



ORIGINAL RESEARCH ARTICLE

A Clinico Observational Study of *Gandamala* w.s.r Thyroid Disorders

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ABSTRACT

Thyroid problems are among the most common endocrine disorders presently seen worldwide. Thyroid hormone regulates the metabolic action of the body. Improper secretion of thyroid hormones by thyroid gland leads to thyroid disorders. *Gandamala* being one such disease having an eagle sight, one can conclude out that how modern era is influencing both body & mind status of the individual. Based on clinical features of *Gandamala* can be considered as thyroid disorder and is one among the *mamsapradoshaja vikara*. Hence in this study an attempt is made the observation of thyroid hormone changes in *Gandamala*. After the study it was observed that, T3 and FT3 were found raised in the clinically diagnosed cases of *Gandamala*. Thyroid function test with raised T3, FT3 and normal T4, TSH, FT4 can be considered as supportive diagnostic tool for *Gandamala*.

Key Words *Gandamala, Mamsadhatu, Thyroid disorders, Thyroid hormones*

INTRODUCTION

The changing life style of human being by means of nutritional and behavior pattern plays a major role in the manifestation of several disorders including Thyroid disorders. Thyroid diseases are one of the most common, yet misunderstood and overlooked conditions in Indians. It's estimated that in India, 42 million people have thyroid disease¹. Worldwide about one billion people are estimated to be iodine deficient, 0.3 to 0.4% of population have overt and 4.3 to 8.5% have subclinical hypothyroidism per year. Grave's disease constitute about 50-80% of cases of

Hyperthyroidism². Thyroiditis is a group of disorders that all cause inflammation of thyroid gland. Most types of thyroiditis are 3-5 times more likely to be found in women than in men, onset is 30-50 years of age⁴. Thyroid nodules are lumps which commonly arise within the thyroid gland. Around 4-6.5% of lumps are malignant and most thyroid nodules are benign colloidal nodules⁵.

In *Ayurveda* the disorders of thyroid gland are explained under the heading of *Galagaṇḍa*. According to *charaka-Galaganda* is one and in the sides of pharynx whereas *Gandamala* is multinodular⁶. According to *Hemachandra*



REVIEW ARTICLE

Anatomical Understanding of *Urdwashakhagata* (Upper Limb) *Ani Marma* (A Vital Area) - A Conceptual Study

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ABSTRACT

The knowledge of *Marma* (Vital Area) dates back to Vedic period. The description of 107 *Marma* are available in the literature of Ayurveda. They are classified on the basis of structure, region, prognosis and dimensions. *Ani Marma* is described as a *Vaikalyakara* based on effect of injury and categorised structurally as *Snayu Marma* (*Neuroconnective tissue*) located in upper and lower limbs respectively. But there is a need to identify particular structure that can be identified as *Snayu* and injury to that causing *vaikalatwa*(deformity).. The *Snayu* is considered as connective tissue that binds *Mamsa*, *Asthi*, and *Meda* of the body and gives support and strength. *Snayu Marma* injury causes acute tetanus like symptoms such as stiffness of body, severe pain, deformity and ends in death. It is *Vaikalyakara Marma*, because of injury results in permanent deformity. There is a need to understand the basis of *Viddha Lakshana* and applied aspects of the same. This review will give a complete summary of *Urdwashakhagata Ani marma* about location, underlying structures and importance in *Marma* injury. This knowledge is useful to *Marma* therapist and Ayurveda surgeons. To extend the knowledge of *Marma* in clinical and surgical fields, it is necessary to know the actual structures present at those sites.

Key Words *Marma, Ani, Snayu, Vaikalyakara, Upper Limb, Functional Disability*

INTRODUCTION

Ayurveda is considered as the most reliable and novel Medical Science which has its signature over time immemorial. *Marma Shareera* is one of the important topic discussed in Ayurvedic texts. Different schools of thoughts have analysed this subject from various angles and developed their own thoughts. Sir Monier William and Macdonell coded the term *Marma* as a mortal spot, vulnerable

point or any open or exposed or weak or sensitive part of the body¹. The science of *Marma* was well known in olden days to the warriors and kings. The knowledge of *marma* was applied in the warfare to inflict maximum fatal response against enemy². There are 107 *Marma* located in different parts of the body, on injury to these vital points patients may die or suffers from a kind of deformity. Hence these vulnerable points should