

## THYROID DISORDERS

The thyroid gland is a small butterfly-shaped gland located in the front of the neck. It plays a vital role in regulating the body's metabolism, energy levels, body temperature, and hormonal balance. Thyroid disorders occur when the gland produces either too much or too little thyroid hormone, which can affect many functions of the body.

Early diagnosis and proper treatment can help manage thyroid disorders effectively and maintain overall health.

### Ayurveda and Thyroid Disorders

Although the thyroid gland is not directly mentioned in classical Ayurvedic texts, thyroid disorders are understood through dosha imbalance, mainly involving Vata and Kapha doshas and disturbances in body metabolism (Agni).

Ayurvedic treatment focuses on restoring hormonal balance, improving metabolism, and supporting the body's natural healing process.

### Definition

Thyroid disorder is a condition where the thyroid gland produces abnormal levels of thyroid hormones, leading to metabolic imbalance in the body.

### Causes of Thyroid Disorders

- Hormonal imbalance
- Autoimmune conditions
- Nutritional deficiencies (especially iodine)
- Genetic factors
- Chronic stress
- Sedentary lifestyle

### Types of Thyroid Disorders


#### Hypothyroidism

A condition where the thyroid gland produces less thyroid hormone than normal.

#### Common Symptoms

- Fatigue and weakness
- Weight gain
- Dry skin and hair loss

## Ayurvedic Care | Natural Healing | Personalized Treatment

 9921570152

 [drshiivanand.clinic@gmail.com](mailto:drshiivanand.clinic@gmail.com)

 Rajarpuri, Kolhapur-416008

 [www.drshiivanandclinic.com](http://www.drshiivanandclinic.com)

- Depression or low mood
- Cold intolerance

### **Hyperthyroidism**

A condition where the thyroid gland produces excess thyroid hormone.

### **Common Symptoms**

- Weight loss
- Increased heart rate
- Anxiety or nervousness
- Excess sweating
- Sleep disturbances

### **Ayurvedic Management of Thyroid Disorders**

Ayurveda focuses on balancing doshas, improving digestion (Agni), and detoxifying the body.

### **Ayurvedic Herbs Commonly Used**

- Kanchanar – supports thyroid gland function
- Ashwagandha – helps balance hormones and reduce stress
- Guggulu – supports metabolism
- Triphala – improves digestion and detoxification

(All medicines should be taken under the supervision of a qualified Ayurvedic doctor.)

### **Lifestyle Recommendations**

- Regular exercise and yoga
- Stress management and meditation
- Proper sleep routine
- Maintaining healthy body weight

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## Thyroid Disorders and Diet

Diet plays an important role in maintaining thyroid health.

### Recommended Foods

- Iodine-rich foods (iodized salt, sea vegetables)
- Fresh fruits and vegetables
- Whole grains
- Nuts and seeds
- Adequate protein sources

### Foods to Limit or Avoid

- Excess processed foods
- Refined sugar
- Excess soy products
- Highly fried foods

Maintaining a balanced diet, regular physical activity, and proper medical care can help control thyroid disorders and improve overall health.

### Visit Us

Dr. Shivanand Ayurvedic Multispecialty Clinic

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