

# ACUPUNCTURE FOR HYPOTHYROIDISM AND HYPERTHYROIDISM

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## Introduction:

Hypothyroidism is a condition characterized by abnormally low thyroid hormone production. There are many disorders that result in Hypothyroidism or Hyperthyroidism that may directly or indirectly involve thyroid gland.

Hypothalamus –TRH----- Pituitary – TSH-----Thyroid T4 and T3. The rate of thyroid hormone production is controlled by the pituitary gland. If there is an insufficient amount of thyroid hormone circulating in the body to allow for normal functioning, the release of TSH is increased by the pituitary gland in an attempt to stimulate more thyroid hormone production. In contrast, when there is an excessive amount of circulating thyroid hormone, TSH levels fall as the pituitary attempts to decrease the production of thyroid hormone.



The health of thyroid gland truly makes or breaks daily energy level, the ability to sustain a healthy weight for the frame, overall metabolic function, and can even affect emotional life (if thyroid function is low, depression can result; if thyroid function is high, anxiety can result).

Thyroid is a remarkable gland, located at the front of the throat by the laryngeal prominence. If it functions properly, the perfect amount of thyroid hormone is secreted to meet your daily energy needs, but if it is low you will likely feel fatigued, unable to keep up with life's demands, have sleeping difficulties, gain weight easily and feel cold much of the time. Millions of Indians have thyroid conditions from genetic predisposition, years of stress, and compounded by the toll of pollution in our air, food, and water.

## **TCM Etiopathogenesis:**

**TCM suggests two patterns of Yang deficiency for Hypothyroidism.**

1. Spleen /Kidney deficiency
2. Heart / Kidney deficiency

In the pattern of Yang Deficiency with Spleen and Kidney deficiency the key symptoms are :

- a. Lassitude, sleepiness, dizziness.
- b. Poor memory
- c. Ringing in the ears
- d. Weakness of the lower back and knees
- e. Aversion to cold , dry skin, dry hair
- f. Constipation, edema
- g. Irregular periods
- h. Unusual weight gain.

In the pattern of Yang Deficiency with Heart and Kidney deficiency, the characteristic symptoms are

- a Heart palpitations, chest congestion and pain
- b. Sleepiness, feeling cold
- c. Weight gain.

**TCM suggests three patterns of Yin Deficiency are differentiated with Hyperthyroidism:**

- 1, Kidney Yin deficiency with excess heat.
2. Heart /Liver Yin Deficiency
3. Heart / Kidney Yin Deficiency

In the pattern of Kidney Yin deficiency with excess Heat, typical symptoms are;

- a. Anxiety, Anger, Aversion to heat
- b. Flushed, warm face, dry mouth with a bitter taste.
- c. Increased volume of bowel movements

In the pattern of Yin Deficiency with Heart and Liver Deficiency the symptoms are:

- a. Heart palpitations
- b. Anxiety
- c. Insomnia
- d. Increased appetite with weight loss
- e. Dry throat.

In the pattern of Yin Deficiency with Heart and Kidney Deficiency symptoms are:

- a. Tremors in the hand

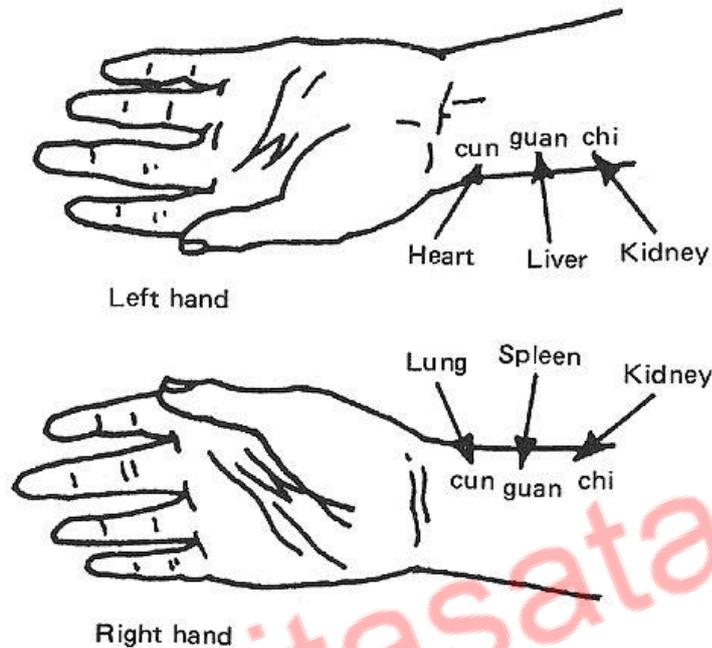
- b. Heart palpitations
- c. Irregular period
- d. Amenorrhea
- e. Impotence or low sex drive
- f. Weakness of the knees and lower back.

**COMPARATIVE STUDY OF 400 PATIENTS WITH CLASSIFICATION INTO 4 GROUPS IN REGARD WITH THE COMPLAINTS AND RESULTS.**

Complaints before Treatment:

Group A	Group B	Group C	Group D
Weight Gain since 1 year Lethargic Depression Irregular Menses Scanty flow Low Vitality Age group : 18 to 25 years	Weight gain since 2 years Skin sensitive to touch Edema on face Scanty Flow in the menses. Age Group : 20 to 28 years	Weight gain since more than 5 years Puffiness of the face Dry skin Constipation Irritability Anger +++ Irregular Menses Age group: 28 to 40 years.	Weight Loss Scanty Flow Depression Hair Loss
Approx. Thyroid Hormones Levels in the range before Treatment T3- 0.94- 1.2 uIU/mL T4 – 6.18- 7ug/dL TSH- 8.13- 9.2 uIU/mL	Approx. Thyroid Hormones Levels in the range before Treatment T3- 0.69- 0.3.90uIU/mL T4- 7.11- 8 ug/dL TSH- 7.01uIU/mL	Approx. Thyroid Hormones Levels in the range before Treatment T3- 0.72- 0.50 uIU/mL T4- 7- 7.5 ug/dL TSH O. 120 uIU/mL	Approx. Thyroid Hormones Levels in the range before Treatment T3-2.64 uIU/mL T4- 0.60 ug/dL TSH – 30.11uIU/mL

## DIAGNOSIS:



### Pulse Diagnosis:

Deep and thin Pulse or slow with the Pulse pattern----- **K**↓ **Sp** ↓**St** ↓ **GB**↓ ----- Spleen and kidney Deficiency (Hypothyroidism)

Deep, Slippery, slow with the Pulse pattern----- **H**↓ **K** ↓**P** ↓**Si** ↓-----Heart and kidney Deficiency (Hypothyroidism)

Wiry and rapid Pulse with the Pulse pattern -----**K** ↓**UB** ↑**H**↑ **Si** ↓ (Hyperthyroidism)

Thin and Rapid Pulse with the Pulse pattern -----**H**↓ **LIV** ↓**St** ↓ (Hyperthyroidism)

Deep, Thin, Rapid Pulse with the Pulse Pattern -----**K**↓ **SP** ↓**H** ↑ (Hyperthyroidism)

### OBJECTIVES:

1. To provide drugless, harmless treatment.
2. To provide complete healing treatment.
3. The main emphasis given to alleviate drug dependence.

## TREATMENT PLAN-

Combinations of following points used for Group A, B, C starting with 15 sittings and 15 days gap for healing period.

Approximately 45 sittings given and then weekly one sitting for 7 weeks given.

Guan Yuan –Ren 4 (meeting point of all 3 leg yin channels)+ Qi Hai- Ren 6 (the lower sea of qi deficiencies to rescue yang qi ) + DanZhong- Ren 17 ( for Qi stagnation ), Zhong Wan- Ren12 (to resolve phlegm and damp) + Hegu –Li4 ( Great Eliminator , Hormonal Balance)+ Zusanli-St36 ( To tonifyQi) + MingMen Du 4 (Gate of life ) , Jiao Xin –K8 ( to clear heat and drain damp from the lower limb. +Tian Tu- Ren 22+ Lian Quan – Ren 23 + Neck Fu Tu – Li18 + Ren Ying –St9 (Local Points ) + Du Hai GV 20 + Xuchai –Sp10 + Yinlingquan Sp9 ( to stimulate diuresis to reduce oedema) +Lieque-LU7+ Zhao Hai – K6 ( to open the throat) .

Moxa for Kidney Channel for edema.

Ear Acupuncture Point – Endocrine. + Ear Shenmen.

Group D –

Naohui-SJ13 + Renying-ST9+ Neiguan-P6+ Shenmen-H7+ Hegu-Li4 + Fenglong-ST40+ San Yin Jiao-Sp6 + Taichong- LIV3+ Futu- St32+ Taintu – Ren 22= Qimen –LIV14 + Taiyuan-Lu9+ Taibai Sp3 ( for Liver stagnation and phlegm coagulation).

Zusanli –St36+ Neiting St44+yanglingquan-GB34+Qiuxu-GB40( for Liver fire) + Qishe – St11+ Xinshu- UB15 + Ganshu- UB18+ Juque-Ren14+ Fuliu-K7+ Zhaohai –K6 ( for asthenia of heart and liver yin)

Tianding –LI17+ Tianrrong-Si17+ Tianjing-Sj10 + Shuitu St10++ FengchiGB20+Cuanzhu-UB2+Yangbai-GB14+Sizhukong-Sj23+ Jing-ming- UB1+ Zhaohai-K6+Yanglao-Si 6.

## RESULTS AFTER TREATMENT:

300 patients of Hypothyroidism (Group A, B, C) and 100 patients of Hyperthyroidism were treated with only Acupuncture and followed up for 1 year.

Group A	Group B	Group C	Group D
Approx. Thyroid Hormones Levels in the range after Treatment			
T3- 1.2 – 1.78 uIU/mL	T3- 0.85 -0.95 uIU/mL	T3- 0.96- 1.5 uIU/mL	T3- 0.87-1.80 uIU/mL
T4- 8-9 ug/dl TSH- 3.89-5.2 uIU/mL	T4- 4.4.- 5.4ug/dl TSH- 4.81- 6 uIU/mL	T4- 8.45- 11.0 ug/dl TSH – 0.380- 3.89 uIU/mL	T4- 5.5- 11.0ug/dl 3.89 – 11 uIU/mL

## REMARK



When functioning properly, the thyroid gland secretes just the right amount of thyroid hormone to regulate almost all the metabolic processes in your body. Too much or too little of these vital body chemicals and it can drastically influence energy levels, body weight and your mental health. With million Indians living with some form of thyroid disease, much attention has been given to the many ways that acupuncture and Oriental medicine can treat thyroid

problems.

## CONCLUSIONS

Both Western and Eastern medicine offer various methods to restore thyroid hormone levels. Western treatments rely mainly on drugs and surgery while Eastern treatments aim to restore immune function as well as balance the production and release of thyroid hormones through a variety of approaches ranging from acupuncture and herbal remedies to lifestyle changes and special exercises.

In the treatment to thyroid problems, acupuncture can be used to restore hormonal balance, regulate energy levels, smooth emotions and help manage sleep, emotions and menstrual problems. There are several powerful acupuncture points on the ear and the body that can be used to regulate the production of thyroid hormones. Treatments take all of your symptoms into account and are aimed at balancing the energy within the body to optimize health.

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