

The Effectiveness, Safety and Application of Herbal Remedies for Thyroid Disorders

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DESCRIPTION

Herbal medicines have drawn attention for their possible benefits in managing thyroid issues, as the disease affects millions of people globally. Conventional treatments, such as medication and surgery, are frequently utilized. As an alternate method of promoting thyroid health and reducing symptoms, herbal treatments are made from plants and other natural sources. The effectiveness, safety, and usage issues of herbal medicines for thyroid disorders are examined in this article. It's important to comprehend thyroid dysfunction and its effects on health before attempting any herbal therapies. The thyroid gland, which is located in the neck, produces thyroid hormones, which are essential for controlling metabolism, energy production, and other body processes. Hormone imbalances and related symptoms are the result of thyroid disorders, which include hypothyroidism and hyperthyroidism. In hypothyroidism, the thyroid gland is underactive, which lowers the synthesis of thyroid hormones. Fatigue, weight gain, cold intolerance, dry skin, and depression are some symptoms. On the other hand, hyperthyroidism results from an overactive thyroid gland, which produces an excess of thyroid hormone and causes symptoms like tremors, anxiety, rapid heartbeat, and weight loss.

Herbal remedies for thyroid disease

Ashwagandha (*Withania somnifera*): Ayurvedic medicine traditionally uses ashwagandha, a plant with adaptogenic properties. Through its assistance for the transformation of thyroid hormone from its inactive form, thyroxine, into its active form, triiodothyronine, it may help synchronise thyroid function. Moreover, stress can have an adverse effect on thyroid health; ashwagandha's adaptogenic qualities might help reduce stress.

Bladderwrack (*Fucus vesiculosus*): Iodine, a mineral necessary for the creation of thyroid hormone, is abundant in bladderwrack, a kind of seaweed. Supplementing with bladderwrack, a natural source of iodine, may assist improve thyroid function, as thyroid dysfunction can be exacerbated by iodine shortage. Nevertheless,

bladderwrack should only be used sparingly and under medical supervision as an excessive iodine consumption can be hazardous and exacerbate some thyroid problems.

Bugleweed (*Lycopus europaeus*): A traditional herbal medicine called bugleweed has been used to treat the tremors and fast heartbeat associated with hyperthyroidism. Research indicates that by preventing the thyroid hormones from being produced, bugleweed may have anti-thyroid properties. To ascertain its effectiveness and safety in the treatment of thyroid issues, more investigation is necessary.

Lemon balm (*Melissa officinalis*): One member of the mint family, lemon balm, has been investigated for possible anti-thyroid effects. Studies suggest that lemon balm may assist in lowering thyroid hormone levels in hyperthyroidism sufferers. Furthermore, the relaxing properties of lemon balm may aid in promoting relaxation and reducing anxiety, both of which are advantageous for those who have hyperthyroidism.

Guggul (*Commiphora mukul*): Traditional Ayurvedic medicine has employed guggul, a resin derived from the mukul myrrh tree, to improve thyroid function. According to studies, guggul stimulates the thyroid gland and improves the conversion of T4 to T3, which may assist control thyroid function. Furthermore, the anti-inflammatory qualities of guggul may aid in lowering thyroid inflammation linked to autoimmune thyroid conditions like Hashimoto's thyroiditis.

While herbal remedies offer potential benefits for thyroid health, it's essential to approach their use with caution and awareness of potential risks. Some considerations to keep in mind include:

To guarantee purity and efficacy, make sure your herbal supplements come from reliable suppliers and are put through a rigorous quality testing process. Combining certain drugs intended to treat thyroid disease or other health concerns with herbal treatments may result in interactions. Before beginning any herbal supplement, see a medical practitioner, particularly if

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you are on prescription medicine. Bladderwrack is one herbal remedy that may contain high amounts of iodine, which might be dangerous if taken in excess. Keep an eye on how much iodine you consume and don't go over the daily allowance. Individual differences may occur in how each person reacts to herbal therapies and in the benefits or impacts they get. It's crucial to pay attention to your body and stop using the product if you feel any negative side effects.

CONCLUSION

Herbal treatments provide a safe and natural means of promoting thyroid function and controlling thyroid disease

symptoms. Although some clinical trials have indicated the potential of specific herbs, further research is necessary to completely understand their safety and efficacy characteristics. It's important to speak with a healthcare provider before using herbal medicines for thyroid disease to ensure safe and proper use, particularly if you are already getting therapy for thyroid issues. Through a comprehensive approach to thyroid health that incorporates herbal medicines with conventional therapies, people can maximize their well-being and quality of life.