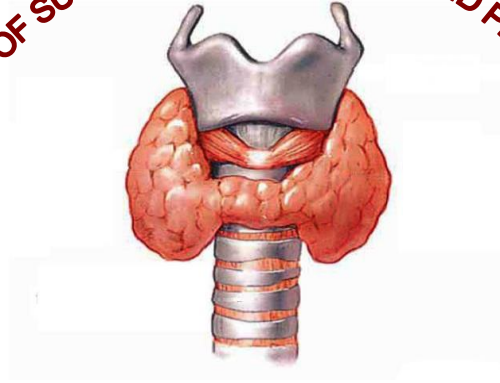


# PROJECT REPORT ON

**"EFFECT OF SUJOK THERAPY ON THYROID PROBLEMS"**



By

**RAJSHRI RATHI**

**Project submitted in partial fulfillment for the award of the Degree of  
DIPLOMA IN SUJOK THERAPY**



At

**RDIM**

**(RESEARCH & DEVELOPMENT INSTITUTE OF INTEGRATED MEDICINES)**

## DECLARATION

This project is done for the submission in Saurashtra University in Rajkot, Gujarat for Diploma in Sujok Therapy on the Subject **“EFFECT OF SUJOK THERAPY ON THYROID PROBLEMS”**.

The data collected as a sample from various patients visiting Sujok therapist the details of which are attached in the Annexure. This is only the Directional study & no claim is being made as the data is from a very small group i.e. 10 patients. This is purely for the submission to the University & all the information's are based on the data collected through the Questionnaire attached in the Annexure.

Name of the Student

Signature of the Student

# INDEX

<u>Contents</u>	<u>Page Numbers</u>
❖ Abstract	4
❖ Introduction	5 - 16
❖ Objective Research & Methodology	17
❖ Data Analysis & Interpretation	18 - 33
❖ Conclusion	34-35
❖ Bibliography	36
❖ Annexure	37

# ABSTRACT

## Project on

“**EFFECT OF SUJOK THERAPY ON THYROID PROBLEMS**” has been under taken for **Diploma in Sujok Therapy for Saurashtra University, Rajkot, Gujarat** with some specified objectives and certain desired goals. Proposed methodology and plan of action was designed in consultation with my Project Guide Mr. **JIGNESH GOKANI**. The same in brief could be maintained below.

Firstly it was desired to understand the overall view of the patients about the *Effect of Sujok Therapy on the Thyroid problems* and the same was achieved by preparing the Questionnaire & getting it duly filled by the Thyroid patients visiting Sujok Clinics in Hyderabad.

Then it was planned to understand the reviews of the patients about the different types of treatments for Thyroid problems and it was achieved by analyzing the data collected from the patients.

The next topics cover the information about the Thyroid gland, Diseases due to its dysfunction, causes, diagnosis and different types of treatments for the same from different websites through internet and certain concern textbooks.

Finally some findings were drawn from the analysis that which of the different types of treatments are best for the Thyroid problems and suggestions were made on the basis of those findings. Conclusion was given on the overall project work.

# INTRODUCTION

## INTRODUCTION

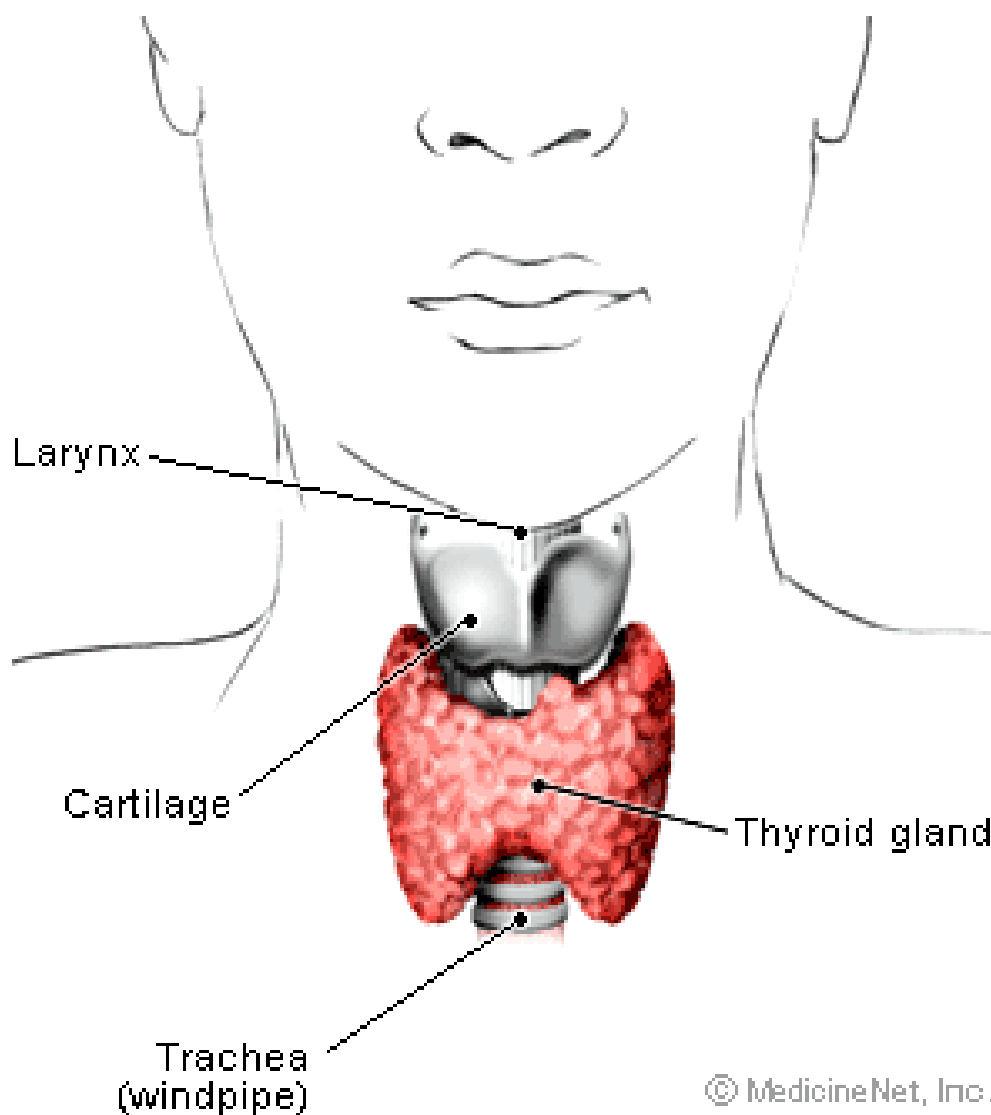
The **Endocrine System** is a System of glands each of which secretes a type of hormone to regulate the body. The Endocrine System is **Information Signal System** much like the **Nervous system**.

The **Endocrine System** is made up of a series of duct less glands that produce Chemicals called **Hormones**.

**Hormones** regulate many functions of an organism including mood, growth and development, tissue function and metabolism.

- Diseases of the endocrine system are common including conditions such as **Diabetes mellitus, Obesity & Thyroid diseases** etc.
- **Hypo function** of endocrine glands can occur as a result of **loss of reserve** or **Hypo secretion**.
- **Hyper function** can occur as a result of **Hyper secretion, Hyper Stimulation** or **loss of suppression**.
- Major Endocrine Glands –
  - 1) **Pineal gland**
  - 2) **Pituitary gland**
  - 3) **Thymus gland**
  - 4) **Thyroid gland**
  - 5) **Adrenal gland**
  - 6) **Pancreas**
  - 7) **Ovary**
  - 8) **Testis**

As the main objective of this project is **Thyroid Dysfunctions**, the different modes of treatment and their efficacy and also the effect of **Sujok Therapy** on Thyroid problems, hence we will discuss about the **Thyroid gland**.

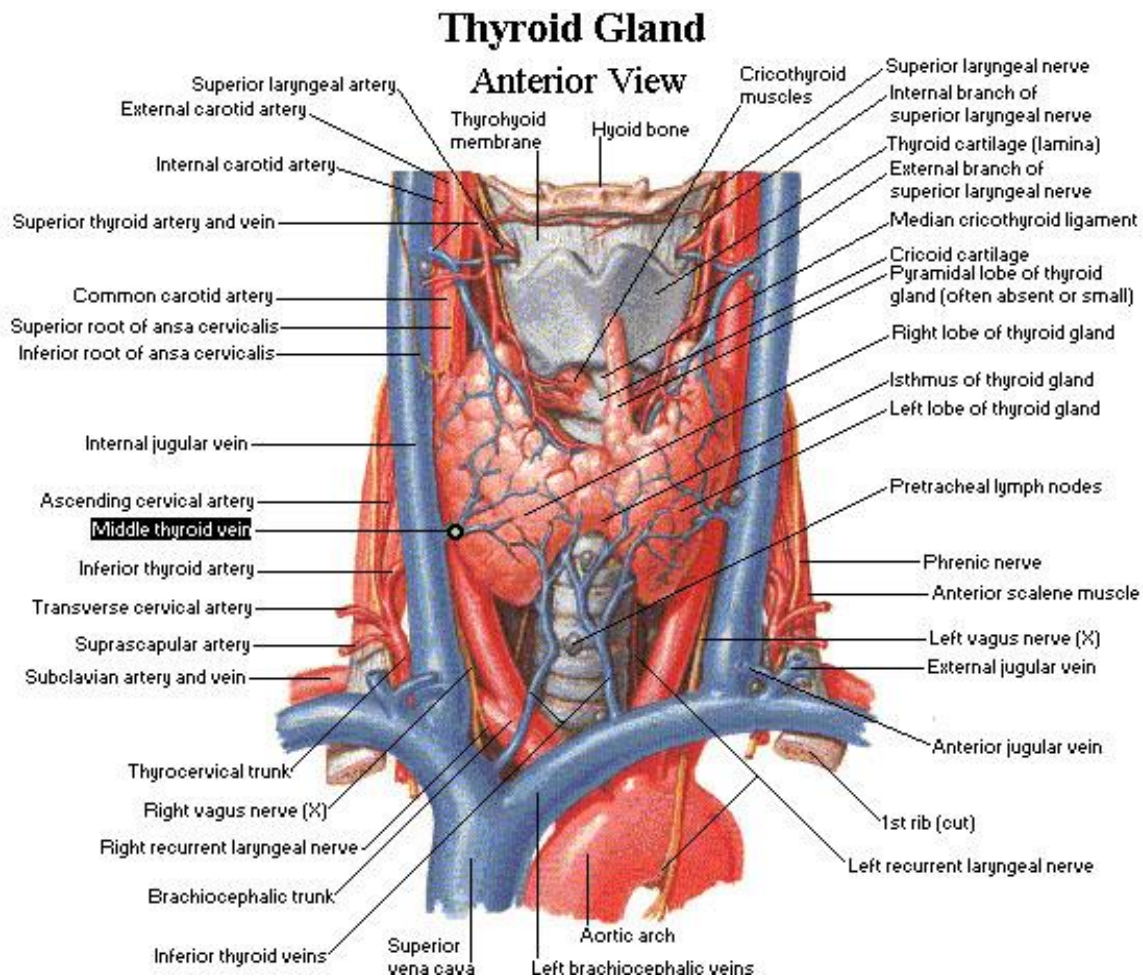


## Thyroid gland:

A gland that makes and stores hormones that help regulate the heart rate, blood pressure, body temperature, and the rate at which food is converted into energy. Thyroid hormones are essential for the function of every cell in the body. They help regulate growth and the rate of chemical reactions (metabolism) in the body. Thyroid hormones also help children grow and develop.

The thyroid gland is located in the lower part of the neck, below the Adam's apple, wrapped around the trachea (windpipe). It has the shape of a butterfly: two wings (lobes) attached to one another by a middle part.

The thyroid uses **iodine**, a mineral found in some foods and in iodized salt, to make its hormones. The two most important thyroid hormones are thyroxine (T4) and triiodothyronine (T3). Thyroid stimulating hormone (TSH), which is produced by the pituitary gland, acts to stimulate hormone production by the thyroid gland. The thyroid gland also makes the hormone calcitonin, which is involved in calcium metabolism and stimulating bone cells to add calcium to bone.





## **THYROID HORMONES**

### **DEFINITION OF THYROXINE (T3)**

**Thyroxine**: Abbreviated **T4**. A hormone made by the thyroid gland that has four iodine molecules attached to its molecular structure. T4 and other thyroid hormones help regulate growth and control the rate of chemical reactions (**metabolism**) in the body.

### **DEFINITION OF TRI IODO THYRONINE(T4)**

**Triiodothyronine**: A hormone made by the thyroid gland. It has three iodine molecules attached to its molecular structure. It is the most powerful thyroid hormone, and affects almost every process in the body, including body temperature, growth, and heart rate.

Also known as **T3**, liothyronine.

### **DEFINITION OF THYROID STIMULATING HORMONE(TSH)**

**Thyroid stimulating hormone**: A hormone produced by the pituitary gland at the base of the brain in response to signals from the hypothalamus gland in the brain. Thyroid stimulating hormone (TSH) promotes the growth of the thyroid gland in the neck and stimulates it to produce more thyroid hormones. When there is an excessive amount of thyroid hormones, the pituitary gland stops producing TSH, reducing thyroid hormone production. This mechanism maintains a relatively constant level of thyroid hormones circulating in the blood.

**TSH** is also known as thyrotropin.

### **DEFINITION OF CALCITONIN**

**Calcitonin**: A hormone produced by the thyroid gland that lowers the levels of calcium and phosphate in the blood and promotes the formation of bone.

Bone is in a constant state of remodeling whereby old bone is removed by cells called osteoclast and new bone is laid down by cells called osteoblasts. Calcitonin inhibits bone removal by the osteoclasts and at the same time promotes bone formation by the osteoblasts.

Calcitonin is also called thyrocalcitonin.

## Healthy Thyroid Gland Function

- For proper growth and development, the storage and distribution of water and salt, the thyroid needs the right nutrients to function. **Iodine** and all the **amino acids** are necessary for the body to complete this natural cycle of synthesis as well as oxygen, hydrogen and other elements. The complete process will not occur unless the body has every component.
- As the **blood** circulates through the **thyroid gland** every **17 minutes**, germs are rendered weaker and eventually killed in the blood if there are sufficient reserves of **iodine**. If the **iodine** intake is low, the thyroid gland is deprived and becomes less efficient.
- **Second function** of **iodine** is to calm the body and relieve nervous tension. When tension from stress runs high, there is irritability and difficulty in sleeping. **Iodine** will lessen nervous tension, relax the body, and enable it to reorganize, if the body has enough stored in reserve or replenished with all the other nutrients.
- **Third function** of **iodine** in the human body relates to clear thinking. The mind works better when the body is supplied with **iodine**. The thyroid gland needs **iodine** to metabolize the stored excess natural fats in the body. It acts as the catalyst that touches off the fire from within, burning up the foods we consume. If this food is not properly burned off, it may be stored as unwanted fats.

### Iodine rich food

- **Foods** rich in **iodine** are asparagus, bananas, carrots, chard, cod-liver oil, egg yolks, garlic, lettuce, lima beans, kelp, mushrooms, onions, potatoes, peas, radishes, rhubarb, seafood, spinach, strawberries, squash, and tomatoes.
- **Foods** that may block the utilization of **iodine** (in excessive amounts) are Brussel sprouts, Brassica (cabbages), cassava root, cauliflower, kale, millet, mustard, peaches, peanuts, pears, pine nuts, soybeans, and turnips. Chlorine in drinking water and excessive amounts of white table salt will also deplete iodine levels. Essential nutrients for an over active thyroid gland consist of multi vitamins and mineral complex, Vitamin B complex, Vitamin C, E, essential fatty acids, and lecithin. Eat foods like broccoli, brussel sprouts, cabbage, cauliflower, kale, mustard greens, peaches, pears, rutabagas, spinach, and turnips to suppress thyroid function.

## **Thyroid Gland -Common Diseases,Symptoms, Causes**

**Hypothyroid** symptoms from an under active thyroid gland or deficiency of hormones are appetite loss, chronic fatigue, constipation, depression, dry skin or other skin conditions, hair loss, infections, sensitivity to cold or low body temperature, muscle weakness, overweight, painful and heavy premenstrual periods, slow growth or speech, tiredness, and weight gain.

An under active thyroid may be caused by an autoimmune condition in which thyroid blocking antibodies are produced. If the thyroid gland has been removed by surgery or destroyed by radio iodine therapy it may produce too little thyroid hormone. Using drugs like lithium and amiodarone. An inflammation of the thyroid called **Thyroiditis**.

**Hyperthyroid** symptoms from an over active thyroid gland or the over production of hormones may cause anxiety, diarrhea, fatigue, hair loss, hand tremors, heat intolerance, insomnia, menstrual irregularities, muscle weakness, nervousness, palpitations, protruding eyeballs, rapid heartbeat, separation of nails, sweating, and weight loss.

An over active thyroid gland may be caused by several factors like **Grave's disease** that results in the production of antibodies that stimulate the **thyroid gland**. It may also be associated with diabetes or pernicious anemia. An enlarged thyroid or **Goiter** may contain the single or multiple nodules, resulting in the over production of thyroid hormone. Regardless of what some may say what the cause is lets consider what the **thyroid** gland needs to function:

**As it is evidential that Hypothyroidism and Hyperthyroidism are the two most common Thyroid gland disorders hence, we discuss more about them:**

## ❖ Hypothyroidism



**Hypothyroidism** is a condition in which the thyroid gland fails to produce enough hormone. The main function of the thyroid gland is to regulate the body's metabolism; it affects all parts of the body. Many of the symptoms of **hypothyroidism** are associated with other illnesses, and are often overlooked or misdiagnosed by physicians. **Hypothyroidism** is very common, although many people are unaware that they have hypothyroidism and often go untreated for many years.

### **Common symptoms and causes of Hypothyroidism:**

#### **Symptoms:**

- Fatigue
- Weakness
- Weight gain/difficulty losing weight
- Coarse, dry hair
- Hair loss
- Muscle cramps/aches
- Constipation
- Dry skin
- Irritability
- Memory Loss
- Abnormal menstrual cycles
- Depression
- Cold and/or heat intolerance
- Decreased libido

#### • **Causes :**

***Inflammation of the thyroid gland:*** If the thyroid becomes inflamed, it's likely that a large percentage of thyroid cells will be damaged and left incapable of producing sufficient hormone. This most commonly occurs due to what is called autoimmune thyroiditis (Hashimoto's thyroiditis), in which the immune system over reacts and thereby results in an inflammation of the thyroid gland.

## ❖ Hyperthyroidism



**Hyperthyroidism** is the medical term to describe the signs and symptoms associated with an over production of thyroid hormone. Hyperthyroidism is a condition in which an overactive thyroid gland is producing an excessive amount of thyroid hormones, T3 and T4, which circulate in the blood. Thyrotoxicosis is a toxic condition that is caused by an excess of thyroid hormones from any cause. Thyrotoxicosis can be caused by an excessive intake of thyroid hormone or by overproduction of thyroid hormones by the thyroid gland. These two terms are often used interchangeably.

Hyperthyroidism is caused by the effects of too much thyroid hormone on tissues of the body.

Hyperthyroidism is a serious disease that usually affects women more so than men and is usually found in women between the ages of 20 and 50 years.

Although there are several causes of hyperthyroidism, most of the symptoms patients experience are the same regardless of the cause (see the list of symptoms below).

Because the body's metabolism is increased, patients often feel hotter than those around them and can slowly lose weight even though they may be eating more. The weight issue is confusing sometimes since some patients actually gain weight because of an increase in their appetite. Patients with hyperthyroidism usually experience fatigue at the end of the day, but have trouble sleeping. Trembling of the hands and a hard or irregular heartbeat (called palpitations) may develop. These individuals may become irritable and easily upset. When hyperthyroidism is severe, patients can suffer shortness of breath, chest pain, and muscle weakness. Usually the symptoms of hyperthyroidism are so gradual in their onset that patients don't realize the symptoms until they become more severe. This means the symptoms may continue for weeks or months before patients fully realize that they are sick. In older people, some or all of the typical symptoms of hyperthyroidism may be absent, and the patient may just lose weight or become depressed.

## **Common symptoms and causes of Hyperthyroidism:**

### **Symptoms:**

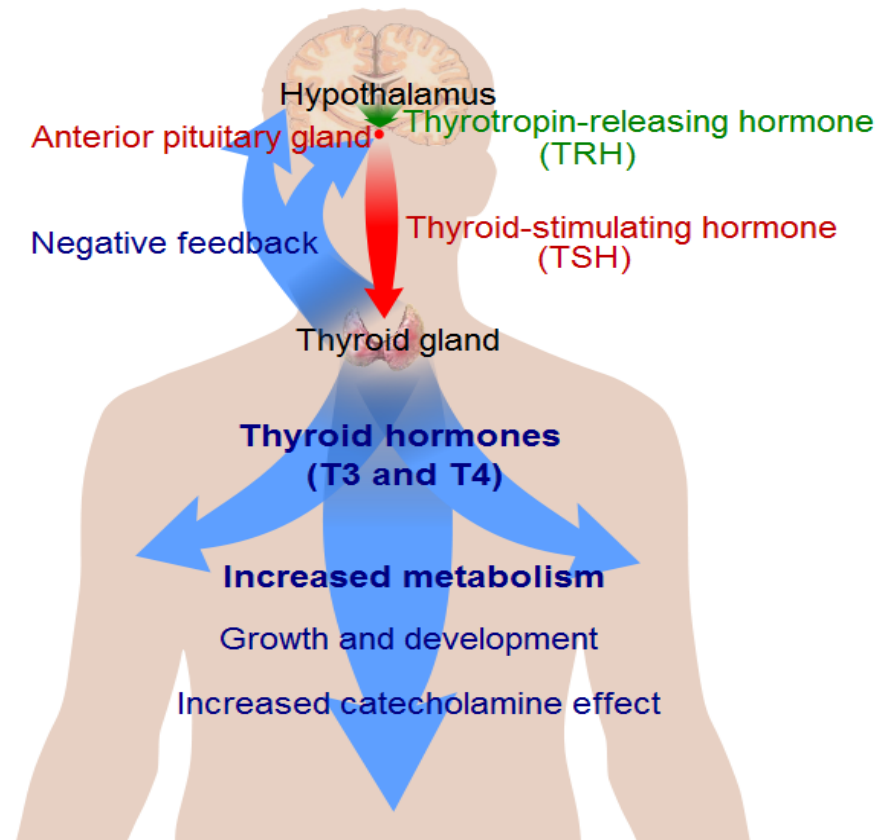
- **Palpitations**
- **Heat intolerance**
- **Nervousness**
- **Insomnia**
- **Breathlessness**
- **Increased bowel movements**
- **Light or absent menstrual periods**
- **Fatigue**
- **Fast heart rate**
- **Trembling hands**
- **Weight loss**
- **Muscle weakness**
- **Warm moist skin**
- **Hair loss**
- **Staring gaze**

### **Causes:**

- **Autoimmune disorder**
  - **Thyroid Tumors**
  - **Stress**
  - **Family History of this disease**
  - **Female Gender**
-

## *Thyroid blood test*

# Thyroid system



Thyroid blood tests are used to test the amount of thyroid stimulating hormone (TSH) in blood. Normal, overactive or under active hormone production of thyroid gland is defined in blood tests.

### Need

**The tests are done for the following symptoms: If patients feel fatigue, cold, intolerance, dry, flaky skin, constipation. If patients have excessive sweating, tremors, smooth and velvety skin, rapid heart rate, fine hair, and an enlarged thyroid gland.**

## **Procedure**

Thyroid blood test constitutes of the following tests:

### **"TSH" Test-Thyroid Stimulating Hormone Test**

An increase in TSH amount in the blood is known as hypothyroidism and a reduction below normal level is considered as an evidence of hyperthyroidism.

### **Total T4/Total Thyroxin/Serum Thyroxin**

Thyroxin is a hormone secreted by the thyroid. It is also known as T4. Measurement of the total amount of circulating thyroxin in the blood is carried out with this test. Total T4 levels can increase during pregnancy, and other high estrogen states, including use of estrogen replacement or birth control pills.

### **Free T4 Test / Free Thyroxin Test**

Free T4 test measures the free, unbound thyroxin levels in the bloodstream. Typically, Free T4 level increases in hyperthyroidism, and lowers in hypothyroidism. Free T4 levels indicate the hormone level available for uptake and use by cells.

### **Total T3/Total Triiodothyronine**

The active thyroid hormone is Triiodothyronine. It is also known as T3. Typically, Total T3 level increases in hyperthyroidism, and lowers in hypothyroidism.

#### **Free T3 / Free Triiodothyronine**

Free T3 measures the free, unbound levels of triiodothyronine in the bloodstream. Free T3 is considered more accurate than Total T3. Free T3 is typically elevated in hyperthyroidism, and lowered in hypothyroidism.

#### **T3 Resin Uptake (T3RU)**

When T3 and T4 tests are completed, the T3 resin uptake (T3RU) test is sometimes referred to as the T7 test is recommended. This test measures the amount of unsaturated binding sites on the transport (binding) hormones. Elevated T3RU is more commonly seen with hyperthyroidism.

Thyroglobulin/Tg With normal thyroid function, we find low or undetectable levels of Thyroglobulin (TG). They can increase in Graves- disease, thyroiditis, or thyroid cancer.

**Reverse T3** Body under stress conserves energy by making Reverse T3 (RT3), an inactive form of the T3 hormone instead of T4 to T3 conversion - which is the active form of thyroid hormone.



**OBJECTIVE: -**

As it is evidential that the Thyroid Dysfunction is mainly of two types –

1. Hypothyroidism
2. Hyperthyroidism

And generally it gets detected by the T.S.H, T3 & T4 levels in the blood. So a data Was collected from Ten patients suffering with Thyroid problem & who had undergone various types of therapies including **Sujok Therapy**.

This data is only giving a directional study as the Sample is 10 in number.

The objective of this project report is to evaluate the

1. Different modes of therapies working on Thyroid problems.
2. Their efficiency & efficacy.
3. Any other complications that arise after these treatments.
4. Patients condition at the end of the treatment.

**RESEARCH METHODOLOGY:**

For the research purpose a Questionnaire of 15 questions was made with a view to get patients' opinion (visiting Sujok Clinics) about their thyroid problems, the different treatments like Allopathy, Homeopathy and Alternative Therapies like Sujok taken by them and their effects, their conditions during the duration of the treatment and at the end of the treatments.

**Data Collection Method:**

The data for this project was collected through a Questionnaire of 15 questions which is duly attached in the Annexure.

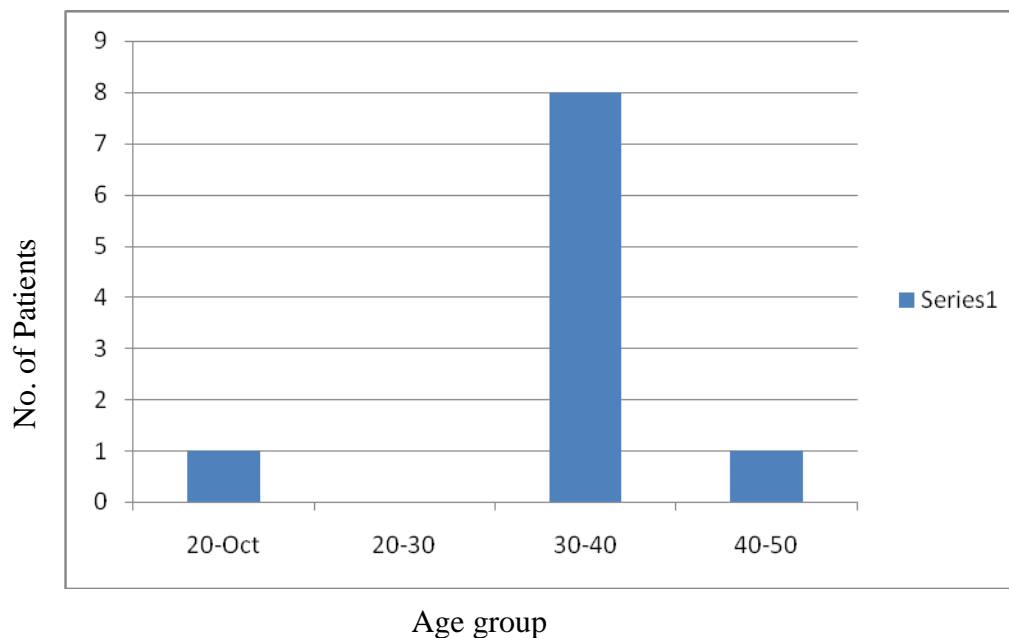
**Literature Review:**

The Literature for this project was collected from various websites through internet.

**DATA ANALYSIS  
&  
INTERPRETATION**

1. Since how long have you been suffering with  
 (a) Hypothyroidism (b) Hyper Thyroidism (c) Duration

Sex		No of Patients	Hypo Thyroidisim	Age		Duration	
M	F			Age group	No of Patients	Years	No of patients
2	8	10	10	10-20	1	0-3	2
				20-30	-	3-6	4
				30-40	8	6-9	3
				40-50	1	9-12	1



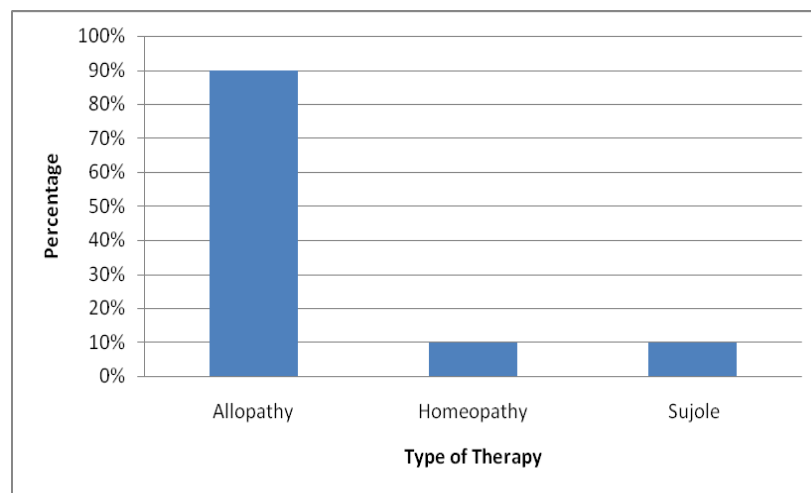
➤ Observation from the Data: -

- Data collection of 10 patients shows that in Thyroid Dysfunction cases on an average most of them are suffering with Hypo-Thyroidism and none with Hyper Thyroidisim.
- Nearly 80% of females are suffering with it
- 20% of Males also suffer with it
- And in rarest cases Teenage group also suffers.
- It can be inferred from the Data collected of 10 patients that thyroid Dysfunction generally occurs between 30-40 yrs age group.

**Note:** (In my collection of data out of 10 patients 1 teenage boy is suffering with Hypothyroidisim)

## 2. What are the other treatments you have taken for this Disease?

No. of patients		Allopathy	Homeopathy	Alternative therapies like Sujok
10		9	1	1
M	F			
2	8			

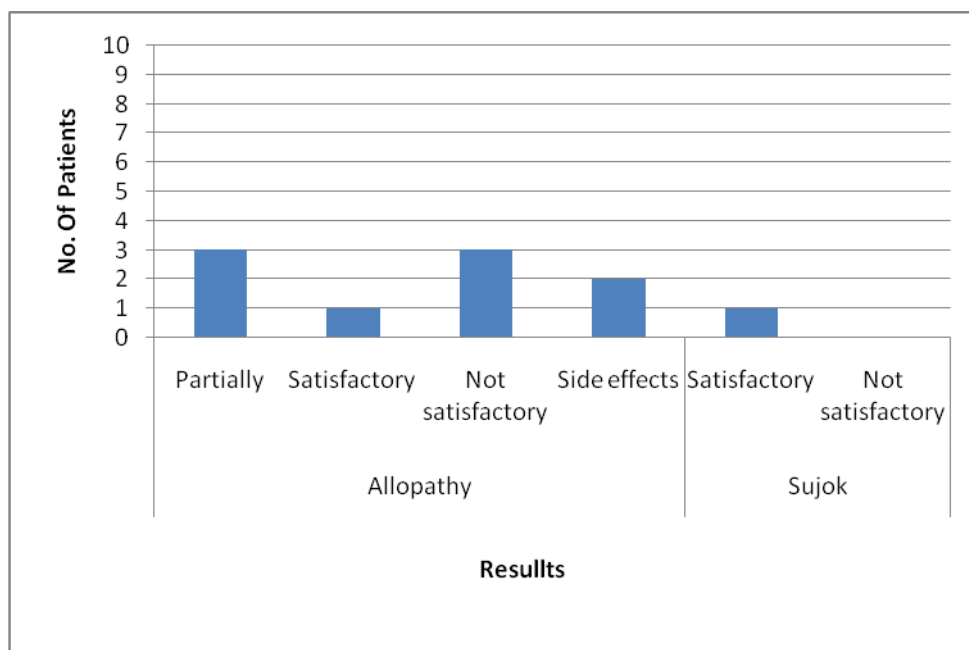


### ➤ Observation from the Data: -

- Data collection of 10 patients for Thyroid Dysfunction clearly suggests that
- 90% of them opted for Allopathy while
- 10% opted for both Allopathy & Homeopathy both.
- Only 10% of the patients chose Alternative Therapies like Sujok.

### 3. What was the result of those Treatments?

No. of Patients	Allopathy Medicines				Sujok	
	Partially Satisfactory	Satisfactory in case of weight reduction	Not Satisfactory	Side Effects	Satisfactory	Not Satisfactory
10	3	1	3	2	1	0
M	F					
2	8					



#### ➤ Observation from the Data: -

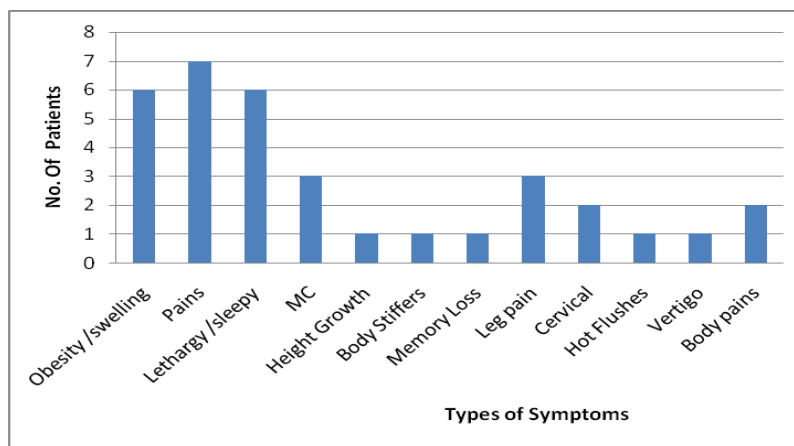
Data Collection of 10 patients shows that

90% of those who chose Allopathy as the mode of the treatment

- 3 seem to be partially satisfied as their TSH levels got controlled to a certain extent with Allopathic Treatment,
- While 2 of them got side effects as well,
- 1 of them seems to have got control over her continuous weight gain with Allopathy,
- Only 1 patient opted for Sujok and he is satisfied with it.

#### 4. What are the other problems/symptoms that appeared after the Thyroid problem.

No.of Patients		Obesity /swelling	Pains	Lethargy /sleepy	Disturbed M.C.	Height Growth Hampered	Body Stiffness	Memory Loss
10		6	7	6	3	1	1	1
M	F		Leg pain		Mood Swings			
2	8		3		2			
			Cervical Pains		Hot Flashes			Vertigo
			2		1			1
			Body pains					
			2					



#### ➤ Observation from the Data: -

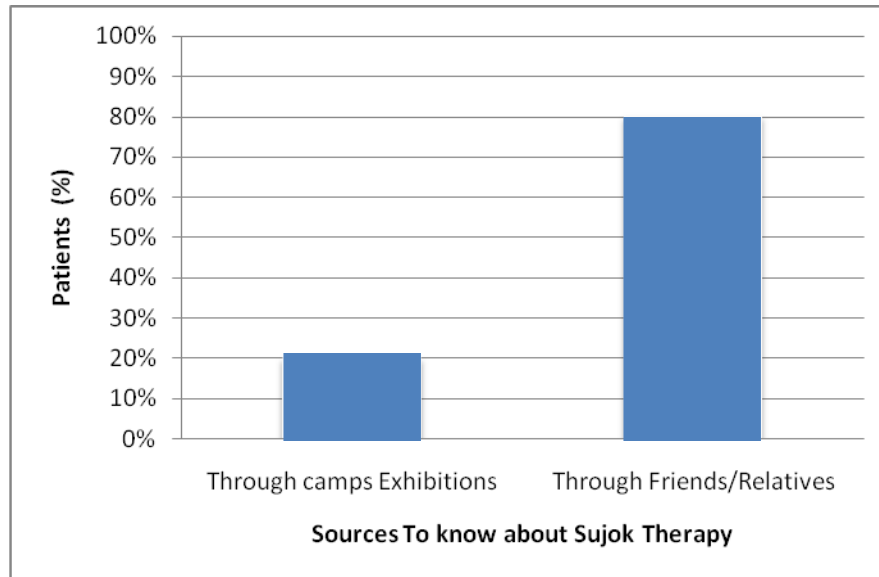
Data collection of 10 patients shows that

- Atleast 7 patients out of 10 patients of Thyroid Dysfunction suffer with different types of pains like Leg pains, Cervical pains, Joint pains & over all Body pains
- 6 patients out of 10 patients with swelling / obesity/weight gain
- 6 patients of 10 with Lower Energy levels or Lethargy
- 3 women with Menstrual Disorders
- 1 out of 10 patients suffers with Memory loss
- 1 out of 10 patients with Body Stiffness
- 1 out of 10 patients with Vertigo
- 1 out of 10 patients with Hot Flashes
- 1 out of 10 patients with Hampered Height Growth

**Note:** This can be clearly stated that patients suffer with one or more symptoms at a time. Not all with same symptoms and not 1 with all the symptoms.

### 5. How did you come to know about Sujok ?

No of patients	Through camps Exhibitions	Through Friends/Relatives
10	2	8



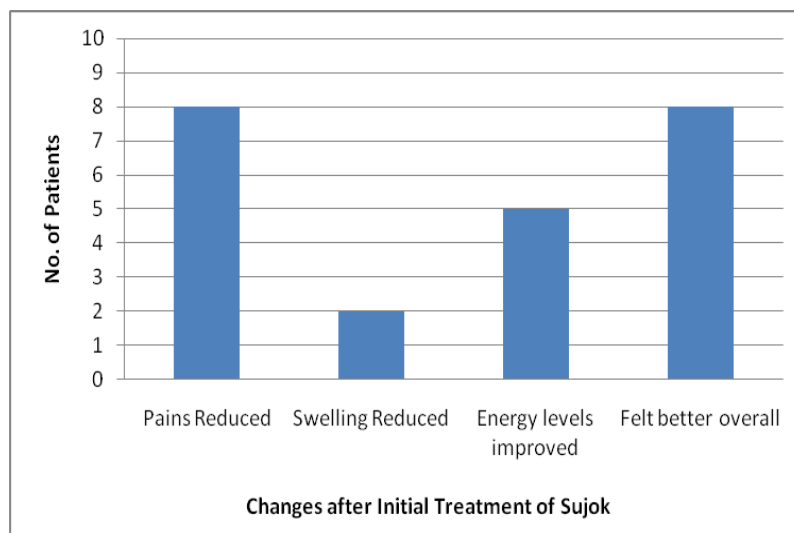
#### ➤ Observation from the Data: -

From the above data it is observed that Out of 10 patients

- 80% through references of Friends/Relatives who have already experienced the efficiency of Sujok.
- 20% of them got to know through camps/exhibitions

## 6. How did you feel after the initial treatments of Sujok?

No. of Patients	Reduction in pains			Swelling Reduced	Energy levels Improved	Felt better Overall
	Leg	Cervical	Body			
10	3	2	3	2	5	8



### ➤ Observations from the data: -

It can be observed from the above data there is a mixed response of patients about the changes after initial treatments of Sujok, such as:

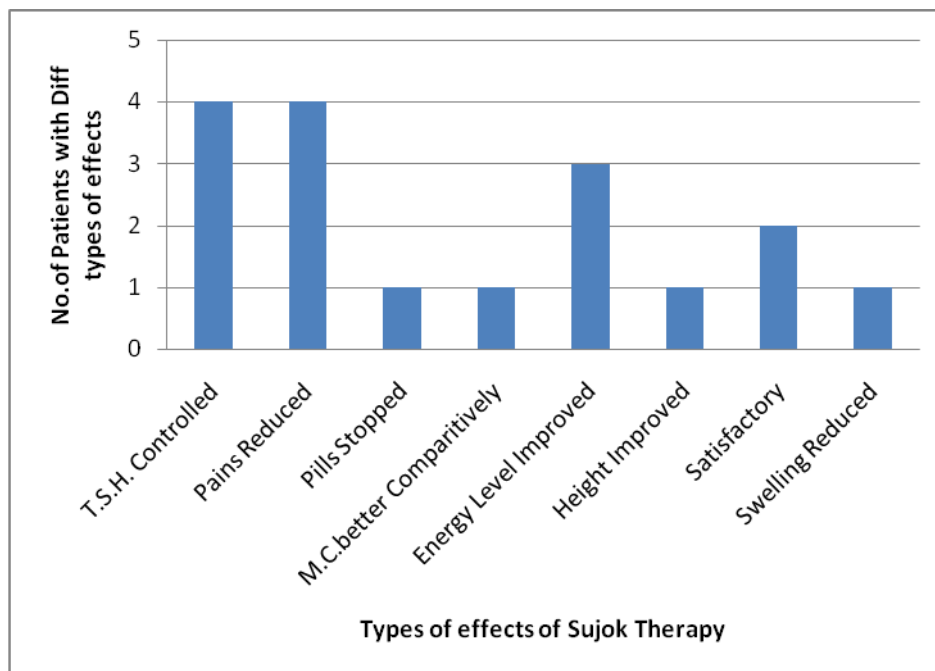
- Around 8/10 patients found themselves better than before
- 8/10 found a gradual reduction in different types of pains like Leg, Cervical & Body pains etc.,
- 5/10 found their energy levels improved
- 2/10 found their swellings got reduced

**Note:** As most of the patients were suffering with more than 1 disease at a time, hence there is a mixed response for the changes



### 7. What was the effect of Sujok Therapy?

No. of patients	T.S.H. Controlled	Pains Reduced	Pills Stopped	M.C. Better Comparatively	Energy Level increased	Height Increased	Satisfactory	Swelling Reduced
10	4	4	1	1	3	1	2	1



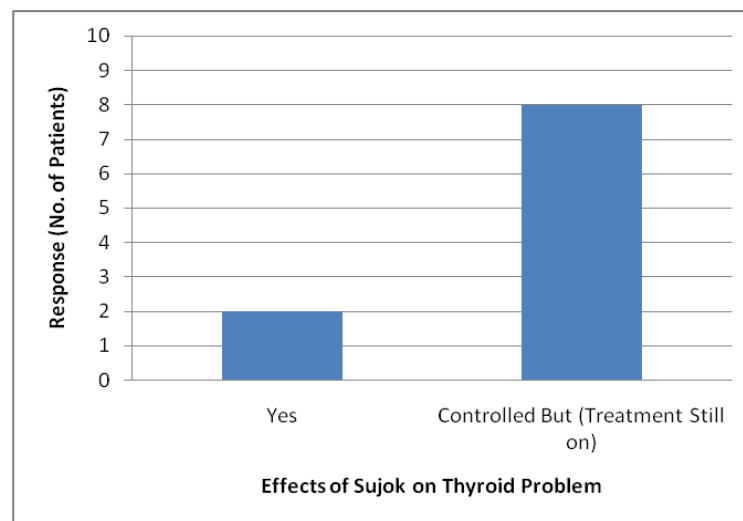
➤ Observation from the Data: -

It can be stated that Out of 10 patients

- T.S.H levels of 4 got controlled
- Pains of 4 got reduced
- Energy levels of 3 got improved
- While 2 found it satisfactory overall
- Pills of 1 got stopped
- M.C got better comparatively of 1 patient
- Height of 1 got increased
- Swelling of 1 got reduced

### 8. Did the Thyroid problem get controlled after Sujok Therapy?

No.of Patients	YES		Controlled to a certain extent (Treatment still on)
	Controlled only with Sujok Therapy	Controlled and Pills also Stopped after Sujok Therapy	
10	1	1	8



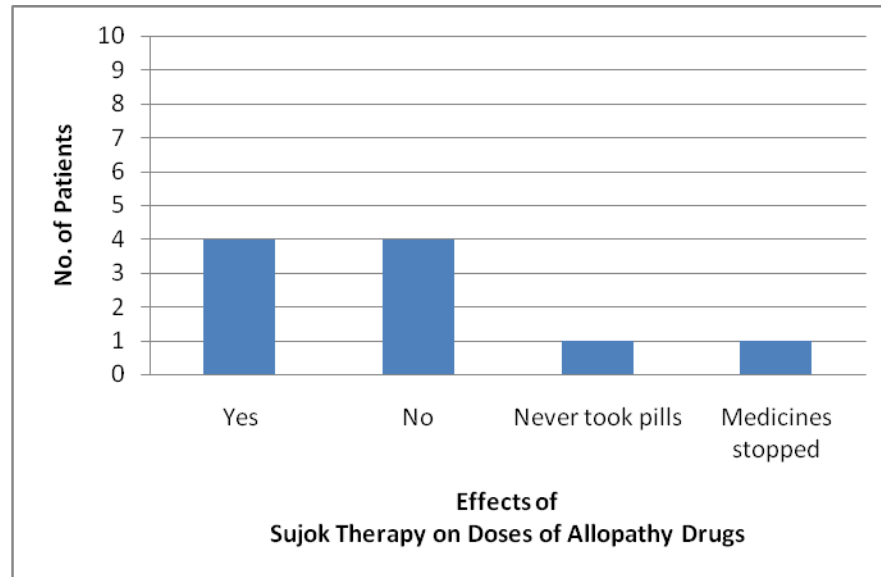
#### ➤ Observations from the Data: -

Data collection of 10 patients of Thyroid Dysfunction shows that

- 8 out of 10 patients' Thyroid problem got controlled to a certain extent after Sujok Therapy but their treatment is still on,
- Whereas 2 out of 10 patients found their Thyroid Problem controlled with Sujok Therapy.
  - 1 out of the above 2 patients never took any treatment other than Sujok & his T.S.H levels got controlled
  - 1 out of the above 2 stopped pills after her T.S.H levels controlled through Sujok Therapy.

### 9. Could you reduce the Dose of Allopathic medicine?

No. of patients	Yes	No	Never took pills	Medicines stopped
10	4	4	1	1



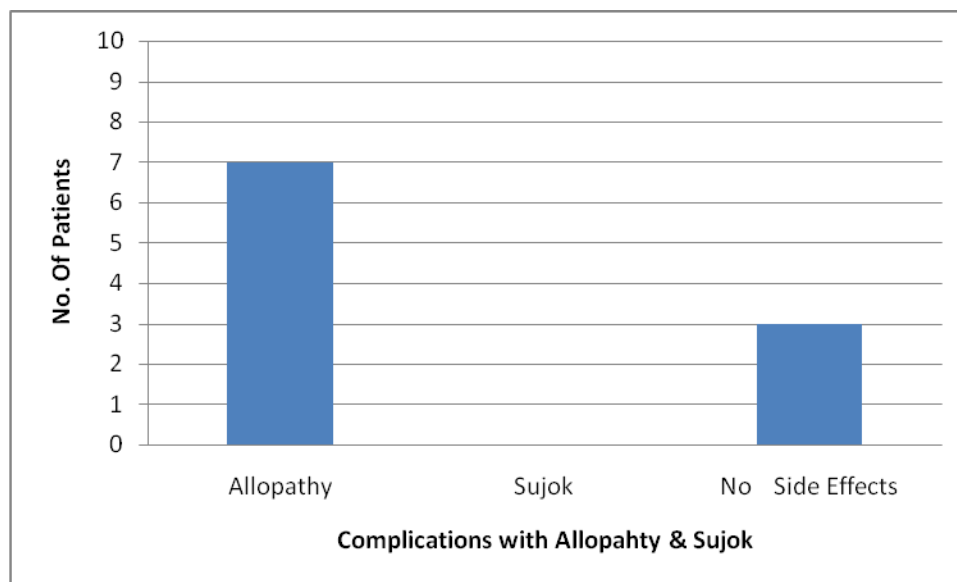
#### ➤ Observations from the Data: -

Out of 10 Thyroid Dysfunction cases

- 4 could reduce the dose of Altroxin,
- 4 are still taking the same dose
- 1 never took any medicines
- 1 has stopped the pills after the Sujok Therapy.

## 10. Any complications faced during both the treatments.

No. of patients	None	Complications with Allopathy	Complications with Sujok
10	3	7 (Pains, skin dryness, Uneasiness, Anger etc)	No (complications caused due to Allopathy reduced)



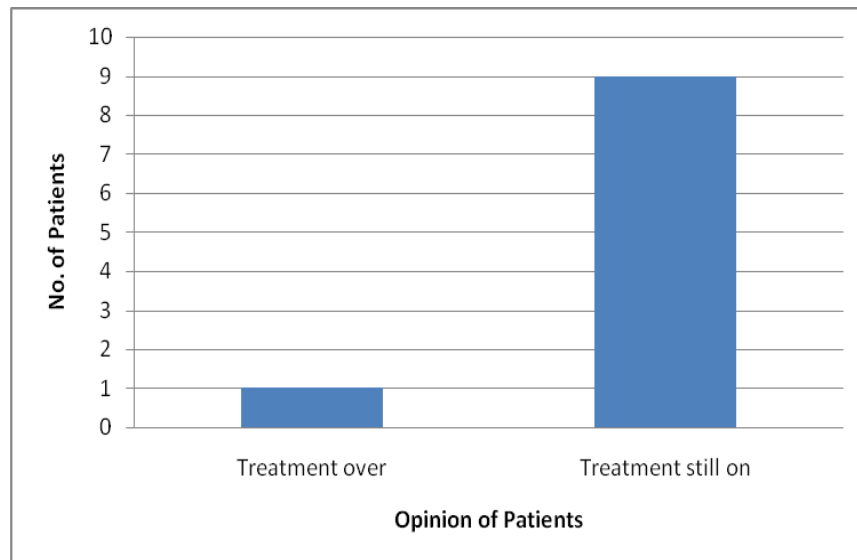
## ➤ Observations from the Data: -

From the above table it can be found that

- 7 patients found different types of complications through Allopathic drugs such as Uneasiness, pains, skin dryness, anger etc,
- 3 out of 10 patients found no complications with either of the therapies
- With Sujok they found no complications as such & instead found their complications reduced to a great extent.

### 11. Has the treatment got over or still continuing?

No. of patients	Treatment over	Treatment still on	
	1	9	
10		Only twice a month	1



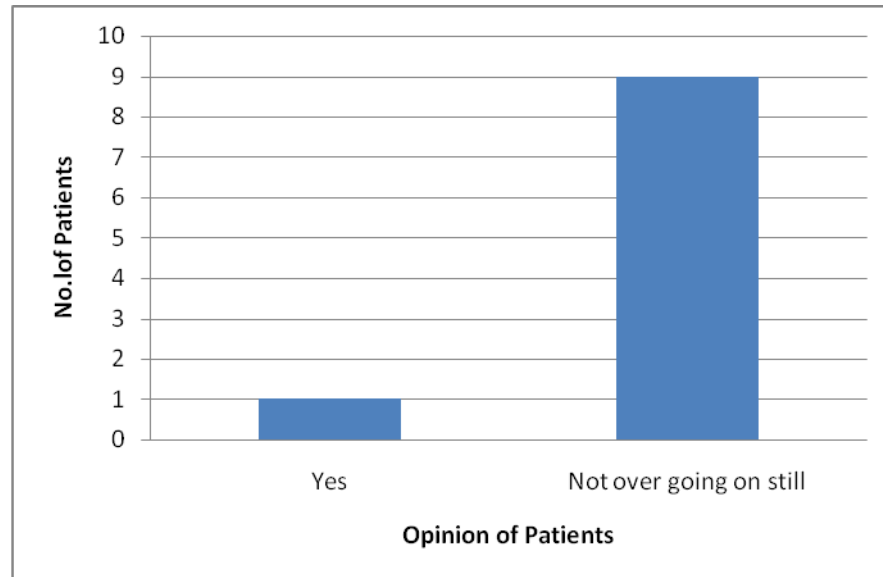
#### ➤ Observations from the Data: -

It can be clearly stated from the above table and graphical representation that -

- Out of 10 patients only 1 patient's treatment got over,
- 9 patients' treatment is still on out of which 1 patient's treatment is now just twice a month.

## 12. Did you finish the complete course according to your Sujok Therapist?

No of patients	Yes	Not over going on still
10	1	9



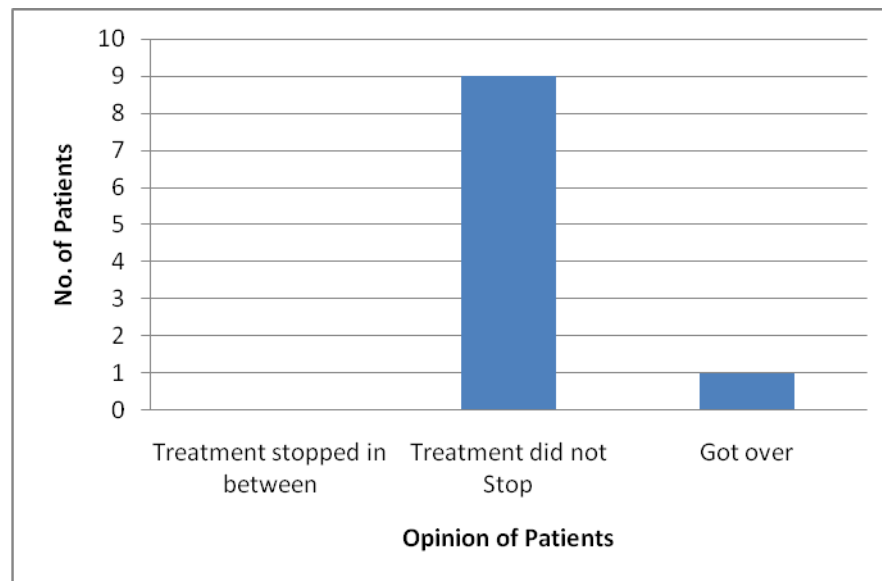
## ➤ Observations from the Data: -

From the above data it can be stated that –

- 9 cases treatments are still on.
- Out of 10 cases only 1 has completed the complete course

### 13. Did you stop the treatment on your own & why?

No. of patients	Treatment stopped in Between – Reason	Treatment did not Stop	Got over
10	0	9	1



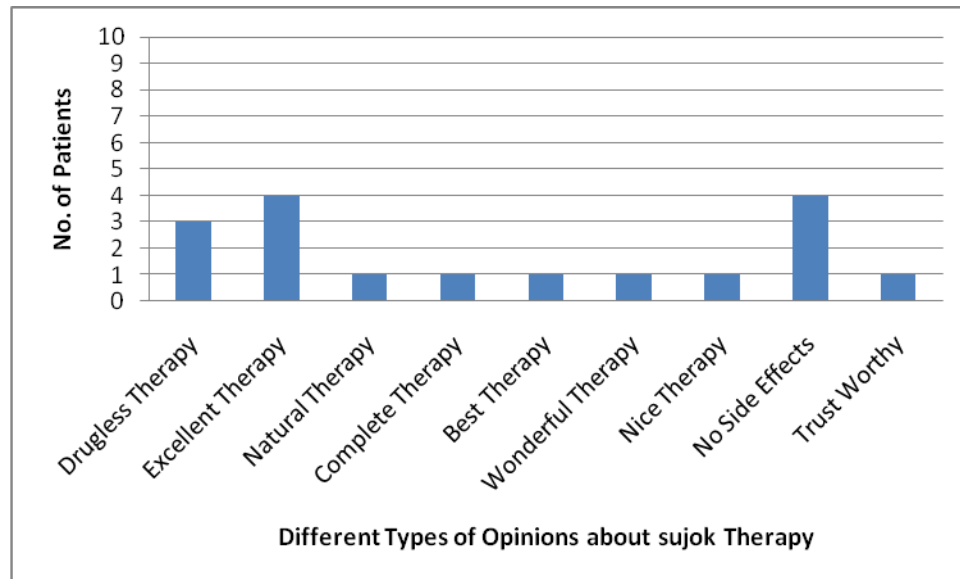
#### ➤ Observations from the Data: -

From the above data it can be stated that

- Out of 10 patients shows that only 1 has stopped the treatment after she completed the course
- 9 cases are still taking the treatment

## 14. What is your opinion about the Sujok Therapy?

No. of Patients	Drugless Therapy	Excellent Therapy	Natural Therapy	Complete Therapy	Best Therapy	Wonderful Therapy	Nice Therapy	No Side Effects	Trust Worthy
10	3	4	1	1	1	1	1	4	1



## ➤ Observations from the Data: -

From the above data it can be stated that Out of 10 patients

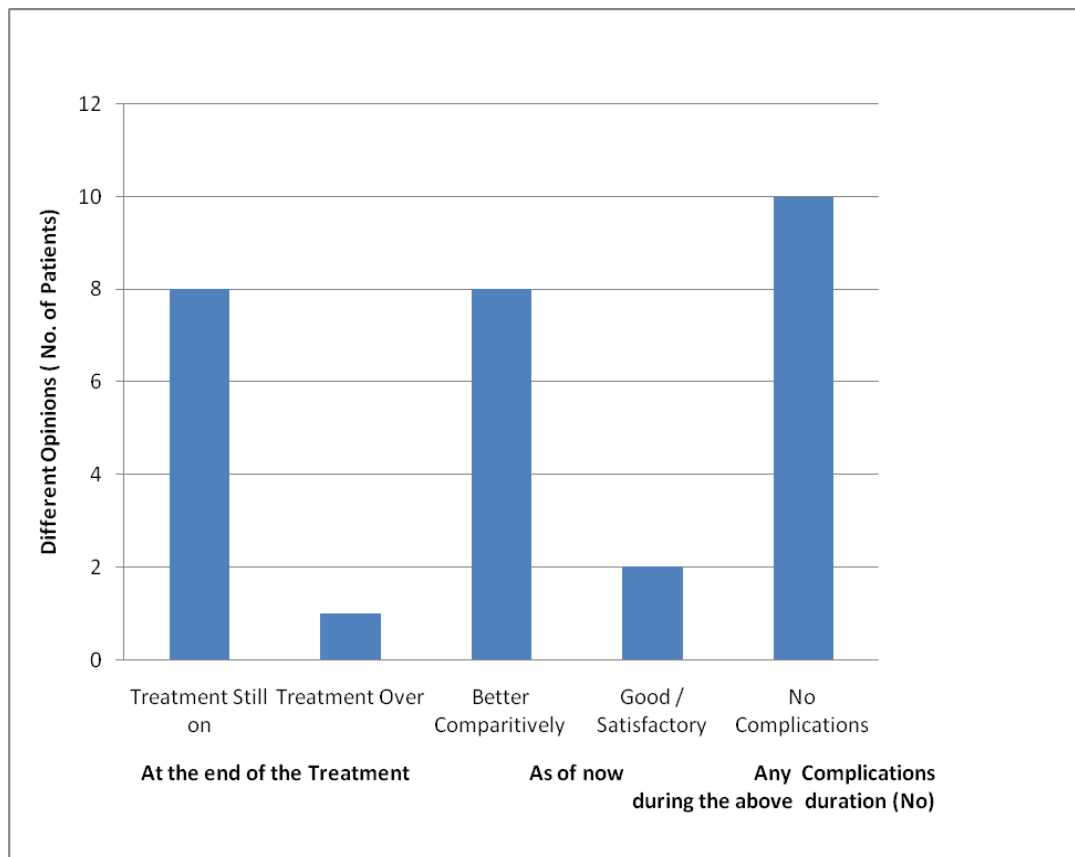
- 4 said Excellent
- 4 found Sujok with no side effects
- 3 said its Drugless therapy
- 1 Said Natural Therapy
- 1 said its Complete Therapy
- 1 said Best Therapy
- 1 said Wonderful Therapy
- 1 said Nice Therapy
- 1 found it Trust Worthy

**Note:** It can be clearly understood that there is a mixed response from the patients about their opinion on Sujok therapy as many described it in more than one word.



## 15. What is your condition?

No. of Patients	Treatment Still on	Better Comparitively	Good / Satisfactory	No Complications	Treatment Over
10	8	8	2	10	1



At the end of the Treatment		As of now Better Comparitively & Good/ Satisfactory	Any Complications during the above duration
Treatment on	Treatment Over		
9	1	10	NO

➤ Observations from the above Data: -

From the above tables & graphical representation it can be said that

- Conditions of all the 10 patients is better comparitively as of now,
- 9 patients treatment is still on.
- Out of 10 patients 1 patients' treatment is over,
- None of the patients found any complication during the duration of the treatment.

## CONCLUSION

Out of **10** patients interviewed through Questionnaire it can be understood that all of them were suffering with Hypothyroidism mainly in the age group of **30-40** yrs and the women were mostly affected.

Except **1**, who took only Sujok Therapy, most of them opted for Allopathy and just a few chose other therapies like Homeopathy & Sujok & it can also be said from the data that except a few most of them were not satisfied with Allopathy.

The other noticeable symptoms after thyroid dysfunction were obesity, swelling, different types of pains, memory loss, vertigo, lethargy & hormonal imbalance etc.

Due to dissatisfactory results & side effects of Allopathic medicines patients seem to have opted for alternative therapies like Sujok which is a drugless therapy for which most of them came to know through references by satisfied patients and a few through Exhibitions also.

The results of initial treatments of Sujok are found to be satisfactory in terms of pains & swelling reduction and even the energy levels of a few are found improved. It can be said from the data that most of them felt better overall.

When asked about the effect of Sujok Therapy the patients are quite satisfied as a few found their T.S.H levels controlled, a few found reduction in their pains & swelling while many felt good changes in their other discomforts as well.

With Sujok Therapy **4/10** patients could reduce the doses of Allopathic medicines, **4/10** are still on the same dose while **1** could stop the medicines completely.

With Allopathic drugs a few were satisfied to a certain extent, few got side effects such as skin dryness, uneasiness etc. whereas with Sujok Therapy they found no complications and instead many of the side effects of Allopathic drugs also got controlled.

With the satisfactory results of Sujok Therapy, 9/10 patients taking Sujok Therapy are still continuing the treatment for complete cure and 1/10 patients has already got cured of her Thyroid Dysfunction...

Hence considering the complete Data & patients` satisfaction level with Sujok Therapy it can be inferred that Thyroid patients do not need Life time medication as there is solution for it in the form of Sujok Therapy...but still it is too immature to conclude –

It needs further Scientific Studies & Research done in Government Institutions.

As we have come to the end of the project named “**EFFECTS OF SUJOK THERAPY ON THYROID PROBLEMS**” it can be concluded that analysis of data collected from 10 patients under **Sujok** Treatment for their **Thyroid Problems**, shows that most of them found **Sujok** therapy a completely natural, trust worthy and drugless therapy without any side effects.

Many of the patients found reduction in their pains, swellings, weight gain, Lethargy & a few found T.S.H levels also controlled through **Sujok** therapy.

Hence it can be suggested that there is a need to spread **Sujok** therapy by creating more awareness in the general public through Free camps, Mass media etc. about its efficacy in curing various diseases etc. and by preparing more number of **Sujok** therapists and opening more **Sujok** Clinics.

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- By Dr. Ramesh K. Goyal

# ANNEXURE

## Thyroid Patients: -

S.No.	Name	Age	Sex	Phone No.	Address	Email ID
1	Anita Jindal	37	F	9393215788	Chipadale – Flat No.102, Golkonda X Roads	-
2	Sarla Bhutoria	41	F	9849500092 27897986	201, Marc Residency, P.G.Road-Secbad-3	sarlabhutoria@ gmail.com
3	Tara Bohra	33	F	9440146038 27900075	39, Jagdish Nagar Colony, Rasoolpura	-
4.	Naina Gulani	37	F	9989083335	E-3, Vikrampuri Colony, Near Parvati Nursinghome, Secunderabad.	-
5.	Sarita Nakhat	35	F	27841974	1-8-115/2, Flat-7, 'A' Block, Aravalli Apartments, J.N.Colony, P.G.Road, Secbad – 3.	-
6.	Rajesh Nakhat	37	M	27841974	-do-	Shraman3@redi ffmail.com
7.	Archna Nahta	37	F	9246246670	Flat No.402, Block-I., D.V. House, D.V.Colony, Secbad-3.	-
8.	Jenil Singhi	14	M	9985101516 27721261	1-8-54/12, T3, Shree Enclave, Venkat Rao Nagar colony, secbad-3	-
9.	Mamta Singhi	33	F	-do-	-do-	-
10.	Sangita C. Jain	35	F	9949555515 27846536	2-4-437, 2 <sup>nd</sup> Floor, Behind Jamestreet Police Station, secbad	-

