

YOGA WITH PRAKHAR

Ayurvedic Thyroid (Galaganda/Galagranthi) Holistic Care Plan

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Namaste! Ayurveda mein Thyroid dysfunction ko mukhya roop se 'Galaganda' ya 'Galagranthi' ke roop mein dekha jata hai. Thyroid gland Vishuddha Chakra (throat region) par sthit hota hai. **Hypothyroidism** mukhya roop se **Kapha-Meda vridhi** aur **Mandagni (slow metabolism)** se hota hai, jabki **Hyperthyroidism** mein **Pitta-Vata prakopa** hota hai. Ama (toxins) ke kaaran thyroid channels block ho jaate hain. Yeh customized diet & herbal regimen thyroid hormone balance aur metabolic enhancement ke liye tayar kiya gaya hai.

1. THYROID DYSFUNCTION ACCORDING TO TRIDOSHA

Thyroid issue har vyakti mein unke dominant Dosha asantulan ke anusaar alag prakat hota hai:

VATA THYROID (Hyper/Fluctuating)

Symptoms: Rapid weight loss or inability to gain weight, tremors, dry skin, anxiety, insomnia, irregular heartbeat, constipation.

Focus: Warm, unctuous (snigdha), grounding foods. Warm milk, ghee, cooked grains, and Ashwagandha to calm Vata.

PITTA THYROID (Thyroiditis/Hyper)

Symptoms: Heat intolerance, excessive sweating, anger/irritability, hair loss, diarrhea, inflammation in throat/thyroid gland.

Focus: Cooling, soothing, Pitta-pacifying diet. Coconut water, Amla, Coriander tea, and cooling herbs like Shatavari & Guduchi.

KAPHA THYROID (Hypothyroidism)

Symptoms: Unexplained weight gain, swelling/edema, severe lethargy, cold intolerance, slow pulse, high cholesterol, husky voice.

Focus: Warm, pungent (katu), dry, and light food. Stimulate Agni with Trikatu, Kanchanar, and active physical movement.

2. COMPLETE AYURVEDIC THYROID MEAL PLAN

Yeh diet plan metabolism ko ignite karne, thyroid gland function boost karne, aur goitrogenic foods ko eliminate karne ke liye design kiya gaya hai.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Early Morning (6:00 AM - 6:30 AM)	1 glass warm water + 1 tbsp Coriander seed (Dhania) soaked overnight & boiled water. Ya Warm water + 1 pinch Trikatu + Honey.	Dhania paani thyroid secretion ko regulate karta hai aur swelling (edema) kam karta hai. Trikatu metabolism boost karta hai.
Breakfast (8:00 AM - 8:30 AM)	Ragi Upma / Vegetable Poha / Sprouted Moong / Jowar Cheela with Coconut chutney. 1 cup Herbal Tea (Adrak + Mulethi + Tulsi).	Gluten-free grains thyroid inflammation reduce karte hain. Coconut oil/chutney mein Medium Chain Triglycerides (MCTs) hote hain jo thyroid support karte hain.
Mid-Morning (11:00 AM)	1 glass Fresh Amla Juice with Black Pepper OR Fresh Coconut Water / Fresh Whole Fruit (Pomegranate/Apple/Papaya).	Amla vitamin C aur antioxidants se bharpoor hai jo thyroid tissue cellular repair karta hai. Soy milk aur processed juices avoid karein.
Lunch (1:00 PM - 2:00 PM)	1-2 Jowar/Ragi/Bajra Roti + 1 bowl Yellow Moong Dal with A2 Desi Ghee + Bottle Gourd (Lauki) / Ridge Gourd (Torai) / Parwal Sabzi.	Include 1 tsp Desi Cow Ghee (contains Iodine & Vitamin A). Strictly avoid raw goitrogenic vegetables (Cabbage, Cauliflower, Broccoli in raw form).
Evening Snack (5:00 PM)	1 cup Herbal Tea (Cinnamon + Cardamom) + 2 Brazil Nuts (for Natural Selenium) OR Roasted Makhana / Soaked Almonds.	Selenium thyroid T4 to T3 conversion ke liye sabse zaroori mineral hai. Coffee aur milk tea bilkul skip karein.
Dinner (7:00 PM - 7:30 PM)	Vegetable Soup (Lauki/Pumpkin/Gourd) OR Vegetable Dalia / Light Moong Dal Khichdi. Very light and easy to digest.	Late night dinner metabolism ko further slow kar deta hai. Sunset ke aas-paas khana khane se thyroid workload kam hota hai.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Bedtime (9:30 PM)	1/2 tsp Kanchanar Guggulu / Triphala Churna with warm water OR Warm Golden Turmeric Milk with a pinch of Ashwagandha.	Kanchanar thyroid nodules/swelling clear karta hai. Ashwagandha T3 & T4 levels ko optimize karne mein help karta hai.

3. KEY AYURVEDIC MEDICINES FOR THYROID (AUSHADHI)

Aushadhi ka sevan kisi certified Ayurveda doctor ke guidance mein karein. Ye dawaiyan thyroid gland ko stimulate aur balance karti hain:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	ACTION & BENEFITS
Kanchanar Guggulu	2 Tablets twice daily	After meals with warm water	Gold-standard Ayurvedic herb for thyroid enlargement (Galaganda), nodules, and Kapha-Meda clearance.
Ashwagandha Churna / Vati	1 tsp powder or 1 tablet twice daily	With warm milk or water at bedtime	Adapton-rich herb. Adaptogen property regulates HPA axis, improves T3/T4 conversion, and reduces stress.
Punarnavadi Mandoor / Kwath	2 Tablets or 15 ml Kwath twice daily	After meals with water	Relieves facial puffiness, fluid retention, edema, and anemia associated with Hypothyroidism.
Trikatu Churna (Sunthi+Maricha+Pippali)	1/2 tsp twice daily	Before meals with honey/warm water	Ignites sluggish Agni, burns Ama, and speeds up basal metabolic rate (BMR).
Varunadi Kwath	15-20 ml with equal water	Empty stomach morning & evening	Reduces glandular swellings, regulates lipid profile, and clears blocked micro-channels.
Maha Yograj Guggulu	1-2 Tablets twice daily	After meals with warm water	Useful in severe Vata-Kapha joint pains, muscle stiffness, and fatigue caused by Thyroid imbalance.

4. THYROID MANAGEMENT ACROSS DIFFERENT AGE GROUPS

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 - **Primary Concerns:** Delayed growth/puberty, sluggish brain/poor concentration, weight gain, fatigue.
 - **Dietary Focus:** High natural Iodine & Selenium foods. A2 Ghee, Almonds, Walnuts, Dates, and Fresh Millets. Complete ban on junk food and packaged snacks.
 - **Pranayama & Activity:** 15 mins Ujjayi Pranayama (Throat friction breath - directly stimulates thyroid) + Outdoor sports/Surya Namaskar.
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 - **Primary Concerns:** High Cortisol-induced Thyroid drop, infertility/period issues in women, extreme fatigue, weight resistance.
 - **Dietary Focus:** Gluten-free, Soy-free, Low-GI diet. Include seed mixture (Pumpkin, Flax, Sunflower) and Dhania-Jeera-Sounf water. Avoid late-night meals.
 - **Yoga & Lifestyle:** Sarvangasana (Shoulder stand), Halasana (Plow pose), Matsyasana (Fish pose), Ujjayi Pranayama, and sound 8-hour sleep.
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 - **Primary Concerns:** Severe muscle weakening, dry skin, constipation, high cholesterol, osteoporosis risk.
 - **Dietary Focus:** Warm, soft, easily digestible soups, khichdi, and cooked greens. Supplement with Sesame seeds (Til) for calcium. Warm milk with Ashwagandha at night.
 - **Gentle Therapy:** Neck stretches (Greeva Sanchalana), mild walking, daily neck massage with warm Mahanarayana or Sesame oil.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR THYROID)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Coriander seed water (Dhania paani) daily. • Gluten-free grains: Jowar, Bajra, Ragi, Coconut flour. • Fresh Lauki, Parwal, Pumpkin, Coconut oil & A2 Ghee. • Brazil nuts (1-2 daily) for Selenium. • Ujjayi Pranayama & Neck opening Yogasana. • Early dinner and 10 PM sleeping habit.	• Raw Goitrogenic foods (Cabbage, Cauliflower, Broccoli, Spinach) - *Only well-cooked allowed in small quantity*. • Soy products (Soybean, Tofu, Soy milk) - *Blocks iodine absorption*. • Gluten (Refined Wheat/Maida) & White Sugar. • Excessive Coffee, Tea, and Alcohol. • Daytime sleeping (Diva-swapna) - worsens Hypothyroidism. • Chronic stress and physical inactivity.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* ke dwara educational aur health awareness purpose ke liye banaya gaya hai. Thyroid condition sensitive hoti hai. Apni modern thyroid medication (e.g. Thyronorm/Eltroxin) ko bina doctor ki salah ke suddenly stop na karein. Certified Ayurvedic Physician se consultation ke baad hi herbal therapy shuru karein.