



**Clinical Study on Efficacy of BhallatakaVati and GalgandharaVati Administered after  
Vamana Karma on Hypothyroidism**

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**Abstract:**

Gaurang et al (2017) treated the patients of hypothyroidism with Vamana Karma and reported that it provided moderate improvement to 28.6% patients and mild improvement to 71.4% patients. Later on Gaurang et al (2017) treated the patients of hypothyroidism with a combination comprising of BhallatakaVati and GalgandharaVati and reported that it caused marked improvement in 71.4% patients and moderate improvement in 28.6% patients. The aim of the present study was to assess that if the Shamana drug is administered after Vamana Karma whether the quantum of relief to the patients of hypothyroidism can be increased. For this purpose the patients of hyperthyroidism were first given Vamana Karma and after the SamsarjanaKrama they were administered BhallatakaVati and GalgandharaVati orally for one month. The results of this study showed that it provided marked improvement to 85.7% patients and moderate improvement to 14.3% patients. Thus it was concluded that there was increase in the cure rate but it was not so much when considered the cost effectiveness of performing additional Vamana Karma.

**Key Words:** Hypothyroidism, Galgandhara, BhallatakaVati, GalgandharaVati, Vamana Karma

**Introduction:**

Lineswala et al (2017) considering hypothyroidism as Kaphaja disorder studied the role of Vamana Karma in its management and reported that it provided moderate improvement to 28.6% patients and mild improvement to 71.4% patients.

Thereafter they (Lineswala et al 2018) treated a group of patients with BhallatakaVati and GalgandharaVati administered simultaneously and reported that it provided marked improvement to 71.4% patients and moderate improvement to 28.6% patients. Therefore, it was thought desirable that after Vamana Karma if Shamana is prescribed then the quantum of relief to the patients of hypothyroidism may be further enhanced. Hence a group of patients was also treated with Shamana after performing Vamana Karma.

**Aims and Objects:** To evaluate the role of BhallatakaVati and GalgandharaVati given simultaneously after performing Vamana Karma in management of hypothyroidism.

**Materials and Methods:** Seven patients of hypothyroidism admitted in the I.P.G.T. & R.A. Jamnagar Hospital were selected for the present study.

**Criteria for Diagnosis:** The patients were diagnosed mainly on the basis of clinical features of hypothyroidism i.e. weight gain, puffiness, edema, anorexia, generalized pain etc.

The positive thyroid profile of hypothyroidism was also taken into consideration. The previously diagnosed patients were included in study.

Routine haematological tests, routine and microscopic examination of urine and stool; and serum cholesterol were also carried out to assess the condition of the patients as well as to exclude the other pathologies. In doubtful cases following investigations were carried out to confirm the diagnosis.

(i) Blood Examination - Hb%, complete blood count, ESR

(ii) Urine Examination - Routine and Microscopic

(iii) Stool Examination - Routine and Microscopic

(iv) Biochemical Examination - Serum cholesterol

(v) Thyroid profile- Serum T3, T4 and TSH

**Management:**

In the beginning Vamana Karma was performed in 7 patients of hypothyroidism as mentioned by Lineswala and Gurdip (2017). After SamsarjanaKrama these patients were administered two drugs i.e. BhallatakaVati and GalgandharaVati simultaneously for two months. The dose of each drug was 2 gm thrice a day with milk.

The signs and symptoms were assigned score and criteria for assessing the total effect was adopted as mentioned by Lineswala et al (2017).

**Results**

The Vamana along with Shamana therapy provided significant relief in signs and symptoms as shown in Table-1. The effect of the therapy on physical parameters is depicted in Table-2, on hematological investigations in Table-3 and on biochemical investigation in Table-4. The overall effect of the therapy on the patients of hypothyroidism is presented in Table-5.

**Table-1**  
**Effect of Shamana after Vamana Karma on Signs and Symptoms of Patients of Hypothyroidism**

Signs & Symptoms	Mean Score		% of relief	SD (±)	SE (±)	t	P
	BT	AT					
Puffiness of face	1.17	0.0	100.0	0.40	0.17	7.0	<0.001
Edema	2.2	0.4	81.8	0.45	0.2	9.0	<0.001
Generalized pain	1.6	0.4	75.0	0.45	0.2	6.0	<0.01
Headache	1.0	0.0	100.0	-	-	-	<0.001
Muscle cramps	1.0	0.5	50.0	0.577	0.289	1.732	>0.01
Anorexia	1.25	0.0	100.0	0.50	0.25	5.0	<0.01
Constipation	1.00	0.14	86.0	0.38	0.14	6.0	<0.001
Dry skin	1.3	0.0	100.0	0.49	0.18	6.97	<0.001
Excessive sleep	1.86	0.15	97.9	0.95	0.36	4.768	<0.01
Lethargy	1.86	0.43	76.9	0.53	0.20	7.071	<0.001
Fatigability	1.71	0.57	66.7	0.38	0.14	8.14	<0.001
Forgetfulness	1.42	0.28	80.3	0.38	0.14	8.0	<0.001
Cold intolerance	1.33	0.5	62.4	0.40	0.17	5.0	<0.01

**Table-2**  
**Effect of Shamana after Vamana on Physical Parameters of Hypothyroidism Patients**

Physical Parameter	Mean		% of change	SD (±)	SE (±)	t	P
	BT	AT					
Weight ( in kg)	72.4	69.9	3.55	1.51	0.57	4.5	< 0.01
Body mass index	26.92	25.92	3.59	0.555	0.21	4.6	< 0.01
Pulse/minute	73.7	80.0	7.9	8.28	3.130	2.001	> 0.05
Systolic BP mmHg	116.3	117.7	1.21	8.384	3.169	0.451	> 0.05
Diastolic BP mmHg	79.4	80.0	0.71	5.968	2.256	0.253	> 0.05
Temperature <sup>0</sup> F	96.7	98.3	1.6	0.355	0.127	12.40	< 0.001

**Table-3**  
**Effect of Shamana administered after Vamana on Haematological Investigation of Patients of Hypothyroidism**

Hematological parameters	Mean Score		% of relief	SD (±)	SE (±)	t	P
	BT	AT					
Hemoglobin g%	13.95	13.98	0.21	0.761	0.289	0.099	>0.05
TLC/cumm	7470	6740	9.8	5.345	2.020	3.61	<0.05
Neutrophil (%)	56.3	59.3	5.1	5.228	1.976	1.52	>0.05
Lymphocyte (%)	39.1	35.9	8.4	3.039	1.148	2.86	<0.05
Eosinophil (%)	3.57	3.57	0.0	4.203	1.589	0.0	>0.05
Monocyte (%)	1.0	1.33	25.1	1.033	0.423	0.79	>0.05
Basophil (%)	1	1	0	0	0	0	>0.05
ESR mm 1 hour	20	11	45.0	7.772	3.173	2.836	<0.05

**Table-4**  
**Effect of Shamana after Vamana on Biochemical Parameters of Hypothyroidism Patients**

Biochemical Parameter	Mean		% of change	SD (±)	SE (±)	t	P
	BT	AT					
Serum cholesterol	188.2	197.1	4.9	14.133	7.234	1.239	>0.05
Serum T3 (ng/ml)	0.81	0.93	12.8	0.235	0.089	1.332	> 0.05
Serum T4 (mcg/dl)	6.91	6.68	3.5	2.063	0.78	0.302	> 0.05
Serum TSH (micro IU/ml)	4.27	9.20	53.6	7.375	2.788	1.768	> 0.05

**Table-5**  
**Overall Effect of Vamana with Shamana on Patients of Hypothyroidism**

Overall Effect	No. of Patients	Percentage
Complete remission	0	00.0
Markedly Improved	6	85.7
Moderately Improved	1	14.3
Mild Improvement	0	00.0
Unchanged	0	00.0

## Discussion

Hyperthyroidism patients of this group were first subjected to Vamana Karma and then after SamsarjanaKrama were administered two drugs viz. BhallatakaVati and GalgandharaVati simultaneously, each in the dose of 2 gm thrice a day with milk for 2 months.

The combined therapy provided significant relief of 100% in puffiness of face and anorexia, 97.9% in excessive sleep, 86.0% in constipation, 81.8% in edema, 80.3% in forgetfulness, 76.9% in lethargy, 75.0% in generalized pain, 66.7% in fatigability and 62.4% in cold intolerance (Table-1). Vamana with Shamana group significantly increased the body weight and BMI as well as body temperature, but caused no significant change in pulse rate and BP (Table-2). The therapy significantly reduced total leucocyte count, lymphocyte count and ESR (Table-3), but no significant changes were noticed in biochemical values such as serum cholesterol, T3, T4 and TSH values (Table-4).

Out of the 7 patients of hypothyroidism treated with Vamana followed by Shamana 85.7% patients showed marked improvement and 14.3% patients got moderate improvement (Table-5).

Earlier Gaurang et al (2017) considering hypothyroidism as KaphajaGakaganda treated the patients of this disease with Vamana Karma and reported that it provided significant relief in the symptoms of the patients and gave moderate improvement to 28.6% patients and mild improvement to 71.4% patients. Later on, Gaurang et al (2017) reported the result of a study in which the patients of hypothyroidism were treated with a combination comprising of BhallatakaVati and GalgandharaVati and it was reported that the combination provided significant relief in signs and symptoms of the patients and caused marked improvement in 71.4% patients and moderate improvement in 28.6% patients. The comparison of the result showed that when BhallatakaVati and GalgandharaVati was administered after performing Vamana Karma then 87.5% patient got marked improvement thus bit better than the Shamana alone. Thus, it was concluded that there was increase in the cure rate but it was not so much when considered the cost effectiveness of performing additional Vamana Karma.

## Conclusions

Hyperthyroidism patients of this group were first subjected to Vamana Karma and then after SamsarjanaKrama were administered two drugs viz. BhallatakaVati and GalgandharaVati simultaneously, each in the dose of 2 gm thrice a day with milk for 2 months.

The combined therapy of Vamana and Shamanaprovided significant relief in signs and symptoms of the patients of hypothyroidism.

Vamana with Shamana group significantly increased the body weight and BMI as well as body temperature, but caused no significant change in pulse rate and BP.

Vamana followed by Shamanaprovided marked improvement to 85.7% patients and moderate improvement to 14.3% patients.

The comparison of the result showed that when BhallatakaVati and GalgandharaVati was administered after performing Vamana Karma then 87.5% patient got marked improvement thus bit better than the Shamana alone. Thus it was concluded that there was increase in the cure rate but it was not so much when considered the cost effectiveness of performing additional Vamana Karma.

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