

# Dysfunctional thyroid? An Ayurvedic doctor shares how to handle the health condition

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By -  
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Maitree Baral

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Any sort of dysfunction in the normal functioning of the thyroid, a butterfly-shaped gland that sits low on the front of the neck, results in thyroid problems. The thyroid lies below Adam's apple, along the front of the windpipe. Any abnormality in the thyroid, results in goiter, thyroiditis, hyperthyroidism, hypothyroidism, Graves disease, thyroid cancer, thyroid nodule, and thyroid storm. While timely treatment of thyroid is essential, the time and the type of treatment one should opt for also matters a lot. To create awareness on thyroid issues, January is observed as Thyroid Awareness Month.

We at ETimes spoke to Dr. Partap Chauhan, Director, Jiva Ayurveda on common symptoms of thyroid, how it affects babies and how Ayurvedic can be helpful for treating thyroid problems.

***ETimes : What are the common symptoms and risks associated with thyroid?***

In hypothyroidism, the individual exhibits symptoms like sudden weight gain. In this, the body's immune system weakens, there is swelling and cramping in the feet, and there is a constipation problem, face and eye swelling, erratic menstrual cycle, rough and dry skin, hoarse and heavy voice, even depression.

In hyperthyroidism, the individual exhibits symptoms like sudden weight gain, increased appetite, inability to bear the heat, excessive sweating, muscle weakness, increased heartbeat, loss of sleep, increase in monthly discharge which becomes irregular. Hyperthyroidism mostly occurs in women who are in their 20's.

***ETimes : What are the early signs of thyroid, and how early detection can mitigate the risk of thyroid?***

Thyroid plays an important role in the endocrine system. It produces hormones to keep the bodies' metabolic activities running smoothly. According to Ayurveda, the thyroid imbalance in a body occurs when the body's Ojas, the Ayurvedic essence of health, is depleted. Early signs of the thyroid include chronic fatigue, dullness, and tiredness, and a weak immune system.

Early detection of thyroid mitigates the risk as it can be easily treated by consuming a healthy diet and by providing proper nutrients to the body.

***ETimes : Can thyroid be found in babies. What are the symptoms of thyroid in babies?***

Even though many babies exhibit identical symptoms without being hypothyroid. Some hypothyroid neonates are always sleepy and are difficult to feed, particularly if they have persistent jaundice after birth. Babies with thyroid problems may experience constipation and excessive weight gain. Such babies may have poor neurological development, low muscle tone, and cold extremities.

***ETimes : How can Ayurveda treat thyroid?***

Ayurveda can control the body from pernicious effects of thyroid imbalance by including these things in daily diet: Jalkumbhi and drumstick help to increase iodine levels in the body, Dhaniya (coriander) and jeerak siddha jala help in the better recovery from swelling that is sometimes seen in cases of thyroid problems. Ginger also aids in thyroid function; boil some ginger in water and drink it like tea.

One should avoid eating raw vegetables, particularly cauliflower, kale, Brussels sprouts, and broccoli.

Thyroid problems can be exacerbated by a lack of vitamin D. Early morning sun exposure is a good way to treat the deficiency. Outdoor exercise stimulates thyroid glands, boosts immunity, and regulates calcium metabolism.

In thyroid, it is advised to avoid all forms of processed sugar. It is also advised to limit your intake of foods high in natural sugars.

Eat foods high in vitamin A, such as broccoli, spinach, and most dark green leafy vegetables, as well as fruits like apples and bananas.

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