

Thyroid. taking place
throughout the body.
there are



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Thyroid. It has become a household term in today's time and age. Every third woman is suffering from thyroid issue ranging from the age of 15-60 which makes it an imperative topic to talk about.

So, what exactly is a thyroid disorder? It is a condition that affects the thyroid gland which is a butterfly-shaped gland situated in front of the neck. Thyroid has important roles like the regulation of numerous metabolic processes taking place throughout the body. There are different types of thyroid disorders which affects either the function or the structure of the gland. The gland is located just below the Adam's apple around the windpipe called trachea. Isthmus, which is a thin area of tissue in the gland, joins the two thyroid lobes on each of the sides. Thyroid uses iodine as a vital source of hormones production.

T4 which is also known as thyroxine is the primary hormone that is produced by the gland. Through the bloodstream, a small portion of the T4 is released. After its delivery, the hormone converts to triiodothyronine (T3), which is known to be the most active hormone. You should also know that thyroid gland is controlled by another gland that is known to be pituitary gland and the hypothalamus.

Disorders of these tissues will also affect thyroid functions and lead to related problems

What are the functions of the thyroid gland? The main

functions of the gland are as follows · Controlling body's metabolism

· Maintenance of homeostasis · Control over breathing and heart

rate · Body weight · Body temperature · Cholesterol

level · Regulates cellular activities · Growth rate of the individual

· Protein synthesis There is a direct impact on the hormones' level by the release of TSH. When T3 and T4 levels shoot up, then the pituitary gland will produce more TSH which will signal thyroid to synthesize more thyroid hormone. If the body is experiencing an abnormally high level of TSH then this indicate an underactive thyroid. The condition is termed as hypothyroidism.

The person suffering from this experience the following symptoms. ·

Anxiety · Loss of hair · Irritability · Hyperactivity · Hand trembling · Increased sensitivity to cold · Weight gain · Fatigue

· Dry skin · Constipation · Hoarseness · Puffy face ·

Elevated blood cholesterol level · Muscle weakness · Heavier than normal or irregular menstrual periods · Swelling of joints · Muscle

tenderness or stiffness · Slowed heart rate · Depression · And

impaired memory When the levels of T3 and T4 fall short or under the

functional amounts, then the body starts undergoing changes which lies in the opposite direction. High thyroid levels will lead to hyperthyroidism. High

levels of T3 and T4 will tell the pituitary gland to produce less TSH in the system. The symptom that a person faces during hyperthyroidism are as

follows · Fatigue and tiredness · Insomnia · Difficulty in

concentrating · Depression · Pain in the muscles · Increase or decrease in appetite · Frequent bowel movement · Heat intolerance

· Increased sweating · Light menstrual · Irritability ·

Mental disturbances · Nervousness · Problems with fertility ·

Dizziness · Vision changes There are many ways to treat thyroid

disorders and one of best ways to treat is ayurvedic treatment and medicine for thyroid. Some of the ways to solve the issue are as follows.

1. Head Massage People who suffer from hypothyroidism often tend to develop another problem around their neck, called Gout. The dysfunction of the body leads to the production of uric acid and pains in the joints and may even arthritis.

If somebody is on the lookout of gout then they make use of Ricnius Communis or the root of Eranda to produce Amrutadi Taila. It is an herbal remedy that is orally or externally applied in the form of oil. 2.

Nasya Therapy To treat thyroid dysfunction, you can make use of Nasya therapy or Nasya Karma that involves the usage of medicated oils and powders into the nasal passage. This method is an integral part of the five-pronged Panchakarma treatment which is an Ayurvedic therapy employed to detox, build immunity and even restore balance.

A pot called Neti pot is used in the procedure. It is a special type vessel which pours the medicated oils inside the nostrils cavity whilst tilting the head at a particular angle, because of this, it allows the oil to move in from one nostrils and pour out from the other. But it should also be known that young children, elderly, pregnant women and even people suffering from fever should be away from this treatment. 3.

Foot Massage It is also a known fact that there are points on our feet which directly corresponds with the throat chakra or the Vishuddhi Chakra. If those points are massaged for about 2. 5 minutes to regulate the thyroid

dysfunction. If you are wondering about the locations of the points then <https://assignbuster.com/thyroid-taking-place-throughout-the-body-there-are/>

these are found at the inner edge of the ball of the feet. During the massage, try inducing semi-circular movements

4. There is also a Dough Basti Treatment Dough Basti is given a name to a container that is made from urad dal. The significance of the dal is that it carries warm herbal oil over the thyroid or adrenal glands. The properties of the dal not only arrest the problems of thyroid, but also enhances the blocked throat chakra.

5. Dhara and Shirodhara Vishuddhi chakra is the treatment involves Dhara that is a stream of medicated oils being poured on the affected area through a Dhara pot. Whereas in Shirodhara, a warm liquid is poured in a continuous thin stream over the forehead. This mechanism aids in the proper functioning of the psychological processes, immune system and even the nervous system of the body that results in the changes in the thyroid-releasing hormones' levels.

It even cuts down the effect of symptoms that people often experiences.

6. What are some of the ayurvedic medicines for thyroid? There is an ayurvedic medicine which effectively treats thyroid like a spell, called the purple mountain ebony. This medicine is also known as Bauhinia Variegata in Ayurveda. Some of other herbs that can be used for the treatment of the disorders are punarnava, Kanchanar, Guggulu, shilajita, gokshura, Brahmi, googol and jatamansi.

7.

Foods that should be avoid If we go by Ayurveda scripters, then we see that enlarged thyroid is considered as an imbalance of Kapha (water) and Meda (fat). If you are suffering hypothyroidism then you should avoid sweet potatoes, broccoli, pearl, pearl millet, cauliflower, maize, soy and even

cabbage. And if you are suffering from hyperthyroidism, then you need to avoid foods such as vegetable oil, red meat, hydrogenated, added sugars, enriched milk, iodine rich foods and even caffeine. 8.

If you are wondering about the home remedies for thyroid which also involves kitchen and Ayurvedic medicines that can be used to treat thyroid imbalance, for example, Minerals. If the consumption of minerals by the person is increased then it will make sure that the metabolic functioning is working properly. The minerals that should be taken like manganese, calcium, copper and zinc. Did you know that Black Walnut is a great source of minerals like iodine and manganese? You can even try to stay away from stress and it is one of the reasons which leads to the aggravation of the issue. 9.

Take the help of yoga Yoga and Ayurveda are two interrelated branches of Vedic Knowledge. Indulging in Yoga not only makes the person active but also increases the rate of metabolism. So, for a person suffering from thyroid issues, then they should definitely go for Yoga, exercise and walks.

10. The next go to solution is Agnus Castus. It is an herb that is known to provide support to the pituitary gland and thus indirectly helping the overall health of the thyroid gland. Keeping the system clean also cuts down the chances of an aggravated thyroid gland. To avoid this, you can consume a lot of water which will eliminate toxins from the body that might have accumulated over time. 11. Increase the intake of Iodine in the diet Strawberries, garlic, cabbages, tomatoes, whole rice, onion and asparagus will aid in the process of healing thyroid problems.

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Herbal remedies for hypothyroidism1. Ashwagandha The Withania

Somnifera or Ashwagandha, is an herb that is used to create many Ayurvedic medicines. It is infused with anti-oxidising properties and is of Indian origin.

Some of the benefits of the herbs are as i. Lowers down the problems caused by thyroid dysfunction ii.

Relieves the person from the vicious cycle of fatigue and slow metabolism

iii. Boosts concentration iv. Lowers blood pressure

v. Calms and comforts the brainvi. Cuts down the

inflammation of the thyroid gland vii. Enhances the immune

system 2.

BacopaBacopa Monnieri which is also commonly known as Bacopa,

waterhyssop, brahma, thyme-leafed granola or India pennywort is an herb

that is native to India, Europe, North/South America, Australia, Asia. Some of

the herbal benefits of the herb are as follows i. Enhances

impaired memory by reallocating mental concentration, and inability for

mental focusii. Relieves inflammation iii. Promotes anti-

oxidation process happening in the body 3.

Bladderwrack Bladderwrack is also commonly known as Fucus Vesiculous,

black tang, rocked, bladder focus, sea oak, black tany, rock wrack or cut

weed. It is a type of seaweed usually found on the Baltic Sea, the Pacific

Ocean and the Atlantic. Benefits of using Bladderwrack i.

Contains high levels of natural iodine which as you know accelerates the

process of metabolism ii. Stimulates the thyroid gland 4. Next

herb on our list in Bugleweed Lycopus Europaeus or Bugleweed is an

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herbaceous perennial mint which can be found mostly in wet regions. It has other names like bitter bugle, carpenter's herb, archangel, gypsywort, purple archangel, wolf foot and Paul's betony. It provides benefits likei.

Treats nosebleed, heavy menstrual flow and cough ii. Used as an astringent and a sedative Bugleweed is certainly not advisable for lactating and pregnant women. 5.

How about some Coleus? Coleus Forshohlii or Plechtranthus Barbatus or simply known as Coleus has several medicinal purposes. It is used for it prickles in some areas as it promotes stronger heart muscles. Benefits of Coleus i. Cures heart conditions ii. Helps in spasms and convulsions iii.

Aids in painful urination iv. As it is rich in anti-oxidants, it is also used as a treat 6. Echinacea This herb has many medicinal properties, including the following i. Properties that treats common colds ii.

Helps in curing cancer iii. Treating thyroid relating problems by improving the immune system But it does have side effects and these are as follows i. Gastrointestinal problems like abdominal pain, nausea, diarrhoea ii. Skin related issues like skin rashes and itching iii. Asthma, shortness of breath 7.

Eleutherolt is an herb which has can be consumed both by the people suffering from hyperthyroidism and hypothyroidism. The benefits of the herb

are as follows i. It does not directly deal with thyroid but helps the body deal with stress and boosts the immune system of the bodyii.

Helps with the metabolic rate of the body 8. Flaxseed Flaxseeds fall more under the category of prevention than cure. So, if you incorporate this in your diet then you will largely cut down the chances of developing hypothyroidism from developing and causing harm. It contains high levels of omega-3 which is a type of fatty acid that promotes the production of thyroid hormones.

9. Licorice Licorice is of great help and blessing to the people who are suffering from hypothyroidism as it aids in maintaining the balance in the production of thyroid hormones. It even contains triterpenoid glycyrrhetic acid which aids in the prevention of the development of thyroid cancer cells.

10. The last but certainly not the least is Lemon Balm It is yet another herb which is of great help for low thyroid function. Researches have shown that it helps in regulating and stabilizing the thyroid glands.

These are the ayurvedic herbs that you can employ to lessen down the effects of hypothyroidism. We hope that the article was of help to you. Thank you for reading!