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# Paan khao aur hyperthyroidism se mukti pao, says research

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Indians always believe that piper betel (paan) leaf is good for digestion but now it has been scientifically proved that chewing the leaf can cure hyperthyroidism, a disease which develops due to abnormal condition of thyroid.

In a major scientific breakthrough, scientists of Devi Ahilya Vishwavidyalaya (DAVV) have discovered that piper betel leaf contains a bioactive compound -allylpyrocatechol (APC), which has the protective effects in hyperthyroidism or thyrotoxicosis.

A group of scientists including Dr Anand Kar, head of School of Life Sciences, Dr Sunanda Panda

**FINDINGS BY DAVV SCIENTISTS REVEAL THAT CHEWING BETEL LEAF REDUCES HORMONE LEVELS IN PERSON SUFFERING FROM HYPERTHYROIDISM**



and Dr Rajesh Sharma head of School of Pharmacy conducted the research.

"Thyroid hormones are required for all most all body functions as they play important role in maintenance of normal body metabolism.

However, if more thyroid hormones are produced, it leads to an abnormal condition known as hypothyroidism/thyrotoxicosis,

which, if not treated, may lead to other common diseases such as diabetes and heart problem. Often patients can die of thyrotoxicosis," said Prof Kar.

Through a systematic research, the trio scientists revealed a positive role of APC in thyrotoxicosis, which has been published in a reputed international journal - Scientific Reports of Nature.com

group.

"Interestingly, the chemical was found to be highly effective to reduce the elevated hormones in diseased condition without any side effects, rather with additional protective actions on liver, the main target organ of any drug," said Prof Kar.

The scientists also worked out possible mechanism of action of the

drug through proteomic study and found that the drug action was mediated through the correction of altered protein expression of thyroid peroxidase (TPO) and of thyrotropin receptors (TSHR).

"Drug also normalised the cholesterol and triglyceride levels in diseased animals, suggesting possible protection from cardiovascular problems also," Prof Kar said.

The scientists suggest that patients suffering from high levels of thyroid hormones (hyperthyroidism) can chew betel leaf to reduce the hormone levels and the persons suffering from hypothyroidism, i.e. low levels of thyroid hormones should avoid betel leaf consumption.

बीपीएड के फल