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## Unani Management of Hypothyroidism (Qillat e Ifraz e-Darqiyya): An Overview

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### ABSTRACT

*Unani management of hypothyroidism relies heavily on changing lifestyle habits and natural remedies, such as herbal supplements, dietary modifications, and physical activity. Unani practitioners focus on identifying the underlying cause of hypothyroidism, as this helps to determine the most appropriate form of treatment. Herbal supplements are an important aspect of Unani management and commonly used herbs for hypothyroidism include Asgand, Bitter Gourd, Gymnema Sylvestre, and Muquil.*

*Dietary modifications may also be recommended in order to ensure optimal thyroid health, as well as physical activity that promote circulation and vitality. Unani management is a holistic approach to treating hypothyroidism that emphasizes the importance of lifestyle and dietary changes as well as natural remedies. Traditional Unani protocols for managing hypothyroidism also involve balancing the humors of the body through regimental treatments.*

*Unani treatments for hypothyroidism include using herbs and spices such as ginger, black pepper, saffron and cinnamon to balance the metabolic rate. Unani dietary regimens often involve reducing intake of saturated fats and refined sugars while increasing intake of fiber and whole grains. Unani practitioners also recommend lifestyle changes such as maintaining a healthier sleeping schedule, avoiding over-exertion, and exercising regularly to treat hypothyroidism. Unani practitioners also employ regimental techniques such as steam baths to improve circulation and detoxify the body. Unani management of hypothyroidism can be used in conjunction with conventional medical treatments for effective relief of symptoms.*

**Keywords:** *Hypothyroidism, Dietary modifications, Unani management*

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### Introduction to Hypothyroidism

In Unani medication the sickness we know as hypothyroidism (Qillat e Ifraz e Darqiyya) isn't referenced; in any case, Unani literature distinguishes signs and side effects that are related with unhinged phlegmatic temperament (Su-e-Mizaj Barid Balghami). This appears to be basically the same as the clinical circumstances related with contemporary finding of hypothyroidism. Hypothyroidism is a condition in which the thyroid gland fails to produce enough hormones, which can lead to various disorders related to impaired metabolism and growth. Unani medicinal system derived from Ancient Greek medicine has been used to help treat hypothyroidism. Unani treatment is based on the principles of balance and are centered around aiding the body in achieving equilibrium between the body's natural humors; this is done by using herbal remedies, dietary adjustments, and lifestyle changes. Unani practitioners typically make recommendations based on a patient's individualized constitution by properly balancing the four main humors of blood, phlegmatic, yellow bile and black bile which will eventually reduce the symptoms of hypothyroidism. It is important to recognize the signs and

symptoms of Hypothyroidism as early diagnosis and treatment can help in managing the condition effectively. Unani medicine has some time-tested remedies for Hypothyroidism, including natural ingredients like cinnamon and ajwain that are known to have beneficial effects on the thyroid gland. Unani practitioners also suggest certain dietary changes such as including foods high in iodine content like iodized salt, seaweed and seafood in the daily diet which can help regulate thyroid hormones naturally. Unani medicine also recommends specific herbs like bhuiamla [1], asgand [2], Gymnema Sylvestre [3], Mukul (the gum resin of Commiphora mukul) [4] and gokhru that can help regulate thyroid hormone levels and provide relief from hypothyroidism symptoms. Unani is an ancient form of medicine which originated from Greece and has been proven beneficial for treating Hypothyroidism in a holistic manner due to its focus on physical, mental, and spiritual health. This form of treatment for Hypothyroidism uses natural remedies and herbs to provide relief from symptoms and also helps to boost the overall health of the patient. Unani uses a combination of dietary changes, detoxification, and lifestyle modifications to help manage the condition. Additionally, herbal formulations are also used to help improve thyroid function and support the body's natural healing process. Unani medications for Hypothyroidism include natural herbs such as Kalonji [5], Zafran, Chirayata, etc., which are known to provide relief from the symptoms of this condition and improve overall health. However, Unani formulation can provide a much more holistic approach to hypothyroidism management. Unani medications for Hypothyroidism include natural herbs such as Kalonji, Zafran, Chirayata, which are helpful in reducing inflammation and improving overall health.

### Symptoms of Hypothyroidism

Hypothyroidism is a condition in which the thyroid gland does not produce enough hormones, resulting in various symptoms [6]. Common symptoms of hypothyroidism include fatigue, weight gain, anxiety, depression, cold intolerance, and constipation [6]. Formulations such as Phool Makhana, Gul-E-Surkh, and Unnab are used in Unani medicine to manage hypothyroidism. Phool Makhana is an extraordinary wellspring of selenium, as numerous different nuts. Selenium, which, as per a survey distributed in 2017 in the International Journal of Endocrinology, helps the thyroid function properly [7]. Therefore, makhana can help in lessening thyroid related issues. These formulations help in restoring the balance of hormones and support metabolism, thereby providing relief from the symptoms associated with hypothyroidism.

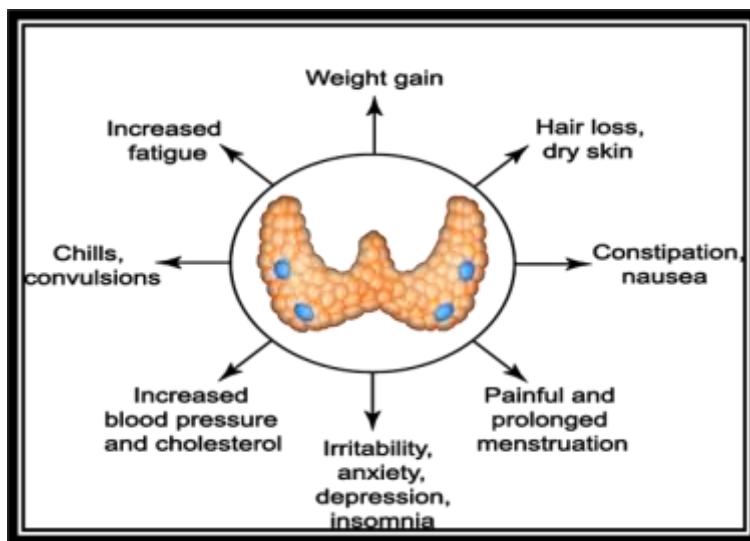
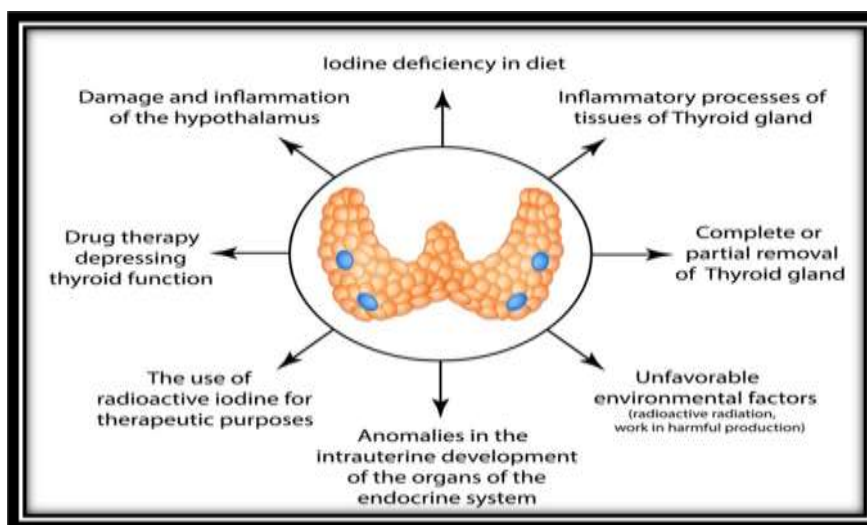


Figure 1: Common Symptoms of Hypothyroidism [6]

Unani management of hypothyroidism includes the use of herbs and other natural remedies to boost thyroid function and alleviate symptoms. Some of the herbs commonly used for treating hypothyroidism include asgand, guggul, shatavar, and brahmi. Unani practitioners typically look at the patient's history, lifestyle, and diet to determine the underlying cause of hypothyroidism and then develop an individualized treatment plan. Unani herbs for hypothyroidism typically act as a tonic for the thyroid gland and can help reduce inflammation and enhance cellular metabolism, aiding in the healing process. In addition, Unani management also includes lifestyle modifications such as dietary changes, stress reduction techniques, and exercise which all play a role in restoring thyroid balance. In addition to herbal remedies, Unani also incorporates lifestyle changes such as dietary modifications and stress reduction techniques to help manage symptoms of hypothyroidism. These can include eating a healthy balanced diet that is rich in iodine and selenium, minimizing caffeine intake, exercising regularly, and practicing meditation to reduce stress levels. Similarly, Unani offers other lifestyle advice for managing hypothyroidism.

### **Causes of Hypothyroidism**

Hypothyroidism is primarily caused by an autoimmune disorder called Hashimoto's disease [8], in which the body's immune system mistakenly attacks the thyroid and causes it to stop producing hormones. Unani, a medical system based on ancient Greek principles, offers a range of Unani formulations to treat hypothyroidism. Unani formulation is based on the principle of restoring balance in the body, by using herbs like asafoetida, nutmeg, black seed oil, henna and sandalwood to reduce inflammation and stimulate hormonal production. Unani practitioners may also use various dietary changes to help with hypothyroidism management, including avoiding dairy and sugar. Other causes of hypothyroidism include iodine deficiency, radiation therapy, and a malfunctioning pituitary gland. Unani, an ancient holistic medical system, has numerous remedies for hypothyroidism treatments. Unani works holistically to manage the condition with natural medicines such as herbs, minerals and dietary advice. Unani practitioners focus on treating the root cause of the problem, rather than just the symptoms. Unani recommends treatment for hypothyroidism based on individualized diagnosis and focuses on restoring balance in the body. Unani treatments often include a combination of herbs and natural remedies that help restore hormone levels and regulate other bodily functions which can in turn improve a person's overall health.



*Figure 2: Causes of Hypothyroidism*

In Unani treatment for hypothyroidism, specific herbs are used to address the underlying causes of the condition, such as improving gut health, balancing hormones, and boosting immunity. Thereafter Unani formulations are used for the management of hypothyroidism. Unani herbal treatment involves the use of specific herbs to significantly improve gut health, balance hormones and enhance immunity in order to effectively treat the underlying cause of hypothyroidism. Unani therapies have proven to be an effective alternative to conventional treatments for the successful management of hypothyroidism.

### **Unani Diagnosis of Hypothyroidism**

Unani diagnosis of hypothyroidism involves analyzing the sign and symptoms exhibited by a person such as fatigue, weight gain, dry skin, constipation, and the presence of goiter. Unani medicines such as qurs tabasheer, qurs musaffi, qurs ood and habb-e-shifa are some of the main Unani medicines used to treat hypothyroidism symptoms. Unani regimental therapies also help to reduce inflammation caused by hypothyroidism. Unani herbs such as Amla, Asgand, mukul (*Commiphora wightii*) and Sumbul-ut-teeb are commonly used for their immunity boosting properties that can help support a healthy thyroid.

A complete Unani diagnosis of Hypothyroidism also includes an evaluation of the patient's dietary habits, lifestyle habits, and emotional wellbeing to understand any underlying causes or contributing factors that are influencing the development or progression of the condition. Hypothyroidism can be effectively managed with Unani medicine by taking a complete diagnosis, including an evaluation of the patient's lifestyle, diet and emotional wellbeing. Treatments often include herbs, lifestyle changes and dietary modifications to rebalance hormones and nourish the thyroid.

### **Principles of Unani Management for Hypothyroidism**

Unani management for Hypothyroidism focuses on restoring the balance of the four humors: Phlegm, Blood, Black Bile and Yellow Bile. This is achieved by using dietary and lifestyle modifications and administering customized medications according to the individual's specific needs. For instance, Unani practitioners might advise Hypothyroidism sufferers to include herbs like black seed and ginger in their diets. Alternatively, practitioners might also recommend herbs for Hypothyroidism like fennel, cardamom and garlic as dietary supplements. To further enhance the balance of the four humors, Unani practitioners might suggest lifestyle changes such as avoiding caffeine and refined flour and increasing physical activity.

The goal of Unani management is to restore balance by providing nutrition to all the organs in order to support normal functioning of the thyroid gland and prevent further complications. It also aims at correcting any underlying imbalances that may be contributing to hypothyroidism such as digestive problems or hormonal imbalances. Unani management includes dietary and lifestyle modifications, Unani herbal medications, detoxification therapies and regimental therapies. Diet modifications involve avoiding unhealthy foods like processed foods and refined sugars that can worsen the condition, while emphasizing on the consumption of healthy foods like fresh fruits and vegetables, whole grains, nuts and seeds. Unani herbs such as Mukul, Asganda, and Shatavari are beneficial in treating hypothyroidism as they help in regulating hormonal imbalances. Ilaj bil tadbeer techniques like Nutool helps improve circulation throughout the body which helps in normalizing the thyroid gland's functions. Detoxification therapies like steam bath are also used to reduce toxicity from the body which can further help in restoring balance within the system.

Unani management includes therapeutic measures such as dietary modification, lifestyle changes, detoxification therapy, use of herbal medicines, exercise, massage therapy and other measures which help in restoring balance in the body and improving functioning of the thyroid gland. Thus, Unani management can be an effective approach for the management of hypothyroidism. Unani treatment includes dietary modification, lifestyle changes, detoxification therapy, herbal medicines, exercise therapy, massage therapy and other measures which help in restoring balance in the body and boosting the functioning of the thyroid gland.

### **Herbal Remedies for Hypothyroidism in Unani Medicine**

Unani medicine has long championed the use of herbal remedies to address hypothyroidism due to its effectiveness and safety. Unani formulation combines the power of herbs such as fennel, licorice, thyme, calendula and asgand to help stimulate the thyroid gland and restore hormonal balance, while at the same time strengthening the immune system and improving overall well-being.

Unani remedies are thought to be especially beneficial for people who are having difficulty regulating their thyroid hormones due to underlying autoimmune conditions. Unani practitioners also suggest lifestyle modifications like reducing stress, eating a nutrient-rich diet, and exercising regularly as additional ways of managing hypothyroidism.

Local herbs like Asgand, Kaunch Beej, Sumbul-ut-teeb, Mukul can be effectively used to improve thyroid functions as they are rich in antioxidants and minerals. Unani medicines include herbs such as Gokhru, Itrifal, Mukul, Sumbul-ut-teeb, Asgand and Kaunch Beej which are said to have the potential to improve thyroid functions.

Furthermore, dietary modifications such as including green leafy vegetables like spinach, millets and flaxseed oil can also play a significant role in controlling the symptoms of hypothyroidism. Meanwhile, Unani formulations that nurture and maintain the balance of the body, with natural herbs such as humoral formulations like Unnab may help in treating hypothyroidism. Furthermore, dietary modifications such as including green leafy vegetables like spinach, millets and flax seed oil can also play a significant role in controlling the symptoms of hypothyroidism.

### **Diet and Lifestyle Changes in Unani Management of Hypothyroidism [9]**

In Unani medicine, dietary and lifestyle modifications are the primary methods for managing hypothyroidism, with minimal use of medications. Unani management involves carefully controlling the intake of certain food and herbs, as well as providing lifestyle advice to improve physical and mental health.

Unani physicians typically recommend avoiding stimulants such as caffeine, alcohol, nicotine and sugar and aiming for a balanced diet instead. Unani management also includes various herbal medications, such as asgand and turmeric, which can help promote balance of thyroid hormones. Unani practitioners also emphasize the importance of exercise, relaxation techniques like adequate sleep to improve overall health. These Unani-based approaches are effective in treating hypothyroidism while minimizing the risk of medication side effects.

One of the most important diet changes to make is to reduce consumption of goitrogens, which are molecules that interfere with iodine absorption by the thyroid and can worsen hypothyroidism. Hypothyroidism is a condition in which the thyroid gland does not deliver

adequate number of hormones. It can cause many side effects, including fatigue, weight gain, depression, and dry skin. Unani medicine offers a range of treatments for hypothyroidism, including herbal remedies and dietary adjustments that help to improve thyroid function and alleviate the symptoms of the disease. A balanced diet full of nutrient-dense foods, minerals like iodine and selenium, and adequate amounts of fatty acids should be followed to ensure optimal thyroid health.

### **Role of Yogic Practices in Unani Management of Hypothyroidism**

One of the most effective Unani management techniques for hypothyroidism is ilaj bil tadbeer regimes. Unani system of medicine provides a holistic approach to the treatment of hypothyroidism by focusing on both diet and lifestyle modifications along with Unani medicines such as Unaab, Sumbul-ut-Teeb, Tukhm-e-Kasni, and Kitab-e-Khas. Unani medicines help to restore healthy thyroid levels and help to reduce fatigue, weight gain, dry skin and hair loss associated with hypothyroidism.

Unani remedies also support liver health, which can improve the overall functioning of the body including thyroid functioning. Unani management is an effective way to manage hypothyroidism and live a healthy life. Ilaj bil tadbeer regimes help to reduce the stress and anxiety associated with hypothyroidism, helps to improve cognitive function and increases overall wellbeing.

Additionally, research has shown that Ilaj bil tadbeer regimes can also improve digestion, stimulate endocrine glands which secretes hormones, stabilize hormones levels and also helps to reduce inflammation which is very often associated with Hypothyroidism. Unani Management of Hypothyroidism includes physical modalities like oil massage, steam bath and Unani Medicine which utilizes natural herbs and dietary modifications.

Unani medicines are aimed to improve the functioning of endocrine glands and thereby balancing the hormones levels in the body, so as to treat Hypothyroidism effectively. Unani Medicine is based on individualized diagnosis, lifestyle advice and treatment principles to achieve the best therapeutic outcomes. Unani practitioners also suggest dietary modifications like consuming food items which are rich in iodine content, fiber and probiotics, in order to reduce symptoms associated with hypothyroidism.

### **Outcomes and Assessment in Unani Management of Hypothyroidism**

Unani management of hypothyroidism involves assessing the patient's overall condition in order to develop a treatment plan. This assessment involves taking into account the patient's physical symptoms, mental health, and lifestyle to determine an appropriate course of action. Unani medicine focuses on balancing the four humors of the body, namely blood, phlegmatics, yellow bile, and black bile.

Unani practitioners believe that an imbalance in these four humours can lead to hypothyroidism, and the treatment plan is then tailored accordingly. Unani medicines such as herbs and minerals are used to restore balance to the body's humours in order to reduce hypothyroidism symptoms. Unani practitioners may also advise lifestyle changes such as diet modification and stress reduction in order to further optimize the patient's health.

The outcome of Unani management of hypothyroidism is usually improved well-being and overall quality of life, as well as improved thyroid function. Additionally, Unani treatments may help to reduce fatigue and improve mood. Unani treatments involve lifestyle and dietary

modifications, herbal remedies, exercise, and massage therapy. Unani herbal remedies are known to provide essential nutrients that can help stimulate the thyroid gland and normalize its function.

Unani practitioners often use a combination of herbs to improve thyroid health, such as asgand, mukul, and licorice root. Exercise is important for Unani management of hypothyroidism since it can aid in improving muscle strength and endurance. Regimental therapies can also help to provide relief from fatigue and stress by stimulating the muscles and calming the nervous system.

In order to assess the effectiveness of the Unani management of hypothyroidism, unani physician may use various tests including thyroid hormone tests, TSH tests, lipid profiles, vitamin D tests, and other hormone tests. Additionally, other parameters such as patient-reported outcomes can be used to measure progress in treatment effectiveness. Apart from it; Unani formulation is based on the individualized approach and can be adapted to suit the needs of the patient.

The Unani management for hypothyroidism may include lifestyle modifications, dietary changes, Unani single drugs or compound formulations. Unani formulation gives good results if it is prescribed after proper evaluation and diagnosis of the disease, selecting the Unani drugs according to individual symptoms and pathology. Therefore, to monitor the effectiveness of Unani management of hypothyroidism, doctors may use laboratory tests as well as patient-reported outcomes to assess progress.

## **CONCLUSION**

Unani medicine is a great option for those living with hypothyroidism and can provide effective relief from the associated symptoms. However, it is important to remember that Unani medicine treatments are not a replacement for medical treatments and should be used in combination with medical advice. In order to restore balance to the body, Unani practitioners use treatments such as herbal supplements and diet modifications to help regulate metabolism and stimulate thyroid hormone production.

Additionally, dietary counseling can be used to address any underlying nutritional deficits that may contribute to hypothyroidism. Furthermore; Unani medicine provides an effective management of hypothyroidism. Through the use of herbal supplements, diet modifications and dietary counseling, Unani practitioners can help restore balance to the body and regulate metabolism.

This in turn helps stimulate thyroid hormone production, thereby helping to address any nutritional deficits that may be contributing to hypothyroidism. In Unani System of Medicine, the primary accentuation of the guideline of treatment (Usool-e-Ilaj) is to address the unusual constitution (Su-e-Mizaj) and modify the Asbab-e-Sitta Zarooriya to reestablish wellbeing.

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