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, all the diseases occur due to Mandagni except Bhasmaka Rog. It occurs due to Agni vruddhi 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.

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, Agni is the cause of all the Rogas. In Charakasamhitha, Acharya Charakacharya says,

अग्निनिर्णय शरीरे पित्तात्न्तरगतं कुपिताकुपितं: कृप्याशुभायो रोगां: तद्रूपतो पक्षिकृतपाकिनीं दर्शनमदर्शनां भौतिकत्वमात्मात्वमुक्तम्। प्राकृतिकार्थिकां शौर्यं भर्तर्थ ऋषिधर्मं श्रीमहामन्नादं चापरीणं वददानीति।च.सु.१२/१३।

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. Koshtangni 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, Tikhnagni. Ayurveda has described only a single Rog of Tikhnagni that is Bhasmak Rog. In this Bhasmak Rog because of Tikhnagni, person can digest any kind of food, if there is no food, Tikhnagni start to digest Saptdhatues, resulting Daurbalya, Karshatva and end as Mrutyu. Hence this Bhasmak Rog is Marak Rog.

Thyroid is endocrine gland that produces two Thyroid Hormone T3 & T4. 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 T3 & T4 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 Bhasmak Rog and Hyperthyroidism as both this condition effect on metabolism. Hence here trying to compare, Lakshanas and Samprapti of Bhasmak Rog with Hyperthyroidism.

Aim

A Comparative study of Lakshanas & Samprapti of Bhasmak 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

Tikhnagni is the cause of Bhasmak Rog. Tikhnagni 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 Tikhnagni in Grahanirog Chikitsa Adhyay. Charak says, Ksheen Kapha and Prakop of Vata Pitta responds to Jatharagni vruddhi. Because of this Jatharagni vruddhi, Kshuddhavruddhi and Trushnadi lakshanas are seen. If the Bhasmak Rogi not taken food then this Jatharagni leads to Dhatu Pachan-Karshytyva & Mratyu. Acharya Madhavkar in Rgvinishchay also mentioned about Bhasmak Rog in 7th Century. Acharya Sharangadhar in 13th 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 16th Century says about Bhasmak Rog under Madhyam khand Jathragni vikar that after Aahar seven of Atiruksa anna & Ativyayamadi Heta Kapha get Ksheen with Vata Prakop, so this Prakupit vata leads to Pitta Prakop with the help of Ayshayapkarsh gati, and Bhasmak rog with Swedadi lakshanas happens. Acharya Vangsen also told about Bhasmak Rog. In 17th 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. T3 produces T4 (tetra iodothyronin) & t3 (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

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occurs when the thyroid gland secrete excess t3, t4 and TSH. A verity 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*ds

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Lakshan of Bhasmak Rog</th>
<th>Symptoms of Hyperthyroidism</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Trushna</td>
<td>Thirst</td>
</tr>
<tr>
<td>2</td>
<td>Daha</td>
<td>Heat intolerance</td>
</tr>
<tr>
<td>3</td>
<td>Moha</td>
<td>Nervousness, Irritability, Loss of Concentration</td>
</tr>
<tr>
<td>4</td>
<td>Shwas</td>
<td>Exertion Dyspnea, Asthma</td>
</tr>
<tr>
<td>5</td>
<td>Kasa</td>
<td>Exacerbation of asthma</td>
</tr>
<tr>
<td>6</td>
<td>Sweda</td>
<td>Sweating</td>
</tr>
<tr>
<td>7</td>
<td>Shoph</td>
<td>Pruritus</td>
</tr>
<tr>
<td>8</td>
<td>Murcha</td>
<td>Fatigue</td>
</tr>
<tr>
<td>9</td>
<td>Bhrama</td>
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<tr>
<td>10</td>
<td>Dina</td>
<td>Loss of weight</td>
</tr>
<tr>
<td>11</td>
<td>Shramakarmakari</td>
<td>Hyper reflexia</td>
</tr>
<tr>
<td>12</td>
<td>Vitshosh</td>
<td>Constipation, increase frequency of stool</td>
</tr>
<tr>
<td>13</td>
<td>Kshudha vruddhi</td>
<td>Increase Appetite</td>
</tr>
</tbody>
</table>
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 Vyagrate 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 Vyadhiapattikarbav 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 Lakhanas 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 T₃&T₄ 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 T₃&T₄ work in the Body as Pitta. And increase level of T₃&T₄ 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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