

Role of Vishuddha Chakra on Thyroid Disorders

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Abstract: *This paper will highlight role of Vishuddha Chakra on the management of thyroid disorders. The asanas, mudras and pranayama for activation of vishuddha chakra have significant value in management of thyroid disorder like hyperthyroid (thyrotoxicosis) and hypothyroidism. The vishuddha chakra or throat chakra is located in the throat region. While doing yoga study I realize that long before medical science knew the existence of thyroid gland our great yogis came up with practice which not only keeps gland and body healthy but also helps to understand higher awareness. The asanas, pranayama and mudra for activation of chakras can help in various disease management. The sole aim of this research is how vishuddha chakra thyroid gland are connected, could activation of vishuddha can help in management of thyroid disorders and role of vishuddha chakra in management of thyroid disorders like hyperthyroidism and hypothyroidism.*

Keywords: Vishuddha Chakra, Thyroid, Thyroid Disorders, Yoga, Metabolism

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