

Thyroid Function Disorders and their Improvement with Yoga

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Introduction

Thyroid function could be abnormal not only due to low Iodine level in food and water (sub-Himalayan Belt of Goitre) but due to stressful conditions also now-a-days like diabetes mellitus in metropolitan cities in younger age group. Mainly females due to obvious reasons are affected. Improvement of Thyroid functions by Yoga is the best way without medications and is non-invasive. Also this could be again due to physical effects on muscles and better blood circulation of the

thyroid. Also mental, emotional and spiritual states of the person are improved which controls the thyroid functions.

Material and Methods

Blood samples were taken before and after yogic exercise in a free medical camp of Patanjali of Ramdev Ashram at Haridwar. There were 11 cases, 9 females and 2 males of age group 22 to 45 years.

Table 1: Thyroid Patients in Yog Science Camp dated 24 June 2014 to 30 June 2014

Sr. No.	Reg. No.	TSH (0.4 - 4.2)			T3 (0.4 - 1.8)			T4 (4.4 - 10.8)		
		Pre	Post	Benefit %	Pre	Post	Benefit %	Pre	Post	Benefit %
1.	468	34	17.7	47.94	1.2	1.1	8.33	4.9	4.8	-2.04
2.	480	7.6	3.6	52.63	1.3	0.9	30.77	4.9	5.9	-20.41
3.	519	8.6	4.2	51.16	1	1	0.00	6.1	8.1	-32.79
4.	609	8.3	8	3.61	0.9	1	-11.11	8.1	9.3	-14.81
5.	648	6.2	4.2	32.26	1	0.7	30.00	14.9	8.8	40.94
6.	817	40	8.6	78.50	1.4	0.8	42.86	5.9	7.9	-33.90
7.	917	6.7	1.4	79.10	1.2	1	16.67	5.3	7.8	-47.17
8.	1095	1.9	1.8	5.26	1.6	1.5	0.00	7.9	9.4	-18.99
9.	1449	0.2	0.1	50.00	0.9	0.8	11.11	6.9	6.2	10.14
10.	1450	9.8	2.8	71.43	1.5	1.4	6.67	5.7	8.1	-42.11
11.	1624	0.8	0.1	87.50	1.8	1.9	-5.56	8.2	11	-34.15

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Usual yogas, i.e. Anlom, Vilom, Kapalbhati and Pranayam were done for two weeks. Blood samples were processed on auto analyser.

Results

These are given in tabular form.

These show much more control in TSH and T3 with the exception of T4 which showed

increase in blood level, may be due to unmasking of hidden thyroid function for it. We have to study the better effects of this on body in subsequent studies.

role in thyroid function tests. This may also apply to other endocrine organs like, pituitary, adrenals etc, etc.

Conclusion

It is to conclude that yoga plays a significant