



A SCIENTIFIC STUDY OF THYROID GLAND AND ITS DISORDERS IN RELATION TO DIFFERENT CHAKRAS (AJNA, VISHUDDHI AND MANIPURA)

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ABSTRACT

The thyroid gland is one of the most important and largest endocrine gland of the human body and situated in the front of the neck. It plays an important role in metabolism of food, to regulate basal metabolic rate, stimulates somatic and psychic growth and plays an important role in calcium metabolism. Thyroid disorders are a common type of life style disorders. The global prevalence of thyroid disorders was 10.36% for hypothyroidism, 7.9% for euthyroidism and 86.2% for hyperthyroidism. It has been estimated that about 42 million people in India suffer from various types of thyroid disorders. The most common thyroid disorders are hypothyroidism, hyperthyroidism, goiter and Hashimoto's disease etc. In our body various types of *Chakras* are present which are regulate and stimulate the nervous system as well as endocrine system in a different manner and provide us a healthy body, mind and soul. The knowledge of *Shatchakras* are based on the relationship of consciousness, mind and soul with different *Nadi kendras* (nerve centers) present in *meru danda* (vertebral column). *Chakras* are also considered as body's subtle glands as they carry links to specific parts of physical glands or glandular systems. The *chakra* balancing and healing helps in treating various kinds of diseases related to our body and mind. These *Chakras* are related to the functioning of the thyroid gland direct or indirect way so the present study has designed or focused in thyroid disorders in relation to different *Chakras* (i.e. *Ajna*, *Vishuddhi* and *Manipur chakra*).

INTRODUCTION

The Thyroid gland is one of the most important and sensitive endocrine gland. The major function of thyroid gland is to control the rate of metabolism. Thyroid gland is situated in the front of the neck. Thyroid disorders are common in world wide. In India too, there is a significant burden of thyroid diseases. According to a projection from various studies on thyroid disease; it has been estimated that about 42 million people in India suffer from thyroid diseases. There are five common thyroid disorders in India: hypothyroidism, hyperthyroidism, goiter and iodine deficiency disorders and thyroid cancer or tumour, hashimoto's thyroiditis. In India prevalence of hypothyroidism is 3.9%. In women, the prevalence is higher, at 11.4%, when compared with men, the prevalence is 6.2%.

The literal meaning of the word *chakra* is "wheel" or "circle", but in the yogic context a better translation of the Sanskrit word is "vortex" or "whirlpool". These nerve centres are not situated inside the spinal cord itself. but lie like junctions on the interior walls of the spinal column. These communicating nerve fibers control the different physiological and psychic functions of that portion of the body. In the present study author has analysed, compiled and correlated the thyroid gland, its functions and its disorders in relation to different *chakras*, which are present in the human body. In Ayurveda there is no direct description of thyroid gland but a disease by the name "*Galaganda*" is mentioned in various *Samhitas*. In Ayurvedic text our ancient Acharyas have defined "*Agni*" and this *agni* and its types has to be considered as thyroid hormones and its functions.

The place of thyroid gland is in front of the neck, in "*Kundalini yoga*" and *Shatchakra Nirupan* this region can be considered as "Throat *chakra* or *Vishuddhi chakra*". Thyroid gland and its hormones are regulated by the hypothalamus, pituitary gland and Pineal gland these are the important structures which regulates and provokes the synthesis of thyroid hormones. These structures, its functions and this area can be considered as *Ajna chakra* or *Guru chakra*. In Ayurveda *agni* is situated in the navel region and this region can be considered as "Solar plexus" or "Sun *chakra*" or "*Manipur chakra*". This region regulates the digestion process and metabolic process which is the main function of the thyroid gland.

These are all three *chakras* play an important role in the proper functioning of the thyroid gland, when one of the *chakra* is imbalanced (overactive and underactive) or closed the thyroid gland and its supportive organs or glandular structures not functioning in a proper manner and the thyroid disorders will occur in human body. When a person who suffers from the thyroid disorders, then the person should be done concentration on these *chakra* in a proper way, if these all three *chakras* are healthy and work done in a proper manner then the function of thyroid gland is normal and the person will be healthy (physically, mentally and spiritually). So in the present study author has been focused on thyroid disorders because it is very common now a days and the people are more prone to this disease because of their life style, lack of physical work (exercise and yoga) and mentally pressure, so the hormonal imbalance is common in present era and functioning of thyroid gland is hampered. Proper activation of theses *chakras* are

helpful for thyroid disorders, with the help of various types of yoga *asnas*, *kriya* yoga, *bandh*, *mudras* and meditation.

NEED OF STUDY

In today's world, thyroid disorders have become increasingly common, affecting a significant portion of the population. A healthy thyroid gland is essential for regulating metabolism, enhancing body growth, and supporting overall development. However, when the thyroid fails to function properly, it disrupts these critical processes, leading to various physical and mental health issues.

In our study, we explore the role of the thyroid gland, its disorders, and the importance of maintaining its proper functioning. We also examine how the activation of specific *chakras*—*Ajna*, *Vishuddhi*, and *Manipura*—can support thyroid health. Ayurveda, as described by our ancient Acharyas, defines health as a state of equilibrium among *Doshas*, *Agni*, *Dhatus*, and *Malas*, along with a balanced state of the *Atma*, *Indriyas*, and *Manas*.

In this research, we focus on the healthy state of the body, regulated by the thyroid gland, and its relationship with other key structures, collectively known as the Hypothalamic-Pituitary-Thyroid (HPT) Axis. These endocrine organs work together to maintain the body's homeostasis, ensuring overall health and well-being.

AIM AND OBJECTIVES

1. To collect, compile and analyze the literature about the thyroid gland and its disorders in ancient literature as well as modern science.
2. To correlate and analyze the modern literature with ancient literature about the thyroid gland and its disorders.
3. To study the different *chakras*, which are associated with the thyroid gland and its proper hormonal activities.
4. To study the different yogas, *kriya* yoga and meditation which are help to activate the *chakras* and regulates the body functions.

MATERIALS

Review work done and literature from the classical as well as contemporary science, various research articles, reference books etc. have been incorporated in the study.

METHODS

The present study is a conceptual, literary and analytical study.

REVIEW OF LITERATURE

The thyroid gland and its disorders, while not directly mentioned in Ayurveda, are reflected through the condition known as "*Galaganda*," characterized by neck swelling. The earliest reference to such symptoms appears in the Atharvaveda, using the term "*Apachi*." This review aims to correlate these ancient descriptions with modern scientific understanding to explore how traditional knowledge intersects with contemporary views on thyroid function and disorders.

Acharya Charak has firstly described about the disease under

the 20 varieties of *shleshama vikaras*. Acharya sushrut has described that out of seven layers of the skin, the sixth layer *Rohini* is *Galaganda rogadhisthan*.

In Nidan Sthan he has described "*Galaganda*" as two encapsulated small or big swellings in the anterior angle of the neck which hang like scrotum, whereas Acharya Charak has mentioned *Galganda* as solitary swelling, whereas the swelling of neck is present in the two or more in number it is called as "*Gadamala*".

Acharya Charak and Acharya Sushruta have also defined the "*Granthi roga*", which are as follows: *vataj*, *pittaj*, *kaphaj*, *mamsaj* and *medoj*. Acharya Bhoja also depicted that classification of *granthi roga*. The etiological factors of *galganda* are including climatic conditions, water supply, dietary condition, other surroundings etc.

Acharya Sushrut has stated that rivers flowing towards east might give rise to the occurrence of *galganda*. Acharya Bhel has described that *Shleepada* and *Galaganda* are more common in *prachya desha* (eastern part of country) and the persons consuming predominantly fish are liable to develop *Galaganda*. Acharya *Harita* has described the role of *dushtambu* and *krimi dosha* in the precipitation of *Galaganda*. Kashyap *Samhitakara* has added that any part of the country, which is cold, damp, with densely grown long trees, water stagnation and heavy rains may be prone for the development of *Galaganda*.

Thyroid is also called "*Graiveyak*" by Acharya Gan Nath Sen. Some authors says that it is called *Chullika granthi*" due to its shape is quite similar to hearth or *chulha*. In modern science the Thyroid Gland is an endocrine gland.

Situation: In the neck region, consisting of two lobes (right and left) connected by an isthmus either side of the wind pipe (trachea). It is found at the front of the neck, below the Adam's apple.

Shape: This is a butterfly or bowtie shaped gland and a largest endocrine gland of the body. This gland not be seen; but if is enlarged and a prominent bulge or swelling called as Goiter may appear below or side of the Adam's apple. The Thyroid gland produces very important hormones that regulate the body's metabolic rate as well as heart and digestive functions, muscle control, physical and mental development, mood and bone maintenance.

Thyroid gland secretes three hormones: namely the two thyroid hormones (thyroxine/ T4 and triiodothyronine/T3) and calcitonin. Thyroid hormones influence the metabolic rate in two ways:

1. By stimulating almost every tissue in the body to produce protein.
2. By increasing the amount of oxygen that cells use.

It is also regulate and maintain the protein synthesis, calcium homeostasis, fertility and skin maintenance. Its correct functioning depends upon having a good supply of iodine from

the diet because the iodine is the main precursor that necessary for synthesis of thyroid hormones. The release of thyroid hormones from the thyroid gland is controlled by thyrotrophin releasing hormone from the hypothalamus situated in the brain and by thyroid stimulating hormone produced by the anterior pituitary gland. This forms part of a feedback loop (positive or negative feedback) called the “Hypothalamic-Pituitary-Thyroid Axis”. Thyroid disorders are: hypothyroidism, hyperthyroidism, Hashimoto’s disease, tumour or cancer of thyroid gland goiter and surgical or traumatic injuries of thyroid gland.

In this study, different types of *chakras* and nerve plexuses have been explored for their direct or indirect involvement in the maintenance of the thyroid gland, whether structurally, physiologically, or psychologically. The term “*chakra*,” which means “wheel” or “circle,” refers to energy centers in the body. These *chakras* are associated with both physiological and psychic functions, with their structures generally matching traditional descriptions. They are located at key junctions within the spinal column, which, when viewed in cross-section, resembles a lotus shape. The ascending and descending tracts of nerve fibers correspond to the Nadis. This review investigates how these energy centers may affect thyroid gland function, offering insights into their potential role in thyroid health.

Chakra	Nature	No. of petals	Colour	Physical location	Shetram	Endocrine relationship	Physiological relationship
<i>Vishuddhi chakra</i>	Center of nectar	16	Purple	Behind throat at The level of spinal Column	Pit of throat, ears, mouth, nose and neck	Thyroid and parathyroid gland	Cervical, pharyngeal and laryngeal plexus
<i>Manipura</i>	City of jewels	10	Yellow	Behind the navel at the level of spinal column	Navel region, digestive organs	Pancreas and adrenal gland	Solar or coeliac plexus
<i>Ajna chakra</i>	Centre of command	2	clear or grey	Centre of head	Between two eye brows	Pineal, pituitary gland and hypothalamus	Cavernous plexus

Vishuddhi is the fifth *chakra*, which is known as the purification centre. In this *chakra* the purifying and harmonizing of all opposites takes place. It is also known as the “nectar and poison centre”.

Situation: Thyroid gland is associated to *Vishuddhi chakra* because its situation is in the throat pit and this *chakra* is also present here.

Function: The function of *Vishuddhi chakra* can be correlates with the thyroid gland functions.

Vital Vayu: The vital air of this area is “*Udan Vayu*”. The function of *udan vata* is mentioned in our ayurvedic text, which is quite similar to recurrent laryngeal and pharyngeal plexus’s functions. In the modern text it is mentioned that the recurrent laryngeal and pharyngeal plexus is responsible for normal speech, communication and normal functioning of swallow.

Theses communication of nerve fibres are control the different physiological and psychological functions of that portion of the body. There are 6 main *chakras* are present in the human body called “*Shatchakra*”; which are directly connected with the higher and illumined centres of the brain. These all *chakras* are interconnected with each other and influenced by the other *chakra*’s functions or activation. In the present the scholar has mainly focused on thyroid gland and its disorders, which is closely associated to *Ajna*, *Visuddhi* and *Manipura chakra* either by structurally, physiologically or mentally.

Each *chakra* has a particular colour, *mantra*, *chakra kshetram*, situation, associated structure, physiological relationship, endocrine relationship, elements, *vayu*, *tanmatra*, number of petals, *kosha*, sense organ, *yantra* and range of experiences. These *chakras* are resembles as physiologically with the *Vayu* and its normal functioning, which is mentioned in our *Samhitas* as a *dosha* and it is resembles to nervous functions. In this study we have to analyze, corelate the thyroid functions and its disorders from these three *chakras* (*Ajna*, *Vishuddhi* and *Manipura chakra*) which are quite similar in functions and disorders from the Thyroid Gland. So the scholar has taken these three *chakras* in relation to Thyroid Gland.

Malignancy of thyroid gland and goiter causes dysphonia (*swarvaiklyata*), dysphagia and dyspnoea.

A person whose throat *chakra* (*Vishuddhi chakra*) is activate and in balanced state exhibits clear communication, lives good creatively, has good senses and resonant voice. He gets good intellectual, physical and mental quality, similarly a healthy thyroid gland provides a good intellectual quality, good speech, physical and mental development. In Ayurveda the *udan vata* is responsible for *vakaprivrati*, *sahash*, *bala* and *varna*. Acharya *Sharangdhar* has defined that the *udan vata* is “*Pavnottam*”. It also performs pleasing and enlightenment of the vocal organs, maintenance of intelligence (*dhi*), patience (*dhriti*), memory (*smriti*), concentration, knowledge of mind (*manobhodhan*) etc.

In all Ayurveda classics have clearly and well defined description about the “*Agni*”. The adhithan of “*Agn*” or “*pachak pita*” is

amashya, *grahani* and *nabhi*. Acharya Charak has mentioned the function of *prakrit pitta*. Equilibrium of *dosha*, *agni*, *dhatu* and *mala* is essential for good health and any imbalance in any components of health the diseased conditions are develop (Su.su. 15/41). *Agni* has defined by all acharyas (Su.Sha. 4/3, As.H.Chi. 10/92, Ch.su, 26/11. Ch.Su.27/32, AS.H.Ni. 12, Ch.Chi. 15).

In Ayurveda the concept of *chaturvidha ahara pachan* (digestion, assimilation and metabolism) is based on the concept of 13 types of *agni*. The main function of internal (bodily) *agni* is *dahan* (oxidation or combustion) and *paka* (physical and chemical transformation) of *chaturvidha ahara*. *Udarya* or *kayastha agni* (*jathragni*, *dhatwagni* and *bhutagni*) which takes part in the metabolism and it is the main and first factor which helps the individual in growth through digestive process. The various factors of the body like life, complexion, strength, health, metabolic rate, growth and development, ojas and tejas, transformation and metabolism of tissues and even *prana* (life) due to *agni* (Ch. Chi. 15/3-5).

In *Bhagvadgeeta* Lord Krishana has also defined the *agni* and it is also called "*vaishvanar*". If the *agni* is decreased the state is called *Mandagni* and the *agni* is increased this condition is called *tikshagni* and both the conditions are cause diseases in the body.

Situation: This area of *agni* i.e. *nabhi* is also a *kshetram* or location point of the third *chakra* or the *Manipura chakra*, which is regulates the functions of the digestive organs. The Nabhi has been used in many references like brain, fire place, heart, duodenum and navel area.

Vital Vayu: The vital air of this area is "*Saman vayu*" which is a responsible factor of the digestive process or enhanced the functions of the digestive systems (*Sharangdhar purva khanda*, A.S.Su.20, Ch.Chi.15/7) and its functions can be considered as the Auerbach's plexus or Myenteric plexus, that control GI tract motility, secretion and absorption, when this *chakra* is imbalanced or under active the process of digestion and metabolism is affected. *Vikrita saman vata* is also responsible for improper digestion and metabolism. Imbalanced *agni* cause in a individual becomes unhealthy or disease state even when the digestive fire is completely lost, the person dies (*Sante Agnau Mriyate*) Ch.Chi. 15/3-5. *Mandagni* is caused by *kapha dosha dushti*, causes *kaphaja roga* and the *tikshagni* is caused by *pitta dosha* causes *pittaja roga*. The disorders of thyroid is quite similar to *dhatwagni janya roga*, in which hypothyroidism (*Mandagni janya vikar*) and hyperthyroidism (*tikshagni janya vikar*) are included. Decreased *dhatwagni* causes the *dhatu vridhhi* and increased *dhatwagni* causes *dhatu kshaya* (As. Su.11/34).

Metabolism is a series of complex processes by which the human body converts the food, water and oxygen into the tissues, in the form of energy and waste products. It is a continuous process and goes on in every cell of the body. It comprises the breaking down of substances into simple parts and their shuffling and recombination into countless new substances that compose the

body tissues synthesis and hormone synthesis. The constructive chemical and physical process by which food materials are adapted for the use of the body is known as "Anabolism" and the destructive process by which energy is produced with the breaking down of tissues into waste products is called "Catabolism". High basal metabolic rate induce the use of high calorie diet and burn the calorie and use all of the intake calorie and it is correlate with the hyperthyroidism and the low basal metabolic rate induce the low use of calorie so all food calories are not burn and this condition is similar to hypothyroidism.

So the under active or imbalanced *Manipura chakra* causes digestive and metabolic disorders, in which thyroid disorders are most common metabolic disorders. When the *agni* is not proper in functioning, then the *Ama dosha* is present in the body and this *ama dosha* causes the diseases in the body systems. In modern science a well established descriptions of the thyroid disorders like hypo and hyperthyroidism, the characteristics of both of the disorders are just opposite.

HYPOTHYROIDISM	HYPERTHYROIDISM
Weight gain, vertigo, cold intolerance	Thyrotoxicosis
Mood disturbances, tiredness, lethargy.	Graves's disease
Easy fatigability, slowness of memory, dullness, slow intellect and thought.	Intolerance to heat ,increased appetite, low serum cholesterol, increased bowel movements.
Communication difficulty, dark rough skin, thin and brittle hair, hair fall, muscles stiffness.	Increased heart rate, metabolic rate, irregular heart rate, diarrhoea, weight loss, sweating.
Aching, myalgias, cramps ,weakness.	Tiredness, irritability, skin flushing.
Constipation, myxedema, loss of appetite.	Hashimoto's disease.
Infertility, menstrual irregularities.	Thyroid cancer and tumour.
Hoarseness of voice, obesity.	Bulging of eyes, loss of libido, high blood sugar level.
Goiter and slow metabolic rate, heart rate.	Lin and thin in appearance.

The thyroid gland works properly and remains healthy so for its normal physiology it is normal functioning and necessary that the activation of *Ajna chakra* is compulsory, because the normal and balanced hormonal secretions of the thyroid gland are depend upon the normal and regular functioning of hypothalamus and pituitary gland. These structures are considered as endocrine relation and physiological relationship of the *Ajna chakra*. As in the above literature author has been mentioned about the "Hypothalamic Pituitary-Thyroid-Axis" in this study, So this axis effects the hormonal secretions of thyroid gland direct or indirect way. *Ajna chakra* is also known the *Guru chakra*. It regulates all the body systems so the healthy and balanced thyroid gland regulates the normal body functions. This *chakra* controls all the five types of *vata*, *pita* and *kapha*, it also regulates the *agni* and all digestive juices and control the all hormonal secretions, so the body keep in a

healthy state. If the normal individual having a mental stress, late night work, irregular sleeping pattern and eating habits and does not involve in yoga-asanas and meditation so then the *Ajna chakra* of the individual gets unhealthy or imbalanced and hypothalamus and pituitary gland does not work properly then the normal physiology of thyroid gland is disturbed and thyroid disorders may have seen.

RESULT

In this study, we have endeavored to establish a correlation and analysis between the thyroid gland, its functions, and disorders, and the different *chakras*. As we have observed that *Vishuddhi chakra* can be considered as endocrine correlation with the thyroid gland then any imbalance in *Vishuddhi chakra* like anatomical, physiological and psychological is influenced the working capacity of thyroid gland as we all known that the *Ajna chakra* is the controlling *chakra* of all the body systems, if the “hypothalamic-pituitary-thyroid axis” is disturbed by any reasons then thyroid gland disorders will be occur.

The third *chakra* is *Manipura chakra* this *chakra* is located in *nabhi pradesha* at the level of the spinal column, this is also a place or *adhithan* of *Agni*, if the *manipura chakra* is imbalanced or over and underactive so the digestive fire is disturbed or we can say that the *jhathragni*, *bhutagni* and *dhatwagni* is imbalanced, so proper digestion of food will not take place and *Dhawagni janya vikar* or we can say that metabolic disorders may occur.

Hypothyroidism and hyperthyroidism can be considered as *mandadhatwagni janya roga* and *tikshandhatwagnijanya roga* respectively. Hypothyroidism causes symptoms that include fatigue (*alsaya, tandra*), intolerance of cold (*shaitya* according to acharya sharangdhar), weight gain (*medavriddhi* or *ati sathaulata*), reduced appetite (*Mandagni*), poor memory (*mandabuddhitavam* according to acharya sharangdhar), hoarseness of voice (*ghargharvakyta* according to acharya sharangdhar), constipation (*ajeerna*). It is also correlates with the *medodhatu vriddhi* due to *manda medodhatwagni* so obesity is the main characteristic of the hypothyroidism and all *meda vriddhi* and *ati sthulata lakshanas* are seen in hypothyroidism. *Saman vayu* is can be correlate with the *auerbach's plexus* so the *Vikrita saman vata dosha* does not perform the normal process of digestion, absorption and assimilation. So the overproduction of *meda dhatu upchaya* in body which causes obesity. So the proper functioning of *Manipura chakra* is also necessary for the healthy thyroid gland because it is regulates body metabolism.

But if the metabolic rate is increased it causes symptoms that include intolerance of heat (*ushana angatavm*) according to Acharya Sharangdhar and *ushmaadhikya* according to Acharya Charak and Acharya sushrut), increased appetite (*kshudhaadhikya* due to *pitta* or *agni vriddhi*), increased or irregular heart beat (*Davthu* or palpitation), sweating (*sweadhikya*), tiredness (*klam*), irritability (*kopa*), skin flushing (*twagvaadranama* or *raktamandalani* (Ch.Su.20).

Vikrita agni causes *ama dosha*; the author has tried to correlate

the *ama dosha* with the auto immune diseases of thyroid. In hypothyroidism due to deficiency of iodine may leading to intellectual disability and mental disability, it has been correlated deficiency with the underactive or imbalanced *Vishuddhi chakra* which helpful for good communication and intellectual power. In case of traumatic or cancerous or tumour conditions of thyroid gland that may lead to damage the one or both side of recurrent laryngeal nerve, trachea, vocal cord and blood vessels i.e. the associated physical structure of the *Vishuddhi chakra* and causes loss of voice (aphonia), difficulty in speech (dysphonia), hoarseness of voice, dyspnea, vocal cord impairment, loss of senses and upper respiratory tract diseases due to impairment of *udan vata* so we can say that the proper functioning of the *Vishuddhi chakra* is essential for our physical, mental, psychological and social behaviour; if the thyroid gland is work properly so the physical, mental, psychological and social behaviour of an individual will be good.

The main function of the thyroid gland is metabolism (carbohydrates, fat and protein; if the *manipura chakra* is imbalanced, then the pancreatic and other digestive secretion does not secrete and body metabolism is disturbed and diabetes mellitus will be occur and many research have shown that the relation between the thyroid disorders and DM), development of tissues mainly bone maintenance due to secretion of the calcitonin. Myxedema and cretinism has tried to correlate with the *mandabuddhitavam*.

MANAGEMENT OF THE THYROID GLAND

1. Firstly the management of the thyroid gland we should know that it is a metabolic disorders so we should manage or treat the *agni* of an individual.
2. This study explores the relationship between the thyroid gland and various *chakras*, highlighting the significance of *chakra* activation and balance. Our findings suggest that maintaining the balance of these *chakras* is crucial for the proper functioning of the thyroid gland. Methods for *chakra* activation and balancing are extensively detailed in classical texts such as *Kundalini Yoga*, *Hatha Yoga Pradeepika*, *Gherand Samhita*, and *Shatchakra Nirupanam*. These sources offer valuable insights into practices that support thyroid health and overall physiological harmony.
3. Many *kriya yoga* or *shatkriyayoga*, various *mudra*, *bandha*, *pranayam* and *asana* has mentioned in our *yoga shastra* which is helpful for proper functioning of the *chakra*.
4. *Khechari mudra* is most important for the activation of the *Vishuddhi chakra*, it is activates the thyroid gland and the nectar is obtained by the yogi or the practioner this nectar is nourishes the body cells, tissues, organs and ultimately the whole body is nourishes by this nectar so we can say that the *Vishuddhi chakra* is the seat of nectar and the hormones of the thyroid gland is nourishes the all body.
5. *Ujjayipranayam* is beneficial for the activation of throat *chakra* it also activate the thyroid gland and thyroid gland

secretes their hormones in a normal amount.

6. Bhramri *pranayama*, *shambhvi mudra*, *trataka* is important for *Ajna chakra* activation so if the *Ajna chakra* is activate or balance the pituitary. pineal gland and hypothalamus work properly and stimulate the thyroid gland.
7. *Jalandhara bandha* is best to activate the thyroid gland.
8. *Sarvangasana*, *bhujangasana*, *halasana* *simhasana* are beneficial for thyroid gland disorders these all asanas are activate or stimulate the thyroid gland.
9. *Mantra japa*, chanting *beeja mantra* of *Vishuddhi*, *manipura* and *Ajna chakra* is also activate these *chakra* (*Ham*, *Ram* and *OM*) is the *beeja mantra* of these *chakra* which are directly and indirectly activate the thyroid functioning.
10. Take iodine rich diet, herbal medicines, *agni* *deepan* *aushadhi*, *ushanambu* for *ama pachan*.
11. Singing is the powerful act for stimulating the thyroid gland.

So in the present study author has been tried to correlate and analyze the thyroid gland its functions and disorders to in relation to *Ajna chakra*, *Vishuddhi chakra* and *manipura chakra*.

CONCLUSION

In the present era the life style of the persons are very irregular and busy so the persons have many diseases. Thyroid disorders is one of the most common disorders. In the above study author has illustrated that *Ajna*, *Vishuddhi* and *manipura chakras* are most commonly involve the thyroid functions and its disorders so if these all three *chakras* are in balance and activate properly so the thyroid gland works in a normal way. Thyroid is one of the most important gland that is regulates the body metabolism, development of the brain and other tissues of the body so the author has depicted that the relation or importance of these above mention *chakras* in context to thyroid gland its functions and disorders. All of the above described yoga and *chakra* activation methods are useful for the present era in thyroid disorders, which are helpful for who suffers from the thyroid diseases because a healthy thyroid gland provides a healthy body and mind as well as a peaceful soul, we all are known that our acharyas have mentioned the definition of the *Swastha* i.e.

“sama dosha, sama agni, sama dhatu, sama mala, prasanna atma, indriya and mana is called swastha.

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