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Review Article

Role of Yogasana in the Management of Hypothyroidism

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ABSTRACT

Hypothyroidism mainly occurs as a result of primary gland failure or insufficient thyroid gland stimulation by the hypothalamus or pituitary gland. Hypothyroidism is a common endocrine disorder resulting from deficiency of thyroid hormone. Hypothyroidism is a relatively common condition with an approximate prevalence of 2% in adult women. The best Laboratory assessment of thyroid function which is serum TSH test. Thus a multifactorial and Holistic approach is required in successfully managing the condition of hypothyroidism i.e. diet, yogic exercises all in combination helps in normalizing the thyroid function in hypothyroidism.

Keywords: Hypothyroidism, TSH, Yoga asana, Thyroxin.

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1. INTRODUCTION

Many of the things that are described in Ayurveda for Swasthya rakshana like Dinacharya, Rutucharya, Sadvritta etc. Yoga vidya i.e. performing yoga asana, Pranayama, Shuddhi kriya and applying its philosophy in daily life are some other things which are mentioned in Ayurveda for Swasthavritta. But some of the further studies state that it helps not only in Swasthavritta but also in some curative treatments. Therefore curative approach of such a daily practicing swasthavritta should be

studied. Hypothyroidism is an underactive thyroid gland. Hypothyroidism means that the thyroid gland can't make enough thyroid hormone to keep the body running normally¹. Insufficient hormone production leads to hypothyroidism. Since hypothyroidism develops from shortage of thyroid hormone, the most effective treatment is generally thyroid hormone supplementation. Supplements are either natural hormones extracted from the thyroid gland of animals or synthetic hormones.

In case of hypothyroidism, most of the yoga techniques help to stimulate thyroid gland and thus improve their overall function by helping them work at their optimal levels². SO it is a modest attempt to make people aware of how yoga can help in prevention of hypothyroidism. The prevalence of hypothyroidism in India is 11 %, compared with only 2% in UK and 4.6% in USA³. The most effective treatment for thyroid problems is yoga asana. Considering all these points in view the studies planned to evaluate the role of Yoga asana in hypothyroidism.

2. Incidence rate-

Thyroid disease is common worldwide. In India too, there is a significant burden of thyroid disease. It has been estimated that about 42 million people in India suffers from thyroid disease. Hypothyroidism is a more common in women than in men and is very common in older women⁴.

3. Previous work done-

1. Nilkanthan, Savitri, Kashinath melri, Nagaratna Raghosam and Nagendra Hongasandia, "Effect of
 - Infiltrative.

- 6 months intense Yoga Practice on lipid profile, thyroxin medication and serum TSH levels in women suffering from hypothyroidism".
2. Pajai, minal S., "Role of Yoga in prevention of hypothyroidism", journal of pharmaceutical and scientific innovation

4. Causes of hypothyroidism⁵

- Autoimmune:- Hashimoto’s thyroiditis.

Grave’s disease with TSH receptor-blocking antibodies.

- Iatrogenic:-

Radioactive iodine ablation Thyroidectomy

Drugs – carbimazole, methimazole, amiodarone, lithium.

- Transient thyroiditis.
- Iodine deficiency.
- Congenital.
- Secondary hypothyroidism

5. Symptoms and signs⁶

General	Weight gain, Cold intolerance, Fatigue	Weight gain, Goiter, Hoarse voice
Gastrointestinal	Constipation	Ascites
Cardio respiratory	-----	Bradycardia, Hypertension
Dermatological	Dry skin, Dry hair, Alopecia	Myxoedema, Purplish lips
Reproductive	Menorrhagia, Infertility	-----
Ocular		Periorbital oedema

6. Investigation⁷

T3,T4, TSH .In several prolonged hypothyroidism the ECG classically demonstrates bradycardia with ST segment & T wave abnormalities.

7. Modern Treatment and its drawbacks-

-It will require lifelong thyroxin therapy.

-Start slowly a dose of 50 mg a day for 3 weeks.

-Increasing thereafter to 100mg/day for 3 weeks and finally to maintenance dose of 100-150 mg/day for rest of the life with regular follow up & blood checkups.

8. Importance of Yoga in Hypothyroidism

Yoga is an alternative system of healing, its power being widely harnessed to prevent and treat Hypothyroidism. Yoga not only serve as a helpful therapy in relieving existing symptoms, but also act in the management of hypothyroidism and prevention of further damage to thyroid gland. Many of the thyroid disorders occur due to excessive stress. Yoga can help alleviate stress and anxiety to a great extent.

Benefits of yoga include –

- Massaging and stimulating the thyroid gland
- Improving circulation all over the body

- Reducing stiffness

Asanas useful in Hypothyroidism are

- Sarvangasana
- Matsyasana
- Halasana
- Bhujangasana

Pranayama useful in Hypothyroidism are

- Bhramari Pranayama
- Ujjayi Pranayama
- Pooraka
- Kumbhaka
- Rechaka

- **Sarvangasana-** This Asana strengthens your entire body. By turning the body upside down it allows blood to flow into the neck and head faster than normal while compressing the neck. As one is released from the pose, the neck is full of blood and this blood helps to nourish and stimulate the thyroid gland.⁸

- **Matsyasana-** The asana is a backbend. This asanas improves blood circulation at thyroid gland. It relieves tension in your neck and throat region. It stretches and stimulates thyroid gland and gives good massage to it⁹.

- **Halasana-** Halasana is excellent pose for Thyroid problems. The blood is blocked in the neck region and it oxygenates the thyroid gland. It improves the function of the thyroid, parathyroid and pituitary glands. so the overall function of the endocrine system is improved¹⁰.
- **Bhujangasana-** It helps to massage the thyroid gland and hence helps in curing the problem. The glands are stimulated by stretching in the front of the neck and this improves their functioning helping them work properly at their optimal levels^{11,12}.
- **Pranayama**
- **Ujjayi Pranayama-** Ujjayi is sometimes called "the ocean breath".

Ujjayi is a diaphragmatic breath. It has a positive effect on whole mind and body and particularly on nervous system. It improves the functioning of all endocrine glands by its soothing effect especially thyroid gland. It helps to secrete hormones from thyroid gland in required quantity

- **Bhramari Pranayama-** The original word in the term Bhramari is Bhramar (humming bee). The characteristic of this Pranayama is to create a sound like that of the humming bee while performing Pooraka or Rechaka

- **CONCLUSION**
It can be concluded that yoga is valuable in helping the hypothyroid patients to manage their disease-related

symptoms. Yoga may be considered as supportive or complementary therapy in conjunction with medical therapy for the treatment of hypothyroid disorder.

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