AN OVERVIEW OF GALGANDA IN AYURVEDA W.S.R. TO HYPOTHYROIDISM

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ABSTRACT

Ayurveda from its existence into the modern world is facing a major challenge. Endocrine disorders are difficult to understand in Ayurveda. Though certain disorders like Diabetes mellitus are well described in various Ayurvedic texts but as far as diseases of thyroid gland are concerned they are not well understood. In Ayurveda, we correlates the disorders caused by thyroid gland as Galganda, Gandmaala etc but the concept of hormone overproduction or under secretion is somewhere missing. Hence, here is an attempt to get the understanding of disease Hypothyroidism with Galganda through various Ayurvedic principles so as to set its treatment goals.

Keywords: Endocrine Disorders, Galganda, Gandmaala, Hypothyroidism, Thyroid gland.

INTRODUCTION

Ayurveda from its existence into the modern world is facing a major challenge in terms of its fundamentals, Dravyas-for making herbal preparations and the various Yogas (formulatory compositions) implicating into various disorders. As per Classics, origin of Ayurveda is through Daiv-parampara which ancestor from Lord Brahma to Dev-Rishi Indra, who further gave this science to his pupil like Maharishi Bhardwaj as per Charak Samhita, Atreya as per Ashtang Sanghra and other various Acharyas as per different classics and this holy science came into existence on earth by these different Acharyas and their different disciples. The knowledge which Indra shared to his pupils was in Sutra Roopa and hence the impact of that Sutra–Roopa Ayurveda is well reflects in such Classics. It becomes sometimes difficult to understand the comprehensive knowledge of Ayurveda that is true with the most of diseases itself. Endocrine disorders are one of them. Though certain disorders like Diabetes mellitus are well described in various Ayurvedic texts but as far as diseases of thyroid gland are concerned they are not well understood. In various texts, Galganda, Gandmaala etc are described as Ek-deshiye sotha by Acharya Charak in Trisothiya Adhyaya of Sutra-Sthana chapter 18 but a complete knowledge of that particular disease is not understood. Though Acharya Charak also elaborated the concept of Sotha in its Chikitsa-Sthana but lack the certainty of disorders caused by thyroid gland. Charaka also includes Galganda in Nanatmaja Kaphaja Roga. In Ayurveda, we correlates the disorders caused by thyroid gland as Galganda, Gandmaala etc. but the concept of hormone overproduction or under secretion is somewhere missing. Hence, here is an attempt to get the understanding of disease Hypothyroidism with Galganda through various Ayurvedic principles so as to set its treatment goals.

AIMS AND OBJECTIVES

1. To find out the factors involved in hypothyroidism as per Ayurvedic principles.
2. To develop the concept of hypothyroidism in terms of Ayurveda.

MATERIALS AND METHODS

All valid books viz. Samhitas & their respective commentaries have been referred for the specific materials & the topics are discussed on the basis of its conceptual part to draw out ultimate conclusion.

PRINCIPLES

- Thyroid hormones functions as a controller of pace of all of the processes in the body. This pace is known as metabolism, if there is underproduction of thyroid hormones every function of the body tend to get down. In Ayurveda Galganda occurs when there is vitiation of vata and kapha doshas, predominantly kapha.
which further results in disturbances of Meda and Majja Dhatus, resulting in formation of Galganda. Dushti of Rasadhatu plays a major role in pathogenesis. Many of Rasaja Vikaras which have been mentioned in Charak samhita are similar to the clinical features of hypothyroidism i.e. Atritedha, Aruchi, Gaurava, Tanda, Angarada, Panduranga, Klabya, Srotorodha, Agnimadhyadhya etc. Hormonal disturbances are the dysfunction of Agni. Rasadhatvagni-mandhyata leads to Rasa Vridhi and over production of Malam of Rasadhatu i.e. Malaka Vridhi. Dhatvagnimandhya is also the major features of the disease and all these features contributes with the modern concept of metabolism i.e., decreased Basal Metabolic Rate.

- The vary commonest etiology of hypothyroidism is spontaneous atrophic hypothyroidism with a prevalence of 20-50 yrs of age and commonly among females resulting in non goitrous type of hypothyroidism whereas Hashimoto’s thyroiditis is another common example for goitrous type of hypothyroidism which is an autoimmune disorder.

In Sushruta Samhita at different places, under different topics few references for Galganda Nidana are available. Since Galganda is considered as Nanatmaja type of disease of Kaptha, the provocative factors of Kaptha can also be taken as the cause of it. All Etiological factors given either for Sotha Roga or Kaptha Prakopa have also been reviewed.

In Rasavisheya Adhyaya of Sutrasthana, Sushruta mentions that excessive use of Madhur Rasa can produce Galganda. Charaka has the opinion for Madhura Rasa. In Drava Dhravya Vridhi Adhyaya of Sutrasthana, while describing the quality of water, Sushruta mentions that, water of river of Himalaya Pradesh produces Galgand. Today in mounting region of Himalaya and Himachala pradesh endemic Goiter is more common. It is due to the less iodine content in water.

The involvement of Dosha, Dhatu and Dhatvagni are more clear by following comparison of signs and symptoms of hypothyroidism with an Ayurvedic approach.

1) **Anorexia:** It is due to Mandagni by influence of Kaptha Dosha and Rasa Dhushti.
2) **Constipation:** From the Ayurvedic point of view, the Appakarshani Gati of Mahasrotasam, which play a role in Anulomana of Mala and Vayu, gets to slow down, owing to the aggravating Kaptha in Pakavashaya with increase of Manda Guna of Kaptha.
3) **Weight Gain:** Because of Guru Guna of Kaptha Dosha and Pruthvi and Jala Mahabhuta involved in Kaptha Dosha, the weight gain occur. It can also be considered as, hypometabolism i.e. hypofunctioning of Dhatvagni. Dhatvagnimandhya leads to less formation of Dhatus and thus, accumulation of Upadhatus and Mala which may result in weight gain.

4) **Hoarseness of voice:** It can be also said that, due to increase in Manda Guna of Kaptha, Hoarseness of voice appears. Shararagdhara has mentioned hoarseness of voice as a Kapaha Vikara.
5) **Anaemia:** According to Ayurveda, Panduta is due to Rasa Dushitijanya as well as Kaptha Dosh.
6) **Menstrual Disturbances:** Rasa Vridhi occurs in hypothyroidism As augmented Rasa is in Asthayi Avastha. It may be unable to nourish Upadhatu Artava and Uttar Dhatu Rakta. As a result of this Artava Pravriti may be disturbed.
7) **Coarse and Dry Skin:** Augmented Rasa cannot nourishes Rakta Dhatu leads to dryness and coarseness of skin.
8) **Bradycardia:** Bradycardia may result from propagation of Kapha with its Mandaguna.
9) **Excessive sleep:** Kapha Vridhi causes Tanda and Atinidra. Rasa Vridhi also leads to excessive sleep.
10) **Generalised pain:** Hypothyroidism can be considered as Rasaja Vikara. Aggravations of Vata by Vaishmyam of Dhatus create generalized aches and pain. Angarada is mentioned as a Rasaja Vikara.
11) **Weakness:** Capability for work or for exercise or strength depends upon the normal state of Dephathatu. Dhatu Vaishmya leads to Daarubalya and Klama. Balasaka means Bala Kshaya which is included in a Nanatmaja Vyadhi of Kaptha Dosh.

**12) Myxedema:** This non-pitting type of oedema found in hypothyroidism is due to increase in mucoprotein ground substance. This is due to Shhira Guna of Kaptha Dosh.

All the above symptoms indicates the involvement of Kaptha Dosha, Rasa Dhatu, and Rasa Dhatvagni in the hypothyroidism. Above all Kaptha Dosh plays a major role in the disease hypothyroidism.

**MANAGEMENT**

keeping in consideration the Doshas & Dhatus, concept of Agni-Mandayata, Srotovoradha, we can manage the symptoms of hypothyroidism with an effective Ayurvedic management.

- **Sodhana** (Panchkarma therapy/purification) particularly Vamana is indicated. Acharya Susruta, advised decoction of Pippalayadi Gana Dravyas along with Panch Lavana for the purification purposes. He also mentioned Shiro-Virechna & Virechic Dhoomapaana for the said purpose.
- **Raktamokshana** (Blood letting) Acharya Susruta mentioned Ansh sandhi siravedh karma for Raktmokshana purpose.
- **Samana Chikitsa** is then important after completing Sodhana therapies.
- **Pathya-APathy** Parval, Makoi Shhak, Neem Leaves Shaak, Puran Shaali, Jaangal & Vishikar Prani Mansa should be taken as Pathya. Whereas the food which vitiates the Kaptha doshas like Guru, Snigdh, Sheeta Annapaana etc. should be avoided.
- Use of Purana Ghrita/ Langhana&/Praghsharana (Rubbing with Kalka/Churnas) /Kawal etc. should be done on regular basis.
Agni’s concluded that the approach of carried out. and fundamentals both in aspects of treating such conditions through very practical and should never be overlooked. Thereby future rooted. The most popular theory and concepts of

Ayurvedic formulators like Arogvavardhini Vati, Kshar Gutika Chihrkadi Vati, Shilajitwadi Vati, Agnikumar Rasa, Ras-parpati, Nityanand Rasa, Kanchnar Guggulu, Triyodasang Guggulu, Medohar Guggulu, Gandiraristha, Punarnavirishtha, Phalatrikariishta, Ashhtsatharishta, Dushmool Kwath, Punarnavadi Kwath, Trinpanchmool Kwath, Rasnadi Kwath, Pippaliadi Kwath etc., are few Ayurvedic formulations, mentioned in different Classics at different places are effective at various levels in Hypothyroidism.

Rasayanas Vardhaman Pippali Rasayana, Chawanprash, Brahms Rasayana, Shilajit Rasayana, Bhallataka Rasayana.

Non pharmacological measures like Yoga, Pranayams must be done. Singhasana, Ujjiai, Shitali Pranayama can show promising results in Hypothyroidism.

CONCLUSION

The fundamentals of Ayurveda are very strong and deep rooted. The most popular theory and concepts of Tridoshas, Agni’s can never be denied. After thorough study of literature and fundamentals both in Ayurveda and Modern, it is concluded that the approach of Galaganda in Ayurveda is very practical and should never be overlooked. Thereby future aspects of treating such conditions through Ayurveda must be carried out.

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