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Scientific Pranayama as a Benevolence for Thyroid Restoration

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Abstract

The lifestyle, menopause and many factors contribute to Thyroid. Several youngsters develop thyroid related issues to stressful life, psychological factors. This affects weight, fatigue, anxiety, dry skin and key to many diseases. Women are prone to have 5 to 8 times more Thyroid than men. Pranayama is yogic breathing practice; it benefits physical and mental health. It brings significant results in thyroid values.

Thyroid issues can occur at any stage, mostly because of poor diet, degrading lifestyle, hormone fluctuation and autoimmune factors, even foetuses and newborns are no exception. Women are much more prone to autoimmune conditions, hormonal changes and pregnancy, whereas men are affected by lifestyle degradation and genetic factors.
Among middle-aged adults (40-50 years), thyroid disorders mostly emerge from prolonged activities, stress or inadequate diet, whereas women undergoing menopause transitions are on majority for thyroid diseases. The elderly aged people (60+), both men and women experience higher susceptibility toward thyroid dysfunction due to declining age, medication side effects, chronic illness and autoimmune disorder. Ujjayi, Anuloma Viloma are the breathing techniques tailor made for its therapeutic effects on thyroid.

Key Words: Pranayama, Physical health, psychological health, Thyroid, Ujjayi, Anuloma and Villoma, Autoimmune factors, Hypothyroidism, Hyperthyroidism.

Introduction

Thyroid glands produce several hormones that are together called thyroid hormones. Important hormone is thyroxin also called as T4. Thyroid hormones affect the whole body, influence metabolic activities, body temperature, growth and development. In child hood and infancy sufficient thyroid hormone is important for brain development.

Hyperthyroidism

This is a condition; thyroid hormone is secreted excessively. Generally, this is caused by grave's disease or an overactive thyroid nodule.

Hypothyroidism: Less quantity of thyroid hormones is secreted. Autoimmune disease called thyroiditis, which is the general cause of hypothyroidism.

Puberty and Pregnancy: The impact of hormonal imbalance occurs during puberty and pregnancy.

Perimenopause and Menopause: During Perimenopause and menopause body goes lot of transitions and hormonal changes. These can lead to thyroid issues.

Goitre, Thyroiditis, Grave's disease, thyroid Cancer, thyroid nodule and Thyroid storm are major diseases due to thyroid hormones.

In Ayurveda, the thyroid is understood through concept of balancing body's doshas (energy types). Thyroid disorders are generally associated with imbalances in:

- **Kapha dosha** – related to structure, stability, and growth
- **Pitta dosha** – related to metabolism, digestion, and transformation

Thyroid issues often arise when Kapha and/or Pitta become aggravated or imbalanced.

Needs for the study

System	Approaches	Key Therapies	Mechanism	Pros	Cons
Allopathy	Replacement of thyroid hormones to normalize TSH and thyroid hormone levels.	-Levothyroxine (T4) monotherapy. -T4 + T3 combination therapy. -Desiccated thyroid extract (DTE).	Replaces or supplements deficient thyroid hormones to restore normal metabolism and organ function.	- Well-established and effective. - Supported by extensive clinical research. Reliable dosing.	- Side effects with improper dosing. - Long-term dependency. - Does not address underlying causes.
Ayurveda	Balances doshas (Kapha, Vata) and supports digestion (Agni).	**Herbs**: -Ashwagandha, Brahmi, -Triphala, Shigru **Panchakarma therapies**: -Virechana, Basti.	Supports thyroid health through detoxification and stress reduction	- Holistic and natural. - Addresses overall well-being	- Limited scientific evidence. - Long duration of treatment.
Yoga	Stimulates the thyroid gland and reduces stress.	**Poses:** -Sarvangasana (Shoulder Stand), -Halasana (Plow Pose), -Matsyasana (Fish Pose). **Breathing:** -Kapalabhati, Nadi Shodhana.	Enhances thyroid activity and reduces stress.	-Non-invasive. - Improves overall health and stress management.	- Requires consistent practice. - Cannot replace hormone therapy.
Naturopathy	Focuses on diet, detoxification, and lifestyle adjustments.	**Diet:** -Foods rich in iodine, selenium, zinc. -Hydrotherapy. -Herbal teas (e.g. Tulsi).	Provides essential nutrients for thyroid health and supports overall metabolism.	- Holistic and supportive. Few side effects.	- Benefits depend on strict adherence. - Limited direct impact on hormone levels.
Unani	Balances body humors (balgham, safra, dam, sauda).	**Herbs:** -Zanjabeel (Ginger), -Aslussoos (Licorice), Fenugreek. **Hijama** (Cupping Therapy).	Reduces inflammation and enhances metabolic processes.	- Natural and gentle remedies. - Focus on systemic balance.	- Practitioner skill-dependent. - Limited scientific evidence.
Siddha	Balances tridosham and detoxifies the body.	**Herbs**: -Karisalai Ilai (Eclipta Alba), -Seenthil (Tinospora Cordifolia). **Minerals:** -Kalpa Yoga Rasayanam.	Supports metabolism and rejuvenates thyroid function.	- Addresses root causes. - Focus on detoxification	- Limited availability of practitioners. - Variability in efficacy.
Homeopathy	Individualized remedies based on the person's constitution and symptoms.	**Remedies**: -Calcarea Carbonica, Thyroidinum, -Natrum Muriaticum, Sepia.	Stimulates the body's self-healing mechanisms.	- Highly personalized. - Minimal risk of side effects.	- Limited robust evidence. - Results may vary greatly.
Scientific Pranyama	Individualized and symptom based	-Pranayama -Ujjayi -Anuloma-viloma -Udgeeta, pranava	The breathing technique helps in curing thyroid related problems	Addresses the thyroid related issues Focus on oxygenation Rejuvenation Detoxification Regulates hormones.	Backed with scientific evidence Results guaranteed. Practised Under the Guidance of scientific pranayama practitioner.

Scientific Pranayama health package to thyroid: In an empty stomach

- Bhastrika...5 min
- Kapalabhati...5 minutes
- Bahyakumbhaka 10 repetitions.
- Ujjayee...15 minutes
- Anuloma Viloma... 15 minutes
- Bhramari.....10 repetitions
- Udgeetha. 21 minutes
- Pranava.. minimum 5 minutes no maximum limit

✓ In the evening or night...Food after two hours or before food...
✓ Ujjayee 15 minutes, 15 minutes Anuloma Viloma, 5 minutes(minimum) Pranava.
✓ Practice for 21 days and collect TSH reading with symptoms and feedback
✓ Take all precautions for BP

This was the prescribed guidelines for practise of Scientific Pranayama by **DR. DEVAKI MADHAV**. **RESULTS**

NO of PEOPLE	Age	Before Values	After Values
1	41	12.4	3.49
2	32	21.0	5.01
3	37	10.41	2.28
4	39	15.03	4.01
5	41	18.28	0.05
6	41	18.0	3.5
7	42	13.0	5.82
8	42	6.0	3.0
9	53	7.28	4.21
10	30	7.31	6-16

Importance of Scientific Pranayama in Thyroid Health

Pranayama (yogic breathing techniques) plays an important supportive role in maintaining thyroid balance by influencing the **endocrine system**, **nervous system**, and **metabolism**.

Regulation of the Endocrine System

Thyroid gland is part of endocrine system and works through **Hypothalamus–Pituitary Thyroid (HPT) axis**.

Ujjayi breathing transmits the information from the Viscera to the brain; dramatically alters it's working. The slow breathing rate activates the Vegas nerve revitalizing the hypothalamus (a part of the brain closer to the pituitary gland, is responsible for increased awareness).

- Conscious breathing resets autonomic functioning
- Stimulates Nadis brings mental clarity and focus
- Provides relief to headache, sinus pressure and phlegm and strengthens the nervous and digestive systems.
- Increases the amount of oxygen in the blood and regulates blood pressure.

Stress Reduction & Hormonal Balance

Chronic stress affects thyroid function by disturbing hormone secretion.
Impact of Pranayama:

- Helpful in disorder like hyperthyroidism, sleep apnea, snoring and emotional imbalance.
- Improves relationship between the hypothalamus and pituitary gland, the entire endocrine system is balanced.
- Stimulates the thymus gland which boosts the immune system.
- It regulates hormones production in the thyroid gland.

Improved Metabolism

The thyroid regulates metabolism.

- Helps alleviate stomach problems
- Positive effect on problems relating to dysentery and any issues of the liver
- Increases the working efficiency of the abdominal cells.
- Help to avoid the development of cancer in the colon

Stimulation of Throat Region

The thyroid region corresponds to the throat energy centre. Breathing techniques like:

- **Ujjayi Pranayama**
- **Bhramari Pranayama**
- **Anuloma Viloma**

Create vibration and gentle pressure changes in the throat area, which stimulate and regulate thyroid activity.

Conclusion

The Scientific pranayama the yogic breathing significantly eases the tension and promotes relaxation, pranayama exercises can help sustain thyroid function. Long-term tension can throw off the thyroid gland's ability to regulate the hormonal system as a whole. People can stimulate the parasympathetic nerve system, which aids in relaxing the body and mind overall, by practicing pranayama techniques that focus deep breathing. This in turn can help the thyroid gland function normally and help to the preservation of thyroid health.

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