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A Bird view on Sushrutokta Ganas in Management of Thyroid Disorders

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Abstract: ***Thyroid disorders are emerging as common health concern in India as well as worldwide. Thyroid dysfunction prevalence is rising at an alarming rate in Indian population more prevalent among the females. Hyper and hypothyroidism may be due to disease of thyroid gland secondary to malfunction in the hypothalamus. In Ayurveda thyroid disorder can be understood with the concept of agnivaishamyata and galaganda/gandamala.***

Various etiological factors highlighted in classical text like atisevana of madhura rasa, mithya ahara vihara, vishamashana and pathogenesis shows increased vata & kapha leads to Medhodhatu accumulation in galapradesha leading to galaganda. Condition like Hyperthyroidism can be compared with vata pittaja lakshanas and Hypothyroidism can be compared with vata kaphaja lakshanas.

Thyroid disorder is derangement of thyroid hormones and most of the cases it's associated with disorders like Obesity, Diabetes mellitus, Anaemia, Amenorrhea etc.

Based on basic clinical involvement and presentation of thyroid dysfunction basic drugs can be selected for the treatment. Here is attempt to critically review of thyroid management with mainly focusing on sushrutokta ganas.

Most of the thyroid disorder are associated with kapha meda vikaras hence ganas which acts on kapha medha dhatu can be used in thyroid disorder. Acharya Sushruta has designed ganas in such a way that all the drugs in the Ganas have similar properties and shows similar action when used as combination, among 37 ganas there are 6 ganas which shows action on kapha dosha and medha dhatu, which mainly shows action in thyroid disorder and associated complaints like Obesity, Diabetes mellitus, Anaemia etc.

Keywords: Hypothyroidism, Hyperthyroidism, Agnivaishamyata, Sushrutokta Ganas.

I. INTRODUCTION

Thyroid disease is an umbrella term for the condition that affects thyroid function. Hyper and hypothyroidism are the two main types of thyroid disease which are mainly caused due to Agnivaishamyta, which interns lead to vitiation of the kapha and vata dosha's and vitiation of Medha dhatu, which accumulates in gala pradesha and which is known as Galagand. The term thyroid dysfunction includes two different conditions like hypo and hyperthyroidism. In hypothyroidism, there is decrease in metabolic rate due to decrease T3, T4 hormone secretion level and show symptoms like Bradycardia, Constipation, Weight gain etc. In hyperthyroidism, there is increased metabolic rate due to increase T3 T4 hormone secretion level and show symptoms like Tachycardia, Weight loss etc.

Mainly focusing on Sushrutokta ganas[(1)] explained in 38[th] chapter Dravyasangrahaneeya adhyaya by Acharya Sushruta in Sushruta Samhita sutra sthana, Among 37 ganas there are many ganas which shows action on kapha dosha and medha dhatu like Varunadi gana, Asanadi gana, Trikatu gana etc which all targets kapha dosha and medha dhatu which are the main reason behind the thyroid dysfunction.

II. AIMS AND OBJECTIVES

Present study aims to review Sushrutokta ganas. The objective of this study is to explore Sushrutokta ganas in management of thyroid dysfunction.

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III. MATERIALS AND METHODS

A. *Varunadi Gana*[(2),(3)]

Table no.1 Drugs listed in Varunadi gana

SL NO	DRAVYA	BOTANICAL NAME	RASA	GUNA	VIPAKA	VIRYA	DOSHAKARMA
01	Varuna	*Creteava nurvala Buch - Ham*	Kashaya, Madhura, Tikta	Laghu Ruksha	Katu	Ushna	Kaphavatashamana
02	Artagala	*Terminalia arjuna W.& A.*	Kashaya	Ruksha Laghu	Katu	Sheeta	KaphaPittashamaka
03	Shigru	*Moringa oleifera*	Katu, Tikta Madhura	Laghu Ruksha Teekshna	Katu	Ushna	Kaphavatahara
04	Madhushigru	*Moringa cancanensis*	Katu, Tikta Madhura	Laghu Ruksha Teekshna	Katu	Ushna	Kaphavatahara
05	Tarakari	*Clerodendrum phlomidis Linn. F.*	Katu, Tikta Kashaya, Madhura	Laghu Ruksha	Katu	Ushna	kaphavatahara
06	Meshashrungi	*Pistacia integerrima, stew, ex Brandis*	Kashya tikta	Laghu Ruksha	Katu	Ushna	Kaphavatahara
07	Putika	*Holoptelia integrifolia (Roxb.) Planch*	Tikta Kashaya	Laghu Ruksha	Katu	Ushna	Kaphapittashamaka
08	Naktamala	*Pongamia pinnata Pierre*	Tikta Katu	Laghu Teekshna	Katu	Ushna	Kaphavatashamaka
09	Agnimantha	*Premna integrifolia*	Katu, Tikta Kashaya Madhura	Laghu Ruksha	Katu	Ushna	Vatakaphahara
10	Saireyaka	*Barleria cristata Linn both red and blue flowers*	Madhura Tikta Amla	Snigdha	Katu	Ushna	Kaphavatahara
11	Bimbi	*Coccinia grandis (Linn) Voight*	Tikta	Laghu Ruksha Teekshna	Katu	Ushna	Kaphapittahara
12	Vasuka	*Osmanthus fragrans Lour*	Tikta kashaya	Laghu Ruksha Theekshna	Katu	Ushna	Kaphavatahara
13	Vasira	*Achyranthes aspera,Linn*	Katu, Tikta	Laghu Ruksha Teekshna Sara	Katu	Sheeta	Kaphavatahara
14	Chitraka	*Plumbago zeylanica Linn.*	Katu	Laghu Ruksha Tikshna	Katu	Ushna	Vatakaphahara
15	Shatavari	*Asparagus racemosus willd.*	Madhura Tikta	Guru Snigdha	Madhura	Sheeta	Vatapittahara
16	Bilva	*Aegle marmelos corr.*	Kashaya Tikta	Laghu 2Snigdha	Katu	Ushna	Kaphavatahara
17	Ajashrungi	*Dolichandrone falcate seem.*	Tikta	Laghu ruksha	Katu	Ushna	Kaphashamaka
18	Darbha	*Imperata cylindrica, Beauv.*	Madhura Kashaya	Laghu Snigdh	Madhura	Sheeta	Tridoshaghna
19	Bruhati	*Solanum lndicum Linn.*	Katu Tikta	Laghu Ruksha	Katu	Ushna	Kaphavatahara

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Varunadi Gana, it was observed that the predominant rasas are Tikta, Kashaya and Katu. Additionally, these drugs exhibit properties such as Laghu, Ruksha, and Teekshna. All the dravyas in Varunadi Gana have Ushna veerya with the exception of Darbha and Shatavari and vasira. In terms of Vipaka, most of the drugs have Katu vipaka, except for Shatavari and Darbha which have Madhura vipaka. Shatavari is vatapitta samaka, and Putikaranja is kapha-pitta samaka, while all others act as Kaphavatasamaka, indicating their effectiveness in balancing Vata and Kapha doshas. This group gets rid of Kapha and Medas and also destroys headache, Gulma and internal abscess [(4)].

B. Trikatu Gana

Table no.2 Drugs listed in Trikatu gana

SL NO	DRAVYA	BOTNICAL NAME	RASA	GUNA	VIPAKA	VIRYA	DOSHA KARMA
01	Pippali	*Piper longum Linn.*	Katu	Laghu, Snigdha, Teekshna	Madhura	Anushnasheeta	Vatakaphashamaka
02	Maricha	*Piper nigrum Linn..*	Katu	Guru Tikshna	Katu	Ushna	Vatakaphashamaka
03	Shunti	*Zingiber officinale Roscoe*	Katu	Laghu Snigdha	Madhura	Ushna	Kaphavatashamaka

Trikatu gana consists of Pippali, Maricha and Shunthi, all are having predominance of Katu rasa and having Laghu, Theekshna gunas. Among them Pippali and Shunti are Katu rasa, Madhura viapaka dravyas and Maricha is katu rasa and katu vipaka dravya. This combination clears Kapha and Medas, alleviates Urinary diseases and Skin diseases and also acts as Appetizer and cures Rhinitis, Gulma and Impaired digestive fire [(5)].

C. Salasaradi Gana

Table no.3 Drugs listed in Salasaradi gana

SL NO	DRAVYA	BOTANICAL NAME	RASA	GUNA	VIPAKA	VIRYA	DOSHA KARMA
01	Salasara	*Shorea zobusta, Gaertn f.*	Kashaya Tikta	Guru	Katu	Sheeta	vatapittashamaka
02	Ajakarna	*Vateria indica Linn*	Katu Kashaya Tikta	guru Snigdha	Katu	Sheeta	Kaphavathahara
03	Khadira	*Acacia watechu Willd.*	Tikta Kashaya	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
04	Kadara	*Acacia suma Buch.Ham.*	Tikta Kashaya	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
05	Kalaskandha	*Diospyros embryopteris pers*	Kashaya	Laghu Ruksha	Katu	Sheeta	vatakara
06	Kramuka	*Areca Catechu Linn.*	Kashaya Madhura	Guru Ruksha	Katu	Sheeta	Kaphapittashamaka
07	Bhurja	*Betula utilis D.Don.*	Kashaya	Laghu	Katu	Ushna	Tridoshahara
08	Meshshringa	*Pistacia integerrima, stew, ex Brandis*	Kashya tikta	Laghu Ruksha	Katu	Ushna	Kaphavatahara
09	Tinisha	*Ougenia dalbergioides Benth.*	Kashaya	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
10	Chandana	*Santalum album Linn.*	Tikta Madhura	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
11	Kuchandana	*Caesalpinia sappan Linn.*	Kashaya Tikta Madhura	Ruksha	Katu	Sheeta	Kaphapittahara
12	Shimsapaa	*Dalbergia sissoo Roxb.ex Dc*	Kashaya Katu Tikta	Laghu Ruksha	Katu	Ushna	Kaphavatahara
13	Shirisha	*Albizia lebbeck (Linn.) Benth*	Kshaya Tikta Madhura	Laghu Ruksha Teekshna	Katu	Ushna	Tridoshahara
14	Asana	*Pterocarpus marsupium Roxb*	Kashaya Tikta	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
15	Dhava	*Anogeissus latifolia wall.*	Kashaya Madhura	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
16	Arjuna	*Terminalia arjuna W & A*	Kashaya	Ruksha Laghu	Katu	Sheeta	KaphapittaShamaka
17	Tala	*Borassus flabellifer Linn.*	Madhura	Laghu Snigdha Sara	Madhura	Sheeta	Vatapittashamaka
18	Shaka	*Tectona grandis Linn*	Kashaya	Laghu Ruksha	katu	sheeta	kaphapittashamaka
19	Naktamala	*Pongamia pinnata Pierre.*	Tikta Katu	Laghu Teekshna	Katu	Ushna	Kaphavatashamaka
20	Pootika	*Holoptelia integrifolia (Roxb.) Planch*	Tikta Kashaya	Laghu Ruksha	Katu	Ushna	Kaphapittashamaka
21	Ashwakarna	*Dipterocarpus alatus Roxb.*	Katu Tikta	Laghu Snigdha	Katu	Ushna	Kaphavatahara
22	Aguru	*Aquilaria Agallocha Roxb*	Katu Tikta	Laghu Teekshna	Katu	Ushna	Kaphavatahara
23	Kaleeyaka	*Coscinium fenestratum (Gaertn.) colebr*	Kashya Tikta	Laghu Ruksha	Katu	Sheeta	Kaphapittahara

Salasaradi gana dravyas are commonly have Kashaya & Tikta rasa and Laghu & Ruksha guna. All constituent dravyas of this gana have Katu vipaka except plant Tala which have Madhura vipaka. Among 23 total dravyas 15 dravys are of sheeta virya and 8 dravys are of Ushna virya. This group destroys skin diseases and mitigates Prameha and Pandu (anemia). It dries up Kapha and medas [(6)].

D. Lodhradhi Gana

Table no.4 Drugs listed in Lodhradi gana

SL NO	DRAVYA	BOTANICAL NAME	RASA	GUNA	VIPAKA	VIRYA	DOSHAKARMA
01	Lodhra	*Symplocos recemosa, Roxb.*	Kashaya Tikta	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
02	Savaralodhra	*Symplocos crataegoides*	Kashaya Tikta	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
03	Palasha	*Butea monosprema (Lam.) Kuntze.*	Katu Tikta Kashaya	Laghu snigdha	Katu	Ushna	Kaphahara
04	Kutannata	*Oroxylum indicum (Linn.) vent.*	Tikta Kashaya	Laghu Ruksha	Katu	sheeta	Tridoshagna
05	Ashoka	*Sraca asoca, (Roxb) De wilde.*	Kashaya Tikta	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
06	Phanji	*Clerodendrum serratum spreng*	Tikta katu kashaya	Laghu Ruksha	Katu	Ushna	Kaphavatahara
07	Katphala	*Myrica nagi, Thunb*	Kashaya Tikta katu	Laghu Ruksha	Katu	Sheeta	Vatakaphahara
08	Elavaluka	*Pranus avium L.*	Kashaya Tikta	Laghu	Katu	Sheeta	Kaphapittashamaka
09	Shallaki	*Boswellia serrata Roxb.*	Kashaya Tikta Madhuara	Laghu Ruksha	Katu	Sheeta	Kaphapittahara
10	Kadamba	*Anthocephalaus cadamba Miq.*	Kashaya Madhura Lavana	Ruksha Guru	Katu	Sheeta	Tridoshahara
11	Sala	*Shorea zobusta, Gaertn f.*	Kashaya Tikta	Guru	Katu	Sheeta	vatapittashamaka
12	Kadali	*Musa sapientum Linn*	Madhura Kashaya	Guru Sigdha	Madhura	Sheeta	Vatapittashamaka

Dravyas included in lodhradi gana have pridominance of Kashaya and Tikta rasa, Sheeta virya. In context of vipaka except kadali all the dravys have Katu viapaka. It alleviates Meda and Kapha and is useful in mitigating Yonirogas, have Stambhana property and improves colour and acts as antidote to poisons.[7].

E. Arkadi Gana

Table no.5 Drugs listed in Arkadi gana

SL NO	DRAVYA	BOTANICAL NAME	RASA	GUNA	VIPAKA	VIRYA	DOSHAKARMA
01	Arka	*Calatropis procera (Ait) f.*	Katu Tikta	Laghu Ruksha Tikshna	Katu	Ushna	Vatahara
02	Alarka	*Calatropis gigantea (Linn) R Br.ex Ait*	Katu Tikta	Laghu Ruksha Tikshna	Katu	Ushna	Vatahara
03	Karanja	*Pongamia pinnata Pierre.*	Tikta Katu	Laghu Teekshna	Katu	Ushna	Kaphavatashamaka
04	Nagadanti	*Baliospermum montanum Muell - Arg*	Katu	Guru Teekshna	Katu	Ushna	Kaphapittahara
05	Mayuraka	*Achyranthes aspera,Linn*	Katu, Tikta	Laghu Ruksha Teekshna Sara	Katu	Sheeta	Kaphavatahara
06	Bharangi	*Clerodendrum serratum spreng*	Tikta katu kashaya	Laghu Ruksha	Katu	Ushna	Kaphavatahara
07	Rasna	*Pluchea lanceolata oliver and Hiern*	Tikta Guru	Guru	Katu	Ushna	Kaphavata Shamaka
08	Indrapusphi	*Gloriosa suparba Linn*	Katu Tikta	Laghu Teekshna	Katu	Usna	Kaphavatashamaka
09	Kshudrashveta	*Clitorea ternatea Linn Linnatea*	Katu Tikta Kashaya	Laghu Ruksha	Katu	Sheeta	Tridoshahara
10	Mahasveta	*Clitorea ternatea Linn Linnatea*	Katu Tikta Kashaya	Laghu Ruksha	Katu	Sheeta	Tridoshahara
11	Vrischikali	*Pergularia daemia (Forssk) Chiov*	Katu Tikta Kashaya	Laghu Ruksha	Katu	Sheeta	Pittakaphashamaka
12	Alavana	*Celasrtrus paniculatus Willd*	Katu Tikta	Teekshna	Katu	Sheeta	kaphavatahara
13	Tapas vriksha	*Balanites roxburghii Planc h*	Tikta	Laghu	Katu	Ushna	kaphavatahara

Dravyas enlisted in Arkadi gana commonly have Katu and Tikta rasa, Ushna veerya and Katu vipaka. This group is useful in mitigating Kapha, Meda and Viṣha. It palliates worm-infestation and skin disorders and specifically does cleansing of the wound [8].

IV. DISCUSSION

Thyroid disorders are understood based on the disorders related to Kapha meda vikaras. Thyroid disorders manifests based on secretion of thyroid hormone, hence by looking into clinical presentations in a patient, and based on Ayurvedic principles of pharmacology, the various ganas mentioned in Sushruta samhita can be choosen to treat the patients of thyroid disorders. As per Ayurvedic concept, Dhatvagnimandya caused by kapha dosha vikriti results in vitiation of Medo dhatu which obstructs the srotas leading to vitiation of vayu (due to margavarodha) and that increased vata hampers the Dhatwagni again. The Potential action of varunadi gana attributes to counteract the snigdha, shita, guru, manda, slakshna, and sthira gunas of Kapha dosha by its qualities like ruksha, ushna, laghu and teekshna gunas. These opposite characteristics make these drugs a favorable option for addressing Kapha-medaja rogas. Varunadi gana dravyas which are mainly indicated in Kapha meda vikaras can be administered in case of hypothyroidism because most of clinical presentation in hypothyroidism appears to have involvement of Kapha and meda dhatu.

The Varunadi gana is Kaphavatahara and has deepana karma which helps in correcting the margavarodha which in turn cures medo vikara.

The majority of drugs in the Varunadi gana possess deepana karma, contributing to the stimulation of agni and thereby rectifying the mandagniavastha. The diseases indicated typically involve both Kapha and Vata in their pathogenesis, often associated with margavarana or srotorodha. Additionally, the relationship of Kapha and Medas asraya-asrayi suggests the utility of Varunadi Gana in all conditions with medo dushti. Varunadi gana dravyas shows activity against pro inflammatory cytokines and thus it prevents differentiation of monocytes to macrophages. So It can be used in the inflammatory condition like Autoimmune disorders, Hashimoto thyroiditis etc. and also varunadi gana inhibit the expresseion of adipogenic and lipogenic genes. Hence it can be used in conditions like Hypothyroidism associated with Hypertryglyceridemia, Hypercholesterolemia etc.It is proven to be as lithotriptic agent.

Trikatu gana aslo by virtue of Katu rasa and Ushna virya mainly acts on kapha and vata doshas. Trikatu gana has Laghu ,Ruksha & Teekshna Gunas and Deepana, Pachana, Sthaulya hara, Meda hara and Kapha-vata hara karma. By these properties it does amapachana first in kostha. Later on it stimulates the digestive fire and maintains it. Then it reaches to the deeper dhatus and then stimulates the dhatwagni. There it does further ama pachana which is accumulated at the dhatu level. Just like that it reaches to meda dhatu level and there it stimulates the diminished medo dhatwagni in Hyporthyroidism, does digestion of ama meda and prevent the further ama formation by maintaining normalcy. Since Diabetes mellitus, obesity, PCOS/PCOD are commonly associated with Hypothyroidism one single gana can manage these condition properly if it is used with proper yukti of physician.

The dravyas of Salasaradi gana possesses majorly Kashaya, Tikta Rasa, Katu vipaka, laghu ruksha guna and Sheeta virya. which pacify the Kapha dosha and Meda dhatu. It is majorly composed of prithvi and vayu mahabhuta. In thyroid disorders, there may be manifestation of various skin disorders like Acne vulgaris, Myxodema, Dry skin and hairs, Excessive perspiration etc. because of metabolic changes and hormonal disturbance. Salasaradi gana dravyas can be used in this condition becauase it is having Kashaya rasa predominantly which is told to be as Rakta shodhaka. It also does kapha meda shoshana and reduces excessive kleda from the body. Thus it cures Skin diseases. Oxidative stress to thyroid gland can hamper the normal secretion of the gland and results in hypothyroidism. Kashaya rasa is considered as the anti-oxidant. Hence it reduces the oxidative stress and normalise the function of the thyroid gland. Being Katu vipaka which does the Agni deepana and Aama pachana and also decreses the Srotorodha caused by the Sheeta, Guru, Picchila Singdha gunas by opposite properties like Laghu, Ruksha gunas. Along with these properties Tikta rasa and Sheeta virya being Pitta shamaka controls the metabolism. Thus, Salasaradi gana can be used in effective management of Kushta, Prameha, Pandu roga and mainly acts and dries up abnormal kapha and meda. Lodhradi gana majorly have Madhur, Tikta, Kashay rasa, Ruksha, laghu guna, Sheeta veerya, Katu vipak and Tridosha shamaka (mainly kaphavataghna). By keen observation we can see that majorly used part of dravyas in lodhradi ganas are heartwood and bark. It possesses highest amount of Kashaya rasa compared to other parts. Kashaya tikta rasa along with Sheeta virya will increases ruksha guna inside the body. Which in turn decreases the excessive kleda and does the shoshana of excessive meda. It also possesses anti-oxidant, hypolipidemic and healing properties. In condition like autoimmune thyroid diseases, the immune cells of our body attacks the healthy tissues due to increased oxidative stress. Where Lodhradi gana drayas being anti-oxidant, immunomodulators and adaptogenic activity improves the cytochrome P-450 that involves in oxidative metabolism of drug and other xenobiotics which decreases the oxidative stress and promote body defence system. Thus it promotes mental and physical health and improves the immune system. Due to Ushna and Tikshna Guna of lodhradi Gana Dravya impact the virya of medication goes into the body. In females, there will be srotorodha because of kapha vikriti which results in abnormal movement of vata and disturbance of pitta in yoni pradesha. There may be formation of granthi or manifestation of yoni roga. Which may be correlated to the PCOD/PCOS. Lodhradi gana dravyas increases the agni at minute levels and decreases accumulated kapha dosha and medo dhatu. Ushna and Tikshna guna of dravyas opens the srotorodha and causes normal movement of vata. Lekhana property of these dravyas is responsible for reduction of the size of the granthi, therefore lodhradi gana cures the symptoms of yoni roga along with normal maintainance of thyroid functions. Nyagrodhadi gana dravyas also possess similar property and it can be used in same conditions like Lodhradi gana.

Arkadi gana mainly having Katu rasa, Katu vipaka, Ushna virya dravyas. In general, they have lekhana property. Because of this lekahana property, it decreases the kapha and meda accumulation in gala pradesha and maintain normalcy of thyroid gland. It also has antimicrobial property which helps in decreasing the risk of infection.

V. CONCLUSION

Ayurveda is a science where not only the treatment protocols are already mentioned clearly and stand true even in today's times, but also there has been immense freedom given to the practitioner to decide the treatment as per the individual's conditions. All the Karyadravyas are Ausadha, there is no Karyadravya in this universe which is devoid of medicinal properties, these dravyas needs to be used according to ones Yukti and Artha.[9] After having analysed the Doṣha variation, the drugs in the Ganas can be used individually, in the form of separate gana or in combination of multiple ganas also.[10]

In the different individual after assessing the Doshaja condition, the Gaṇas are to be used individually, or as a combination as per the situation. At times two, three or four of the dravyas may be used or all of them. This is applicable in case of these ganas only and not in any other yoga (formula compound). Classification of these drugs on the basis of pharmacological actions on the various systems of the body and the mind seems more scientific. The drugs having same Rasa, Guna, Virya, Vipaka are compiled and collected under single group. Such drugs need to be standardized as per SOPs and make these group of drugs available in the market for the clinical application. The purpose of this study is to get a clear vision about these ganas at one glance. This research work will help the researchers and practitioners to easily use the groups based on the doshaja conditions. Many eminent Ayurveda Practitioners are already using these ganas for better results in various disorders successfully. The exploration of other ganas should also be done to get an evidence based efficacy for clinical utility on the both Ayurvedic and Contemporary Science parameters.

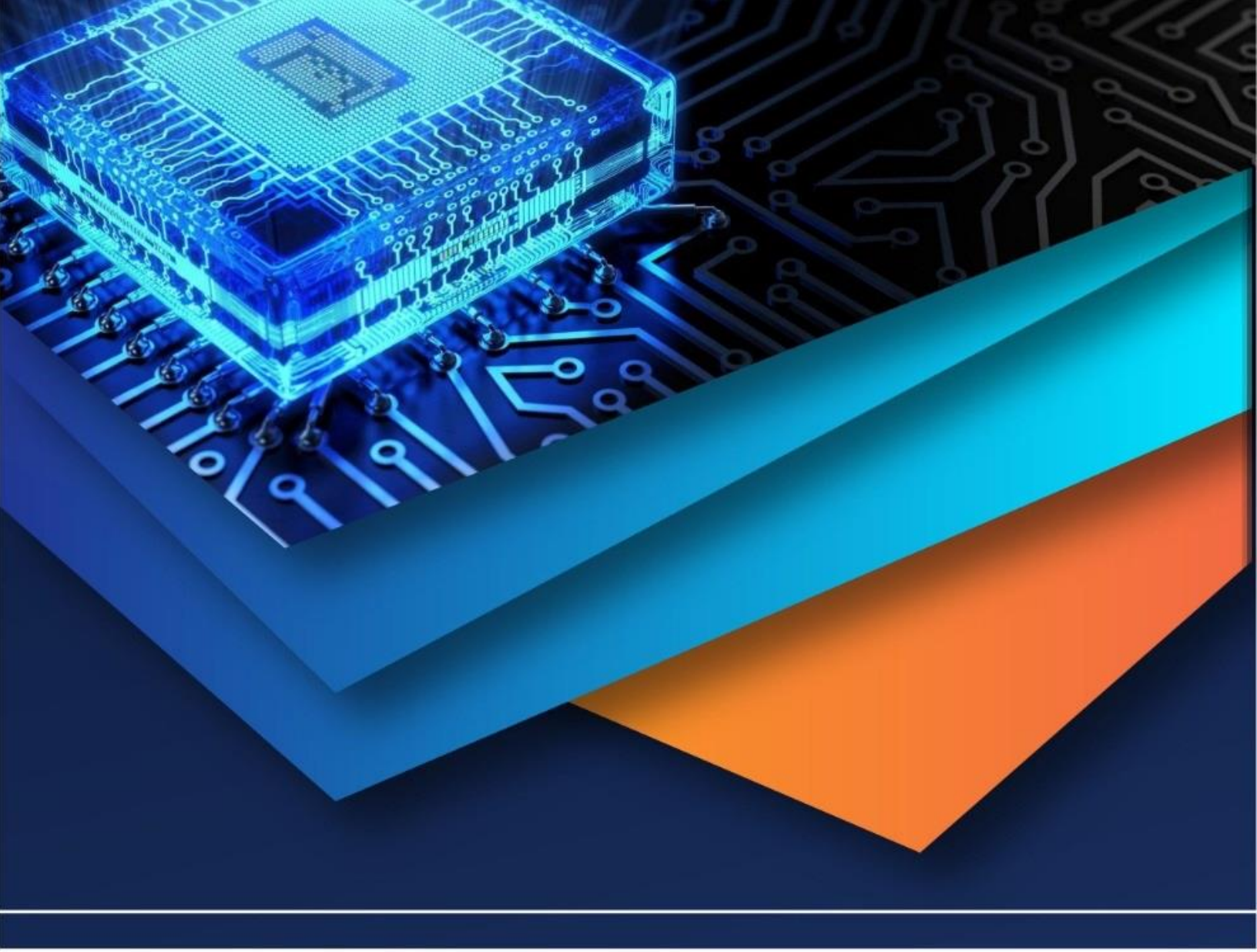
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