

Effects of Unani Formulations in the Management of Hypothyroidism (*Qillat-E-Darqiyyat*) – A Case Report

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ABSTRACT:

Hypothyroidism is a disorder that occurs when the thyroid gland does not make enough thyroid hormone to meet the body's needs. Hypothyroidism is one of the most common endocrine diseases, occurring in 5% of individuals. Mild hypothyroidism is present in as many as 15% of older adults. It is more common in women. In the Unani system of medicine hypothyroidism has not been described as an individual entity but can be correlated with the clinical features of *Su'-i-Mizaj Barid*. In standard Unani Medical Terminology, *Qillat-i-Darqiyyat* defines as the subnormal activity of the thyroid gland and its possible English equivalent is hypothyroidism. In *Qillat-i-Darqiyyat* the temperament of the thyroid gland changes from hot to abnormal cold. Present paper deals with a report of 25years old unmarried female patient having hypothyroidism. Patient was treated with Unani formulations; *Khameera Gaozaban Ambari jadwar Ood Saleeb Wala* (6g paste), *Habb-E-Hilteet* (2 tablets each of 250mg) twice a day and *Qurs-E-Kafoor* (2 tablets each of 500mg) once a day orally after food.... for 12 consecutive weeks. The symptoms were disappeared and thyroid function test becomes normal after treatment. Hence above drugs are found to be effective as well as safe in symptomatic management of hypothyroidism.

KEYWORDS: *Habb-E-Hilteet*, Hypothyroidism, *Khameera Gaozaban Ambari jadwar Ood-E-Saleeb Wala*, *Qillat-E-Darqiyyat*, *Qurs-E-Kafoor*, Unani Medicine.

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INTRODUCTION:

Hypothyroidism is a disorder that occurs when the thyroid gland does not make enough thyroid hormone to meet the body's needs. Without enough thyroid hormone, many of the body's functions slow down [1]. Hypothyroidism is one of the most common endocrine disease, occurring in 5% of individuals. Mild hypothyroidism is present

in as many as 15% of older adults. It is more common in women. A survey conducted by the Indian Thyroid Society depicts 1 in 10 adults in India suffer from hypothyroidism. According to the survey, hypothyroidism is three times more prevalent among women than men especially in the age group of 46-54 years. A major proportion of the patient population may go undetected and

untreated even as it continues to impair the daily quality of life, work performance, and economic productivity.^[2] Causes of hypothyroidism include Hashimoto's disease, thyroiditis, congenital hypothyroidism, radiation treatment of the thyroid ^[1]. Hypothyroidism is associated with the number of symptoms such as fatigue, cold intolerance, dry skin, slowed heart rate, heavy or irregular menstrual periods ^[2]. In the Unani system of medicine hypothyroidism has not been described as an individual entity but can be correlated with the clinical features of *Su'-i-Mizaj Barid*. In his renowned book "*Kamil al-Sana't*", 'Ali ibn 'Abbas Majusi (930-994 A.D.), related that the *warm* (swelling) that follows from the build up of *Balgham al-Ghaleez* (abnormal phlegm) results in "*Ghainga*", which are comparable to glands. In Standard Unani Medical Terminology, *Qillat-i-Darqiyyat* defines as the subnormal activity of the thyroid gland and its possible English equivalent is hypothyroidism. In *Qillat-i-Darqiyyat* the temperament of the thyroid gland changes from hot to abnormal cold. Some Unani scholars consider hypothyroidism as *Balghamai* disease. *Ghalba-i-Balgham* is characterized by dry and coarse skin, skin pallor, excessive sleep, lethargy, palpitation, decreased appetite. These signs and symptoms are more and less similar and found in the patients of hypothyroidism ^[3-8]. The *usoole-e-ilaaj* of *Qillat-e-Darqiyat* should be similar to the *usoole-e-ilaaj* of *Su'-e-mijaz Barid* or phlegmatic disorders in Unani system of medicine. Drugs chosen for the treatment should have the *Mundhij-i-Balgham*, *Mushil-i-Balgham* activity and also have thyroid stimulating activity. Interpretation of the functioning of thyroid gland on the basis of TSH_T3 and T4 is given in table-1

CASE HISTORY:

A 25 years old unmarried female patient visited to outpatient department, Ajmal Khan Tibbiya College & Hospital AMU, Aligarh, UP, India, for treatment. She had chief complaints of irregular menses, generalised weakness, palpitations, anxiety, and decreased appetite and on an off constipation since 3 month. She had also complaints about lack of sleep from last 2 months. She had a family history of hypothyroidism to her mother, maternal uncle and aunty... There was no history of polycystic ovarian disease (PCOD) or other relevant gynecological medical history. Additionally, the patient did not drink, smoke or take any substance. The diagnosis was confirmed by thyroid function of a patient. Findings suggestive of mild or subclinical hypothyroidism (Figure-1). The follow up observation was 2 weeks. The duration of study was 12 weeks. Informed written consent has been taken from a patient prior to the treatment.

THERAPEUTIC INTERVENTION:

The patient has been advised to take 6gms of *Khameera Gaozaban Ambari jadwar Ood-E-Saleeb Wala*, 2 tablets of *Hab-E-Hilteet* (500gm) twice a day and 2 tablets of *Habb-E-Kafoor* (250gm) once a day with plain water for a period of 2 months. *Habb-E-Hilteet* and *Qurs-E-Kafoor* are prepared according to Bayaz-e-kabeer Volume-2 and marketed through Dawakhana Tibbiya College, AMU, Aligarh. *Khameera Gaozaban Ambari jadwar Ood-E-Saleeb Wala* is prepared according to the National formulary of Unani medicine Part V and marketed from GMP certified company Hamdard.

Table- 1 Thyroid function interpretation:

TSH	T4	T3	Interpretation
High	Normal	Normal	Mild (subclinical) hypothyroidism
High	Low	Low or normal	Hypothyroidism
Low	Normal	Normal	Mild (subclinical) hyperthyroidism
Low	High or normal	High or normal	Hyperthyroidism

Table- 2 Ingredients of *Khameera Gaozabn ambari jadwar ood-e-saleeb wala*:

Ingredients	Scientific name	Part used
Gaozaban	<i>Borage officianalis</i> Linn	Leaf
Gul-e-gaozaban	<i>Borage officianalis</i> Linn	Flower
Kishneez	<i>Coriandrum sativum</i> Linn	Seeds
Abresham	<i>Bombyx mori</i>	Cocoons
Behman surkh	<i>Salvia hematodes</i>	Stem
Behman safaid	<i>Centaurea behen</i> Linn	Root
Sandal safaid	<i>Santalum album</i> Linn	Heart wood
Tukhm-e-balanga	<i>Lallemantia royleana</i> Benth	Seed
Tukhm-e-raihan	<i>Ocimum basilicum</i> Linn	Seed
Badranjboya	<i>Mellisa parviflora</i>	Shoot
Toodri surkh	<i>Chieranthus chein</i>	Seed
Gul-e-khatmi	<i>Althaea officinalis</i>	Flower
Sat leemun	<i>Citrus aurantium</i>	Crystal
Jadwar Saeeda	<i>Delphinium danudatum</i>	Root
Ood saleeb saeeda	<i>Paeonia officinalis</i>	Root
Qand safaid	<i>Sugar</i>	Crystals

Table- 3: Ingredients of *Habb-E-Hilteet*:

Ingredients	Scientific name	Part used
Hilteet	<i>Ferula foetida</i>	Resin
Zanjabeel	<i>Zingiber officianalis</i>	Rhizome
Namak lahori	<i>Rock salt</i>	Powder
Namak siyah	<i>Black salt</i>	Powder
Qaranfal	<i>Syzgium aronaticum</i>	Flower
Khulanjan	<i>Alpinia galangal</i>	Root
Filfil moya	<i>Piper longum</i>	Root
Filfil siyah	<i>Piper nigrum</i>	Fruit
Ilaichi khurd	<i>Elletaria cardamomum</i>	Fruit
Kabab cheeni	<i>Piper cubeba</i>	Fruit
Shooneez	<i>Nigella sativa</i>	Seed
Ajwain desi	<i>Trachispermum ammi</i>	Seed
Post-e-halela kabuli	<i>Terminallia chebula</i>	Fruit
Post-e-balela	<i>Terminallia chebula</i>	Fruit
Amla khushk	<i>Embelica officianalis</i>	Fruit
Mastagi roomi	<i>Pistacia lentiscus</i>	Resin
Roghan zard	<i>Clarified butter</i>	Butter

Table-4: Ingredients of Qurs-E-Kafoor:

Ingredients	Scientific name	Part used
Tukhm-e-kahu	<i>Lactuca sativa</i> Linn.	Seed
Tukhm-e-khurfa	<i>Portulaca oleracea</i> Linn	Seed
Gul-e-surkh	<i>Rosa damascena</i> Mill.	Flower
Kishneez khushk	<i>Coriandrum sativum</i> Linn	Seed
Gulnar farsi	<i>Punica granatum</i> Linn.	Flower
Tabasheer	<i>Bambusa arundinacea</i>	Crystal
Aqaqia	<i>Acacia arabica</i> Willd.	Bark
Burada-e-sandal safaid	<i>Santulam album</i> Linn.	Heart wood
Gil-e-armani	<i>Alluminium silicate</i>	Soil
Rubb-us-soos siyah	<i>Glycyrrhiza glabra</i> Linn	Root
Kafoor	<i>Cinnamomum camphora</i> Nees	Crystals
Samagh-e-arbi	<i>Acacia arabica</i> Willd.	Mucilage
Arq-e-gulab	<i>Rosa damascene</i> Mill.	Flower


Figure -1 Thyroid profile before treatment



Figure-2: Thyroid profile after treatment

RESULT AND DISCUSSION:

Addressing both the Thyroid Function Test and symptoms, the improved response was remarkable and significant. The patient stated that following treatment, her monthly menses returned to normal and that her palpitations, anxiety, constipation, loss of sleep, and generalized body weakness had all disappeared. Following treatment, the patient's thyroid profile, which had a high TSH value and normal T3 and T4 levels were suggestive of subclinical hyperthyroidism, returned to normal (Figure 2). All recommended medications were determined to be both safe as well as efficient. Tables No. 2, No. 3, and No. 4 listed

the ingredients for each of the three formulations.

Khameera gaozaban ambari jadwar ood saleeb wala is recommended as general tonic. It cures a body weakness^[9]. *Habb-e-hilteet* is used to strengthen the stomach and help in digesting the food well^[9]. It is also possess carminative, aphrodisiac and general tonic property.^[9] Many ingredients of these formulation have proven activities on hypothyroidism such as *Nigella sativa* L. was the most cited plants used against hypothyroidism among several medicinal plants recommended for hypothyroid management^[11] and fruit extract of *Embellica officianalis* Gaertn. decreased both serum

T3, T4 concentrations. The decrease in T3 was by inhibiting peripheral conversion of T4 to T3 in extra-thyroid tissues [12] which is an important component of habb-e-hilteet. *Ocimum basilicum*, *Glycerrhiza glabra*, *Punica granatum* and *Zingiber officinale* possess potential hypothyroid activity^[13] and these drugs are included in these formulations.

Follow-up:

The patient was closely observed throughout the treatment period. The patient was instructed to come for follow up after every 2 weeks. Initially she doesn't observed any kind of relief from the symptoms but after the period of 1 month, she has commenced menses that are normal in duration, flow and cycle and remain regular for the next 2 months of treatment period. There is also an improvement in her appetite, anxiety, constipation and other symptoms in almost 1.5 month of treatment with these unani medications. After the period of 3 months, thyroid profile of patient was repeated and it was found to be normal.

CONCLUSION:

Based on this one case study, it can be concluded that the Unani Formulations *Qurs-E-Kafoor*, *Habb-E-Hilteet*, and *Khameera Gaozaban Sada* are useful in treating hypothyroidism (*Qillat-e-Darqiyya*), as seen by the significant improvement in symptoms related to the condition. As a result, these Unani formulations provide an efficient substitute for allopathic therapy in the treatment of hypothyroidism.

Limitations of study:

Further clinical research is required to assess the effectiveness of these medications in large sample sizes.

Consent of patient:

Informed written consent of the patient has been taken prior to the treatment as well as for publication without discloses the identity of patient.

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