

The Role of Himsradya Taila Nasya in Primary Hypothyroidism

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ABSTRACT

Due to changes in the sedentary life style, stress, industrial development, occupational hazards, environmental etc. Has led to facing newer and newer health challenges by human being. Changes in lifestyle and food habits as well as atmospheric changes into serious multisystem, metabolic disorders like DM, thyroid disorders, menstrual disorders, cardiac disorders and endocrinal dysfunction. Disorders of thyroid glands are the most common disorders of the endocrine glands. The occurrence of Hypothyroidism is increasing gradually and there is great demand to treat the disease through heritage of Ayurveda, as a it is completely natural and safe. Here, an effort is put forward to compile and critically analyze the various studies conducted on ingredients od Himsradya taila Nasya. Himsradya Taila Nasya is used to treat Galaganda. In Astangasamgrha it is explained that Nasa being the entry of Shirah the drug administrated through nostril reaches Shringataka Siramarma by Nasa Strotasas and spread in brain reaches at a junction place of Netra, Shrotras, kantha, Siramukhas (opening of the vessels etc) and remove or detach the morbid doshas present above supraclavicular region and expel them from the Uttamanga. Himsradya Taila combinally have action of Srotoshodhana, Kaphashodhana, Kaphabhedana, Vatashamana, Agnideepana, Medohara Lekhana karma.

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INTRODUCTION

“A condition in which the thyroid gland doesn't produce enough thyroid hormone.” Disorders of thyroid glands are the most common disorders of endocrine glands. Low thyroid hormone level causes the body functions to slow down, leading to general symptoms like dry skin, fatigue, loss of energy, weight gain and memory problems. Some common cause of hypothyroidism, A. autoimmune disease- more common in women than men, it can start at any age but became more common as people get older. B. too little or too much iodine- iodine deficiency is the most common cause of hypothyroidism, C. congenital hypothyroidism- about 1 in 4000 babies each year are born without a thyroid or with partly formed thyroid, D. thyroiditis- it is usually caused by an autoimmune attack or by a viral infection. The prevalence of hypothyroidism in India is 11%, compared with only 2% in UK and 4.6% in USA. Compared with coastal cities (e.g., Mumbai, goa and Chennai) cities located inland (e.g., Kolkata, Delhi, Ahmedabad, Bangalore and Hyderabad) have a higher prevalence (11.7% vs

9.5%). the highest prevalence of hypothyroidism (13.1%) noted in people aged 46-54 years, with people aged 18-35 years being less affected (7.5%)¹. Women are 6 times more prone than men. In ayurveda there is no direct mention of thyroid gland, but a disease by the name Galaganda, characterized by neck swelling is well known. The symptoms of Galaganda and hypothyroidism are vaguely similar. According to acharya Vagbhata Kapha associated with Pitta dushti with vitiation of Vata due to Margavarana and predominantly Rasa-vaha, Medo-vaha and Mamsa-vaha strotas can be considered as cause of this diseases.

MATERIALS AND METHODS; -

Place of study:- Dhatree centre, koppal.

Case report:- (on 09/03/2022) A 26-year female patient came to OPD to take treatment for primary hypothyroidism.

History of past illness:- Nothing specific.

Personal history:- Diet- mixed, Appetite- normal, Bowel-clear, micturition-clear, sleep-sound, Habits- none.

Menstrual history:- menarche: 13 years.

Cycle: irregular

Duration: 6 days

Interval: 45-50 days

Amount: 2 pads on 1 and 2nd day

1 pad from 3 day.

General history:- Bulit: medium

BP: 120/80mmhg

Pulse: 90/min

Temperature: normal

Height: 160cm

Weight: 69kg

Systemic examination:-

CNS: conscious, oriented.

CVS: S1S2 heard.

RS: normal vesicular breathing.

Local examination:- P/A: soft, no tender, no organomegaly.

Investigation:- (on 07/03/2022) TSH-10.31, T3-0.84ng/ml T4- 6.25mcg/dl.

(On 18/04/2022) TSH-3.988, T3-0.79ng/ml, T4-9.60ug/ml.

Ingredients of Himsradya Taila²:-

sr	Name	Latin name	Rasa	Guna	Virya	Vipaka	Karma
1.	Jatamansi	Nardostachyus jatamansi	Tikta, kashaya, madhura	Laghu, Snigdha	Sheeta	Katu	Medya, Kustagna, Balya
2.	Vacha	Acorus calamus	Tikta, Kashaya	Laghu, Tikshna	Ushna	Katu	Lekhaniya, Bhedaniya
3.	Guduchi	Tinospora cardifolia	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhur	Medya, Rasayana, Grahi, Deepaniya, Jwarghna
4.	Haritaki	Termenalia chebula	Lavanvarjit pancharasa, Kashaya	Laghu, Ruksha	Ushna	Madhyama	Anulomana, Prajasthapana, Rasayana
5.	Vibhitaki	Terminallia bellerica	Kashaya	Laghu, Ruksha	Ushna	Madhur	Keshya, Chakshushy, Vrushya
6.	Amalaki	Embilica officinalis	Amlapradhan Pancharasa	Guru, Ruksha, Sheetata	Sheeta	Madhur	Vayasthapana, rasayana, Vrushya
7.	Chitramala	Plumbago zylanica	katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Deepana, Pachana, Grahi
8.	Devdaru	Cedrus devedaras	Tikta, Katu, Kashaya	Laghu, Ruksha	Ushna	Katu	Deepana, kasahara
9.	Pippali	Piper longum	Katu	Laghu, Ruksha	Ushna(ardrasita), Tikshna (ardraguru)	Madhur	Deepana, Vrushya, Rasayana

Preparation of Himsradya taila and Procedure: -

Ingredients:- Jatamansi, Vacha, Guduchi, Haritaki, Bibhitaki, Amalaki, Chittrakamoola, Devadaru, Pippali, tila-taila.

Method- Taila was prepared according to the method mentioned in Sharangdhar Samhita.

1. Equal parts (50 gms) of all dry drugs Jatamansi, Vacha, Guduchi, Haritaki, Bibhitaki, Amalaki, Chittrak Moola, Devdaru, Pippali powdered and their kalka was prepared.

2. Take Bhringraj in a large container, added with water and kept for boiling till 1/8th remains. filter the Qwatha with fine cloth.

3. Take a large vessels Tila Taila, kalka Dravyas and add Qwatha in it and keep for slow flame till we get Sneha siddhi Lakshana.

4. Care was taken to avoid the water boiling over and churning the materials. This achieved by reducing the fire to Mandagni and constant stirring.

5. The process of heating was continued till the watery portion evaporated and “Phenodgamana” and “Mridupaka Lakshana” were seen, (A small residue of the oil was taken and set on fire, there was a little spluttering on burning this confirmed “Mridupaka Lakshana”.)
6. Heating was stopped and the oil was filtered through cloth. The oil was filtered again and allowed to cool. After cooling it was stored in a clean air tight container.

Observation:- Patient took Nasya for 8 days, before food early morning, from 5th day of menstrual cycle. There is no complication during this procedure.

Discussion:- Treatment planned for 8 days. As per the plane patient came on 5th day of menstrual cycle for Nasya, empty stomach early in the morning. Anupana-luck warm water.

5th day on (09/03/2022)- Abhyangya done with Murchit Tila Taila on face, Swedana done and Nasya done. 8 drops on each nostrils putted.

Same procedure repeated for further 7 days. Patient had no complain during this procedure. So, we called the patient on 5th day of next menstrual cycle.

Patient visited to OPD on 5th day of menstrual cycle to continue the treatment.

5th day on (09/04/2022)-Abhyanga and Swedana done on face and Nasya given to patient.

Same procedure is repeated for further 8 days as explained before. Patient had no complain during this procedure.

Advised to do blood test after the treatment.

Mode of action of Nasya:- The Blood Brain Barrier, segregating the brain interstitial fluid from the circulating blood and the blood – cerebrospinal fluid barrier, separating the blood from the CSF that encircles the brain, provide efficient barriers to the diffusion of drugs from the blood stream into the CNS, especially of polar drugs such as peptides and proteins. Intranasal administration offers a non-invasive route to the CNS for drug delivery, effectively bypassing BBB. The receptors for smell are located in the nasal mucosa in a small area about 5 cm². In the roof of the nasal cavity and upper portion of nasal septum. There are about 10-20 million receptor cells here. Each receptor is the end of a neuron. This region is the closest of the nervous system which opens to the external world. The chemical characteristic of the particle that has reached into the nose will be identified by the olfactory nerves, which carry the stimuli to the paired projections of the brain olfactory bulb and olfactory

tract. The olfactory tract consists of 2 major areas of the brain. The medial olfactory area and the lateral olfactory area. The medial area lies in the middle of the brain, superior and anterior to the hypothalamus. The lateral olfactory area is a part of the limbic system which contains amygdaloidal complex, hypothalamus, and basal ganglia. Because the olfactory mucosa is easily accessible and yet so close to the brain, drug administered through nose has a great potential to directly stimulate the higher centers of the brain and in turn effect the functioning of the endocrine and nervous system. The effect of drug on the brain, administered through the nasal pathway can be seen in the following examples.

1. This approach is good for the delivery of polar drugs and therefore appears to be promising for the treatment of Parkinson’s and Alzheimer’s disease.
2. Thyrotropin Releasing Hormone and endogenous CNS neuropeptide and its analogs can be used to treat neurodegenerative disorders and intractable seizures.
3. Vasoactive intestinal peptides which has been shown to prevent neuronal cell death given intranasally provides neuroprotection and enhances memory in dementia.

Mode of action of Himsradya Taila: -

The action of drug in ayurveda can be explained on the basis of Rasapanchakas. As followes,

1. **On the basis of the rasa** – all the drugs of Himsradya taila having Tikta, Kashaya and Katu rasa as common property. Jatamansi, Haritaki, and Amalaki have Madhur amla rasa. Tikta rasa have Stroshodhana and Kaphashoshana properties by which to removes the Avarana of Vayu in Rasavaha Srotas due to sangha of Kapha.

Katu rasa is strong opponent to Kapha and has Srotovirunoti i.e., vasodilation property, which help in release and proper utilization of TSH by peripheral tissues.

Kashaya rasa as a Kaphabhedana and Kapha Shoshana property due to which Srotosanga in Rasavaha and Arthavavaha Srotas was removed.

Madhur and amla rasa are helpful in Vatashamana and Agnideepana.

Katu, Tikta, Kashaya rasas also have Granthibhedana by which it helps in reducing Thyroid and normalize TSH level by re-establishing receptors bonding with TSH at peripheral levels.

Due to removal of Avarana in Arthavavaha Srotas and Himsradya Taila as Artavajanana Dravya’s.

2. On the basis of Guna - most of the drugs have Laghu, Ruksha and Tikshna guna which helps in removing excess kapha from Srotas, dilating Srotas at peripheral level (Sroto vivruta) and Agnideepana.

Laghu and Ruksha guans also help in reducing Shotha. Guduchi and Amalaki are having guru Snigdha and Sheeta Guna which balance the Vata and produces healthy rasa dhatu.

At Arthava level Tikshna Guna increases Agni mahabhuta, Laghu Ruksha remove Kapha from Srotas and guru Snigdha Guna balance Apan Vayu on the basis of Veerya. Most of the Dravyas accept Jatamamsi, Amalaki and Bringraj are having Ushna Veerya which acts as Agnideepak, Srotoshodhaka, Shothahara and Granthihara Sheeta Veerya act as rasa Prasadhaka Garbhashaya Balya and Hrudya.

3. On the basis of Karma – all ingredients are Kaphavardhaka, Lekhaniya, Bhedaniya and Medohara.

Guduchi, Haritaki, Vibhitaki, Amalaki and Chitrakamoola are having Gabhashya Shodhana Rasayana and Vayasthapana properties.

Therefore, Nasya of Himsradya Taila not only removed doshas accumulated in the Urdhwajatru but also by active principals of individual ingredients normalizes TSH level.

Conclusion:- there is treatment to treat hypothyroidism in modern science but the treatment will be for long duration and medicine should continue on regular basis without fail. As ayurveda explains Shodhana therapies, Himsradya Taila Nasya have properties of Kaphabhedana, Kaphashoshana, Granthibhedana, Vatashamana, Agnideepana, Shothahara, Srotoshodhana as it helps to reduce the TSH level. Nasya will help to remove the doshas from the upper body part, without any complication and showed success in reducing TSH level. As Nasya kala and duration of drug administration is important factor to achieve the best result.

Reference: -

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