



## YOGA FOR THYROID

### Physical Education

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### ABSTRACT

This article talks about thyroid, its causes and its effects. It explains in detail, the role played by the thyroid gland in the body, and the consequences of it not working in proper fashion. There are mainly four causes of thyroid, which are Iodine deficiency, autoimmune diseases, stress and lack of sleep. There are two types of thyroid, hypothyroidism and hyperthyroidism. A few yogasanas are mentioned in this article, which helps ease, and eventually cure this condition.

### KEYWORDS



The butterfly shaped thyroid gland is located in the lower part of the neck. It plays a crucial role in the function of the endocrine system. It produces the thyroid hormone which controls our metabolism, body temperature, and growth. It also affects the way a child's brain develops. When a person has a problem with their thyroid gland, it can affect both their physical and mental health.



#### CAUSES OF THYROID:

1. Iodine deficiency
2. Autoimmune diseases
3. Stress
4. Lack of sleep

Hypothyroidism is when the thyroid gland is underactive. It happens when the body makes too little of the thyroid hormones T3 and T4. As a result, many of the patient's bodily functions slow down. Hypothyroidism slows down the heart rate and weakens the heartbeat, making it less efficient at pumping out blood into the patient's body. It weakens the muscles which are used for breathing and makes our lungs work less efficiently. Hypothyroidism slows down the movement of food through our stomach and intestines. Women with hypothyroidism may have irregular periods, heavy periods, or missed periods. They can have trouble getting pregnant or they might miscarry if they do get pregnant. It makes the patient's skin dry and pale.



Hyperthyroidism is when the thyroid gland produces an excessive quantity of thyroid hormones. When the thyroid gland is overactive, the body's processes speed up. Thus, a person with hyperthyroidism may experience nervousness, anxiety, rapid heartbeat, excessive sweating, weight loss, and sleep problems among other symptoms.

Yoga brings overall health and wellbeing. It balances our energy, increases flexibility, and relieves stress. It improves circulation and energy flow around the thyroid gland and stretches and strengthen the neck. Below are a few yogasanas that can help treat thyroid problems:

1. Shoulder-stand pose: Since it's an inverted posture, it stimulates blood flow to the glands in the upper body. In this posture, our chin is tucked into our chest, so it benefits thyroid function.
2. Plow pose: Stimulates the thyroid gland
3. Fish pose: It is an excellent pose as it stretches the body in opposite directions.
4. Bridge pose: It strengthens the back and helps improve thyroid health.
5. Cobra pose: Cobra pose gently stimulates the throat and thyroid gland.
6. Boat pose: It is excellent to strengthen the core. Boat pose is beneficial for the thyroid.
7. Wheel pose: It stimulates the thyroid and pituitary glands and strengthens the arms, legs and spine.
8. Headstand pose: It acts directly on the thyroid glands. It also stimulates brain's pituitary and pineal glands, which helps to relieve stress.
9. Lion pose: It is a very effective asana to deal with thyroid problems. In Lion pose a roaring sound is produced which directly targets and massages our throat. It lowers down the thyroid symptoms.
10. Pranayama: Kapalbhathi, Bhastrika, Ujjayi and Nadi shodhan pranayama helps restore balance and regulate thyroid glands.

Meditation is a natural way to restore thyroid function and promote a greater sense of well-being. It stabilises thyroid condition and the endocrine gland system.





#### REFERENCES

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