



The thyroid gland is one of the endocrine glands in our body, it controls how efficiently the body produces and utilizes energy, and affects almost every tissue and organ in the body. The only exceptions are the brain, ovaries, testes, spleen, and the thyroid gland itself.

THYROID GLAND

Highly vascular, brownish-red gland, anteriorly in the lower neck, extending from **C5 to the T1**. The gland varies from an **H** to a **U** shape. **Two** elongated lateral lobes with superior and inferior poles connected by a median isthmus, with an average **height** of **12-15 mm**. Average weight **25-30 g** in adults.



THYROID GLAND HORMONES

THYROID GLAND AFFECTS FUNCTIONS, LIKE;

1. **Breathing**
2. **Heart rate**
3. **Central and peripheral nervous systems**
4. **Body weight - metabolism**
5. **Muscle strength**
6. **Menstrual cycles**
7. **Body temperature**
8. **Cholesterol levels**
9. **Growth & Development in children**

CAUSES FOR THYROID IMBALANCE

Mineral Deficiencies - Adequate supply of iodine and selenium is essential.

Hormones - any disruption in the balance between Estrogen and Progesterone impedes normal thyroid hormone production or its utilization.

Stress - Cortisol and Adrenaline rise excessively with unrelenting stress, blocking TSH production in the pituitary

MAIN THYROID PROBLEMS

1. **Overactive – Hyperthyroidism**
2. **Underactive - Hypothyroidism**

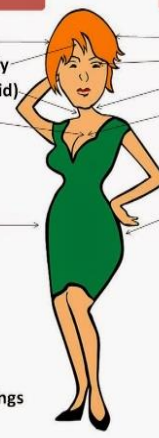
1. **Hyperthyroidism- EXCESSIVE** production of thyroid hormone

It is a less common condition than hypothyroidism.

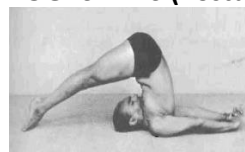
2. **Hypothyroidism** - Thyroid gland produces an insufficient amount of thyroid hormone. It can develop from problems within the thyroid gland, pituitary gland, or hypothalamus.

SIGNS & SYMPTOMS OF HYPO & HYPER THYROIDISM

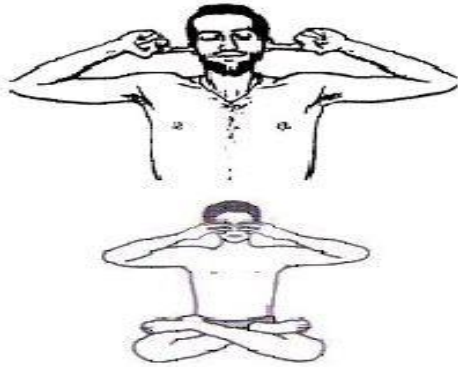
Hypothyroidism	Hyperthyroidism
<ul style="list-style-type: none"> • Hair loss • Inability to think clearly • Goiter (enlarged thyroid) • Reduced heart rate • Strong fatigue • Sensitivity to cold • Dry skin • Weight gain • Puffiness • Memory problems • Constipation • Irregular menstrual periods • Severe PMS • Depression, mood swings • Joint, muscle pain • High cholesterol 	<ul style="list-style-type: none"> • Hair loss • Bulging eyes • Goiter (enlarged thyroid) • Heart palpitations • Tremors • Heat intolerance • Sleep disturbances • Weight loss • Shortness of breath • Diarrhoea • Increased appetite • Irregular menstrual periods • Muscle weakness • Sweating • Anxiety, nervousness • Depression, mood swings



YOGASANAS (Postures) for THYROID



PRANAYAMA (breathing) for THYROID



BHRAMARI

1. Sit straight in a quiet, well ventilated corner with your eyes closed.
2. Close your ears with the index fingers.
3. Take a deep breath in and as you breathe out, while making a loud humming sound like a bee
4. Breathe in again and continue the same pattern or 15-20 times.

MUDRA (Gesture) for THYROID



SURYA MUDRA SAHAJA SHANKHA MUDRA

1. Mudra should be practiced for 30-40 minutes per day. It can be done two to three times a day (in parts).
2. It is good to either do deep breathing or focus on the thyroid gland while practicing these Mudras.

HOME REMEDY for THYROID

1. Powder made from Long Pepper (Piper longum), Ginger (Gingiber officinale) and, Black Pepper (Piper nigrum) in equal quantity can be used to support digestion and the overall gastric function and metabolism

2. 1 tsp Coriander seeds (*Coriandrum sativum*) soaked in one cup water overnight. Next day morning filter and drink the water on empty stomach. This helps to the body heat reduce.

Dietary Precautions

1. **GOITROGENIC** foods such as cabbage, Brussels sprouts, broccoli, cauliflower, sweet potatoes, maize, soya should be reduced in diet.
2. **AVOID Smoking and Alcohol**
3. Excess of fatty and Sugary food should be avoided.
4. Try to have enough fiber in diet.
5. **AVOID** excess of Coffee / Tea

FUTURE EVENT

- **LECTURE – BASIC PRINCIPLES AND PHYSIOLOGY OF YOGASANA.**
On 23rd September 2015
(Wednesday), 5:00 – 6:30 pm at ICC
Yoga Hall.

INDIAN CULTURAL CENTRE

Paramaribo

Dr. Dinesh Kumar Sharma

Yoga Teacher, ICC

indianculture@sr.net