

Ayurvedic Management of a Large Simple Cyst in the Right Lobe of Thyroid – A Case Study

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Abstract: *Thyroid cysts are commonly encountered in endocrine practice. Simple cysts of the thyroid are benign in nature, but their size and associated pressure symptoms often necessitate surgical or interventional procedures in modern medicine. Ayurveda offers a safe, conservative approach through internal medicines, external therapies, and lifestyle modification.*

This case report presents a 27-year-old female patient with a large simple cyst in the right lobe of the thyroid, successfully managed with Ayurvedic treatment. The patient showed almost complete resolution of the cyst within two months, with significant symptomatic relief. The case highlights the scope of Ayurvedic management in benign thyroid swellings and the potential role of classical formulations such as Kanchanar Guggulu and Varanadi Kashaya in addressing Granthi and Galaganda.

Keywords: Thyroid cyst, Galaganda, Granthi, Kanchanar Guggulu, Ayurveda case report

I. INTRODUCTION

Thyroid cysts are fluid-filled nodules that usually arise within the thyroid gland. They are mostly benign, but when large, can cause cosmetic concerns, compressive symptoms, or anxiety in patients. Conventional management typically involves fine-needle aspiration, ethanol ablation, or surgical excision.

In Ayurveda, swellings in the neck region are described under Galaganda and Granthi. Granthi is defined as a palpable, hard mass arising from localized vitiation of Dosha and Dushya, while Galaganda refers specifically to swellings localized to the Griva pradesha (neck region). The predominant Doshas involved are Kapha and Vata, with vitiation of Medo dhatu. Improper dietary and lifestyle habits — including Avyayama (lack of exercise), Adhyashana (overeating), and Chinta (excess worry) — further aggravate the pathogenesis.

This case report illustrates the Ayurvedic management of a large simple thyroid cyst, correlating the clinical presentation with classical descriptions of Galaganda and Granthi, and highlighting the efficacy of Ayurvedic formulations in its clinical resolution.

II. CASE PRESENTATION

Patient Details

- Age / Gender: 27-year-old female
- Date of first consultation: 01/01/2025

Chief Complaints

- Lump on the right side of the neck — visible, soft, movable, painless, not tender, not warm — present for 2 months
- Obstructive sensation while swallowing
- Lethargy, disturbed sleep, abdominal bloating, and body ache



Personal History

- **Bowel:** once daily, complete
- **Sleep:** disturbed
- **Appetite:** reduced (Agnimandya)
- **Stress:** excessive worry (Chintabahulya)
- **Past history:** no prior history of thyroid disorder

Examination

- Abdomen: bloated
- Palms: warm
- Jeeva (vital strength): Samata
- Nadi (pulse): Saman Vata, Pachaka Pitta

Investigations

- USG neck (26/12/2025): large simple cyst in the right lobe of thyroid, measuring $3.38 \times 3.30 \times 2.90$ cm
- Thyroid profile: within normal limits

Hetu (Causative Factors)

- Avyayama (lack of exercise)
- Chintabahulya (excess worry)
- Adhyashana (overeating)

Samprapti (Pathogenesis)

- Hetu sevana $\rightarrow$ Agnimandya $\rightarrow$ formation of Ama
- Kapha and Meda dosha vitiation due to sedentary lifestyle and overeating
- Ama combines with vitiated Kapha, producing localized Sthana samshraya in the Griva pradesha
- Kapha sthana (the neck region) is a natural site of Kapha dosha, favoring cyst/Granthi formation

Samprapti ghataka (components of pathogenesis):

- **Dosha:** Kapha (predominant), Vata (secondary)
- **Dushya:** Meda, Mamsa, Rasa
- **Agni:** Mandagni
- **Srotas:** Rasavaha, Medovaha, Udakavaha
- **Srotodushti:** Sanga
- **Adhisthana:** Griva pradesha
- **Udbhava sthana:** Amasaya
- **Vyakti sthana:** Thyroid region

The case was thus understood as Kaphaja Granthi localized to the thyroid region (Galaganda).

Chikitsa Sutra (Line of Management)

- Kapha-Meda shoshana
- Ama pachana
- Agnideepana
- Lekhana and Granthi hara



- Nasya karma for Urdhwajatrugata vyadhi
- Shamana oushadhi with Ruksha, Ushna, Tikshna, and Katu-Tikta rasa predominance

Treatment Protocol

Internal Medicines

- **Arogyavardhini Rasa (2 BD):** Deepana and Pachana action; Medohara; improves liver function and metabolism; corrects Agni and prevents Ama utpatti
- **Kanchanar Guggulu (2 BD):** Classical Granthi-Vishoshana yoga; Lekhana and Kapha-Meda hara action; specifically indicated in Granthi, Arbuda, and Galaganda
- **Nityananda Rasa (1 BD):** Kapha-Meda hara action useful in cystic swellings; helps break down Sanga in the Srotas and improve lymphatic drainage
- **Varanadi Kashaya (15 ml BD):** Indicated in Galaganda and Medo roga; strong Lekhana and Kaphahara action; improves digestion and reduces Medo dhatu vridhhi

External Therapies

- **Gud-Shunti Nasya (BD):** Urdhwajatrugata dosha shamana; clears Kapha from the nasal passages and throat; acts directly on the Shiras and Griva pradesha
- **Kukkutnakhi Lepa (topical):** Lekhana and Shothahara action; reduces local swelling
- **Pathya (Lifestyle and Diet Advice)**
- Vyayama — regular exercise
- Laghu ahara — light, easily digestible diet
- Eating only when hungry (Agnivardhana)

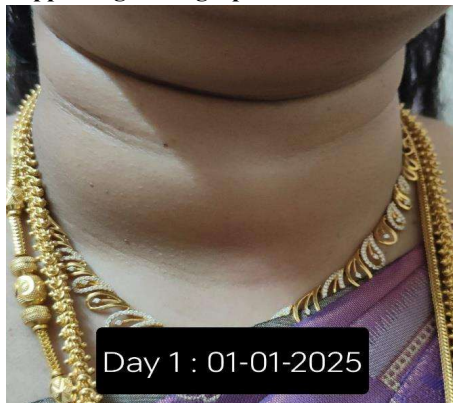
Outcome and Follow-up

Time point	Clinical findings
Day 10 (10/01/2025)	Lump reduced by 20–30%; hunger improved; sleep normalized; bodyache reduced.
Day 30 (03/02/2025)	Lump reduced by approximately 80%; obstructive sensation reduced by 50%; abdominal bloating decreased; hunger and sleep further improved.
Day 60 (03/03/2025)	Complete resolution of the lump (not palpable); obstructive sensation fully relieved; acne reduced; patient reported lightness and improved quality of life.

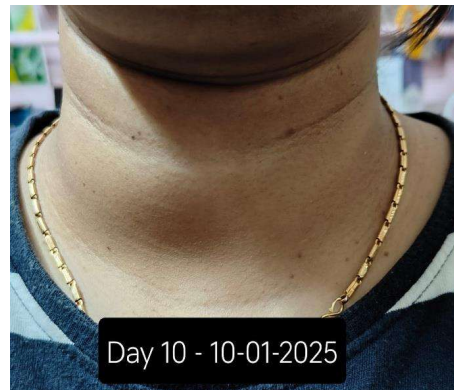
Before-and-after photographs were documented at each follow-up. A repeat USG was not performed owing to patient constraints.



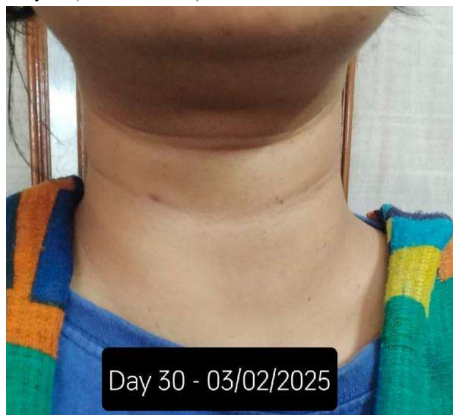
Supporting Photographs



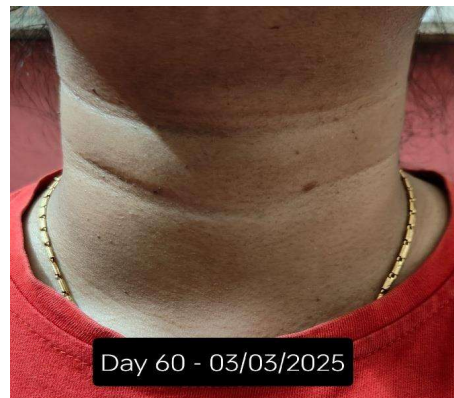
Day 1 (01-01-2025)



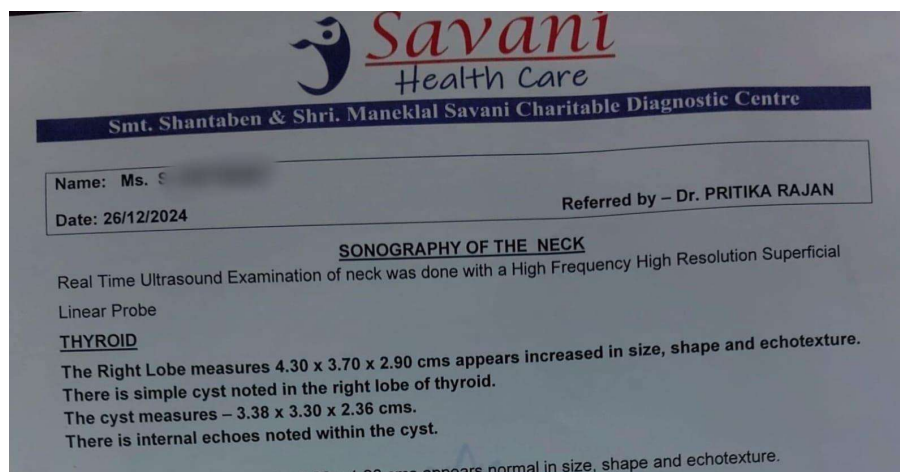
Day 10 (10-01-2025)



Day 30 (03-02-2025)



Day 60 (03-03-2025)



Sonography report, Savani Health Care (26/12/2024)



III. DISCUSSION

The clinical presentation matched Granthi localized in the Griva pradesha, i.e., Galaganda. The patient's sedentary habits, overeating, and excessive worry acted as Hetu, leading to Kapha-Meda dushti.

- Kanchanar Guggulu and Varanadi Kashaya played a pivotal role in reducing the cyst through their Lekhana, Kapha-Medohara, and Granthi-hara properties.
- Arogyavardhini Rasa corrected Agni, prevented Ama utpatti, and supported metabolism.
- Nityananda Rasa enhanced Lekhana and Granthi vishoshana.
- Gud-Shunti Nasya directly targeted the Urdhwajatrugata srotas.
- Kukkutnakhi Lepa provided local Shothahara and Lekhana action.

The outcome showed not only symptomatic relief but complete disappearance of the cyst within two months, without surgical or invasive methods. This suggests a potential role for Ayurveda in benign thyroid swellings, particularly in settings where modern medicine advocates only surgical management.

IV. CONCLUSION

- Ayurvedic management successfully resolved a large simple thyroid cyst within two months.
- The case demonstrates the effectiveness of Kapha-Meda shamana, Agnideepana, and Granthi hara chikitsa.
- It emphasizes the role of classical formulations such as Kanchanar Guggulu and Varanadi Kashaya in thyroid swellings.
- Larger clinical trials with imaging-based follow-up are warranted for further validation.

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