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VISHUDDHA CHAKRA AND THYROID DISORDERS: AN INTEGRATIVE AYURVEDIC AND YOGIC CORRELATION

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ABSTRACT

Background:

The Vishuddha Chakra, or throat energy centre, is described in yogic philosophy as the seat of communication, self-expression, and purification. Anatomically, this chakra corresponds to the region of the thyroid gland, which regulates metabolism and hormonal balance. An imbalance of this chakra is believed to influence the gland's physiological functions, manifesting as thyroid disorders such as hypothyroidism and hyperthyroidism.

Objective:

To analyze the association between Vishuddha Chakra and thyroid gland function, and to explore the therapeutic potential of yogic practices in maintaining thyroid balance.

Methodology:

A conceptual review was conducted using Ayurvedic and modern literature, correlating the anatomical, physiological, and energetic significance of the Vishuddha Chakra with thyroid function. Yogic practices including Sarvangasana, Matsyasana, Bhujangasana, Viparita Karani, Ujjayi Pranayama, Jalandhara Bandha, *and* Shankha Mudra *were reviewed for their therapeutic effects.*

Observations:

Balancing the Vishuddha Chakra through asana, pranayama, and mantra chanting (especially the Beeja Mantra "HAM") enhances energy flow in the throat region and harmonizes thyroid activity. Yogic interventions help reduce stress, improve self-expression, and restore psychosomatic balance, thereby indirectly stabilizing thyroid hormone secretion.

Conclusion:

Activation and regulation of the Vishuddha Chakra have a positive influence on the thyroid gland. Integrating yogic and meditative practices with lifestyle modifications offers a complementary approach to prevent and manage thyroid disorders.

KEYWORDS: *Vishuddha Chakra, Thyroid Gland, Hypothyroidism, Hyperthyroidism, Yoga, Pranayama, Mudra.*

INTRODUCTION

According to yogic science, the six chakras (Shadchakras) in the human body correspond anatomically and functionally to the major endocrine glands. Before the scientific discovery of the endocrine system, ancient yogis practiced *Kundalini Yoga* to activate and balance these chakras. The *Vishuddha Chakra*, also called the 'Purification Centre', is described in yogic texts as a sixteen-petalled purple lotus located in the throat region. It governs communication, self-expression, and creativity. The *Vishuddha Chakra* is symbolized by a blue downward-pointing triangle within a purple lotus, radiating a cool blue hue. The *Beeja Mantra* associated with the *Vishuddha Chakra* is 'HAM'.[1,2]

PURPOSE

To establish a link between the functional dynamics of the *Vishuddha Chakra* and thyroid gland activity, and to assess the potential benefits of chakra activation in thyroid dysfunctions including hypothyroidism and hyperthyroidism.[3,4]

METHODS TO ACTIVATE VISHUDDHA CHAKRA

Yogic postures (*asanas*), *pranayamas*, and *mudras* can help in activating and balancing the *Vishuddha Chakra*.[5,6] These practices enhance energy flow to the throat region, promoting better thyroid health. Some beneficial techniques include:

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1. Neck and Shoulder Yogic Exercises

These movements enhance cervical flexibility, relieve muscular tension, and improve circulation to the thyroid and parathyroid glands.

2. Viparita Karani Mudra

Viparita Karani is a restorative inversion that increases blood flow to the cervical region, stimulating the thyroid gland and soothing the nervous system.

Steps: Sit sideways near a wall, Lie back and swing the legs up the wall, keeping the buttocks close to the wall, Rest the arms by your sides, palms facing upward, Close your eyes and breathe slowly for 5–10 minutes.

Benefits: Activates the Vishuddha Chakra, Improves circulation to the thyroid gland, Reduces stress and anxiety.[7]

3. Simhagarjanasana (Lion's Pose)

Simhasana directly engages the throat area through forceful exhalation and extension of the tongue. The sound "Ha" produced during this asana stimulates energy flow through the Vishuddha Chakra and helps release suppressed emotions.[8]

Steps: Sit comfortably, place palms on the knees, inhale deeply, and exhale with the mouth open, producing the "Ha" sound.

Benefits: Improves vocal clarity, releases emotional blockages, and strengthens throat muscles. [9]

4. Matsyasana (Fish Pose)

This posture opens the throat region and stimulates the thyroid gland by creating a gentle stretch at the anterior neck. It enhances blood circulation to the throat and helps clear blockages in the Vishuddha Chakra[10]

Steps: Lie on the back, lift the chest upward, and rest the crown of the head lightly on the floor while keeping the throat extended.

Benefits: Activates Vishuddha Chakra, relieves throat tension, and promotes endocrine harmony.[11]

5. Bhujangasana (Cobra Pose)

Though primarily associated with the heart and solar plexus, Bhujangasana also mildly activates the throat area when performed with controlled breathing.[12]

Steps: Lie on the stomach, place palms under the shoulders, and lift the chest upward while keeping the gaze slightly forward.

Benefits: Opens the front body, stimulates the thyroid region, and improves posture.[13]

6. Kechari Mudra (Tongue Lock)

Khechari Mudra involves curling the tongue back into the nasal cavity, stimulating the throat and associated energy centers, enhancing Vishuddha activation.

Steps: Sit in a comfortable meditative posture (Padmasana or Sukhasana), Gradually elongate the tongue towards the soft palate, With practice, the tongue reaches the nasal cavity, creating a gentle upward energy flow, Maintain the mudra for several minutes during meditation or pranayama.

Benefits: Activates the Vishuddha Chakra and supports communication, Stimulates thyroid and parathyroid glands, Enhances mental clarity and spiritual awareness.[14]

7. Ujjayi Pranayama (Psychic Breath)

This pranayama gently contracts the glottis, producing a soft hissing sound that resonates in the throat and purifies the Vishuddha Chakra.[15]

Steps: Inhale and exhale slowly through the nose with slight constriction at the throat.

Benefits: Enhances thyroid function, calms the nervous system, and balances the fifth chakra. [16]

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8. Jalandhara Bandha (Throat Lock)
Jalandhara Bandha compresses the throat region, stimulating thyroid and parathyroid activity and supporting energetic balance in the Vishuddha Chakra.

Steps: Sit in a comfortable meditative posture, Inhale deeply and hold your breath, Lower the chin to touch the chest, lengthening the neck, Retain the bandha for a few seconds, then release during exhalation.

Benefits: Stimulates thyroid and parathyroid glands, Enhances concentration during pranayama, Balances Vishuddha Chakra energy.[17]

9. Nadi Shodhana (Alternate Nostril Breathing)
Nadi Shodhana pranayama balances pranic flow in the left and right channels, harmonizing the Vishuddha Chakra and calming the mind.

Steps: Sit in a comfortable posture with spine erect, Close the right nostril with the thumb, inhale through the left nostril, Close the left nostril with the ring finger, exhale through the right nostril, Inhale through the right nostril, close it, and exhale through the left nostril, Repeat for 5–10 minutes.

Benefits: Balances energy flow in Vishuddha Chakra, Reduces stress and anxiety, Supports thyroid and respiratory function .[18]

10. Sarvangasana (Shoulder Stand)
Known as the "Queen of Asanas," Sarvangasana exerts gentle pressure on the throat and directly stimulates the thyroid and parathyroid glands. [19]

Steps: Lie on the back, raise the legs and trunk upward, supporting the body with the shoulders and arms, keeping the chin pressed toward the chest (chin lock).

Benefits: Balances thyroid secretion, enhances throat chakra energy, and supports hormonal equilibrium.[20]

11. Shankha Mudra (Conch Mudra)
Shankha Mudra resembles a conch shell and is performed with the hands to enhance vocal strength and stimulate the Vishuddha Chakra.
Steps: Sit in a meditative posture, Interlace fingers in the pattern of a conch shell, Place hands near the throat or heart region, Combine with slow, deep breathing or chanting.
Benefits: Stimulates thyroid and parathyroid glands, Enhances Vishuddha Chakra activation and communication skills, Reduces mental stress and anxiety.[21]

MODE OF ACTION

The Vishuddha Chakra governs the region associated with the thyroid gland, influencing metabolism, growth, and energy regulation. When this chakra is balanced, it facilitates smooth energy flow to the thyroid gland, promoting its optimal function.[6,22] Yogic practices that focus on this chakra produce harmonizing effects through multiple pathways:

- Energy Flow: Balanced chakra energy promotes vitality and glandular health.
- Communication and Expression: Emotional suppression affects thyroid health; chakra balance improve expression.[23,24]
- Mind–Body Connection: Yoga enhances awareness and reduces psychosomatic stress.
- Sound Therapy: Chanting 'OM' or 'HUM' resonates with the chakra, aiding healing.[25,26]

RELATION BETWEEN THYROID DISORDERS AND VISHUDDHA CHAKRA

According to yogic philosophy, thyroid disorders are closely associated with imbalances in the Vishuddha Chakra. Hypothyroidism is linked to suppressed self-expression, low confidence, and emotional blockages—signs of a blocked throat chakra. Hyperthyroidism, on the other hand, is associated with overactivity, restlessness, and excessive communication—indicative of an overstimulated chakra.[23,27]

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BALANCE OF VISHUDDHA CHAKRA	IMBALANCE OF VISHUDDHA CHAKRA
When the Vishuddha chakra is balanced, you are able to effectively communicate needs, desires, ideas, boundaries, empathy and love.	An imbalanced Vishuddha chakra can result in a sore throat, thyroid issues, neck and shoulder aches, hearing sensitivities, jaw pain. A blocked or overactive Vishuddha may cause you to struggle with listening, be fearful of speaking up or experience a general lack of connection.

DISCUSSION

Yogic practices such as asanas, pranayama, mudras, and sound meditation contribute to regulating the Vishuddha Chakra. Regular chanting of Beej Mantras and mindfulness practices enhance energy balance in the throat region. Integrating these methods with diet and stress management ensures holistic control over thyroid disorders.[25,26,27]

CONCLUSION

Balancing the Vishuddha Chakra through regular yogic practices helps maintain proper thyroid gland function. Asanas, pranayama, and mudras stimulate energy centers and hormonal activity, supporting both mental and physical well-being. Therefore, stimulation of the Vishuddha Chakra can be considered a complementary approach for managing thyroid dysfunction.[6,22,27]

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