

Academy for Acupressure and Acupuncture



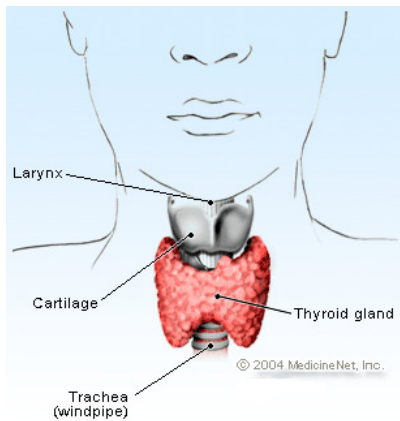
Thyroid gland problem-Acupuncture research

Research team

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Thyroid gland is a power house which weighs about 20 gm and produces hormones of about 1/ 2,800,000gm per day. It determines the rate at which one lives metabolically slow or fast. It governs the rate at which billions of cells burn food into energy.

A gland is an organ that synthesizes a substance for release of substances such as hormone into the bloodstream (endocrine) or into digestive system (exocrine).Hormone is a chemical messenger which communicates with different organs.

Hypo thyroid refers less production of the hormones and hyper thyroid indicates over production of hormones. It indicates either iodine deficiency or excessive iodine in the system.

Hypo thyroid Symptoms

1. Abnormal weight gain
2. Tiredness
3. Cold intolerance
4. Baldness
5. Palpitations
6. Vague pains
7. Sudden cramps

Hyper thyroid Symptoms

1. Thyroid goitre(swelling in the neck)

2. Protruding eyes
3. Palpitations
4. Excessive sweating
5. Diarrhoea
6. Weight loss
7. Muscle weakness
8. Unusual sensitivity to heat
9. Increased appetite

General symptoms

1. Finger tremor in an outstretched hand
2. Nervousness and sleeplessness
3. Has big appetite but loses weight
4. Hyper activity
5. Puffy face

Hormonal output from the thyroid is regulated by Thyroid Stimulating Hormone (TSH) produced by anterior pituitary. But pituitary itself is regulated by thyrotropin releasing hormone (TRH) produced by hypothalamus. Triiodothyronine (T3) and Thyroxine (Tetraiodothyronine) T4 are synthesized from iodine and tyrosine. It also produces calcitonin for calcium homeostasis.

Iodine comes in the form of iodide from the digestive tract. The enzymes make the conversion into iodine and hook it into an amino acid called tyrosine. It can then produce T3 and T4. Another enzyme hooks these hormones to blood proteins so that they can be taken to remotest cells. These hormones virtually stimulates vast multitude of cells in the body.

Normal Range readings

TSH 0.3 to 3 micro units/ml

T3 80 to 180 ng/dl

T4 4.2 to 1.8 micro gram/dl

During pregnancy thyroid provides slightly more hormones for the special needs. Energy requirements during sleep and during activity are different and the hormones secrete according to the needs of the body with a closed loop feedback control. Hypothalamus and pituitary work in harmony with thyroid.

Since thyroid is controlled both by chemical as well as nervous control emotions have a direct impact on this gland. Worry produces excessive amount of hormone. Similarly business failure,

death in the family, serious accident, extensive surgery, and marital trouble for months or years will step up the production due to worry and sadness.

Lack of iodine in the food intake is the main cause in mountain region and it is suggested to use iodised salt, sea foods and vegetables grown in soils near sea. If iodine content is less, new cells will form to capture the iodine which looks like swelling in the neck (nontoxic goitre). Sometimes it may pinch the oesophagus or wind pipe.

For hypo thyroid the missing hormone is given in the pill form and for hyper thyroid, surgery may be the solution.

Acupuncture Cure

Since Heart controls Thyroid gland following points have the potential to cure the problem.

1. Hypo Thyroid

↑ H-8 ↓ H-3 ↑ H-7 and ↑ P-8

Or

↑ Liv-1 ↓ Lu-8 ↑ H-7 and ↑ P-9

2. Hyper Thyroid

↓ H-8 ↑ H-3 ↓ H-7 and ↓ P-8

Or

↓ Liv-1 ↑ Lu-7 ↓ H-7 and ↓ P-9

Note: ↑ Increase | ↓ Decrease

Within 4 sittings given every week will show good results and patients are advised to activate the thyroid gland reflexes every day.

Those interested in joining our programme may contact the Chief Research Doctor

Images used in this article are for ease of illustration.

Courtesy: Internet