Shamana Chikitsa* in the treatment of hypothyroidism. In this case, hypothyroidism was interpreted as a *Vata-Kaphaja Vyadhi*. The therapeutic regimen, which included *Saraswata Ghrita* along with *Shamana Chikitsa*, resulted in notable clinical and biochemical improvement. The patient experienced significant relief from subjective symptoms following treatment. Objectively, serum TSH levels decreased from 7.813 $\mu\text{IU/ml}$  to 4.232 $\mu\text{IU/ml}$ , while free T3 and free T4 levels remained within normal limits. The observed metabolic improvement may be attributed to correction of *Agni*, reduction of *Ama*, *Strotoshodhana* (channel cleansing), and restoration of *Dosha Samya* (dosha balance). Importantly, symptom relief was achieved without any reported adverse effects. While this case study shows promising results, it is important to note that larger, controlled studies are required to establish the efficacy of this Ayurvedic intervention for hypothyroidism. Nevertheless, this case highlights the potential of integrating traditional Ayurvedic practices with modern diagnostic methods in managing endocrine disorders like hypothyroidism.

### Informed Consent

Written informed consent was obtained from the patient prior to initiation of Treatment. The expected benefits, possible discomforts, and follow-up requirements were clearly explained, and the patient voluntarily agreed to undergo the treatment.

### Patient Perspective

The patient reported feeling lighter and more energized and freer of throat irritation (allowing them to swallow food), along with no complaint of sour belching with Proper digestion of food with improvement in bowel habits and reduction in fatigue. She expressed satisfaction with the therapy due to symptomatic relief and reduction in blood TSH level.

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