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## A COMPARATIVE STUDY OF LAKSHANAS AND SAMPRAPTI OF BHASMAKA ROG W.S.R. TO HYPERTHYROIDISM

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**Abstract:** Agni is the fundamental concept of Ayurveda, which has described an important factor of Digestion and Metabolism in our body. Agni converts Food in the form of Energy, which is responsible for all the Vital Functions of our body. According to Ayurveda, रोगाः सर्वेपि मंदाग्नीः.....॥ all diseases occur due to Mandagni except Bhasmaka Rog. It occurs due to Agni vrudhi which response to Kshudda vriddhi, Dhatu ksheenta with various Pitta prakop Lakshanas, hence Bhasmaka Rog directly affects on Metabolism. In human body, Thyroxin Hormone also plays an important role in Metabolism. If level of this hormone increased, results to increase Appetite, Sweating etc. This high level of thyroxin called Hyperthyroidism and its symptoms are same as Pitta Prakop Lakshanas. So the question arises whether there is any correlation between Bhasmaka Rog and Hyperthyroidism? What are the Lakshanas and Samprapti of both conditions? With the present article, we are trying to study the Lakshanas and Samprapti of Bhasmaka Rog with special reference Hyperthyroidism.

**Keyword-** Agni, Bhasmakarog, Pitta prakop, Hyperthyroidism.

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### I. Introduction

Ayurveda is holistic science where Agni is basic concept. The term Agni is used in the sense of digestion of food and metabolism. Agni is cause of life, complexion, health, nourishment, energy. According to Ayurveda रोगाः सर्वेपि मंदाग्नीः.....॥ Mandagni is cause of all the Rogas. In Charaksamhitha, Acharya Charakacharya says,

अग्निरेव शरीरे पित्तान्तर्गतः कुपिताकुपितः शुभशुभानि करोतिः तद्यथा-पक्तिमपक्तिं दर्शनमदर्शनं मात्रामात्रत्वमुष्मणः प्रकृतिविकृतिवर्णो शौर्यं भयं क्रोधं हर्षं मोहं प्रसादमित्येवमादिने चापराणि वृद्धानीति॥च.सु.१२/११॥

In human body Agni present in side of Pitta, and this Pitta does all the Shubhashubh Karmas. This Agni is not in the form of flame but it is in the form of liquid called Pitta. Pitta in Prakrut avastha help for proper digestion, vision, maintaining body temperature and so on.

There are 13 type of Agni had mentioned in *Ayurved Samhitas*. *Koshtagni* called as *Pachakagni*, which have function as *Paka* (digestion). *Bhutagni* are 5 in number and *Bhutagni* helps *Koshtagni*, to digest that kind of food which is identical to nature of that specific *Agni*. *Dhatvagni* are 7 in number & they are one of each seven *Dhatus* in the body. If *Agni* is normal, man can have a healthy and long life. Loss of *Agni* leads to loss of life. *Koshtagni* again of 4 types *Samagni*, *Vishamagni*, *Mandagni*, *Tikshnagni*. *Ayurveda* has described only a single *Rog* of *Tikshnagni* that is *Bhasmak Rog*. In this *Bhasmak Rog* because of *Tikshnagni*, person can digest any kind of food, if there is no food, *Tikshnagni* start to digest *Saptdhatus*, resulting *Daurbalya*, *Karshatva* and end as *Mrutyu*. Hence this *Bhasmak Rog* is *Marak Rog*.

Thyroid is endocrine gland that produces two Thyroid Hormone  $T_3$  &  $T_4$ . This Thyroid Hormone has two major effects on body

- 1) To increases overall metabolic rate in the body.
- 2) To stimulate growth in child.

When Thyroid gland affected by disease, the production or release of  $T_3$  &  $T_4$  can be abnormally high or low. If high leads to over activity of thyroid hormones called *Hyperthyroidism*. If this happens, then body metabolism increases and this can be manifests to change in various body tissues causing symptoms like increases Appetite and Loss of weight, Thirst and so on.

So the question arises in mind whether there is any correlation between *Bhasmaka Rog* and *Hyperthyroidism* as both this condition effect on metabolism. Hence here trying to compare, *Lakshanas* and *Samprapti* of *Bhasmaka Rog* with *Hyperthyroidism*.

### **Aim**

A Comparative study of *Lakshanas* & *Samprapti* of *Bhasmaka Rog* w.s.r.to *Hyperthyroidism*.

### **Objective**

- 1) To study *Lakshanas* & *Samprapti* of *Bhasmak Rog*.
- 2) To study *Lakshanas* & *Samprapti* of *Hyperthyroidism*.
- 3) Comparative study of both conditions.

### **Literature Review**

#### *Bhasmak Rog*

*Tikshnagni* is the cause of *Bhasmak Rog*. *Tikshnagni* due to *Pittaprakopa*. *Lakshanas* of *Pittaprakopa* are same as *Bhasmak Rog*. In various *Ayurved Samhitas*, various *Acharya* had mentioned about *Bhasmak Rog* in various Centuries. *Acharyach Charak* had mention *Bhasmak Rog* as *Tikshnagni* in *Grahanirog Chikitsa Adhyay*. *Charak* says, *Ksheen Kapha* and *Prakopa* of *Vata Pitta* responds to *Jatharagni vruddhi*. Because of this *Jatharagni vruddhi*, *Kshuddhavriddhi* and *Trushnadi lakshanas* are seen. If the *Bhasmak Rogi* not taken food then this *Jatharagni* leads to *Dhatu Pachan-Karshytva* & *Mrutyu*. *Acharya Madhavkar* in *Rogvinishchay* also mentioned about *Bhasmak Rog* in 7<sup>th</sup> Century. *Acharya Sharangadhar* in 13<sup>th</sup> century, under *Sharangadhar Samhitha Purvakhanda, Rog-Ganana Prakaran Agnivikar*, had given four types of *Agni* with its respective *Dosh Prakop*. In that *Vishamagni-Vata, Tikhnagni-Pitta, Mandagni-Kapha* & *Bhasmakagni-Vata Pitta*. Hence *Bhasmak Rog* caused by *Vata Pitta Prakop* was mentioned in *Sharangadhar samhita* also. *Acharya Bhavprakash* in 16<sup>th</sup> Century says about *Bhasmak Rog* under *Madhyam khand Jathragni vikar* that after *Aahar seven* of *Atiruksha anna* & *Ativyayamadi Hetu Kapha* get *Ksheen* with *Vata Prakop*, so this *Prakupit vata* leads to *Pitta Prakop* with the help of *Ashayapkarsh gati*, and *Bhasmak rog* with *Swedadi lakshanas* happens. *Acharya Vangsen* also told about *Bhasmak Rog*. In 17<sup>th</sup> Century *Acharya Yogratnakar* gives a separate *Bhasmak Rog Chikitsa Adhyay*. Where he mentioned *Trushna, daha, Murcha, Bhram, Kasa, shofadi Lakshanas* & *Chikitsa of Bhasmak Rog*. Hence *Bhasmak Rog* is one of the *Marak rog* so the study of *Bhasmak Rog* is very important.

#### **Hyperthyroidism**

*Hyperthyroidism* is a condition of the Thyroid gland.  $T_3$  produces  $T_4$  (tetra iodothyronin) &  $t_3$  (Tri iodothyronin) these are two primary hormones that control, how your cell use energy and regulates your metabolism through the release of these hormone. *Hyperthyroidism*

occurs when the thyroid gland secretes excess t3, t4 and TSH. A variety of conditions causes Hyperthyroidism Grave's disease an autoimmune, and this is most common cause. Other factors responsible for Hyperthyroidism include excess iodine intake, thyroiditis, tumor of ovary and testis, benign tumor of Thyroid or Pituitary, and medications. Symptom generally includes hyper metabolic rate, rapid heart rate, high BP, Tremors, Sweating, Increase Appetite, nervousness, inability to concentrate, weakness, sleep disturbance and so on. Various Diagnostic test used for Hyperthyroidism i.e. low cholesterol level indicates elevated metabolic rate, serum thyroxin level, ultrasound.

**Lakshanas of Bhasmak Rog & Hyperthyroidism**

*Lakshanas of Bhasmak Rog*

In Charak Samhita- *Kshudha Vruddhi, trushna, swash, murcha, daha, Daurbalya, murtru*

In Yogratnakar- *Trushna, Daha, Murcha, Bhram, Kasa, Shoph, Vitshosh, Moha, Shramkarmakari, Swhash, Kasa*

*Bhavaprakash- Trushna, Sweda, Daha, Murcha*

*Lakshnas of Hyperthyroidism*

**Clinical Features include**

- 1) Cardiovascular symptoms-Exertion Dyspnea, Exacerbation of asthma, palpitation, angina
- 2) Neuromuscular – nervousness, Irritability, emotional liability, Psychosis, fine tremors, hyper reflexia, muscle weakness
- 3) Dermatological symptoms- Increase Sweating, Pruritus, palmer erythema, alopecia
- 4) Reproductive-Menstrual disturbance, infertility, loss of libido
- 5) GIT- Weight loss, Increase appetite, Vomiting, Increase stool frequency , Constipation or diarrhea
- 6) Miscellaneous- Heat intolerance, thirst, fatigue, Apathy

Comparison between *Lakshanas of Bhasmak Rog & Hyperthyroidis*

Sr.No	Lakshan of Bhasmak Rog	Symptoms of Hyperthyroidism
1	<i>Trushna</i>	Thirst
2	<i>Daha</i>	Heat intolerance
3	<i>Moha</i>	Nervousness, Irritability, Loss of Concentration
4	<i>Shwas</i>	Exertion Dyspnea, Asthma
5	<i>Kasa</i>	Exacerbation of asthma
6	<i>Sweda</i>	Sweating
7	<i>Shoph</i>	Pruritus
8	<i>Murcha</i>	Fatigue
9	<i>Bhrama</i>	-
10	<i>Dina</i>	Loss of weight
11	<i>Shramakarmakari</i>	Hyper reflexia
12	<i>Vitshosh</i>	Constipation, increase frequency of stool
13	<i>Kshudha vruddhi</i>	Increase Appetite

So *Lakshanas* of *Bhasmak Rog* has matched with Symptoms of Hyperthyroidism. Other than this symptoms Hyperthyroidism have more systemic symptom also present.

### ***Samprapti- Stages of Disease***

Samprapti of *Bhasmak Rog*

When in human body, *Kapha get ksheen & Pitta Prakop* occurs and this *Prakupit Pitta* because of *vatas* due to *Ashayapkarsha Gati Pitta with Vata dhosh* goes to *pitta sthan* i.e *Grahani* and gives *bala* to *Jatharagni*. In this way by merging *Agni* with *Vayu*, *Tikshnata* of *Jatharagni* digest all the food. If there is no food then *Agni* start to digest *Raktadi Dhatu*. Because of *Dhatu pachan Sharir Daurbalya* occurs, which leads to various *Vyadhi* then *Mrutyu*. After taking food for some time patient fell relived but after *Aahar pachan* feels *Glani* and *Vyagrata* and other *Lakshanas*.

*Kapha Ksheen, Pitta Prakopa*

*Pitta Marutanugat (Pitta with Vata goes to Pitta sthan)*

*Pitta Goes to Grahani*

*Jatharagni Bala Vruddhi*

*Kshudha Vruddhi*

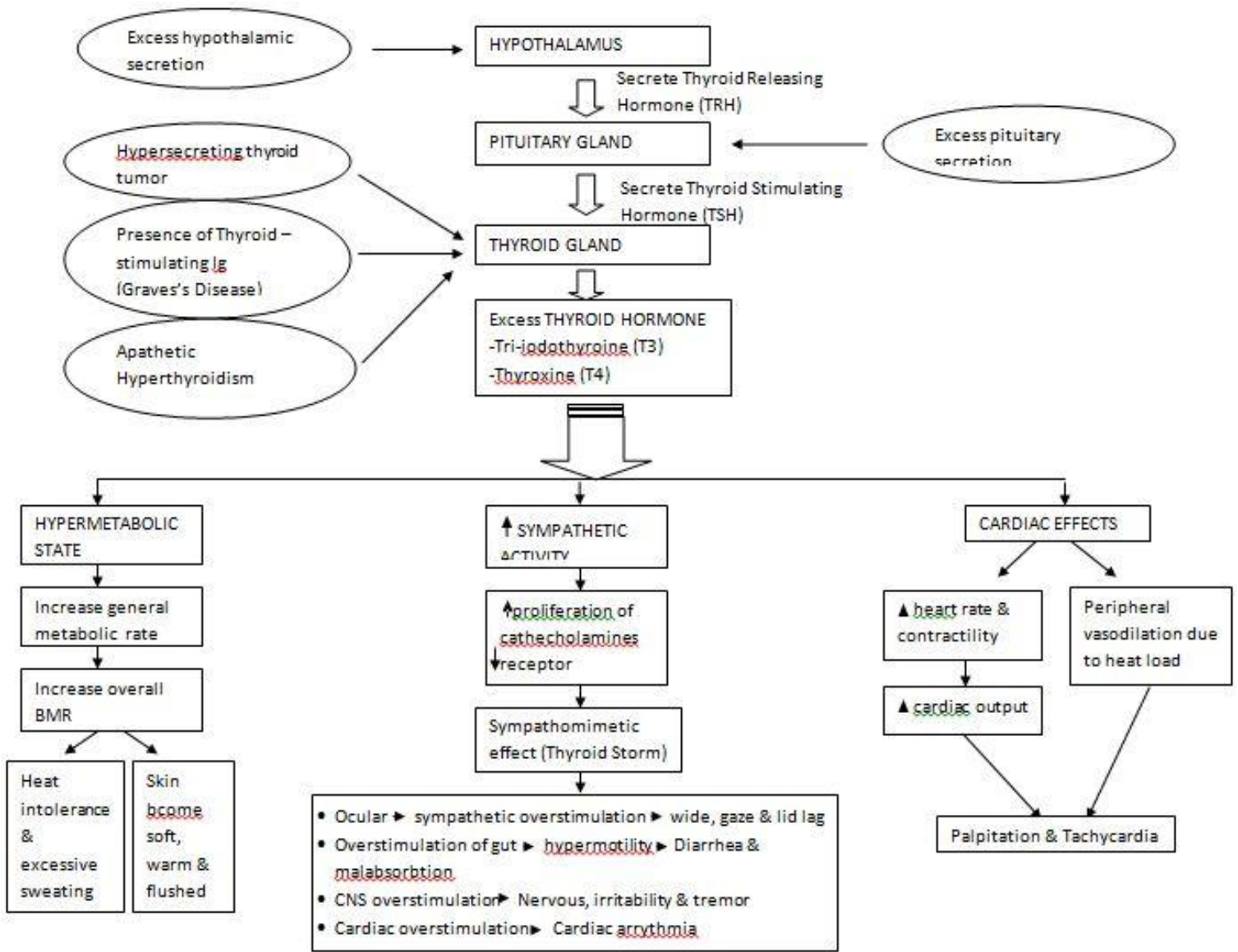
If not given food

*Raktadi Dhatu Pachan Mrutyu*

*Bhasmak Rog*

### **Pathophysiology of hyperthyroidism**

Thyroid Hormone can leads to hyper metabolic state by increasing general metabolic rate. Normally Thyroid Hormone participated in inducing synthesis and degradation of carbohydrate, protein, fats. However, overall metabolic effects of Thyroid Hormone at normal physiological level are to favor the consumption rather than storage of body fuel. So when Thyroid Hormone becomes abnormally height, it will increase the overall metabolic rate by increasing the rate of degradation. Any presses that cause sign & symptoms of Hyperthyroidism. Disturbance of the normal homeostatic mechanism can occur at level of hypothalamus. Pathophysiology of hyperthyroidism as follows



## II. Discussion

In Ayurveda Equilibrium of *Dosha, Dhatu, Mala & Agni* are considered as Healthy state of an individual. From 5 *Vyadhiutpattikarbhav* *Agni* is most important and *Bhasmak Rog* is Causes due to *Agni Vikruti i.e Tikshnagni*. There is *kheen Kapha* and *Vata-Pitta Prakop* gives *Lashanas* of *Vata-pitta Prakop* such as *Kshuddha Vruddhi, Trusna, Daha Murcha, bhram* etc. As done Comparison in modern Disease same type of *Lashanas* has present in Hyperthyroidism. As in Hyperthyroidism  $T_3$  &  $T_4$  level are increases and gives symptoms i.e. Increase appetite, loss of weight, thrust, Sweating etc. This all symptoms of Hyperthyroidism are same as *Pitta Prakopa* so in *Samprapti* of Hyperthyroidism *Pitta Prakop i.e Pitta Vruddhi* occurs. So we can say  $T_3$  &  $T_4$  work in the Body as *Pitta*. And increase level of  $T_3$  &  $T_4$  same a *Pitta Prakop Lakshanas*. Hence *Bhasmak Rog* can be correlated with life style disorder Hyperthyroidism.

### **Conclusion**

*Bhasmak Rog* & Hyperthyroidism both these conditions effects on body metabolism. Pitta Prakop takes important role in *Samprapti* & *Lakhanas* of both these conditions are same. T3&T4 can be work in the Body as *Pitta*. So *Bhasmaka Rog* can be correlated with life style disorder Hyperthyroidism.

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