

## AYURPATRA

Your monthly health e-newsletter

**Vol: 1-Diseases of - Above Shoulder region**

**SERIES URDHWAJATRUGATA XVI – DEC 2005**

This monthly e-feature "Ayurpatra" is a sincere effort for the welfare of the mankind through Ayurveda. Our web site ([www.ayurplanet.com](http://www.ayurplanet.com)) has helped millions of people. Ayurpatra is loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

### FEATURED ARTICLE- THYROID DISORDERS / GALGANDA

Metabolism is controlled by the endocrine glands--a term applied to certain organs whose function is to secrete into the blood or lymph, a substance which plays an important role in relation to general chemical changes or to the activities of the other organs at a distance. The chief endocrine glands are the thyroid gland, adrenal glands, pituitary body, parathyroid glands, pancreas, ovaries, and the testes.

The thyroid gland is situated in the front of the neck and produces a hormone thyroxine which plays a very important role in regulating the general metabolism of the body. When it is defective, the conditions known as myxoedema (in adults) and cretinism (in children) result. An excess of its secretion is associated with a condition known as exophthalmic goitre or thyrotoxicosis or Grave's disease.

In Ayurveda appearance of a small 'defined glandular swelling which hangs in the neck due to the enlargement of thyroid gland is known as galganda. This painless swelling increases gradually but does not separate.

Sushruta describes that the deranged and aggravated vayu in combination with the deranged kapha and meda of the locality affects the two tendons of the neck (manya) and gradually give rise to a swelling about that part of the neck characterized by the specific symptom of deranged doshas (vayu or kapha) and principles involved in the case. The swelling is called galaganda. There are four varieties of Galganda according to the predominate involvement of dosha, dhatu viz- Vatik: which can be simulated with simple goitre as per the clinical sign & symptom, accordingly Kaphaj: inflammatory goiter, Medoj-toxic goiter, There is no paittika galaganda since it is the basic nature of the disease.

Modern medicine describes Thyroid Gland disorders as:

1. **Hyperthyroidism** or thyrotoxicosis: in which the gland secretes excess of hormones. This condition is more common in women than in men whose age ranges from 30 to 50 years. Thyrotoxic individuals become tremulous, irritable, anxious and even hysterical. Because the metabolism is raised, they experience rapid heart rate and palpitation, rapid shallow respiration. Frequent bowel motions and diarrhoea, Flushing, heat intolerance, sweating, menstrual disturbance and sometimes bulging of the eyes. Such people suffer the paradoxical situation in which they feel fatigue and lack of energy and yet are compelled to move about, talk and do things. They are constantly fidgeting and the slightest remark may set off an inappropriately angry response.

2. **Hypothyroidism:** here the thyroid is underactive, producing too little thyroid hormone. This condition is far more common than hyperthyroidism and can be caused by iodine deficiency or thyroid failure brought on by pituitary dysfunction, inflammation, and scarring. By far the majority of cases are mild or borderline, unrecognized by the medical establishment. Yet these mild cases can be the cause of vague, but persistent, disorders such as fatigue, depression, loss of vitality, and overall hormonal imbalance. More severe problems from hypothyroid are the result of failure to develop properly, such as cretinism and juvenile myxedema. Long term hypothyroidism, such as adult myxedema, which is characterized by swelling of skin and subcutaneous tissues; dry, cold and slightly yellow skin, puffy face, loss of eyebrows, anginal pain, bradycardia, anorexia, constipation, and anemia.

## MANAGEMENT

**Nasya** – Nasya with Anu tail or Ksheera bala tail is recommended.

**Snehan** – Application of Nirgundi tail (Vitex negundo oil), katutumbi (Lagenaria siceria oil) tail locally.

**Swedan** – Shigrupatra, Rasnadi kwath: Avagah sweda is beneficial.

**Lepa** (local application of paste)– Rasnadi churana or udvartan churana, shigru twak lepa, is applied on the galganda externally.

## Formulations –

For Hyperthyroidism: Kanchnar Gugglu, Vyoshadi gugglu, Chandraprabha vati, Punarnava mandoor, Mahatiktak Ghrita.

For Hypothyroidism: Swarnmalini ras, Guduchi satwa, Punarnava mandoor, Panchtiktaghrit gugglu, Kanchnar gugglu.

### Herbs:

kanchanara - Bauhinia veriegata (purple mountain ebony) is specific for proper functioning of thyroid. Among the other herbs jatamansi (Nordostachys jatamansi) and Brahmi (Bacopa monniera), guggulu (Commiphora mukul) and shilajita are also useful. Gokshura (Tribulus terrestris), punarnava (Boerhavia diffusa) are useful herbs. A fine paste made of the vegetable jalakumbhi (Pistia straticies) applied over the affected part helps in reducing the swelling.

The juice obtained from the jalakumbhi (Pistia straticies) should be given in doses of 11 to 22 gm a day. It increases the amount of iodine, the lack of which is one of the factors responsible for the disease.

Animal studies have revealed that Guggul (Commiphora mukul) supports healthy thyroid function, mostly by increasing the conversion of the less active thyroxin (T4) to the more active triiodothyronine (T3) through increasing thyroid proteolytic activity and the uptake of iodine into thyroxin, and without increasing the production of thyroid stimulating hormone (TSH).

Coconut oil offers much promise today to sufferers of hypothyroidism and slow metabolism. It is a known fact that the fatty acid chains in coconut oil, known as medium chain fatty acids (MCFAs) or medium chain triglycerides (MCTs), offer wonderful health benefits and are nowhere found more abundantly in nature outside coconut oil. For the hypothyroid sufferer the MCTs rev up the body's sluggish metabolism

### Diet and Other Regimen:

According to Charaka, goitre does not strike those who take milk in adequate quantities. In

addition, old rice, barley, moong dal, Bengal gram, cucumber, sugar juice, and milk products are recommended for a goitre patient. Sour and heavy substances are contraindicated.

**Yoga:**

Sarvangasna (shoulder stand) is the most suitable and effective asana for the thyroid gland. An enormous pressure is placed on the gland by this powerful posture. As the thyroid has one of the largest blood supplies of any body organ, this pressure has dramatic effects on its function, improving circulation and squeezing out stagnant secretions. After sarvangasana (shoulder stand), matsyasana, and halasana should be performed. All these practices positively result in better health of the thyroid gland. At the same time, all these practices should be avoided in severe thyrotoxicosis, physical debility or a goitre that is enlarged very much, where medical therapy is obviously the first line of treatment to be given. Other effective asanas include Surya Namskara, Pavanmuktasana with emphasis on the head and neck exercises, yoga mudra, Suptavajrasana and all backward bending asanas.

Ujjayi is an effective Pranayam for Thyroid. It acts on the throat area and its relaxing and stimulating effects are most probably due to stimulation of ancient reflex pathways within the throat area, which are controlled by the brainstem and hypothalamus. Nadi shodhana pranayama is useful in re-balancing metabolism.

**You may consult our Ayurveda experts through on line consultation or personally .**

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**HERB OF THE MONTH: KANCHNAR (*Bauhinia variegata*)**

KANCHNAR is the herb of choice in all-glandular diseases. Traditionally used in to treat thyroid diseases and glandular enlargements.

**Properties:**

Taste- Astringent

Attributes – dry, light

Potency – Cold

Therapeutic usage – Cures obstinate skin diseases, enlarged cervical glands, ulcers

Prabhav (specific action) - Gandmalanashak

**THYROID:**

It is specific herb for hypo/hyper thyroid. It has a balancing activity on the thyroxine production; increasing any deficient production and decreasing any excess. It also clears swellings in the neck and goitre.

**LYMPH:**

It is a specific herb for swollen lymph nodes, cervical adenitis, scrophularia or swollen glands in general. It effectively flushes the lymphatic system of toxins, sluggishness and accumulated wastes. Also may be beneficial where the sinuses are congested because of the sluggish lymphatic system. It is a powerful decongestant.

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**BEAUTY TIP – Winter skin care**

During winter, skin tend to get dry and rough. To overcome this, take Almond Oil 2 tsp and Honey 1 tsp and lemon juice ½ tsp and mix them. Gently massage hands, legs, feet and heels at night with this solution. Wash off in warm soapy water in the morning. The skin becomes soft. Repeat it the following night if necessary.

For personalized beauty related queries mail to: [beauty@ayurplanet.com](mailto:beauty@ayurplanet.com)

**FORTHCOMING EVENT:**

Event Name: **GLOBAL SUMMIT ON AYURVEDA & EXPO 05 - BY VAIDYARATNAM OUSHADHSHALA**

Venue: Casino hotel complex , Thrissur

For Details: 9447036042,9447082233

**NEWS: Ayurveda India clinic in UK**

In the Light of spreading Ayurveda throughout the world we have started with another Ayurveda clinic project in Europe this month . This centre provides the consultation, Ayurveda treatments and Ayurveda education. Dr.Raghunandan Sharma is in UK for the developments of this endeavour. He can be reached at [ayurplanet@gmail.com](mailto:ayurplanet@gmail.com)

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