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“STUDY OF NIDAN PANCHAK OF HYPOTHYROIDISM FROM AYURVEDIC PERSPECTIVE: A REVIEW ARTICLE”**Dr. Harshika S. Bhagat¹, Dr. Pramod Garje²**

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ABSTRACT:

Thyroid problems are the most common endocrine disorders presently seen worldwide, and hypothyroidism is one of the most common functional disorders of the thyroid gland. In India, the highest frequency of hypothyroidism is approximately 13.1% in individuals aged 46–54 and 7.5% in those aged 18–35. The overall prevalence is 11%. A comprehensive review of Ayurvedic texts, journals, and other research articles was conducted to establish the Ayurvedic diagnosis (Nidan Panchak). The American Thyroid Association (ATA) states that women are five to eight times more likely than men to experience thyroid problems. Thyroid disorders affect one in eight women at some point in their lives. Thyroid hormone imbalance is the primary cause of thyroid dysfunction. Thyroid hormones' principal role is to regulate the body's metabolism; any disruption of these hormones can lead to reduced metabolic processes, which can result in two major conditions: hyperthyroidism and hypothyroidism. This study aims to provide insights into the understanding and management of hypothyroidism in Ayurveda, offering potential strategies for effective treatment.

Aim & Objective – To study the nidan panchak of hypothyroidism from an Ayurvedic perspective.

Materials & Methods – Materials for the study of hypothyroidism are taken from journals, articles and Ayurvedic Samhitas.

Conclusion – Thyroid hormone function is linked to the Ayurvedic concepts of dosha, Agni (*jatharagni, dhawatagni, Bhutagni*), and fundamental principles. *Doshic* vitiation and deficiency in *Agni* account for the clinical symptoms. By focusing on the restoration of metabolic equilibrium through nutrition, lifestyle, and targeted medicines, this integrative approach offers a deeper understanding of thyroid diseases and solid knowledge of the condition.

KEY WORDS:- *Agni, Nidan panchak, Doshic vitiation, Hypothyroidism, Jatharagni*

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INTRODUCTION

Ayurveda is a medical science that promotes a person's overall health and well-being. It focuses more on the prevention of diseases than just their cure. A variety of clinical symptoms, including psychological ones, are present in hypothyroidism, a multisystemic illness. There is no specific name for this illness in the classics of Ayurveda. [1]

The endocrine system's impaired functions are mostly included in the *Ashtonindita Purusha* chapter. In addition to these, hypothyroidism is a metabolic condition. [2-3]

One of the most crucial components of the endocrine system is thought to be the thyroid gland. It either directly or indirectly controls nearly every bodily function, including the metabolic, cardiovascular, respiratory, digestive, neurological, and reproductive systems. [4] Insufficient thyroid hormone production for a variety of reasons is known as hypothyroidism. The most important cause of hypothyroidism is autoimmune disease. A person with hypothyroidism who has needed hormone replacement therapy all of his life. Morbidity and death are increased by untreated hypothyroidism [5]. Therefore, understanding hypothyroidism in terms of Ayurvedic principles and establishing care through the Ayurvedic system of medicine is crucial. Examining the clinical presentation from all of the classical texts reveals that abnormalities of *Jatharagni* (the substance responsible for the metabolic transformation) and *Dhatwagni*, as well as abnormalities of Dosha (the body's regulatory factors), particularly Kapha, Vata and multiple Srotas (systems), are present in hypothyroidism. Even though there is no mention of these in Ayurvedic classics [6], "anukta vyadhi" is a concept that Acharya Charaka has described. The notion of "AnuktaVyadhi" is formed because, according to *Acharya Charaka*, not all ailments can be named. *Anukta Vyadhis* in Ayurveda addresses these thyroid conditions [7]. However, it is crucial to comprehend the Nidana (aetiology), Rupa (symptomatology), and the condition based on Ayurvedic principles in order to deliver the proper treatment. [8]

OBJECTIVES –

To study in detail about nidan panchak of hypothyroidism from an Ayurvedic perspective: A review

NIDAN PANCHAK OF HYPOTHYROID

NIDANA-

Adhyatmika vyadhi hetus consist of the following:

1. ***Adibala pravritta hetu***: This *nidana* is discovered in individuals with congenital hypothyroidism.

2. ***Janmabala pravritta hetu***: In this case, cretinism in young children can be linked to *jada* (*mandabuddhi*).

3. ***Doshabala pravritta hetu***: The fundamental cause of hypothyroidism is *ama dosha*. Second, *vyadhi hetu* and *dosha hetu* can be used to discuss *nidana*.

a. ***Vyadhi hetu***: When the thyroid gland (*avatu*) malfunctions, it is referred to as *vishesh hetu*.

b. ***Dosha hetu***: This comprises the elements that lead to *pitta kshaya*, *kapha vriddhi*, *jatharagni mandya*, and the development of *Ama dosha*. It can be divided into three categories: a) *aharaja hetu* (dietary causes), b) *viharaja hetu* (lifestyle-related causes), and c) *manasika hetu* (psychological variables). [9]

Kaphavrita udana: Since *ura* is the *sthana* for *udana vayu* and *kapha dosha* is predominant in *Urdhvajatrugata Pradesh*, vitiated *kapha* obstructs the *gati* of *udana* and causes *kaphavritta udana*, which manifests as symptoms similar to those of hypothyroidism, such as difficulty speaking and speaking (*vaksvara graha*), heaviness of body (*guru gatrata*), debility (*daurbalya*), discolouration (*vaivarnya*), and anorexia [10].

Viprakishta Hetu: *Viprakishta Nidanas* are the distant causes of the disease which do not produce the disease immediately. The accumulative effects of all these *nidanas* lead to disease manifestation. In today's society, the majority of people consume unhealthy food and lead unhealthy lifestyles. deviations from adhering to a healthy diet.

Viprakishta Nidanas include lifestyle, *Prajnaparadha*, *Asatmyendriyarth Samyoga*, *Kala Parinama*, and imbalance of *Trayopasthambha*. Additionally, persistent exposure to a specific *Ahara* or *Vihara* that results in a *Sroto Vaigunya* at the *Medo Dhatu* level may also be regarded as a *Viprakishta Hetu*. [11]

SR.NO	NIDAN	CAUSES
1.	<i>Ahaar nidan</i>	<ul style="list-style-type: none"> • Nidanas includes the Nidanas causing Dushti of Kapha and Vata. • Increase in the <i>Guru, Snigdha, Abhishyandi Guna</i> of Ahara causes vitiation of <i>Agni</i>. • Intake of <i>Dadhi, Dugdha, Snigdhaahara, Guru Ahara, Abhishyandi Ahara, Masha, Godhuma, Mamsa, Madhura Rasa</i>, etc. causes Kapha Dushti. • <i>Vishamashana, Alpahara</i> causes <i>Vata Dushti</i>
2.	<i>Vihaar nidan</i>	<ul style="list-style-type: none"> • Viharas predominantly includes <i>Divaswapna, Alasya, Avyayama</i> and Sedentary lifestyle, which causes Dushti of <i>Kapha and Meda</i>. • <i>Vata Prakopa</i> occurs due to <i>Vegadharana of Mutra and Pureesha</i> • <i>Ucchabhashana</i> • <i>Ati adhyayana</i> • <i>Bharadharana</i>.
3.	<i>Manasika nidan</i>	Manasika Bhavas represent the current stressful life. These have a direct effect on the Rasavaha Srotas and does its Dushti at the Dhatu level, resulting in Ama.

PURVARUPA-

The *Avaykta Lakshanas* are known as *Poorvarupas*. None of the medical texts mention the prodromal signs of hypothyroidism. Here, *Avyakta* In the *Koshta, Ama Lakshanas* might be interpreted as the *Poorvarupa*. In its lesser version, it comprises weakness, exhaustion, reduced digestive power, and heaviness of the body.

RUPA-Table 1.showing correlation between hypothyroidism and dosha ^[12]

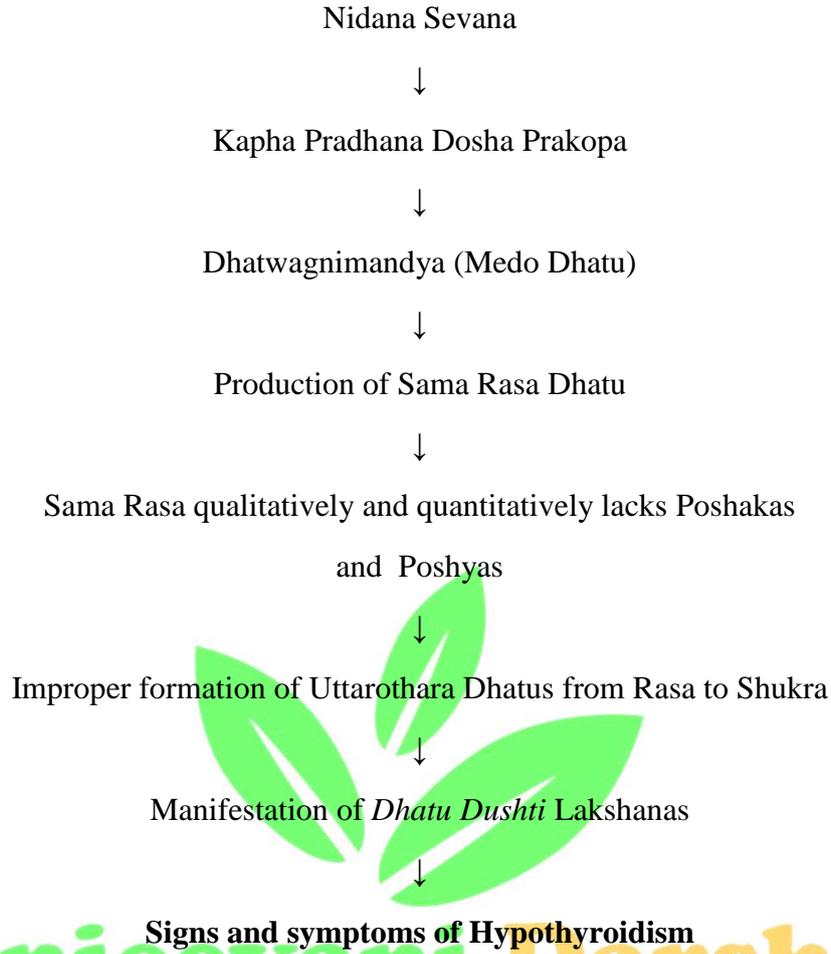
SR.NO	Symptoms of Hypothyroidism	Dosha Pradhanyata
1.	Tiredness	<i>Vata & kapha Vriddhi</i>
2.	Dry skin	<i>Vata vriddhi</i>
3.	Feeling of cold	<i>kapha Vriddhi & vata vriddhi</i>
4.	Poor memory,difficult to concentrate	<i>Vata Vriddhi</i>
5.	Hair loss	<i>Vata Vriddhi</i>
6.	Weight gain with poor appetite	<i>Kapha vriddhi</i>
7.	Dyspnea	<i>Kapha vriddhi</i>
8.	Hoarse voice	<i>Vata Vriddhi</i>
9.	Oligomenorrhea	<i>Vata Vriddhi</i>
10.	paraesthesia	<i>Vata Vriddhi</i>
11.	constipation	<i>Vata Vriddhi</i>

Table 2. Showing Involvement of Srotas in manifestation of hypothyroidism-

SR.NO	Srotasa Name	Lakshana (Symptoms)
1.	<i>Pranavaha</i>	Dyspnoea
2.	<i>Annavaha</i>	Loss of appetite
3.	<i>Rasavaha</i>	Rasavaha Loss of appetite, heaviness of body, lethargy, weakness, somnolence, premature aging symptoms like hair loss, cold intolerance, puffiness, oligomenorrhea, infertility
4.	<i>Raktavaha</i>	Bradycardia, dry skin, slowing of mental activity, lethargy
5.	<i>Mamsavaha</i>	Periorbital oedema, Galaganda (goiter)
6.	<i>Medavaha</i>	Weight gain, tiredness, sleepiness, sluggishness, dyspnoea on exertion
7.	<i>Asthivaha</i>	Hair loss
8.	<i>Majjavaha</i>	Difficulty to concentrating and poor memory
9.	<i>Shukravaha</i>	Loss of libido, infertility
10.	<i>Purishvaha</i>	Constipation
11.	<i>Svedavaha</i>	Dry and coarse skin

Table 3. Showing the possible comparison of Ama Lakshana with symptoms of hypothyroidism

Sr.no.	Ama Lakshana	Symptoms of hypothyroidism
1.	Srotorodha	Hoarseness of voice
2.	Balabhramsha	Feeling of weakness, tiredness
3.	<i>Gaurava</i>	Weight gain, swollen, puffy and oedematous face, feeling of heaviness
4.	<i>Anila mudhata</i>	Bradycardia, irregular menses, inability to concentrate, decrease hearing, cold intolerance, depression
5.	<i>Alasya</i>	Lethargy, excessive sleepiness
6.	<i>Apakti</i>	Reduced appetite
7.	<i>Aruchi</i>	Anorexia
8.	<i>MalaSanga</i>	Constipation
9.	<i>Klama</i>	Fatigue, loss of energy, inability to concentrate, slowdown thought process

SAMPRAPTI OF HYPOTHYROIDISM FROM AYURVED PERSPECTIVE^[13]

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SAMPRAPTIGHATAK OF HYPOTHYROIDISM-

<i>Dosha</i>	<i>Kapha, Vata</i>
<i>Dushya</i>	<i>Rasa, Meda</i>
<i>Agni</i>	<i>Dhatwagni</i>
<i>Ama</i>	<i>Dhatwagni mandya janya ama</i>
<i>Srotas</i>	<i>Udakavaha, Annavaha, Medovaha, Swedavaha, Purishavaha, Rasavaha</i>
<i>Srotodushti</i>	<i>Sanga</i>
<i>Udbhava sthana</i>	<i>Aamashaya</i>
<i>Sanchara sthana</i>	<i>Sarva shareera</i>
<i>Vyakta sthana</i>	<i>Sarva shareera</i>
<i>Adhishtana</i>	<i>Sarva shareera</i>
<i>Rogamarga</i>	<i>Bahya, Abhyantara, Madyama</i>

Table Shows Svabhava and Sadhya-Asadhyata of hypothyroidism

<i>Svabhava</i>	<i>Chirakari</i>
<i>Sadhya-Asadhyata</i>	According to Acharya Sushruta and Madhava Nidana, Rogi is Asadhya if he possesses the following characteristics, such as: 1) संवत्सरातीत 2) अरोचक (3) भिन्नस्वरं Hypothyroidism called Yapya Vyadhi because these three characteristics are frequently observed in hypothyroidism. [14]

UPASHAYA-

1. Rakta Sali Cereals are rich in selenium
2. Rohita Matsya Fish –rich in selenium and iodine
3. Saindhava salt Iodine rich salt is advised
4. Cow's milk and Ghee Cow milk is rich in iodine and selenium
5. Rain Water-Iodine rich water.
6. Fat of pig, hen, chuluki fish
7. daily physical activities like exercise and Yogas asanas should be done.

ANUPSHAYA-

1. Alcohol; gluten, found in wheat and rice; soybeans; cabbage; broccoli; cauliflower; and other members of the cruciferaceae family, as well as excessively fatty and sugary foods, can all lead to thyroid issues.

2. Viharaja apatiyas like Diwaswapna, Ratri jagarana, Vegadharana
3. Yavaka, masa, river water in the rainy season, usara, mustard, beef, meat of young dove, frog, cilicimafish, ghee and milk of sheep, kusumba taila, and fat of buffalo.
4. Viharaja apatiyas like Diwaswapna, Ratri jagarana, and Vegadharana should be avoided [15].

DISCUSSION

In Ayurveda there is no direct mention of hypothyroidism, but a disease by the name 'Galganda' is mentioned in many *Samhitas*. After studying various causes and symptoms of *galaganda*, we observed that it is grossly inadequate to restrict hypothyroidism to *galaganda* only, as *galaganda* is a localised disease while hypothyroidism is a systemic one. The major function of the thyroid gland is to control the rate of metabolism, which is similar to the function of *Agni*. Hence, the dysfunction of *Agni* is the basic cause for the manifestation of this disease. So this article endeavours to put forward the *Nidan Panchanka* of hypothyroidism. This should definitely shed light on the diagnosis and prognosis and help to formulate guidelines for the treatment of hypothyroidism according to principles of Ayurveda. The signs and symptoms of hypothyroidism depend upon the severity of the disease. Now from the above literature it is clear that metabolic activities of the body are controlled by the thyroid gland, which is similar to the functions of *jatharagni*, *bhutagni* and *dhatwagni*. Hence, the cause of the disease is an alteration in the metabolic activity which, according to Ayurveda, is nothing but vitiation of *dhatwagni*. The common Srotas involved in the disease hypothyroidism are *Udakavaha*, *Annavaha*, *Medovaha*, *Swedavaha*, *Purishavaha* and *Rasavaha* srotas. The common feature of hypothyroidism includes reduced appetite. This concludes that *Agnimandya* affects primarily the *Annavaha Srotas*, producing symptoms like *Arochaka*, *Avipaka*, *Anannabhilasha*, and *Asyavairasya*. It further leads to the production of *Ama*, and it undergoes *Apakvata*, vitiating the *Rasavaha Srotas*, thereby producing Lakshanas in addition to the above-said Lakshanas such as *Gourava*, *Tandra*, and *Saada*. Weight gain, numbness of limbs, loss of strength of hair, dryness of mouth, lips, throat, tiredness, etc. are symptoms of hypothyroidism and can be understood as vitiation of *Medovaha Srotas*. Lipid metabolism can be compared to functions of *Medovaha Srotas*. Constipation and reduced sweating can be understood as the vitiation of *Purishavaha* and *Swedavaha Srotas*. *Apana Vata Dushti* results in symptoms like '*anaha*', '*adhmana*', '*gaadavarchas*', etc. Decreased thyroid hormones decrease motility of the GI tract, which results in delayed digestion and evacuation and causes *constipation*.

On the basis of discussion the following treatment should be advised: *Nidan parivarjana*, *Shamana: Vata Kapha Dosha Shamana*, *Agni Deepan*, *Langhana* at the beginning and

repeatedly, *Dhatugatha Malapachana, Shodhana: Strotoshodhana, Rasayana, Yogasana.*

CONCLUSION

Thyroid extract must be taken by hypothyroidism patients for the rest of their lives. Long-term care is necessary since the vitiation of *Agni* in this condition occurs at both the *jatharagni* and *dhatwagni* levels. Even though the disease's *udbhavasthana* is in Galapradesh, it cannot be limited to that state alone. The study's findings indicate that *kapha prakopaka ahara* and *vihara* were the main etiological factors responsible for the disease's emergence. An increase in the *Guru, Snigdha, and Abhishyandi Guna* of Ahara causes vitiation of *Agni*. Intake of *Dadhi, Dugdha, Snigdhaahara, Guru Ahara, Abhishyandi Ahara, Masha, Godhuma, Mamsa, Madhura Rasa*, etc. causes *Kapha Dushti*. *Vishamashana, or Alpahara*, causes *Vata Dushti*. *Viharaja* Nidana predominantly includes *Divaswapna, Alasya, Avyayama* and a sedentary lifestyle, which causes *Dushti of Kapha and Meda*. *Vata Prakopa* occurs due to *Vegadharana of Mutra and Pureesha, Ucchabhashana, Ati Adhyayana and Bharaharana*. *Manasika nidanas* include *chinta, shoka, bhaya*, etc. Due to Nidana Sevana, *Kapha Pradhana Dosh*a Prakopa happens, leading to *Dhatwagnimandya (Medo Dhatu)*. *Agnimandya* of both *Jataragni* and *Dhatwagni* occurs and leads to hypothyroidism. Here, *Agni* is reduced at the level of *Dhatu*s and *Sanga Srotasa*, which impairs *Dhatu* function and causes the physical and mental symptoms of hypothyroidism. In terms of dosha, hypothyroidism is dominated by *Vata* and *Kapha*. This leads to *Dosha* and *Dushya samurchana* and causes varying degrees of symptoms. Here, we conclude that *Agni* is a key player in the pathophysiology of hypothyroidism. Integrative management with herbal formulations, detoxification, and lifestyle changes offers a safe and holistic approach to hypothyroidism.

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