Thyroid Gland

The thyroid gland influences almost all of the metabolic processes in your body. Thyroid disorders can range from a small, harmless goiter (enlarged gland) that needs no treatment to life-threatening cancer. The most common thyroid problems involve abnormal production of thyroid hormones. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism.

Although the effects can be unpleasant or uncomfortable, most thyroid problems can be managed well if properly diagnosed and treated.

Causes of Thyroid Problems

All types of hyperthyroidism are due to an overproduction of thyroid hormones, but the condition can occur in several ways:

- **Graves' disease**: The production of too much thyroid hormone.
- **Toxic adenomas**: Nodules develop in the thyroid gland and begin to secrete thyroid hormones, upsetting the body's chemical balance; some goiters may contain several of these nodules.
- **Subacute thyroiditis**: Inflammation of the thyroid that causes the gland to "leak" excess hormones, resulting in temporary hyperthyroidism that generally lasts a few weeks but may persist for months.
- **Pituitary gland malfunctions or cancerous growths in the thyroid gland**: Although rare, hyperthyroidism can also develop from these causes. Hypothyroidism, by contrast, stems from an underproduction of thyroid hormones. Since your body's energy production requires certain amounts of thyroid hormones, a drop in hormone production leads to lower energy levels. Causes of hypothyroidism include:
  - **Hashimoto's thyroiditis**: In this autoimmune disorder, the body attacks thyroid tissue. The tissue eventually dies and stops producing hormones.
  - **Removal of the thyroid gland**: The thyroid may have been surgically removed or chemically destroyed.
• **Exposure to excessive amounts of iodide:** Cold and sinus medicines, the heart medicine amiodarone, or certain contrast dyes given before some X-rays may expose you to too much iodine. You may be at greater risk for developing hypothyroidism if you have had thyroid problems in the past.

• **Lithium:** This drug has also been implicated as a cause of hypothyroidism.

Untreated for long periods of time, hypothyroidism can bring on a myxedema coma, a rare but potentially fatal condition that requires immediate hormone treatment.

### Identification of Thyroid Problem

In any case, you should receive periodic checkups if you have a nodule on your thyroid gland. Further tests will show if the nodule has the potential to become cancerous.

Depending on the size of the nodule, how it looks on ultrasound and other risk factors your doctor may check for thyroid cancer by performing an aspiration, or biopsy, in which a tissue sample of the nodule is taken and examined. One uncommon type of thyroid cancer can be diagnosed through a blood test that measures levels of a hormone involved in bone formation called calcitonin.

### Diagnoses of Thyroid

- Blood test is the most common regimen with regard to the test of thyroid.
- The test of thyroid function through blood test involves the measurement of 'serum thyrotropine'.
- It also involves the measurement of free thyroxin and that of serum triiodothyronine.
- Scan of the thyroid gland whereby image study of thyroid gland is resorted to after consuming a little bit of radioactive iodine also highlights the condition of the thyroid gland.
- Microscopic study of the thyroid tissue also helps in the diagnoses of cancer.
- By way of ultra sonography size of the thyroid gland can be assessed apart from throwing light on the number and frequency of nodules.

### Treatments for Thyroid Problems

For thyroid disorders stemming from the over- or under-production of thyroid hormones, both conventional and alternative treatments offer varied methods to try to restore hormone levels to their proper balance. Conventional treatments rely mainly on drugs and surgery. Alternative treatments attempt to relieve some of the discomfort associated with thyroid problems, or to
improve the function of the thyroid gland through approaches ranging from diet supplements and herbal remedies to lifestyle changes and special exercises.

You should always receive a medical evaluation from your doctor for any thyroid disorder; most of these conditions require treatment beyond the scope of home care alone.

Treating hyperthyroidism requires suppressing the manufacture of thyroid hormone, while hypothyroidism demands hormone replacement. Conventional medicine offers extremely effective techniques for lowering, eliminating, or supplementing hormone production. Before deciding which treatment is best for you, your doctor will make an evaluation based on your particular thyroid condition, as well as your age, general health, and medical history.

- Hyperthyroidism
- Hypothyroidism
- Both hyper and hypothyroidism may give way to goiter.
- Hyperthyroidism giving way to hypothyroidism soon after delivery.
- Nodular occurrences in thyroid.
- Cancer of the thyroid gland

**Hyperthyroidism**

**Causes of Hyperthyroidism**

- It is caused by the excess production of the major thyroid hormones of T3 and T4 also referred to as the triiodothyronine and thyroxin.
- Autoimmune disorders marked by the production of antibodies may also lead to the over performance of the thyroid gland.
- Stimulation of the antibodies may compel the thyroid to produce excess of the mentioned hormones.
- Hyperthyroidism is also caused when thyroid gland secretes its hormone without abiding by the instructions of thyroid stimulating hormone located in the pituitary.

**Symptoms of Hyperthyroidism**

- Being afflicted with hyperthyroidism, one may be afflicted with goiter presenting an enlarged inflammation of the neck.
• The afflicted person may be presenting the symptoms of bulging eyes apart from an increased pulse beat or palpitation.
• Sweating, muscular weakness, loss of weight and diarrhea may also be manifested on account of hyperthyroidism.
• Elderly folks suffering from hyperthyroidism may be prone to pain in chest.
• The ones already suffering from cardiac ailment may come under spells of gasping.

Other Causes of Hyperthyroidism

Hyperthyroidism can also result from thyroid nodules. These are lumps that develop inside the thyroid and sometimes begin producing thyroid hormones. Large lumps may create a noticeable goiter. Smaller lumps can be detected with ultrasound. A thyroid uptake and scan can tell if the lump is producing too much thyroid hormone.

Other Symptoms of Hyperthyroidism

Hyperthyroidism can also cause additional symptoms, such as:

• Muscle weakness or trembling hands
• Vision problems
• Diarrhea
• Irregular menstrual periods

Graves' Disease

The most common cause of hyperthyroidism is Graves' disease. This is an autoimmune disorder that attacks the thyroid gland and triggers the release of high levels of thyroid hormones. One of the hallmarks of Graves' disease is a visible and uncomfortable swelling behind the eyes.
Treatment of Hyperthyroidism

- Formula based on beta blockers is used to deal with hyperthyroidism. By inhibiting the body's response to heightened activity of the concerned gland; the disease is brought under control.
- The drugs call for effective administration and management, with patient having to be dosed after every eight hours.
- Administration of iodine through radioactive process is also carried out to deal with hyperthyroidism.

Yoga Hyperthyroidism

There are a few poses in yoga that improve the functioning of the thyroid gland as well as regulate your metabolism. A few of the poses in yoga for thyroid disorders include –

- **Pranayama** (The Yogic Breathing Technique)
- **Cat Pose** (Bidalasana)
- **Cobra Pose** (Bhujangasana)
- **Bow Pose** (Dhanurasana)
- Head To Toe Kneeling Pose (Janu Shirasana)
- **Fish Pose** (Matsyasana)
- **Boat Pose** (Navasana)
- **Lotus Pose** (Padmasana)
- **Seated Forward Bending Pose** (Paschimmotanasana)
- **Wind Relieving Pose** (Pavan Mukhtasana)
- **Shoulder Stand** (Sarvangasana)
- **Lion Pose** (Simhasana)
- **Camel Pose** (Ustrasana)
- **Raised Foot Pose** (Uttanpadasana)
- **Tree Pose** (Vrikshasana)
- **Stick Pose** (Yashtikasana)

The Surya Namaskar or The Sun Salutation is a commonly practiced yoga sequences. This sequence comprises of 8 different yoga poses and has a positive effect on your overall health in many different ways. The regular practice of this sequence may help alleviate thyroid problems to a great extent.
However, before practicing these poses, or any other yoga pose, it is important for you to check with your doctor.

**Hypothyroidism**

**Causes of Hypothyroidism**

- Autoimmune disorders can also make the thyroid gland underperform.
- Deficiency of iodine by the human anatomy can also lead to the underperformance of the thyroid glands.
- Removal of the thyroid glands can also usher in its underperformance.
- People suffering from diabetes, hepatitis and rheumatoid arthritis are more prone to developing hypothyroidism.
- It can also be congenital in nature.
- 'Postpartum thyroditis' where there is hyperthyroidism succeeded by its opposite counterpart is generally genetic in cause.

**Symptoms of Hypothyroidism**

- In contrast to the weight loss of hyperthyroidism; hypothyroidism is marked by the gain of weight.
- It may lead to the loss of hair giving way to baldness.
- Patients may give way to swings of mood giving way to mood irritability.
- Both hyper and hypothyroidism may give way to the formation of goiter. While hyperthyroidism may give way to toxic goiter; hypothyroidism may give way to non toxic goiter.
- Hypothyroidism among infants and children may give way to excessive fatigue and conditions of jaundice.
- Children may be susceptible to poor performance in school.
- Both adults and children may slacken in their intellectual ability.
- Women suffering from hypothyroidism are prone to having irregular menstrual periods.

**Other Causes of Hypothyroidism**

In some cases, hypothyroidism results from a problem with the pituitary gland, which is at the base of the brain. This gland produces thyroid-stimulating hormone (TSH), which tells the
thyroid to do its job. If your pituitary gland does not produce enough TSH, levels of thyroid hormones will fall. Other causes of hypothyroidism include temporary inflammation of the thyroid or medications that affect thyroid function.

**Hashimoto's Disease**

The most common cause of hypothyroidism is Hashimoto's disease. This is an autoimmune disorder in which the body attacks the thyroid gland. The result is damage to the thyroid, preventing it from producing enough hormones. Hashimoto's disease tends to run in families.

**Diagnosing Thyroid Disorders**

If your doctor suspects a thyroid disorder, a blood test can help provide an answer. This test measures the level of thyroid stimulating hormone (TSH), a kind of master hormone that regulates the work of the thyroid gland. If TSH is high, it typically means that your thyroid function is too low (hypothyroid). If TSH is low, then it generally means the thyroid is overactive (hyperthyroid.) Your doctor may also check levels of other thyroid hormones in your blood. In some cases, imaging studies are used and biopsies are taken to evaluate a thyroid abnormality.

**Thyroid Neck Check**

A careful look in the mirror may help you spot an enlarged thyroid that needs a doctor's attention. Tip your head back, take a drink of water, and as you swallow, examine your neck below the Adam's apple and above the collarbone. Look for bulges or protrusions, then repeat the process a few times. See a doctor promptly if you see a bulge or lump.

**Thyroid Disorder Complications**

When left untreated, hypothyroidism can raise cholesterol levels and make you more likely to have a stroke or heart attack. In severe cases, very low levels of thyroid hormones can trigger a loss of consciousness and life-threatening drop in body temperature. Untreated hyperthyroidism can cause serious heart problems and brittle bones.

**Other Symptoms of Hypothyroidism**

- Hypothyroidism can cause many other symptoms, including:
- Dry skin and brittle nails
- Numbness or tingling in the hands
- Constipation
- Abnormal menstrual periods

**Symptom: Feeling Too Cold or Hot**
Thyroid disorders can disrupt the ability to regulate body temperature. People with hypothyroidism may feel cold more often than usual. Hyperthyroidism tends to have the opposite effect, causing excessive sweating and an aversion to heat.

**Symptom: Hair Loss**

Hair loss is another sign that thyroid hormones may be out of balance. Both hypothyroidism and hyperthyroidism can cause hair to fall out. In most cases, the hair will grow back once the thyroid disorder is treated.

**Symptom: Changes in Energy or Mood**

Thyroid disorders can have a noticeable impact on your energy level and mood. Hypothyroidism tends to make people feel tired, sluggish, and depressed. Hyperthyroidism can cause anxiety, problems sleeping, restlessness, and irritability.

**Symptom: Changes in Heart Rate**

Thyroid hormones affect nearly every organ in the body and can influence how quickly the heart beats. People with hypothyroidism may notice their heart rate is slower than usual. Hyperthyroidism may cause the heart to speed up. It can also trigger increased blood pressure and the sensation of a pounding heart, or other types of heart palpitations.

**Symptom: Swelling in the Neck**

A swelling or enlargement in the neck is a visible clue that something may be wrong with the thyroid. A goiter may occur with either hypothyroidism or hyperthyroidism. Sometimes swelling in the neck can result from thyroid cancer or nodules, lumps that grow inside the thyroid. It can also be due to a cause unrelated to the thyroid.

**Symptom: Weight Gain or Loss**

An unexplained change in weight is one of the most common signs of a thyroid disorder. Weight gain may signal low levels of thyroid hormones, a condition called hypothyroidism. In contrast, if the thyroid produces more hormones than the body needs, you may lose weight unexpectedly. This is known as hyperthyroidism. Hypothyroidism is far more common.

**What Is the Thyroid Gland?**

The thyroid is a butterfly-shaped gland in the front of the neck. It produces hormones that control the speed of your metabolism -- the system that helps the body use energy. Thyroid disorders can slow down or rev up metabolism by disrupting the production of thyroid hormones. When hormone levels become too low or too high, you may experience a wide range of symptoms.
When Your Thyroid Goes Awry

Does fatigue drag you down day after day? Do you have brain fog, weight gain, chills, or hair loss? Or is the opposite true for you: Are you often revved up, sweaty, or anxious? Your thyroid gland could be to blame. This great regulator of body and mind sometimes goes haywire, particularly in women. Getting the right treatment is critical to feel your best and avoid serious health problems.

What About Thyroid Cancer?

Thyroid cancer is uncommon and is among the least deadly. The main symptom is a lump or swelling in the neck, and only about 5% of thyroid nodules turn out to be cancerous. When thyroid cancer is diagnosed, it is most often treated with surgery followed by radioactive iodine therapy or, in some cases, external radiation therapy.

Bowel Problems.

Severe or long-term constipation is frequently associated with hypothyroidism, while diarrhea or irritable bowel syndrome (IBS) is associated with hyperthyroidism.


Heavier, more frequent and more painful periods are frequently associated with hypothyroidism, and shorter, lighter or infrequent menstruation can be associated with hyperthyroidism. Infertility can also be associated with undiagnosed thyroid conditions.

5. Family History.

If you have a family history of thyroid problems, you are at a higher risk of having a thyroid condition yourself. You may not always be aware of thyroid problems in your family, though, because among older people, it is often referred to as "gland trouble" or "goiter." So pay
attention to any discussions of glandular conditions or goiter or weight gain due to "a glandular problem," as these may be indirect ways of referring to thyroid conditions.

4. Cholesterol Issues
High cholesterol, especially when it is not responsive to diet, exercise or cholesterol-lowering medication, can be a sign of undiagnosed hypothyroidism. Unusually low cholesterol levels may be a sign of hyperthyroidism.

Treatment of Hypothyroidism

- Hypothyroidism call for hormone therapy whereby patients are administered 'levothyroxine'.
- The hormone given in form of 'levothyroxine' continues throughout his life.
- It is worth mentioning that any case of thyroid malfunction requires immediate medical guidance and care and as such self medication should be avoided.

Yoga poses for hypothyroidism
Yoga is one of the few natural remedies that have shown promise as treatment for hypothyroidism. Different yoga poses have been studied and have been proven to work, although more studies are needed before yoga can be undertaken as a course of treatment for hypothyroidism. The most recommended pose for hypothyroidism is the Sarvangasana (Shoulder Stand Pose). Ancient texts vouch for the efficacy of this pose, and recent studies have also confirmed that this pose really does help in improving hypothyroidism.

The steps involved in the shoulder stand are given below:

- Lie flat on your back.
- Lift your legs as high as possible while your waist is still in contact with the ground.
- Now lift up your waist so that your toes go behind your head.
- Bring your waist up perpendicular to the ground, so that your neck forms a right angle. Your chin should go into the hollow of your throat and your back should be perfectly straight, with your shoulders bearing the weight of your body.
- Hold your waist in position by holding it with both hands and bracing your elbows on the ground.
- Now, straighten your legs till they are straight up so that your entire body’s weight is on your shoulders.
- Hold this post for as long as possible.
While the Shoulder stand is the most recommended pose, there are other poses that are also good. Since the practice of yoga is not in just one pose but a series of them, it is recommended that you follow as many of these poses as possible.

- Vipritakarani (Inverted Pose)
- Januhastasana (Hand-to-Knee Pose)
- Matsyasana (Fish Pose)
- Halasana (Plough Pose)

**Pranayama for thyroid treatment**

Pranayama can be described as the yogic art or the science of breath control. This practice manipulates your breath in several different ways. There are various types of breathing exercises included in Pranayama; these are –

- **Nadi Suddhi** or Anulom Vilom (Alternate Nostril Breathing)
- **Kapalbhati** (The Breath of Fire)
- **Brahmari** (The Bumblebee Breath)
- **Ujjayi** (The Victorious Breath)

Ujjayi or the Victorious Breath is widely recommended for treating thyroid problems, as this breathing technique clears out the toxins from the body. This practice also enables you to take in enough oxygen to build vital energy.

To practice Ujjayi Pranayama for thyroid problems, you need to breathe from your mouth, rather than your nose. Given below are the steps you need to follow for this breathing technique –

- Sit in a comfortable yoga meditative pose, like the Sukhasana (The Easy Pose) or the Padmasana (The Lotus Pose)
- Draw in a long, deep breath, using both your nostrils.
- Exhale thoroughly through your mouth, producing a “HHAAA” sound from your throat
- Repeat the exercise 5 to 10 times, in one go. Start off by practicing it 3 times a day and gradually build it up to 10. Ujjayi Pranayama should be practiced no more than 11 times a day.

**How does yoga help with hypothyroidism?**

Unlike medication, yoga does not directly influence the thyroid gland to start functioning better in any way. Most of the benefits that you see will be small and very gradual, and you need to practice these poses over months to see improvement. It has, however, been proved that they do help and that doing these poses does have long-term benefits.
This is because these poses promote blood flow to certain regions of the body. This increased blood flow replenishes the organs in these regions, helping them function better. Over time, many organs gain full functionality if they have not suffered irreparable damage. Also, yoga promotes the flow of healing energy in the body. This is the reason why the practice of yogic breathing called pranayama is considered important, and in many cases, pranayama should be adhered to strictly while performing or holding certain postures to gain full benefits. Although not as explicitly detailed as in Chinese medicine, ancient Indian medicine also considers that many illnesses in the body are caused by interruption or blockage of the flow of energy, and pranayama is considered essential in restoring this function. Almost all pranayama procedures are considered good for the thyroid gland, starting from the Single Nostril Breathing to the Lion Pose.

As of now, however, please keep in mind that these poses and/or pranayama techniques should not be understood to be a sort of alternative medicine. Regular medication should be continued with, and yoga will help in the long-term in reducing your dependence on medication.

**Breathing Exercises (Pranayamas) for Hypothyroidism**

- Kapalabhatti
- Anuloma-Viloma
- Ujjayi

**Poses of Yoga Asan .. Click**

*It is absolutely essential for you to learn yoga poses for thyroid problems from a certified yoga instructor, who is aware of the problems you are experiencing. It is also important for you inform your doctor before you practice any yoga pose. In case your symptoms continue, or worsen after yoga, you need to stop the practice immediately and speak with your health care provider.*

**Homeopathic Remedies for Hypothyroidism**

Calcarea carb, Sepia, Lycopodium, Graphites and Nux Vomica are the leading homeopathic remedies for hypothyroidism.

1. **Calcarea Carbonica**: Homeopathic medicine Calcarea Carbonica assumes the top most position in homeopathy for treating hypothyroid cases. It is one of the best homeopathic remedy for hypothyroidism. Its use is highly recommended in obese people who are always chilly and cannot tolerate cold air. The patient requiring this medicine is fair complexioned, fatty and flabby. Excessive sweating on head is a leading feature for its use in hypothyroid patients. Certain peculiarities in eating habits like craving for boiled eggs, desire for indigestible things like chalk, pencils, lime, and aversion to take fats also guide towards its use in patients of hypothyroidism. This homeopathic medicine for
hypothesis can also help in relieving constipation in hypothyroid patients; the peculiar feature is that the first part of stool is hard and is followed by soft stool. This medicine proves to be very efficacious in women with hypothyroidism who suffer from very profuse menses that continue for long durations and occur earlier than the expected date. Coldness of feet is always present during the menstrual period.

2. **Sepia Officinalis**: Sepia Officinalis is also a significant homeopathic medicine for treating the hypothyroid patients. The patients requiring this medicine are very weak, have a pale yellow face and faint very easily especially on exposure to excessive cold temperature. Such patients lack vital heat of body and feel excessively chilly even in a warm room. This medicine can help in treating the menstrual complaints in patients of hypothyroidism where the menses appear too early and are copious in nature. The menstrual complaints are always accompanied by bearing down sensations in pelvis where the patient feels as if the pelvic organs will come out through the vulva and always sit with cross legs to prevent the escape. Sepia Officinalis is also prescribed for controlling the excessive hair fall due to hypothyroidism, especially in women of menopausal age. The next sphere in which this medicine proves very efficacious is the treatment of constipation in hypothyroid patients. The patients requiring this medicine complain of very hard and difficult stool that is passed in small balls with excessive pain during the passing the stool process that continues for long time after the stool. The mental symptoms that are to be considered for its use in hypothyroid patients is extreme irritability and indifferent behaviour towards family members who were earlier very much loved. An unusual excessive craving for acidic things and pickles can also be present.

3. **Lycopodium Clavatum**: This is an excellent homeopathic thyroid Remedy. This homeopathic medicine is mainly prescribed to those patients of hypothyroidism who suffer from **gastric troubles**. There is excessive flatulence in the abdomen with acidity that is mainly worse after taking farinaceous food. The complaints are mainly worse from 4:00pm-8:00pm. There is constipation with difficult, hard, incomplete stool. The person craves hot drinks and hot food; craving for sweets may also be found. The person is very weak with yellowish face and blue circles around eyes. The excessive hair falling in a hypothyroid person can be wonderfully tackled with this medicine’s use. The patients requiring this medicine are of very irritable nature and cannot bear little contradiction.

4. **Graphites**: Graphites is mainly used for those patients of hypothyroidism who are very **obese** and take on cold very easily. The long standing constipation where the stool is hard and passes with great difficulty in lumps can be treated with this medicine. Such patients also complain of fullness in abdomen due to obstruction of flatus and desire to loosen the clothing to get relief. Mentally the patient is very depressed, sad and weeps easily on listening to music. Timidity and inability to take decisions may also be present.

**Nux Vomica**: Nux Vomica is a wonderful homeopathic remedy mainly prescribed in those patients of hypothyroidism who are extremely temperamental in nature and get offended very
easily; such people are very sensitive to all external impressions. This medicine works wonderfully in treating the obstinate constipation in hypothyroid patients. The stool is scanty and unsatisfactory where the patient feels constant urge to pass stool but with little evacuation. **Bloated feeling** in the stomach after eating is also present. There is an excessive desire for stimulants like alcoholic drinks and coffee; fatty food and spicy food. Patient is very chilly. This medicine can also help those women of hypothyroidism who complain of prolonged menses where the menstrual blood is blackish and accompanied by fainting spells.

### Homeopathic medicines for Hypothyroidism – When Weight Gain is the Main Symptom

Homeopathic medicine **Calcarea Carbonica** works well in controlling the excessive weight gain in patients due to hypothyroidism. The patient requiring this medicine is fatty, fair complexioned and flabby. Extreme sensitiveness to cold air is always present in the patient. Excessive sweating on the head usually at night time is also a very prominent symptom guiding towards using this medicine in weight gain. Another homeopathic medicine **Graphites** works well in controlling the weight gain in those persons who are very obese, chilly and suffer from obstinate constipation. **Lycopodium Clavatum** is also a natural **homeopathic medicine for treating weight gain in hypothyroidism** where the thighs and buttock region is obese. The patients requiring Lycopodium usually show excessive craving for hot drinks and sweets.

### Homeopathic medicines for treating menstrual problems in a women suffering from Hypothyroidism:

**Sepia Officinalis** is an excellent medicine to deal with menstrual problems due to hypothyroidism where the menses are very profuse and appear very early. Presence of bearing down sensations in pelvic organs along with excessive menstrual flow is a hallmark in using this medicine to correct menstrual problem. The patient requiring this medicine is very chilly and even faints in an extreme cold environment. Homeopathic medicine **Calcarea Carbonica** can help where the women complain of heavy bleeding during menses along with extremely cold feet during the flow. Excessive perspiration on the head during sleep can accompany this problem, and the patients requiring this medicine are usually obese. Next homeopathic medicine **Ferrum Mettalicum** can prove to be very efficacious in those women who complain of excessive bleeding during menses where the blood is pale and watery leading to anemia and weakness. **Cinchona Officinalis** is yet another useful natural homeopathic medicine for treating menstrual trouble in women suffering from hypothyroidism. The symptom guiding towards its use is profuse menstrual flow containing dark clots.

### Homeopathic medicines for dealing with cold intolerance in hypothyroid patients:

Homeopathic medicines **Psorinum**, **Silicea**, **Calcarea Carbonica** are wonderful medicines to deal with sensitiveness to cold in hypothyroid patients. All these are equally good for decreasing the sensitivity towards cold but the selection of the medicine solely depends upon the
constitutional symptoms given by the patient. Psorinum may be given to those patients who always feel chilly and even in hot weather desire extra coverings to combat the extreme chilliness. Patients requiring Psorinum may also give a history of some sort of skin complaint during their life time. Next medicine Silicea mainly suits obstinate kind of people who are extremely sensitive to cold and who have offensive perspiration on feet. For using Calcarea Carbonica, the symptoms of excessive perspiration on scalp, obesity and craving for boiled eggs along with chilliness are given utmost importance.

**Homeopathic medicines Alumina, Nux Vomica and Bryonia Alba for treating the constipation in a person suffering from Hypothyroidism:**

The first homeopathic medicine Alumina gives excellent results in treating the trouble of constipation in a hypothyroid patient. Patient requiring this medicine passes many days without going for stool, he feels no desire for stool until a large accumulation has occurred in intestines. The stool is mainly soft and clay like but it requires great straining to expel the stool due to sluggish action of rectum. Next medicine Nux Vomica works well in relieving those cases of constipation where the patient feels constant desire to pass stool but only scanty stool is passed. The stool is insufficient and does not give satisfaction to the patient. Pain in abdomen usually precedes the expulsion of stool. Intake of spices and coffee makes the patient worse. The last medicine Bryonia Alba can help in relieving those patients who complain of excessively hard and dry stool. An unusual thirst for large quantities of water may be present in patients requiring Bryonia Alba.

**Homeopathic Remedies for treating hair fall in patients of Hypothyroidism:**

There are no patent medicines in homeopathy for treating hair fall in a patient of hypothyroidism and the medicine has to be selected depending upon the constitutional symptoms of the patient. Natrum Muriaticum is a very good homeopathic medicine for dealing with hair fall cases in persons suffering from hypothyroidism. The symptoms that guide towards its use for hair fall are excessive craving for salty things, inability to bear the heat of sun. The patient requiring this medicine is usually of reserved nature and may show weeping tendencies especially when alone. Lycopodium Clavatum is yet another natural homeopathic medicine for treating hair fall. This medicine can be prescribed to those patients of hair fall who crave hot drinks and sweets. Some sort of gastric trouble like extreme flatulence usually accompanies hair fall in patients requiring this medicine.

**Homeopathic Medicines for Hashimoto’s thyroiditis:**

There is no specific medicine in homeopathy for treating Hashimoto’s thyroiditis but the required medicine has to be selected from a wide range of homeopathic medicines that depend entirely upon the constitutional symptoms of patient taken down after proper case taking. Homeopathic medicines Calcarea Carbonica, Graphites, Sepia Officinalis are few of the good homeopathic medicines to deal with Hashimoto’s thyroiditis. Calcarea Carbonica suits mainly
persons complaining of weight gain with excessive perspiration on head and extreme chilliness. Graphites may be recommended in obese, chilly patients with obstinate constipation. The last medicine Sepia Officinalis is mainly indicted for treating the menstrual irregularities in thyroiditis patients.

**Homeopathic Treatment for Thyroid Disease**

In Homeopathy, we propose to treat the problem not by supplementing the deficiency or surplus but by reactivation of efficient glandular function. The medicines used for Hypothyroidism are:

1. Bromium 6
2. Thyroidinum 200

For Hyperthyroidism, the following medicine provides the requisite relief from most of the symptoms and if applied over a period of time usually cures:

1. Iodum 200

**Self care and natural treatment for Thyroid**

- While herbal options and natural remedial options involving yoga and dietary means are in existence; there is no proven track record to confirm their effectiveness. On the other hand, self care involving natural or herbal supplements may prove to be disastrous. So they should not be administered without the prior consultation of physicians.
- Natural Thyroid Treatments and Thyroid Home Remedies
- Often attributed to increased physical activity, patients affected with thyroid abnormalities should go for complete rest with proper dietary routine and relaxation.
- Certain relaxation techniques pertaining to 'yoga' and 'pranayam' serve to restore the balanced functioning of thyroid glands.
- Certain food items containing preservatives, white flour products and stuffs high on sugar should be avoided by thyroid patients.
- Food rich in Vitamin A such as pumpkin, green leafy vegetables and carrots add to the balanced functioning of thyroid gland.
- Diet should consist of sufficient helpings of fruits, sprouts and vegetables. Carbohydrates other than those contained by potatoes and whole wheat products should be avoided. Cakes, pastries, sweets and other calorie rich items should be avoided.
- Walnut which is rich in iodine and magnesium contributes to the balanced functioning of thyroid gland.
- 'Kelp' an iodine enriched sea weed belonging to the genus of algae is beneficial for both forms of thyroid malfunctioning. The sea weed can be used as an item of garnish as well as one for flavoring soups and salads.
- Like 'kelp'- Irish moss is also helpful for thyroid functioning.
- Another weed by the name of 'sushi' is also helpful from the point of view of hypothyroidism. The iodine content of the weed contributes to restoring the misbalance caused on account of hypothyroidism.
- Regular consumption of coconut oil added to milk, with two spoons being added to a cup of milk is another home remedy geared to the rectification of thyroid functioning.
- As part of rectification of thyroid functioning with natural remedies; sometimes the affected persons are advised to go on a juice based fast. This is done with the purpose of cleaning the system. Thus his diet then may consist of fruits juices such as apple, grapes and pineapples being served after every three to four hours.
- After five days of being on juice; he may be advised to include milk in his diet. There after he can go for proper balanced meals with insistence on fruits and vegetables.
- It is advisable that a person afflicted with thyroid malfunctioning should go for salads made out of sprouts, cucumber and carrot. Cucumber is very effective for patients diagnosed with goiter - a disease resulting from hypothyroidism.
- Besides including whole wheat as part of the carbohydrate consumption; if one is unable to avoid rice; the unpolished variety of rice should be included. But it is advisable to have it limited to once a day.
- Herbal tea with ginger is also beneficial for thyroid functioning. In fact, beverages including coffee, tea, carbonated drinks and alcohols should be avoided by patients afflicted with thyroid disorders. In its place herbal tea may be an alternative option.
- Barley and oats are also some of the healthy options for patients afflicted with thyroid functioning.
- Watercress with its enriched iodine content is also beneficial for thyroid malfunctioning.
- Regular consumption of water reed and lotus stem is also beneficial for thyroid functioning.
- For patients afflicted with goiter, exhibiting swelling around their neck; dandelion leaves with a touch of clarified butter may be wrapped around the affected region.
- Application of watercress's paste on the enlarged neck is also an effective remedy.
- For patients afflicted with hypothyroidism, it is imperative that along with medical counseling they include in their diet sufficient helpings of egg yolks, yeast and offal on account of their heightened copper content.
- Those afflicted with 'hyperthyroidism' should go for food items whereby they can block or obstruct the hyper activity of the gland. Thus their diet should consist of
items such as broccoli, cauliflower, cabbage and kale. These vegetables contain in them the essential 'blockers' which obstruct the hyper functioning of thyroid glands.

- Latest scientific research conducted on the malfunctioning of thyroid reveals the significance of certain marine plants in respect of striking balance in endocrine function. Phytoplankton and lyceum berry have been found to be useful in restoring the much needed balance.

### Ayurvedic Treatment for Thyroid Disorders

- **Diet and Other Regimen:**

  According to Charaka, goitre does not strike those who take milk in adequate quantities. In addition, old rice, barley, moong dal, Bengal gram, cucumber, sugar juice, and milk products are recommended for a goitre patient. Sour and heavy substances are contraindicated.

- **Herbs for Thyroid:**

  kanchanara - Bauhinia veriegata (purple mountain ebony) is specific for proper functioning of thyroid. Among the other herbs jatamansi , Brahmi, guggulu and shilajita are also useful. Gokshura, Punarnava are useful herbs

- **Home Remedies for Thyroid:**

  A fine paste made of the vegetable jalakumbhi (Pistia straticies) applied over the affected part helps in reducing the swelling. The juice obtained from the jalakumbhi should be given in doses of 11 to 22 gm a day. It increases the amount of iodine, the lack of which, according to Allopathy, is one of the factors responsible for the disease. Coconut oil offers much promise today to sufferers of hypothyroidism and slow metabolism. It is a known fact that the fatty acid chains in coconut oil, known as medium chain fatty acids (MCFAs) or medium chain triglycerides (MCTs), offer wonderful health benefits and are no where found more abundantly in nature outside coconut oil. For the hypothyroid sufferer the MCTs rev up the body's sluggish metabolism

*Ayurveda has certain herbs that can help balance the thyroid gland “Kanchanara gugglu” is the most potent herbal formula in the Indian pharmacopoeia for treating thyroid problems including tumors and goiters. It breaks down and removes stagnat kapha from deep tissues. The Gugglu resin moves toxins out of lymph system. The many pugent herbs inside this formula actually enkindle digestive fire and speed up the metabolic activity. Other ayurvedic herbs like Triphila Shilajit, Punarnava, Gokshura and Brahmi are combined to treat syamptoms such as edema,*
swelling, constipation and Dipression. For hyperthyroid activity the pitta reducing herb Kaishore Gugglu helpful.