

# Yoga Therapy for Life Style Diseases-Thyroid (Hypo & Hyper)

Irregular and improper food habits, Sedentary Life Style, Lack of Minimum Physical Activity and Exercise, Excessive thinking resulting in piling up of Stress are major factors that affect the physical health.

By changing the Life Style and Practicing Yoga one can overcome and get rid of ill-health. Regular practice of Asanas, Pranayamas, Bhandhas & Mudras can keep a person healthy. It is strongly advised to do these practices under the guidance of an Experienced /Qualified Yoga Teacher.

Thyroid (Hypo & Hyper): This health disorder is attributed to less/excess release Hormones by thyroid gland. Thyroid Gland releases the hormones when it receives TSH (Thyroid Stimulating Hormone) from Pituitary. The Hormones T3,T4 released by Thyroid are basically maintains the metabolism of our body. If these three hormones (TSH, T3 and T4) are produced, either in excess or less, results in metabolic disorders.

Kriyaas: Trataka, Kapalabhati & Agnisara.

# Yoga Therapy for Life Style Diseases-Thyroid (Hypo & Hyper)

**Asanas:** Mathyasana, Bhujangasana, Uttana Padasana, Sethubhandasana, Naukasana, reverse Naukasana (choose any two or three which are easy for the sadhaka).

**Pranayamas:** Nadi Sodhana/Anuloma Viloma, Bramari, Ujjayi.

**Mudras:** Jalandhara bhandha, Vipareethakarani mudra, Sunya mudra and Shanka mudra.

A minimum of 12 weeks treatment is must.



**Sunya mudra (to be done with both the hands)**

# Yoga Therapy for Life Style Diseases-Thyroid (Hypo & Hyper)



SHANKHAMUDRA (to be done with both the hands)