

ROLE OF VISHUDDHI CHAKRA IN HEALTH MAINTENANCE W.S.R. TO THE MANAGEMENT OF HYPOTHYROIDISM

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ABSTRACT

Chakras are centers of energy in the body that, though not visible, can be detected. In ancient *Hatha Granths*, seven major *Chakras* were described, each placed close to an endocrine gland. *Chakra* as energy impulses associated with psychic centers along the spinal cord. This instrument picks up subtle energy changes, which lends evidence to the notion that *Yogic* techniques affect the nervous system and endocrine balance. The *Vishuddha Chakra* is one of them which located in the throat, has been equated with communication and purification. The *Vishuddha Chakra*, shown as a sixteen-petaled purple lotus, also known as the Throat Chakra, is the fifth of the body's energy centers within the *Chakra* system. The activation and modulation of *Vishuddha Chakra* greatly influences glandular functions and maintain hormonal regulations. The activation of the *Vishuddha Chakra* by *Asanas* (*Simhasana*, *Bhujangasana* and *Setubandhasana*), is important in the management of conditions like hyperthyroidism and hypothyroidism. This article discusses the role of the *Vishuddha Chakra* in the management of thyroid diseases.

KEYWORDS: Ayurveda, Chakra, Vishuddha, Asana, Hypothyroidism.

INTRODUCTION

The *Vishuddha Chakra* is relates to the *Akasha*, since space gives expansion this *Chakra* allows thoughts, ideas and emotions to be expressed. This *Chakra* symbol is a sixteen-petaled blue lotus, indicating its purity and spiritual connection. The *Vishuddha Chakra* seed *Mantra* is "Ham", chanting this *Mantra* either verbally or silently serves to stimulate and balance the *Chakra*. The *Vishuddha Chakra* is represented by the blue color, for communication and clearness. The *Chakra* in itself is not

colored, yet it shows the blue color of the space element around it.^[1-3]

Vishuddha Chakra is linked to a number of expressions, each of which shows up elements of elevated consciousness and selfless service. They enable a person to move towards wisdom, compassion, and spiritual growth. The associated expression of *Vishuddha Chakra* is depicted in **Table 1**, along with their role in health maintenance.^[2-5]

Table 1: Associated expression of Vishuddha Chakra and their significance.

Expression of Vishuddha Chakra	Meaning	Significance
Vasat	Virtuous deeds in the material world	Application of knowledge for the welfare of all, promoting selfless service.
Vausat	Intellectual growth and societal well-being	Encourages freedom from limiting beliefs.
Swaha	Sacrifice for the greater good	Represents devotion and prioritizing righteousness over convenience.
Namah	Surrender to a higher power	Cultivates humility and spiritual alignment.

As the individual moves to the *Vishuddha Chakra*, the mind starts to assimilate the higher understanding of spiritual life. Thus activation of the *Vishuddha Chakra* increases elegance and divert inclination towards the

spiritual devotion. *Vishuddha Chakra* also governs hormonal and glandular regulations and balances function of thyroid glands. This *Chakra* correct activities of thyroid gland and helps to treat condition like

hypothyroidism.^[4-6]

Vishuddha Chakra and Thyroid Functioning

The thyroid gland, which is found in the neck, is an important endocrine organ that controls metabolism through the secretion of hormones triiodothyronine, thyroxine and calcitonin. These hormones affect protein synthesis, general growth and metabolic rate inside the body. Thyroid gland is controlled by the thyroid-stimulating hormone (TSH), which is released by the anterior pituitary gland under the regulation of the hypothalamus. Thyroid hormones affect all cells in the body, stimulating basal metabolic rate and controlling protein, fat, and carbohydrate synthesis. In thyroid disease person mainly suffering from hypothyroidism, is a condition in which the thyroid gland does not produce enough hormones. It is more common in women, especially between the childbearing ages. *Vishuddha Chakra* play vital role in the management of such types of conditions.

The *Vishuddhi Chakra* as situated in the throat is connected with the thyroid and parathyroid glands, affecting metabolism and self-expression. A clogged or imbalanced *Vishuddhi Chakra* can cause thyroid disorders and communication problems, etc. Meditation and activation of *Vishuddhi Chakra* may help to restore thyroid functions.^[5-7]

While activating *Vishuddhi Chakra* one should sit comfortably with a straight back, facing north, and adopt *Dhyana Mudra* by placing palms upward, with the right hand beneath the left and thumbs touching. During the activation of *Vishuddhi Chakra* one should focus on the chanting characteristic sound of *Vishuddhi Chakra*. This all should be practices for 15–30 minutes daily, preferably in early morning. Regular meditation on the *Vishuddhi Chakra* can help to balance thyroid function, enhance self-expression and improve mental clarity, etc. *Vishuddhi Chakra* is connected to thyroid health in both ways spiritually and physically. The *Vishuddhi Chakra* regulates functions of thyroid gland such as metabolism and hormonal balance. *Vishuddhi Chakra* affects thyroid health in various ways as mentioned in **Figure 1**.^[7-9]

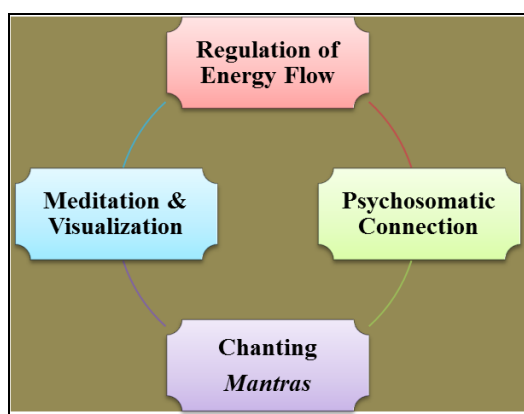


Figure 1: Various ways of activating *Vishuddhi Chakra* towards thyroid functioning.

- ✓ The *Vishuddhi Chakra* controls *Prana* in the throat center, directly affecting the thyroid gland's function to control metabolism. Properly balanced *Chakra* allows for easy flow of energy and maintaining hormonal balance.
- ✓ Suppression of emotions, excessive stress, or fear of expressing oneself can stop the *Vishuddhi Chakra*, which may lead to thyroid imbalances such as hypothyroidism or hyperthyroidism.
- ✓ Chanting *Mantras* of *Vishuddhi Chakra* creates vibrations in the throat, which can stimulate circulation and energetic stimulation of the thyroid gland, enhancing balance.
- ✓ Visualization of a blue 16-petal lotus during meditation can clear energetic blockages, enhancing overall glandular function and emotional well-being.
- ✓ Practices such as *Ujjayi Pranayama* and *Bhramari Pranayama* stimulate the throat area, enhancing oxygenation and encouraging the optimal functioning of the thyroid.
- ✓ Equilibrium of *Vishuddhi Chakra* improves thyroid health, improved mental acuity and provides more effective self-expression.

As mentioned above there are various ways of stimulating *Vishuddhi Chakra* and some *Asanas* play vital role in this regards as mentioned below:

Simhasana

Simhasana stimulates the throat area directly by contracting the vocal cords and extending the throat muscles. The strong exhalation with extended tongue releases blockages and relaxes tension.

Bhujangasana

This pose opens the throat, chest and heart, allowing for smoother airflow and energy flow in the *Vishuddha* area. The extension of the neck backward enhances thyroid functioning and promotes clarity in expression.

Setu Bandhasana

Through the elevation of the chest and compression of the throat, *Setu Bandhasana* stimulates the *Vishuddha Chakra*, ensuring improved communication and cleansing. It also increases blood circulation to the thyroid glands, which helps to maintain hormonal balance.

CONCLUSION

This study concludes that the practice of certain *Asanas*, *Pranayamas* and *Mudras* can be extremely effective in controlling metabolic disorders such as thyroid imbalance. These practices bring direct pressure on the thyroid gland and other endocrine glands and thus affect hormone regulation and secretion. These techniques not only help in thyroid health but also in the maintenance of stress hormone equilibrium. Activation of *Vishuddha Chakra* affects thyroid function, which helps to treat hypothyroidism. Additionally, relaxation on an emotional level is very important for the thyroid, since

prolonged repression of emotions is the most important cause of thyroid imbalances. The *Vishuddhi Chakra* governs *Prana* in the throat area and controls thyroid function, metabolism, directly. It provides smooth flow of energy and hormonal equilibrium when balanced, but its blockage by suppression of feelings may cause thyroid conditions such as hypothyroidism or hyperthyroidism. *Mantra* chanting induces vibrations that energize circulation and stimulate the thyroid, while blue 16-petal lotus visualization during meditation cleanses energetic blockages and enhances glandular well-being and emotional balance. Properly balanced *Vishuddhi Chakra* ensures thyroid well-being and enhances mental acuity, etc.

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