

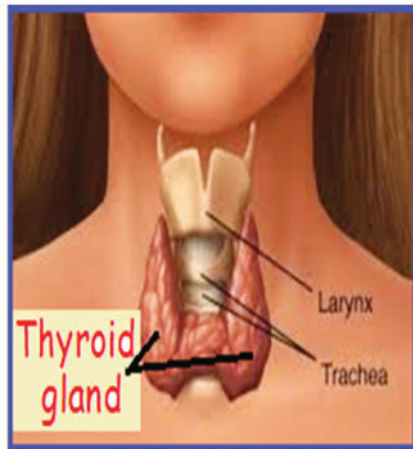


## Thyroid Hormone Deficiency – Hypothyroid Remedies

Good evening everybody. Today we will discuss about Thyroid problem, and it is mainly due to thyroid hormones deficiency or excess hormones by thyroid gland. First we will analyze about thyroid gland. Thyroid gland is one of the important and biggest Endocrine gland. The thyroid gland is located at the front of the neck just below the Adam's apple (larynx-கரல்வளை). It is butterfly-shaped and consists of two lobes located either side of the windpipe (trachea). A normal thyroid gland is not usually outwardly visible or able to be felt if finger pressure is applied to the neck. The thyroid gland produces hormones which regulate the body's metabolic rate (the rate at which energy is used by the body), as well as heart and digestive function, muscle control, brain development and bone maintenance. Its correct functioning depends on having a good supply of iodine from the diet. The thyroid is rich with blood vessels.

The most important thyroid hormones are Thyroxine (T4) and Triiodothyronine (T3). The amount of thyroid hormone made by your thyroid gland is adjusted by a gland in the brain called the pituitary. Another part of your brain, the hypothalamus, helps the pituitary. The hypothalamus sends information to the pituitary gland, the pituitary in turn controls the thyroid gland. The thyroid gland, pituitary gland, and hypothalamus all work together to control the amount of thyroid hormone in your body.

The main thyroid disease



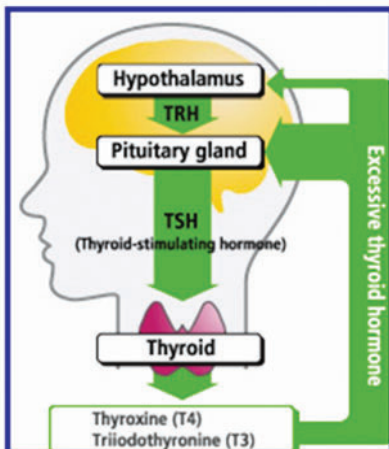
is known as Hypothyroidism and Hyperthyroidism.

**Hyperthyroidism:** Excessive thyroid hormone production. **Hypothyroidism:** Low production of thyroid hormone. The thyroid gland -- which weighs only about an ounce -- plays a big role in your body's day-to-day functioning. From how quickly your heart beats to how effectively you burn calories, this gland in your neck regulates all aspects of your metabolism by releasing hormones. So when your thyroid slows down, a condition called hypothyroidism, your health suffers.

Now we will discuss about Hypothyroidism ie Thyroid hormone deficiency. Many people are suffering by this disease, particularly pregnant women are with this disease. We need not worry it is only deficiency and will be cured.

### Causes of Hypothyroidism or Low Thyroid:

- Auto immune disease : A disorder where the body's immune system attack the thyroid gland, leading in its inability to produce thyroid hormones.
- Thyroiditis : Thyroiditis is



the inflammation of the thyroid gland.

• Congenital hypothyroidism : Babies born with a thyroid that does not function properly.

• Thyroid surgery and treatment.

• Radiation treatment: Due to radiation treatment thyroid not functioning properly.

• Over Medication: Pituitary gland and hypothalamus abnormalities: If the Pituitary gland and hypothalamus not functioning properly, the thyroid gland may not produce the correct amount of thyroid hormone.

• Iodine deficiency : Iodine is needed for the production of the thyroid hormone.

### Common symptoms of Hypothyroidism or Low Thyroid:

- Chronic fatigue and lack of strength
- Basal body temperature is low (inability to handle cold)
- Dry and rough skin. Itching skin.
- Hair loss
- Hands and feet get cold easily
- Weight gain or difficulty losing weight



- Inability to sleep
- Constipation or no bowel movement
- Mood swings and depression
- Memory lapses, forgetfulness
- Nervousness and shaking
- Immune response problems and no desire for sex
- Abnormally menstrual flow (women)
- Heart palpitations
- Brittle, split nails
- Stomach bloating and digestion problem

### How are thyroid disorders diagnosed?

1. Blood tests
2. Thyroid scans using radioactive iodine
3. Fine needle aspiration and biopsy:

### Foods to be avoided for Hypothyroid (Avoid Goitrogens):

Avoid refined foods, saturated fats, sugars, and white flour products. Sweets and other calorie rich items should be avoided. Coffee, tea, carbonated drinks and alcohols should be avoided by patients afflicted with thyroid disorders. All the vegetables of broccoli family including cauliflower and cabbage are goitrogen and

should be avoided or consume little extent. This is the list of goitrogens to avoid or limit certain extent, by hypothyroid patients.

Almonds / Cauliflower/ Broccoli / Millet / Pears / Turnips / Brussels sprouts / Corn Mustard / Pine nuts / Cabbage / Kale / Peaches / Soybeans / Canola oil / Peanuts / Spinach / Strawberries / Radishes

### Best Foods (Vegetables/ Fruits/Herbs/Oil/Grains) for Hypothyroid:

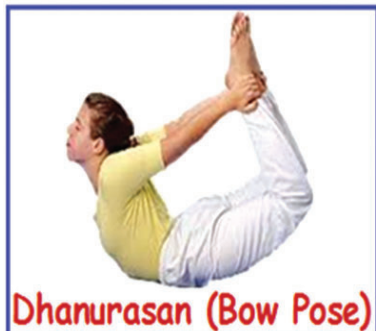
(Selenium/Iodine/Protein rich foods are essential for Hypothyroid problems.)

**Vegetables:** Avocado, Carrots, Celery, Beets, Cucumber, Potatoes, Pumpkin, Tomatoes, Mushroom, Sea vegetables, Red Kidney Beans (rich in iodine). **Herbs:** Black Pepper, Chillies, Garlic, Ginger, Cinnamon, Turmeric, Rosemary, Parsley. **Fruits:** Apples, Bananas, Blueberries, Blackberries, Dates, Grapefruit, Papaya, Pineapple, Prunes. **Grains:** Brown Rice, Quinoa, Wheat. **Oils:** Coconut oil, Olive oil, Raw Butter. **Nuts:** Brazil nuts. **Fish:** Red salmon. **Animal Products:** Chicken, Beef, Eggs.

### Remedial Measures available for Hypothyroid problems:

Acupuncture/Acupressure / Ayurvedic treatment/ Allopathic medicine for pain relief and Surgery / Home Remedy and Life Style/ Breathing Exercise / Yoga/ Mudra.

Here we will discuss about some remedies like Yoga, Mudra, Breathing Exercise, Acupressure and Home Remedy and Life style to get relief from Thyroid deficiency problem.



Dhanurasana (Bow Pose)



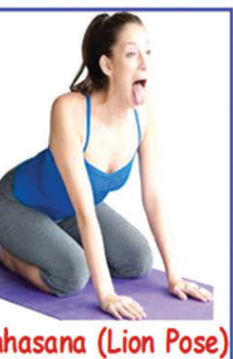
Marjariasana (Cat Stretch)



Shashankasana (Hare Pose)



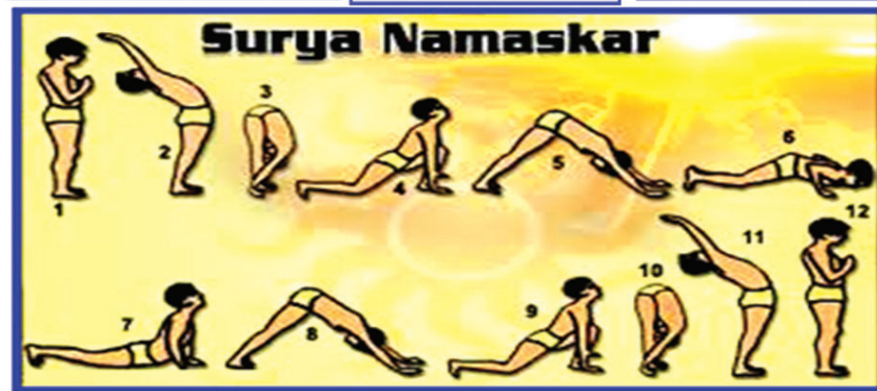
Ustrasana (Camel Pose)



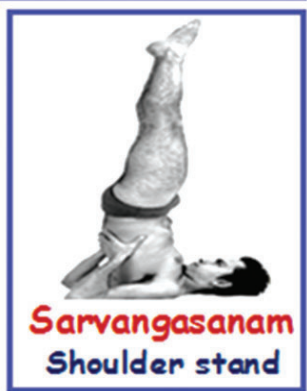
Sinhasana (Lion Pose)



Matsyasana (Fish Pose)



Surya Namaskar



Sarvangasana (Shoulder stand)

### Yoga and Mudra exercise for Hypothyroid problem:

Sarvangasana:- Shoulder stand.

2. Dhanurasana:- Bow pose.

3. Matyasana:- Fish pose.

4. Shashankasana:- Hare pose.

5. Ustrasana:- Camel pose.

6. Marjariasana:- Cat stretch.

7. Sinhasana:- Lion pose.

8. Surya Namaskar.

All the asanas should practice minimum 2-3 minutes. If we practice Surya namaskaram in morning, it will be more beneficial. Vitamin "D" will be absorbed

from sunlight in our body and it will stimulate all endocrine glands particularly pituitary and thyroid gland. Breathing exercise is essential during asana.

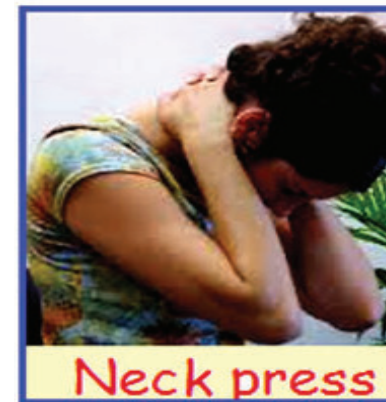
### Shunya Mudra:-

Shunya mudra is the best mudra for thyroid problems. As shown in the picture keep the middle finger at the base of thumb and give slight pressure with thumb.

Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time. Stop practicing if disease cured.



Leg palm



Neck press



Hand palm

## Acupressure treatment for Thyroid problem:

Acupressure points are shown in the picture. In the leg palm and hand palm areas noted in the picture, acupressure points in forehead (between eye brows) and upper chest acupressure points give slight pressure by finger, press and release method for 20 times. Press the neck by hands for 15 seconds with breathing exercise. Give pressure three times in a day in all acupressure points individually.

We have seen above all the remedies, for thyroid deficiency

(Hypothyroid). Diet plays a vital role for thyroid disease as a remedial measure. If you follow all the instructions systematically, mentioned above without fail, definitely your Thyroid problem will reduce and get cured. If you practice acupressure, yoga and mudra regularly you will give instant relief.

Maintain good health and enjoy healthy and happy life without Thyroid problems.

### Home Remedies for Thyroid deficiency problems:

Increase intake of foods (vegetables, fruits, and nuts) rich with copper, zinc, calcium, manganese, potassium, omega 3, vitamins, selenium, iodine and fatty acid foods. These foods will help to get rid of thyroid problems effectively. We will see home remedies.

**1. Coconut Oil:** Coconut oil contains medium-chain fatty acids that help improve thyroid functioning. Use coconut oil for cooking. You can also add two tablespoons of coconut oil with one cup warm milk and drink it in the morning along with your breakfast every day.

**2. Apple Cider Vinegar:** Apple cider vinegar may also help deal with this thyroid disorder. Apple cider vinegar is also beneficial for other health problems like diabetes, high blood pressure, high cholesterol, and others. Add two tablespoons apple cider vinegar to a glass of warm water. Mix it in a little honey. Drink this solution two times a day morning and evening.

**3. Fish Oils:** Fish oils are rich in omega 3 fatty acids are considered good for increasing thyroid hormone. Take fish oil supplements after consulting your doctor, especially if you are taking blood thinners.

**4. Vitamin D:** Early morning sunlight walk: Vitamin "D" deficiency has been associated with several autoimmune diseases, including thyroid disease. Exposure to early sunshine is a good way to generate the vitamin D required by the body. So, expose your body to early morning sunrays for about 15 minutes daily. Apply olive oil slightly in the hand, leg, face and neck during morning walk in sunlight.

**5. Evening Primrose Oil:** (மாலை மஞ்சள் பூ) Evening primrose oil is another great ingredient, offers anti-inflammatory benefits and helps increase the levels of thyroid hormones. At the same, it can relieve problems associated with hypothyroidism, such as hair loss and heavy menstrual flow. The general recommendation for taking evening primrose oil is one tea spoon daily along with milk or with fruit juice. Primrose oil is available in all aromatic essential oil shops.

**6. Ginger:** Ginger is a good source of zinc, magnesium and potassium, and its powerful anti-inflammatory properties can help improve thyroid functioning. Fresh ginger root slices can be added to soups and other dishes. Another option is to drink a two or three cups of hot ginger tea. Add some fresh ginger slices (remove skin) to a cup of boiling water. Steep for five minutes, and then add some honey to it and drink two times a day.

**7. Vitamins:** When dealing with hypothyroidism, take adequate amounts of B vitamins including vitamins B1, B2, B3, B5, B6, B7, B9 and B12 to help reduce the symptoms. B vitamins are vital for healthy thyroid function.

**8. Walnuts:** Good source of minerals such as iodine and manganese. Daily eat 4-5 walnuts in the night.