

IMPACT OF DIFFERENT COUNSELING ON THYROID PATIENTS

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ABSTRACT

Thyroid disease is a common, widespread disease, which affects one third of world population. About 42 million people affected with thyroid disease in India. This study is on the nutritional status and lifestyle of thyroid patients with their dietary and herbal treatment in Bhopal city of Madhya Pradesh, India. Bhopal city is well known for world's worst industrial disaster. This clinical purposive study, with help of questionnaire and direct interview method reveals that, out of total 300 patients 15% regularly intake thyroid medicine, 16%, twice in a week intake thyroid medicine, 17.3 % intake thrice in a week and 31.6% never intake thyroid medicine. In this study, out of 300 thyroid patients, 50 patients were selected in the experimental groups. Dietary and Herbal counseling in experimental group improve resistance power and immunity. These herbs were provided in powder and recipe form in all experimental groups. There were many clinical symptoms improved in thyroid experimental patients.

KEYWORDS: Thyroid, Lifestyle, Hypothyroidism, Wethania Somnifera, Goitrogenic Food