ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26apr662

Ayurvedic Management of Hypothyroidism: A Case Study

Dr. Ashwini Chouhan[1]; Dr. Naresh Jain[2]; Dr. Janhavi Meshram[3]

[1]P G Scholar in Kayachikitsa Department at Govt. (Auto) Dhanwantari Ayurvedic College and Hospital Ujjain (M.P.)

[2]Associate Professor in Kayachikitsa Department at Govt. (Auto) Dhanwatari Ayurvedic College and Hospital Ujjain (M.P.)

[3]P G Scholar in Kayachikitsa Department at Govt. (Auto) Dhanwantari Ayurvedic College and Hospital Ujjain (M.P.)

Publication Date: 2026/04/18

Abstract: Hypothyroidism is a common endocrine disorder characterized by decreased production of thyroid hormones, leading to reduced metabolic activity and symptoms such as fatigue, weight gain, constipation, and cold intolerance. In Ayurveda, it can be correlated with Agnimandya, Kapha-Vata Dosha predominance, and Rasa-Meda Dhatu Dushti. The present case study was undertaken to evaluate the efficacy of Ayurvedic management in a diagnosed case of hypothyroidism. The patient was treated with classical Ayurvedic formulations along with appropriate dietary and lifestyle modifications. Assessment was carried out on the basis of clinical features and biochemical parameters, including T3, T4, and TSH levels, before and after treatment. The patient showed significant improvement in clinical symptoms as well as in biochemical parameters following the intervention. The findings suggest that Ayurvedic management, by correcting Agnimandya, eliminating Ama, and balancing Doshas, provides a safe, effective, and holistic approach in the management of hypothyroidism.

Keywords: *Hypothyroidism, Agnimandya, Kapha-Vata, Ama, Rasa Dhatu, Meda Dhatu, Ayurveda, Kanchanar Guggulu, Guduchyadi Yoga.*

How to Cite: Dr. Ashwini Chouhan; Dr. Naresh Jain; Dr. Janhavi Meshram (2026) Ayurvedic Management of Hypothyroidism: A Case Study. *International Journal of Innovative Science and Research Technology*, 11(4), 1098-1100. https://doi.org/10.38124/ijisrt/26apr662

I. INTRODUCTION

Hypothyroidism is a condition in which the thyroid gland produces insufficient hormones like T3 and T4, resulting in generalized slowing of metabolic processes [1]. Common symptoms include fatigue, weight gain, constipation, dry skin, and cold intolerance [2]. In Ayurveda, no direct disease correlation is mentioned, but it can be understood under: Agnimandya (low metabolic fire) [3], Kapha-Vata Dushti [4], Rasa and Meda Dhatu Dushti [5], Management mainly focuses on: - Deepana & Pachana (enhancing metabolism), Ama Pachana (removal of toxins), Kapha-Vata Shamana [6]

II. CASE REPORT

Table 1 Patient Information

Name:	SHIKHA
Age	27 years
Gender	Female
OPD No	22257
Date of Visit	06/10/2025

Table 2 Chief Complaints

Fatigue	since 3 months
Weight gain	since 3 months
Constipation	since 2 months
Cold intolerance	since 2 months
Hair fall	since 4 months

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26apr662

➢ *History of Present Illness*

The patient was apparently normal 4 months back, then gradually developed the above symptoms. Over time, symptoms worsened, and the patient was diagnosed with hypothyroidism based on thyroid profile findings [7].

➢ *Past History*

No any H/O - DM/HTN/Thyroid disorder (or mention if present)

Table 3 Personal History

Diet	Mixed/Vegetarian
Appetite	Decreased
Bowel	Constipated
Sleep	Disturbed

Table 4 General Examination

Pulse	72/min
BP	130/80 mmHg
Weight	60 kg
BMI	25

Table 5 Systemic Examination

CVS	Normal
RS	Normal
CNS	Normal

Table 6 Ashtavidha Pariksha

Nadi	Kapha-Vata
Mala	Constipated
Mutra	Normal
Jihva	Saama
Sparsha	Cold

Table 7 Dashavidha Pariksha

Prakriti	Kapha-Vata
Vikriti	Kapha-Vata
Sara	Madhyama
Samhanana	Madhyama
Satva	Madhyama

Table 8 Investigations

Thyroid Function Tests (Most Important)

- *TSH (Thyroid Stimulating Hormone)*

↑ Increased (most sensitive marker)

- *T3 (Triiodothyronine)*

↓ Decreased

- *T4 (Thyroxine)*

↓ Decreased

➢ *Treatment Plan*

- *Shamana Chikitsa*

Guduchyadi Yoga	05g powder with honey
Kanchanar Guggulu	2BD , with luke warm water
Triphala Churna	03g at night
Punarnava Mandur	02 BD with luke warm water
Syrup Thyrocure	10 ml. BD with water

These drugs act by improving metabolism, reducing Kapha, and correcting glandular dysfunction [9].

III. RESULTS

Table 9 Test Reports

	Before Treatment	After Treatment
T3	1.75nmol/l	0.99ng/ml
T4	83.12nmol/l	115.1ng/ml
TSH	10.00Uiu/ml	2.846uIU/ml

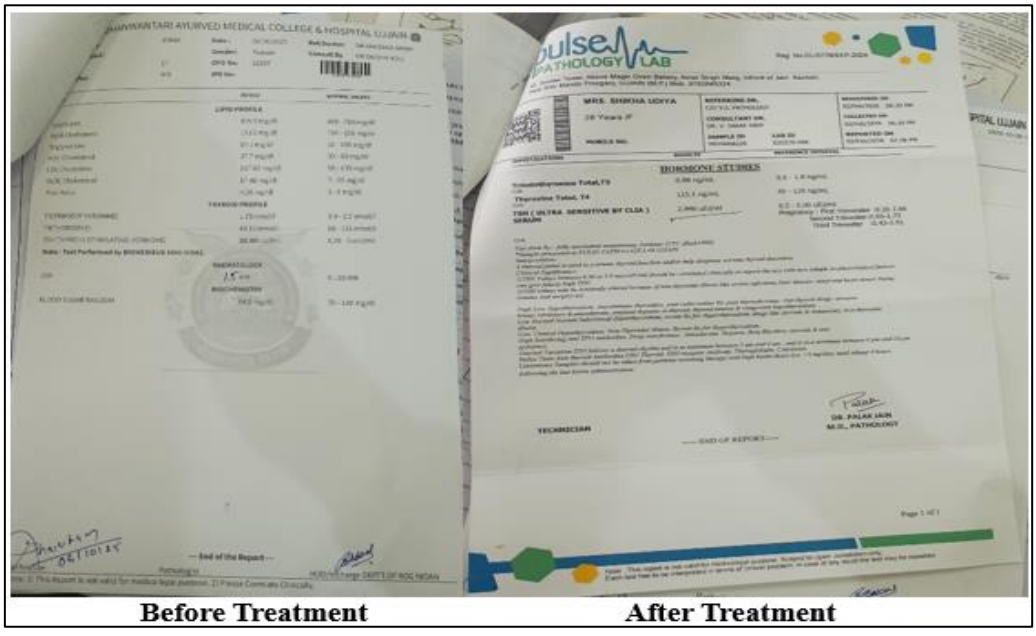

Fig 1 Test Reports

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26apr662

- *Pathya-Apathya*

Pathya: Warm, light diet , Yava, Kulatha , Regular exercise

- *Apathya:*

Cold, heavy food, Day sleep, Sedentary lifestyle

IV. DISCUSSION

Hypothyroidism can be understood in Ayurveda as a result of Agnimandya, leading to formation of Ama, which further causes Kapha accumulation and metabolic imbalance [10]. Guduchi (Tinospora cordifolia) acts as Rasayana and improves metabolism [11] Kanchanar Guggulu helps in reducing glandular swelling and Meda Dushti [12] . Triphala aids in detoxification and bowel regulation [13]

Thus, Ayurvedic intervention works on the root cause by, Enhancing Agni, Reducing Kapha ,Correcting metabolic dysfunction

V. CONCLUSION

The present case study demonstrates that Ayurvedic management can play a significant role in the effective management of Hypothyroidism. The condition, which is primarily characterized by reduced metabolic activity, can be successfully interpreted in Ayurveda as a disorder of Agnimandya associated with Kapha-Vata Dosha predominance and Rasa-Meda Dhatu Dushti.

The therapeutic approach adopted in this case focused on correcting the root cause rather than merely alleviating symptoms. The use of Deepana and Pachana drugs helped in enhancing the impaired Agni, while Ama Pachana facilitated the removal of metabolic toxins. The selected formulations also contributed to balancing Kapha and Vata Dosha and improving overall metabolic functioning.

Clinically, the patient showed marked improvement in symptoms such as fatigue, weight gain, constipation, and cold intolerance. In addition, there was a notable improvement in biochemical parameters, indicating restoration of thyroid function. This suggests that Ayurvedic interventions not only provide symptomatic relief but also help in correcting underlying metabolic disturbances.

Furthermore, the incorporation of appropriate Pathya-Apathya (diet and lifestyle modifications) played a crucial role in sustaining the therapeutic outcomes and preventing recurrence.

Thus, it can be concluded that Ayurveda offers a safe, effective, and holistic approach in the management of hypothyroidism. However, larger clinical studies with longer follow-up are required to further validate these findings and establish standard treatment protocols

REFERENCES

[1]. Harrison's Principles of Internal Medicine. Jameson JL, Fauci AS, Kasper DL, et al. 21st ed. New York: McGraw Hill; 2022.
[2]. Journal of Clinical and Diagnostic Research. Vanderpump MPJ. Epidemiology of thyroid disorders. J Clin Diagn Res. 2011;5(4):793–798.
[3]. Charaka Samhita. Agnivesha, revised by Charaka and Dridhabala. Varanasi: Chaukhambha Orientalia; 2017. Sutrasthana 12/11.
[4]. Ashtanga Hridaya. Vagbhata. Varanasi: Chaukhambha Surbharati; 2016. Sutrasthana 11/1.
[5]. Bhavaprakasha. Bhavamishra. Varanasi: Chaukhambha Bharati Academy; 2018.
[6]. Ancient Science of Life. Tripathi YB. Role of Agni in metabolic disorders. Anc Sci Life. 2010;29(4):1–6.
[7]. API Textbook of Medicine. Munjal YP, editor. 11th ed. New Delhi: Jaypee Brothers; 2019.
[8]. Charaka Samhita. Agnivesha, revised by Charaka and Dridhabala. Varanasi: Chaukhambha Orientalia; 2017. Sutrasthana 12/11.
[9]. Ashtanga Hridaya. Vagbhata. Varanasi: Chaukhambha Surbharati; 2016. Sutrasthana 11/1.
[10]. International Journal of Research in Ayurveda and Pharmacy. Patel KS, et al. Role of Kanchanar Guggulu in thyroid dysfunction. Int J Res Ayurveda Pharm. 2012;3(4):545–548.
[11]. Journal of Ethnopharmacology. Baliga MS, et al. Scientific validation of Guduchi (Tinospora cordifolia). J Ethnopharmacol. 2011;133(2):378–384.
[12]. Phytotherapy Research. Tripathi YB, et al. Antioxidant properties of Triphala. Phytother Res. 1996;10(6):523–525
[13]. Charaka Samhita. Agnivesha, revised by Charaka and Dridhabala. Varanasi: Chaukhambha Orientalia; 2017. Sutrasthana 12/11.
[14]. Ancient Science of Life. Tripathi YB. Role of Agni in metabolic disorders. Anc Sci Life. 2010;29(4):1–6.
[15]. Journal of Ethnopharmacology. Baliga MS, et al. Scientific validation of Guduchi (Tinospora cordifolia). J Ethnopharmacol. 2011;133(2):378–384.
[16]. International Journal of Research in Ayurveda and Pharmacy. Patel KS, et al. Role of Kanchanar Guggulu in thyroid dysfunction. Int J Res Ayurveda Pharm. 2012;3(4):545–548.
[17]. Phytotherapy Research. Tripathi YB, et al. Antioxidant properties of Triphala. Phytother Res. 1996;10(6):523–525.