

Understanding Thyroid based on dhatu

- A. Thyroid hormones mainly regulate the metabolism of each and every cell in our body , which basically aids in its optimum nourishment , thus this function of thyroid hormones can be understood as PREENANA which is mainly the function of RASA DHATU
- B . With Thyroid dysfunction we observe either rapid weight gain or weight loss which is an attribute of MEDO DHATU
- C. Thyroid hormones are also responsible for neural cell growth and differentiation , bone formation and resorption and general regeneration of cells , Regeneration or Generation being the attribute of SHUKRA DHATU

Drawing an outline one can understand that Thyroid Hormones have involvement of following dosha and dhatu :

Dosha : Kapha

Dhatu: Rasa , Medas , Shukra

Thyroid hormones and doshas

Initial formation of T3 and T4 is via binding of Iodine to TG - Binding - Kapha dosha

Further disassociation of T3 and T4 which is then released to the blood stream has to be picked up by binding protein - Binding here is again an essentiality - Kapha dosha

Further circulation of T3 and T4 in the body - Vyana Vayu

Conversion of T4 to T3- in liver mainly - Dhatvagni and Pitta dosha

Binding of T3 to cell receptors- Kapha dosha

Thyroid Hormones and Agni

Thyroid hormone mainly regulates general metabolic rate - Metabolism function of Agni

Thyroid hormone also governs metabolism at cellular level - Dhatvagni

General Outline

Thyroid hormones due to their main action being Metabolism, which is essential for the nourishment growth of cells and tissues, can be mainly considered under Rasa dhatu. The main dosha adhishtana in Rasa dhatu is of that of Kapha dosha and one must also understand that this hormone acts at both Kayagni and dhatvagni level of metabolism. The main carrier of this hormone throughout the body is Vyana Vayu , all the 3 dosas and also agni is involved in synthesis , circulation , activation and absorption of this hormone for its effective action , predominantly Kapha dosha and Rasa dhatu are taken into consideration here ..



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