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**

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

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