



Ayur-Panchagavya Therapy For Thyroid Disorders With Special Reference To Hypothyroidism-An Anukta Vyadhi

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VOLUME 4 ISSUE 10

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Article received on 11th Sept. 2021

Article Accepted 23rd Oct 2021

Article published 31st Oct 2021

ABSTRACT: -

Panchgavya, a term used to describe five major substances obtained from indigenous inbred cow- *Gomutra*(urine), *Gomaya*(dung), *Ksheera*(milk), *Dadhi*(curd), *Gritha* (ghee). *Ayur-Panchagavya*, term used to denote *panchagavya* along with *kasta* and *Rasa Aushadhi*. Ancient Ayurvedic literature and recent research proves high medicinal value. *Anukta vyadhi*'s are to be understood by *Yukti* and assessing *Nidana panchaka*; features of Hypothyroidism fall under *Galaganda*, *Shotha*(inflammation), *Pandu*(anaemia), *Kshaya* (debility) etc but not directly mentioned. Only treatment being hormone replacement therapy, opens up wide gateway for clinical research for achieving normal functionality of gland. *Panchagavya therapy*, *Nidana parivarjana*, healthy life style provides promising results with phyco-somatic symptomatic improvements and normalizing lab reports. Its mains principle being *Apatarpana* and *bruhmana vyatyasa chikitsa*. Upon observation the patients were either completely cured or show stable gland functions. The effect of treatment can be boosted with *Prabhava* of *Daivavyapasharaya chikitsa*. Along with positive effects there were few minor adverse effects like burning micturition, which was easily combated with *sheeta upachara* (cold therapy). Though at broader level this positive prognosis can be justified, need more detailed study in further days for establishment of standardised protocol.

Keywords: *Panchagavya*, Thyroid, Hypothyroidism, *Galaganda*, *Anukta vyadhi*



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How to cite this article: Rao A, Ramesh DP et al, "Ayur-Panchagavya Therapy For Thyroid Disorders With Special Reference To Hypothyroidism-An Anukta Vyadhi"; IRJAY. [Online] 2021;4(10): 56-66. Available from: <http://irjay.com> ; DOI:-<https://doi.org/10.47223/IRJAY.2021.41007>

INTRODUCTION

Ayur-Panchagavya term to represent combination of *Panchagavya* with *Kasta* and *Rasa Aushadhi*. *Panchagavya* therapy is branch of medical science called as cow *pathy* ^[1], mentioned in *Ayurveda Samhita's* as well. *Panchgavya*, a term used to describe five major substances obtained from indigenous inbreed cow- *Gomutra* (urine), *Gomaya* (dung), *Ksheera* (milk), *Dadhi* (curd), *Gritha* (ghee) ^[2]

The ancient ayurvedic literature suggests many pharmacological applications of *Panchgavya*. Ex: *Shodaka*(purifier), *Balya*(strengthen), *Agni Deepaka*(appetizer), *Jwarahara*(antipyretic), *Shothahara* (anti-inflammatory), *Swasha-Kasahara*, *Paneeya Kshara*, *Krimihara*, *Lekhaka*, *Medhya* ^[3], ^[4] etc. Recent research proves it to be potent anticancer ^[5] and anti-HIV agents ^[6]; immune-booster ^[7]; antioxidant ^[8]; bioenhancer of antibiotic activities ^[9], anti-fungal drugs ^[10] and drugs used against hypothyroidism etc. ^[11]

Each and every concept mentioned in *samhitha's* is unique and flexible, its understanding and applicability is in need to prevent and cure *vyadhi* irrespective of any era which is justified by *Anaadi*, *Anantha*, *Swabhavasamsiddhi*, *Bhava Swabhavanityatva* characteristics of *Ayurveda* ^[12]. Failure to diagnose is due to amalgamation of various symptoms in a single disease or the various symptoms untypical to a specific disease. *Anuktavyadhis* ^[13] are the unstated diseases in *samhitha* in terms of name, Eg: Hypothyroidism

(though can be correlated to *Galaganda*, *Shotha*(inflammation), *Pandu*(anaemia), *Kshaya* (debility) etc. Based on *Shaastra* principles, guidance, and experience, the *Vaidya* should apply *Yukti Pramana* to Understand the *Nidana Panchaka* and *Chikitsa* for Such *Vyadhi's*.

Other Challenges: Hesitance in clinical cases-anxious about life long medications; Sub-clinical cases stay undiagnosed or accidentally discovered; Report positive for Hypothyroidism but no symptoms and vice versa; Intermittent hormone imbalance; *Aama*: initial stages of *shat kriya kaala* of *Vyadhi* but disease not yet established misdiagnosed as disease ^[14]; *Most cases show Aavarana* which require *vyatyasa chikitsa*; *Jeerna Vyadhi* becomes *krichra/yapya* ^[15]

Thyroid Gland is part of endocrine system, highly vascular, produces 2 main hormones Tri-iodo-thyronine (T3) and Thyroxine (T4). Functions of thyroid are controlled by hypothalamus and pituitary gland through TRH and TSH. Without proper functionality system would fail as T4 is responsible for metabolism, mood, and body temperature, among other things and T3 aids digestive and metabolic function, bone health. If T3 and T4 levels are too low, more TSH will be produced and If they're too high, less TSH released, but this Positive and negative feedback mechanism only works if everything is functioning properly or leads to Hormone imbalance. Hypothyroidism is inadequate output of thyroid hormones; Primary- contributing over

95% with pathology in thyroid gland, lab reports show increased TSH and Decreased T3 and T4; Secondary and tertiary termed Central, by defect in Hypothalamus and pituitary(Hypopituitarism), investigation Shows decreased TSH and T3,T4.^[16] Cautious in pregnancy and children as TSH plays role in growth and development

Signs and Symptoms: Dry hair and skin, receding hairline, puffy face, goitre, slow heartbeat, weight gain, constipation, possible infertility, increases risk of miscarriage, irregular menstrual cycle, cold intolerance, lethargy, muscle ache, apathy, facial and eye lid odema. Dull blank expression, extreme fatigue, thick tongue, slow speech, anorexia, brittle nail and hair, subnormal temperature, brady cardia, psychological- poor memory and concentration; poor hearing, hoarseness of voice, slow pulse rate, delayed reflex, cold extremities, poor appetite, shortness of breath^[17]

Avastika(temporary)/ trigger: Fever(viral), Infections, Pregnancy, Stress and Anxiety (Ex: Exams), Iodine food, Coffee(Caffeine reduces body's absorption thyroid medications, increases chronic T4 secretion by increasing TSH pituitary release; Calcium in milk), Instant releasing sugars and carbohydrates(Ex: Carbonated drinks), Processed food, High fat meal (*Medas*), Alcohol, Hormone replacement therapy(Oral contraceptive; Oestrogen, progesterone bind to thyroid hormone and prevent absorptions, Multivitamins(Similar to hormones, minerals like iron, calcium binds and inhibit absorption), Autoimmune inflammations, Different medications prescribed for cancer, depression, osteoporosis, diabetes etc; *Aama* Etc^[18]

Can be **Misdiagnosed**, as it can mimic Jaundice, Anaemia, PCOS, IBS, Disorders of throat and oral cavity, Obesity, Infertility, Skin disorder,

Vitamin and mineral deficiency, Mental inabilities: Depression, sleep deprive, memory dysfunction etc. Also, it's important to note at different labs may have a varying normal range, for probable accurate diagnosis should always correlate with clinical diagnosis. Also, physiological variation in pregnancy, new born, age, patients on steroid therapy, circadian variation Ex: 2 - 4 Am and 6 - 10 Pm; Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

Gala ganda mentioned in *Sushruta*^{19,20}, *Charaka*²¹, *Vagbhata*²², *Madhav Nidana samhitas*²³, *Bhoja*²⁴. **Gala ganda** swelling occurring in front of neck which can be compared to goiter associated with thyroid disorders i.e., clearly defined swelling appears in the neck/lower jaw, suspended pendulously like scrotum, either big or small in size. *Acharya Charaka* in *Shvayathu Chikitsa* defines *Galaganda* as a single swelling occurring on the side of the neck, and many swellings are *Gandamala* i.e., a garland of swellings. Vitiated *vata*(*Shonita*), *kapha* and *meda* reach the neck and nape of the neck getting lodged therein causing swelling which gradually develops with respective symptoms of *Vataja*, *Kaphaja* and *Medoja Galaganda*. Incurable/ bad prognosis if: feeling difficulty in breathing, smoothness and looseness of body parts, one year old disease, anorexia, *dhatu Kshaya*, hoarseness of voice. Curable, if but associated with complications like rhinitis, flank pain, cough, fever, vomiting will become incurable.

Treatment includes *Rakta mokshana* (Blood letting) with *Jalouka/ Siravedha*, *vamana*, *virechana*, *nasya*, *dhumapana*, *ghrita Paana*; *sweda* with *kanji*, *murta*, *Dugda* etc. *Alepa* and *Pariseka* reduces pain and swelling just like

water that immediately extinguishes the burning home [25]

Pathya (wholesome): *Gomutra swinna mudga yusha; Yava Anna* (Barley) with *Trikatu*(*Shunti, Maricha, Pippali*) and *Madhu*; Can also add *Patola* (Snake gourd) and *Nimba* (neem); *Kulattha Yusha; Shigru; Triphala; Amrutha; Punarnava; Kakamachi; Gomutra Alodita Salasradi gana* in *Pratha kaala; Ghrita; Takra* and so on [26]

Principle of treatment [27]: *Apatarpana*, for all *sopha Pradhana upahrama*. But once *shoshana* occurs or in *deergakaalanubandi vyadhi* should do *vyatyasa chikitsa* by *Brmhana* by considering individuals *agni* (digestion and metabolism) in the form of *snehapana* etc.

MATERIALS AND METHOD

In these studies, we used *Ayur-panchagavya* therapy to treat the hypothyroidism patients and study their prognosis.

a. **Preparation of medicine:** Each component of *Panchanga* used singly or in combination as it is or combined with herbal and mineral drugs to formulated into *Arista, Ghrita, Vati* etc. *Panchagavya Sanjeevani: Amalakki - Phyllanthus emblica, Vibhitaki - Terminalia bellerica, Haritaki - Terminalia chebula, Bilva - Aegle marmelos, Haridra - Curcuma longa, Tulsi - Ocimum sanctum, Kanchanara - Bauhinia variegata, Guduchi - Tinospora cordifolia,*

Jalakumbhi - Pistia startiotes, Shveta Aparajita - Clitoria ternatea with *Gau jala* (early morning collected) formulated into *Arka*(Distilled product) and added with *Panchagavya Bhasma*

b. Patient examination:

i. In *Roga-Rogi pareeksa* it was appreciated that all-*tridosha, saphthadathu, trimala*, both *shareera* and *manovaha shrotas, agni* were involved and their functions were impaired. In other words, all systems are involved in hypothyroidism.

ii. **Investigations:** Routine blood and urine investigation; Thyroid function test T3, T4, TSH; If required Thyroid antibody test; LFT;USG abdomen and pelvis; Biopsy

c. **Preparation of patient:** *Deepana-pachana, shodana* (*Vamana/ virechana/ basti/ raktamokshana/ shirovirechana*) and *samsarjana karma* followed depending on the *bala* and need of patient. But in few cases directly administered with *Aushadha* (medicine) as guided by acharya sushruta, we should act immediately as if the house is burning with fire. [28]

d. **Treatment regimen:** The prepared formulations administered orally (specifically *sooryodaye, annakala and nishi aushadha kaala*); local application (externally over thyroid gland); *Nasya, Karnapoorana* with *panchagavya Ghrita; Gandusha* with *gau jala arka, Tankana/Spatika, Yastimadhu, Pushkara* etc); *Moordni taila/ Gritha picchu; Abyanga, Dhara* Etc as per requirement. If required in addition: *Varunadi Kashaya* with *Gau jala; Medhya dravya: Brahmi Ghrita, Manasa mitra vatakam, Sarasvatarista* etc

e. **Line of treatment: (Dosage vary as per patient-age, state etc)**

1. <i>Panchagavya Sanjeevani</i> 2 tbs – 0 – 2 tbs + 2. <i>Kanchanara guggulu</i> 1(ES) – 0 – 1(B/F) (<i>Bhishajya Ratnavali Galagandadi Roga Chikitsa</i> 44/64-69) ²⁹
3. <i>Panchagavya Ghrita</i> ½ tbs with <i>Haridra saara</i> , 1-time, Early morning
4. Tab. <i>Gau-Hareetaki</i> 1 – 0 – 1 A/F
5. <i>Bhummyamalakki churna</i> -1/2 tsp with <i>Gau jala</i> -2 tsp and 10 tsp <i>sukoshna jala</i> , 1 time, before sleep
6. <i>Panchagavya Ghrita nasya</i>
7. <i>Panchagavya Ghrita</i> local application over thyroid gland and umbilicus)

f. **Life Style** : For synergizing the action of medications can be followed

i. **Yoga: Surya namaskara**: Minimum 3 cycle- Maximum *Ardha Shakti* (Sweating on forehead, Increased breathing/gasping, tired) with *manta uccharana* and *Swasa kriya*; neck exercise, *dhanurasana*, *trikonasana*, *shavasana*, *bhujangasana*, *surya nadi pranayama*; or any form of activity Swimming/sports/dance/cycling

ii. **Naturopathy**: Gobar therapy: Paste of *Gomutra* + *Gomaya* + *Multani Matti* + turmeric powder and whole-body application in reverse direction to hair follicles, then expose to early Morning sunlight, once semi dry should scrub and take bath

iii. **Water therapy**: whenever required; 1 Lt hot water + 4 tsp lemon + *Saindhava lavan*. Consume slowly with in 1 hour. *Amla* and *ushna* tackles *vata* and *kapha*; also expels dosha.

iv. **Daivavyapasharaya chikitsa**: *Agnihotra homa*/ ghee lamp and *dhoop*, *panchagavya* bead necklace, ash/*vibhuti* application to neck; *Surya mantra* with *Surya nadi pranayama*; *Vishuddha chakra*(satiated in neck) *Beeja Mantra*: Ham by concentrating on *Panchavaktra shiva* and *Shakti Shakini swarupa* of Lord Shiva and Parvathi³⁰

v. Use of pesticide, chemical, hormone free food, also wash vegetables and fruits with diluted *Gomutra arka*; sprinkling *Gomaya* and *Gomutra* in front of home or wipe home with water mixed with *Gomutra arka*

vi. **Patient Counselling-** (*Satwavajaya Chikitsa*): *Dinacharya*(*Jhiva Nirlekhakana*, *Danta Dhawana*, *Abyanga*, *Nasya*, *Gandusha*, *Nitya Vyayama* etc); *Aahara* (*Astavidha aahara visesha aayatana*; *Pathya-Apathya*; *Kshut and Trishna vega* etc); *Nidra* (wake up in *brahmi muhurtha*, avoid *divaswpna* and *ratri jaagarana* etc); Importance of *Nidana Parivarjana*; *Satwa Bala* (*Yama*, *Niyama*, *Japa* etc)

Prakruthi Sthapana: Though laboratory reports and investigations are normal, patient is told to continue the medicine as *rasayana* therapy to vaish the remnant *Dushita dosha/ Guuda rogakaaraka's* and stimulate the regeneration/activation of normal functions.

CASE STUDY

1 (Source of information: Patient): 34 yr, M, Unmarried, works for steel plant factory and mining(dust, field work); Known case of hypothyroidism, was under thyronorm since 2016 is the study subject Under

Ayurpanchagavya treatment since 1.5 yrs

Hetu(Appreciated Causes)	Lakshana(Signs and Symptoms)
<p>a. <u>Ahara</u>: Spicy food, <i>Adyashana/ Alpa Bhojana; Akala Bhojana/ kshut vega dharana; Dadhi</i></p> <p>b. <u>Nidra</u>: Sleeping immediately after food; <i>Nidra vegadharana</i> (shift work)</p> <p>c. <u>Charya</u>: <i>Vega dharana, Avyayama, Atiyaana</i>(Field work)</p> <p>d. <u>Manasika</u>: <i>Chinta</i></p> <p>e. <u>Purva Vyadhi</u>: <i>Amlapitta (Amla udgara, Hrut daha, Daha mutrata)</i></p> <p>f. <u>Family History</u>: Similar symptoms present (Report negative) in sibling</p>	<p>a. <u>Sthanika</u>: Slurring of speech, feeling of Lepana over tongue and thickening, <i>Swara Bheda</i>. (For these complaints upon advice underwent LFT and TFT); O/E: Goiter Palpable</p> <p>b. <u>Agni</u>: <i>Agnimandya</i> and <i>annadwasha</i>, Decreased <i>Abyavarana shakti</i>, increased trishna</p> <p>c. <u>Sarva Daihika</u>: Generalized weakness, <i>Alasya, Rookshata, Weight gain</i></p> <p>d. <u>Miscellaneous</u>: Hair fall, Pain in calf muscles and difficulty in walking</p> <p>e. <u>Respiratory</u>: Deep and long breath</p> <p>f. <u>Excretory</u>: <i>Mala bandha, Atisweda</i></p> <p>g. <u>Nidra nasha</u></p> <p>h. Sexual inability, anxious about infertility.....</p> <p>i. <u>Manas</u>: - Anxiety, depression, bhaya and kampa- Social panic, irritable, can't sustain noise and bright light, mood swing, reduced concentration, lower memory, reduced enthusiasm, <i>Hrud drava, Avara Satwa</i></p> <p>j. <u>Others</u>: Jaundice like symptoms (<i>Purvaroop</i>a: most symptoms since high school; aggravated since 5-6 years; reports positive since 2016)</p>

CASE STUDY

2 (Source of information: Parents): 12 yr, F, student, known case of hypothyroidism, was under thyronorm since 2017(since age of 7 yrs)

is study subject. Menarche: Not attended (Secondary sexual character development present). Under *Ayurpanchagavya* treatment since 2 yrs.

Hetu (Appreciated cause)	Lakshana (Signs and Symptoms)
<p>a. <u>Ahara</u>: <i>Alpa Bhojana</i>; Refuse vegetables, fruits etc; <i>Akala Bhojana</i>; relish oily food; <i>dadhi</i>, sweets, potato dishes(<i>abhisyandi</i>); v. less intake of water</p> <p>b. <u>Nidra</u>: <i>Dewaswapna</i>, more sleep</p> <p>c. <u>Charya</u>: <i>Vega dharana</i>, <i>Avyayama</i>, <i>Alasya</i></p> <p>d. <u>Manasika</u>: <i>Krodha</i>, dull, lethargic</p> <p>f. <u>Purva Vyadhi</u>: <i>Kaphaja Kasa</i>, repeated infections</p> <p>g. <u>Family History</u>: Present (1st cousin)</p> <p>h. <u>Beeja Bhaga Avayava dusti</u>?</p>	<p>a. <u>Sthanika</u>: Slurring of speech, noticed change of voice, <i>Swara Bheda</i>++; O/E: Goiter palpable ++</p> <p>b. <u>Sarva Daihika</u>: Generalized weakness, <i>Alasya</i>, <i>Rookshata</i> ++, Growth retardation (weight and height not up to age) ++ (For these complaints upon advice did TFT); Wrinkles and pale+</p> <p>c. <u>Agni</u>: <i>Agnimandya</i> and <i>annadwasha</i>, Decreased <i>Abyavarana shakti</i></p> <p>d. <u>Miscellaneous</u>: Hair fall++, Calf Muscle pain, bony pains in lower limbs</p> <p>e. <u>Respiratory</u>: slight variation</p> <p>f. <u>Excretory</u>: <i>Mala bandha</i>, <i>Atisweda</i></p> <p>g. <u>Nidra</u>: <i>Atinidra</i>, dose off in class always, take 15-20 min for morning wake up</p> <p>h. <u>Manas</u>: Anxiety, depression, irritable, mood swing, reduced concentration, lower memory, <i>alakshya</i>, reduced enthusiasm, <i>avara Satwa</i>; no self-initiation, need instruction and push for all activities and work</p> <p>i. <u>Others</u>: Frequent pain abdomen (<i>Purvaroopo</i>: <i>kaphaja Vyadhi</i> since child; aggravated since 6 years of age; reports positive since 2017)</p>

RESULT

The patients under this therapy feel satisfied and happy to appreciate positive prognosis and relieve/improvement in symptoms. Thyroid glands starts functioning normally, there is no need of hormone replacement therapy (hormonal

therapy was totally discontinued in tampering manner) and other measures. After a period of treatment schedule the laboratory reports showed normal range or maintained range; also, the patient got psychosomatic relief. In *purvaroopo Avastha* who followed this therapy was not at risk of hypothyroidism.

Patient – 1: Complete cure (*Sukha Sadhya*)

DATE	TSH	T3	T4
28/9/2019	> 100 (0.27 - 4.20 μ IU/ml)	32.4 (80-200 ng/dl)	0.90 (5.10-14.10 μ g/dl)
23/10/2019	> 100	85.70	2.90
2020	0.767 (0.55 - 4.78 μ IU/ml)	95.77 (60-181 ng/dl)	10.0 (4.5 – 10.9 μ g/dl)
2021	0.87	110	9.5

Patient – 2 : Maintained hormones level without hormone therapy (Yapya/krichra sadya?)

DATE	TSH	T3	T4
21/06/2018	>150 (0.70 - 6.40 μ IU/ml)	0.09 (0.94 – 2.41 ng/ml)	0.50 (6.40 – 13.30 μ g/dl)
27/10/2018	0.40	1.27	11.70
24/01/2019 (10 yrs)	4.63 (0.5 – 4.7 μ IU/ml)	123 (87.2 – 218.1 ng/dl)	13.7 (5.4 – 10.7 μ g/dl)
02/05/2019	30.22	118	9.3
14/01/2020 (11 yrs)	2.52 (0.5 – 4.6 μ IU/ml)	108 (86.6 – 199.8 ng/dl)	11 (5.2 – 10 μ g/dl)
23/01/2020	70.07	165	7
24/09/2020	21.27	154	6.7
18/01/2021 (12 yrs)	7.95	11.4	128
23/01/2021	62.20	7.1	94
06/08/2021	1.00	12.7	142

Adverse observations: Burning micturition: mitigated upon coolants - Tender coconut, Barley, buttermilk, *Gulkand*, butter, *Dhanyaka hima*, *Tandulodaka*, *sariva panaka* etc based on patient condition.

DISCUSSION

When the disease can't be exactly identified, treatment can be done by correcting *Gun*as of impaired *Dosh*as by understanding the *Nidana panchaka* etc.

Probable Mode of Action: This results and therapy can be substantiated by the *guna* and *karma* of the *dravya* used. It enhances the immuno-competence and improves general health of an individual; prevent the free radicals

formation; acts as an anti-oxidant, acts on thyroid gland, Hypothalamo-pituitary axis; in general, all system and glands of the body. As a *prabhava* destroys the unhealthy tissues and promotes healthy tissue formation. The potency of this therapy can be enhanced by *daivavyapasharaya chikitsa* such as *mantri Karana* of the *dravya*, *mani dharana* during the treatment period etc. Action on both *Shareera* and *Manas* (Psychosomatic treatment). *Ghrita* and *Swarna* (As per research *Gomutra* has nano-gold: Gas chromatography, mass spectroscopy etc) are capable to cross blood brain barrier, reach heart, minute cells; also does *dhatwagni Vardhana*. This can also be substantiated by *Vytyasa chikitsa*: *Shodhana* (purification), *Ushna*, (hot)

Tikshna (sharp), *Lekhana*(scrapping), *Bhedana*, *Agnideepana* (*Dhatu-Jatara-Bhuta*) Vs *Balya* (strengthen), *Bruhmana*, *Rasayana* (rejuvenation), *Anulomana* and other properties. It corrects impaired *Doshas*, *Agni*, *Shrotas* And Does *Poshana* Of *Dhatu* -‘*Saamanya vridhhi kaaranam,veshesha cha hrasa hetu*’. *Pancha Mahabhuta Tatwa* in *Panchagavya* corrects *Tridosha* (*Loka-purusha samya Vaada*). Also, its *Satmya* to all *jeeva*

The 2 main bases were *Go-mutra* (cow urine) being *Ruksha* (dry), *teekshna* (sharp), *ushna* (hot), *shophahara* (anti-inflammatory), *panduhara* (anemia), *kapha-vata-medohara*, *rouchaka Nashana*, *shodhaneeya*, *agni Deepana* (appetizer) media, *Ksharayukta* and *Gau Ghrita is medhya* (intellect), *agni-bala-ayu Vardhana*, *Vrushya*, provides *praja*, *kanti*, *swara*; *rukshgna*; *ushnodaka is kapha-meda-vatagna*, *swayatu-swasha-kasa hara*, *agnideepaka*. These properties are exactly opposite to that of Hypothyroid disease *Lakshana* and *Nidana*, hence does *samprapti vighatana*^{31,32}

CONCLUSION

In adopting the treatment for the *Anukta vyadhi*'s Physician's *Yukthi* (Planning, Assessment, Reasoning/rational) plays a major role Eg: Understanding *Pradhanya Samprapti* and *Vikalpa Samprapti*. *Ayur-panchagavya* therapy is the Holistic approach towards the patient, which can be categorised under all three forms of *chikitsa- Daivayapasharaya*, *Yukthiyapashraya*, *Satwaavaja*. Application valid in *Astanga Ayurveda*.

Acknowledgment: I feel warm hearted and thankful to my family for constant support and love, I dedicate this work to Mr Anantha Rao Jadav, Mrs Pushpavathi Bai, Mr Naveen Kosti and Family, Mr Hari Prasad, Mrs Leela Ranjitha,

Dr Kushal Sonu, Lekha Rao And Adithya Dongre

Financial Support: Nil.

Conflict of Interest: Nil

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