

The thyroid gland is a butterfly shaped gland that is situated in the throat, located on the front part of the neck below the thyroid cartilage (Adam's apple). The gland produces thyroid hormones, which regulate body metabolism. Thyroid hormones are important in regulating body energy, the body's use of other hormones and vitamins, and the growth and maturation of body tissues.

Diseases of the thyroid gland can result in either production of too much hyperthyroidism or too little hypothyroidism hormone.

Yoga Cure for Thyroid: It stimulates & normalizes the function of the thyroid, pituitary, pineal and adrenal glands; it limbers and stretches the neck, as well as strengthens and tones the nervous system. Yoga stimulates the thyroid gland to work at its peak efficiency. Since the pituitary gland also gets stimulated, it helps improve their function.

Asana: Fish Pose (Matsyasana)

Type of pose: Backbend

1. Lying flat on back, bringing both legs and feet together, keeping the knees straight. Place the hands, palms downwards, beneath the thighs so that one can sit on them. Be sure that:
 - a. Hands are flat on the floor next to each other
 - b. Elbows are under the body as much as possible
 - c. Knees are straight
 - d. Legs are together
2. Bend the elbows into the ground; arch the chest until one sits up half way up. Be sure that:
 - a. The weight is on the elbows
 - b. The knees remain straight
3. Drop the head back so that top of head is on the ground with the chest expanded. The head should be touching the floor, but the weight is on the elbows.



Beginners:

Try to hold the position for at least 15 seconds. Place a blanket or block under the head if the crown does not comfortably come to the floor.

Benefits:

- As stiffness in the cervical, thoracic and lumbar regions is removed, nerve and blood circulation in these areas is increased.
- A natural massage is given to the shoulders and neck.
- Rounded-shoulders are corrected.
- Lung capacity is increased.
- Spasm in the bronchial tubes may be relieved.
- Helps to relieve asthma and other respiratory problems.
- The cervical and upper dorsal nerves are nourished and toned with an increased supply of blood