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### Pulse pattern for thyroidism and acupuncture healing

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. TCM suggests two patterns of Yang deficiency for Hypothyroidism: (1) Spleen/Kidney deficiency; (2) Heart/Kidney deficiency. 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). In the treatment to thyroid problems, acupuncture can be used to restore hormonal balance, regulate energy levels, smoothen emotions and help in managing 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.

### Biography

Sumita Satarkar has completed her PhD from Open International University for Complementary Medicine, Colombo and is pursuing her second PhD in Integrative Medicine from International Quantum University of Integrative Medicine, USA. She has presented more than 50 papers in national and international conferences in India and overseas.

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