

ROLE OF ASANAS, BANDHA AND MUDRA ON THYROID¹*Vd. Priyanka Ramesh Passalwad and ²Dr. Yeshwant Rajpal Patil¹PG Scholar, Dept. of Swasthviritta and Yoga Govt. Ayurved College Nanded, Maharashtra, India, 431601.²Guide and HOD, Dept. of Swasthviritta and Yoga, Govt. Ayurved College, Nanded, Maharashtra, India, 431601.***Corresponding Author: Vd. Priyanka Ramesh Passalwad**

PG Scholar, Dept. of Swasthviritta and Yoga Govt. Ayurved College Nanded, Maharashtra, India, 431601.

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ABSTRACT

The body's metabolism is controlled by endocrine system, mainly by the thyroid gland. Yoga for Hypothyroidism is deliberated to be active as it has an optimistic effect on the endocrine system, particularly by stimulating the thyroid gland. During yoga poses body twisted, stretched and compressed due to functioning of thyroid increases. Cells get nourishment by yoga and it improves blood circulation. Asanas like Sarvangasana, Viparitkarni, Halasana, Matsyasana, Ustrasana, Simhasana, Suryanamaskar, Bhujangasana, Dhanurasana from yog samhitas like Hathyog pradipika, Gherand samhita, Patanjali yog sutra may helpful in Thyroid Pranayama Practicing for Hypothyroidism also very helpful in balancing metabolism, Pranayamas like ujjai, Anulom vilom and shuddhikriya like kapalbhati may help. Mudras like Suryamudra and Jalandhar bandh is also useful to improve metabolism. Medication directly improves hypothyroidism, yoga does stimulus on the thyroid gland to start working better way, practicing these position of yoga over months will improves thyroid gland, it will have long term benefits. These poses stimulate blood to flow in thyroid region of the body help them to work better for long time. Yoga increases healing energy inside the body.

KEYWORDS: Asanas, Bandha, Mudras, Thyroid.**INTRODUCTION**

Butterfly-shaped thyroid gland present in the neck at lower part. It is a very significant gland as its productions play a chief role on body functions. Regulation of uptake is main function and advance by the release of thyroid hormones. When there is an imbalance of the thyroid hormones in your body, all the systems of body get affected when thyroid hormones hampers so for good health you have to improve thyroid function.

The special effects of yoga are long-lasting their effects at the cellular level so it improves the health. Yogic poses motivate and massage the thyroid glands by stretching and compressing the thyroid gland. These poses joined with correct breathing, they massage the gland and advance the blood flow of thyroid gland.

Sign and symptoms of hypothyroidism are Fatigue after sleeping 8 to 10 hours a night or need to take a nap daily, Weight gain, Mood swings, anxiety or depression, Hormone imbalances, infertility irregular menses, pain in joint, carpal tunnel syndrome, tendonitis. Cold extremities, Body temperature consistently below 98.5 Dry or cracking dry skin, brittle nails and hair loss, Constipation, Mind issues such as irritability, poor concentration, snoring or hoarse voice.

AIM

Role of Yogasana, Mudra, Bandha in Thyroid disorders.

OBJECTIVES

- To study mechanism of Asanas in thyroid disorders.
- To study mechanism of Mudras in thyroid disorders.
- To study mechanism of Bandhas in thyroid disorders.

MATERIALS AND METHODS

Following Asanas, Mudra, Bandhas can be helpful in Thyroid disorders.

Sarvangasana (Shoulder stand pose): Sarvangasana is the important position to excite thyroid gland and control thyroxin level. Due to inverted position of body in sarvangasana blood flow from legs to head which helps in curing of thyroid disorders.

Matsyasana (Fish pose): In this asana there is formation of fish like position of body. Neck muscles stretches that is why thyroid function will improve. Matsyasana will improve blood supply at neck region.

Viparitakarani (Inverted Pose): there is inverted position of body as in sarvangasana there is slight change

in this position body makes 45 degree angle with ground. Due to this position there is slight pressure on thyroid which improves thyroid functions. Increases blood supply to thyroid gland.

Bhujangasana (The cobra poses): Bhujangasana is vital for women disorders. It is also significant to recover function of gland. While performing Bhujangasana, compressing and stretching of the neck region will helps to regulate thyroid glands function.

Halasana or plough pose

In Halasana the position is like plough. Calming and restorative yoga positions are recommended for people having thyroid disorders. Halasana or the plough pose stimulates the abdominal muscles as well as thyroid glands. It stabilizing the brain and reduce stress as well as fatigue of body.

Sirshasana (Headstand pose): Sirshasana is also useful to improve thyroid gland. Sirshasana directly acts on thyroid glands, the metabolic functions of body are managed by sirshasana so that restlessness and alertness will be increased, but nervousness decreases. directly or indirectly thyroid glands malfunctioning affects the body system. Sirshasana assistances to bring health to vital organs of body.

Dhanurasana (The Bow pose): due to dhanurasana there is massage to thyroid gland and it increases function of thyroid gland successfully and excites the gland to produce required thyroid hormone.

Benefits of Anulom Vilom Pranayama

Help to cure mental problems, Depression, increases appetite, Anxiety, Tension etc; most valuable for breathing problem like (Bronchitis, Asthama) etc. Improve the functioning of lungs.

Benefits of Practicing Jalandhara Bandha:

This position works on spinal cord, neck and throat. blood circulation at spinal is improved by Jalandhar bandha, so that it improves the health of spinal cord. blood vessels located at the neck region are affected by Jalandhar bandha and blood supply to the brain will be decreased. body activities slow down by this bandha.

Kapalbhati Benefits

Kapalbhati is the greatest solution for weight loss with no any side effects. it will help if we practice it for 15-20 minutes daily, the weight can be decreased by 4-8 Kg per month very easily if diet planning and yoga practices are proper. 'Hair Loss' is controlled by kapalbhati which is one of the symptom in thyroid. As mind becomes stable, Depression is cured, we feel happy and peaceful. negative thoughts will be eliminated.

Suryamudra Benefits

This Mudra helps to increase the body temperature and raises the metabolism. Thus, it is an outstanding position

for those who want to lose weight. It reduces all symptoms associates with thyroid. In this pose as we bend third finger of hand with thumb nadis associate with thyroid stimulates which will improve thyroid. It can also be used to treat common cold.

The Simhasana benefits for the face and also the throat, it stretches neck muscles improves the function of thyroid gland. Best exercise for eyes, tongue and throat. Vocal chords clears. opens the Respiratory tract. Prevents soreness of the throat. Useful for tonsils, Beneficial in unclear articulation and in auricle problem. It preserves good breathe. Helpful in improving the tone of the voice.

Best benefits of sun salutation (Surya Namaskar) Yoga postures present in Surya Namaskar that increases blood circulation to the scalp region. Yoga exercises like, hasthpadasana (the forward bending pose) rises blood supply to the skull region thus there is massage to the scalp which is helpful in preventing of hair fall.

Weight Loss: It is helpful to decrease fat and good for flat stomach. All the yoga postures of this unit enables stretching, compressing and twisting of the whole body thus proves beneficial for weight loss.

Improves digestion: This practice alternately stretches and compresses the body organs including the stomach. It imparts better massage to the digestive system and encourages to work efficiently. By regular practice of this module helps to remove and prevent many diseases and disorders of the alimentary canal. It stimulates peristalsis of the intestines and removes waste products from the body.

Corrects hormonal imbalance: Surya Namaskar harmonizes the different endocrine glands thus helping to remove any irregularities of such glands, which further improve their blood flow.

Benefits of Ujjayi Pranayama

It is increase the focusing power of mind. Body becomes healthy, strong and lustrous. It generates the internal heat. Give a positive approach. Very helpful in clearance blocked arteries, normalizes cholesterol. Help in cataracts and sinus problems, Rheumatism and migraine also. It lowers the risk of heart attacks. Prevents thyroid problems and makes voice good and harmonious. Best for those people in singing professions.

Beneficial in chronic cold, cough, indigestion, liver problems, dysentery, fever and other diseases. Best for arousing Kundalini, meditation. Increases the concentration power. Improve lisping problems in children.

CONCLUSION

In present scenario the prevalence of Thyroid disorders increases day by day the proper treatment or permanent treatment is not discovered yet. Yoga is science of

healing, The Asanas, Mudras, Bandhas are Beneficial for Thyroid disorders. Yoga can be a good Adjunct Therapy.

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