

**A RANDOMIZED CONTROLLED TRIAL ON SHIVAGUTIKA IN THE  
MANAGEMENT OF PRIMARY HYPOTHYROIDISM**



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## ABSTRACT

**Background:** Hypothyroidism is a disorder of the endocrine gland in which the Thyroid gland do not produce enough T3 and T4 hormones which cause number of symptoms such as feeling of tiredness, constipation, depression, and weight gain. It is a clinical syndrome in that no satisfactory treatment is available in modern science even if better control of Thyroid hormones through modern treatment. The term Hypothyroidism is not mentioned in the classical literature. But the features nearest to Hypothyroidism are described. Ayurved believes, it is due to hypo – functioning of Agni and imbalance of Tridosha. Ayurvedic management was adopted to treat Hypothyroidism by correcting Agni and Tridosha in the body

**Methods and Materials:** 75 eligible known case of Primary Hypothyroidism patients were selected and divided into 2 groups by following computer generated randomization technique. Trial group patients were advised to take Shivagutika and Controlled group patients were advised to continue the modern medication (Levothyroxine) for 90 days respectively.

**Results:** Statistically significant improvement was observed on ThyPRO39 subjective parameters in Trial group .The results on Objective parameters T3, T4 and TSH were statistically insignificant in Trial group. In control group, statistically significant improvement was observed on ThyPRO39 subjective parameters and Serum T3 level (Objective parameters). The results on other Objective parameters T4 and TSH were statistically insignificant in Control group.

On comparison of results between the groups, Trial group was more effective than Control group on ThyPRO39 subjective parameters. Trial group was found more effective in increasing Serum T4, while Control group was found more effective in increasing Serum T3 and decreasing Serum TSH level.

**Conclusion:** Shivagutika was more effective on the symptoms mentioned in ThyPRO39 subjective parameters and helps to increase the serum T4 level as compared to Control group. Control group (levothyroxine) was found more effective in increasing the serum T3 and decreasing the serum TSH level.

**Keywords:** Primary Hypothyroidism,Dhatwagnimandya, Shivagutkia, Quality of Life (ThyPRO39),Thyroid Profile.