A study of the effect of Yogic practices on Thyroid Disorders

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Introduction:

The aim of yoga is self realization i.e., *Samādhi*. Yoga is a science of conscious evolution or self-perfection, which has been cherished over thousands of years of its documented existence in India. It covers all the conceivable aspects of human life that leads to physical fitness, mental harmony and spiritual consciousness. Yoga is the removal of the imperfection in us to allow purity to shine forth. In short, it is communion with our inner selves. Yoga elevates man from the lowest to the highest level of human existence. Yoga is life itself. Hence one can Yoga as alternative medicine in the treatment of psycho-somatic disorders. Yogic techniques include *ā*sana, Prāṇāyāma, Meditation and Relaxation.

In the conflict torn world of today, most of us are under any one of disorder because of induced stress and strain reflects directly in the body such as endocrine glands. When the stress become unbearable, it give rise to psycho-somatic disorders such as hypertension, Acidity, Insomnia, Glandular disorders (like Hypothyroidism, Hyperthyroidism). Treating it through modern medicine has side effect too.

Swatmārāma says,

Yatkincit sravate candrādamṛtam divyarūpiṇaḥ|
Tat sarvam grasate sūryastena piṇdo jarāyutaḥ || III-76||

All the nectar that flows from the splendid moon (in the throat) is

swallowed up by the sun (at the navel); and (it is) for this reason that body gets old.

Nityamabhyāsayuktasya jamhrāgnivivardhinī /

Āhārobahulastasya sampādyā sādhakasya ca/

Alpāhāro yadi bhavedāgnirdahati tatkṣaṇāt ||III-79||

This practice increases the gastric heat of a regular practitioner. One who practice it (daily) should procure (and eat) ample food. If he eats insufficient food, the increasing heat soon consumes (the body).

Valitam palitam caiva canmāsordhvam na dṛśyate/

Yāmamātran tu yo nityamabhyaset sa tu kālajit ||III-81||

Wrinkles and grey hair disappear after six month (of practice). One who practice it regularly for three hours a day overcomes death.

Kṣayakuāt hagudāvartagulmājirnapurogamā /

Tasya doṣān kṣayam yānti mahāmudram tu yo abhyaset ||III-16||

All diseases – consumption, skin disease, constipation, glandular enlargement, indigestion and many others- of (yogis) who practice mahamudra are completely destroyed.

Badhnāti hi irājālamadhogāminabhojalam /

Tato jālandharo bandhah kanthe duḥkhaughanāśanaḥ ||III-70||

Jālandhara Bandha dams the whole group of channel and prevents downward flow of the fluid from upper regions. It puts an end to all kinds of pain arising in the throat. Hence it is called Jālandhara Bandha (chin lock) which gives an upward pull to the current passing through (the neck).

Pūrvavat kumhayet prāṇam recayediayā tataḥ/

Śleṣmadoṣaharam kanthe dehānalavivardhanam ||II-52||

After performing kumbhaka as before (in *Sūryabedhana*), air is exhaled through the left nostril. This removes from the throat diseases caused by phlegm and increased the gastric fire.

Nāijalodarādhātugatadoṣavināśanam /

Gacchatā tiṣthatā karyamujjāyyākhyam tu kumbhakam **||II-53||**

It also destroys all the diseases of the *Nādis*, dropsy, and diseases of the *Dhātus*. Hence, moving or resting, one should practice the Kumbhaka called Ujjayī.

Dehāgnirvardhate nityam sarvatogavināśanam/

Jāgarti bhujagī devi bhujaṇgāsanadhāraṇāt **||Gh.S (II-43)||**

By practicing Bhujaṇgāsana, Kundalini
is aroused, heat of the body increase and all disease are destroyed.

Maharṣi Patañjali says,

Vyādhi-styāna-samśaya-pramāda-ālasya-avirati-bhrāntidarśana-alabdhabhūmikatva anavasthitatvāni -cittavikṣepāste antarāyāḥ ||

PYS I-30||