

Hypothyroidism and Homoeopathy – A case report

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ABSTRACT: Hypothyroidism, or underactive thyroid, happens when your thyroid gland doesn't make enough thyroid hormones to meet your body's needs. Your thyroid is a small, butterfly-shaped gland in the front of your neck. It makes hormones that control the way the body uses energy. It may associate with many more symptoms. Curing a disease by means of Homoeopathy will mean to find out a similitum for every particular individual case. A report was a 43 year old female suffering from hypothyroidism, on the base on totality of symptoms and repertorisation, prescribe Homoeopathic medicine Calc Carb and case was improved and quality of life better.

Key word: Hypothyroidism, Homoeopathy

INTRODUCTION:

Hypothyroidism is a condition in which the thyroid gland doesn't produce enough hormones. Hypothyroidism's deficiency of thyroid hormones can disrupt such things as heart rate, body temperature and all aspect of metabolism. Large number of population is affected by Hypothyroidism. There are various factors which may cause Hypothyroidism such as Non-Goitrous Hypothyroidism (Idiopathic, Post operative, Post radiation, Developmental defect), Goitrous Hypothyroidism (Endemic cretinism, Hasimoto's thyroiditis, Antithyroid drug maternally transmitted to foetus, Overdose of antithyroid drug in adults, Iodine deficiency (mountainous area), Genetic thyroid enzyme defects, Food goitrous in iodine deficient area i.e. turnip, cassavas cabbage etc, Drug goitrogenes e.g. iodine, propylthio-uracil, methimazole, lithium, sulphonamides, phenyl butazone, amiodarone etc). Dysshormogenesis with or without Pender's syndrome and deep stress. Female are 7-8 time more susceptible for Hypothyroidism than male.

The totality of mental, emotion and physical symptoms reflects the whole about health. It is precisely this totality of symptoms that Homoeopathy treats. Treating you as a whole person, rather than simply treating one condition, sign, symptom, tissue, organ and vital system etc. it makes Homoeopathy a truly holistic system.

Case profile:

Personal information-

- Name: Kittu
- Marital status: Married
- Age/sex: 43-female
- Religion: Hindu
- Occupation: House wife

- Residence: 17 ML Sri GangaNagar Rajasthan
- Date: 13 - 07 - 2022

Chief complaints with duration:-

- Hair falling, complete baldness at one spot behind ear left side of head.
- Fullness of breath
- Cervical pain
- Heavy blood loss during menses
- Discoloration reddish brown spot at root of nose. Since 3-4 month
- Piles
- Pain during menses

History of Present Complaints:-

- Hair falling, complete baldness at one spot behind ear left side of head. Since 4 year
- Fullness of breath aggravates ascending
- Cervical pain since 7-8 years < stooping, lifting
- Heavy blood loss during menses since 2 year.
- Discoloration reddish brown spot at root of nose. Since 3-4 month
- Piles since 1 year
- Pain during menses extend downwards towards limbs alternate side

Past History:

- Tonsillitis
- Anemia

Family History:-

- Mother : lungs fibrosis (Death)
- Father : Ulcer (Death)
- Brother : Suicide

Personal History: -

- Vegetarian

Drug History: -

- No drug History except allopathic medicine for hypothyroidism, use on and off medicine for seasonable complaints

Female Symptoms:-

- Menses regular, flow scanty
- Duration 3 – 4 days
- Pain during menses extend lower limb but pain alternate side every month,
- Vaginal discharge whitish/yellowish which stain panties. Stain difficult to wash-out.

General Physical Examination:-

- Appetite – Normal
- Thermal : Chilly
- Thirst : Thirst less, drink 2 - 4 glass of water a day
- Blood pressure : 110/80 mm of Hg
- Temperature : 98.2 F
- Pulse : 72 / m

Observation:-

- Patient well dressed,
- Answer of all questions with good sense of orientation
- Patient well oriented of time and place

Systemic Examination:-

- Good sense of humor.
- Reflexes like iris of eye, palmer, planer and knee are normal.
- Kinesthetic senses are normal.
- No trembling while raising hands.
- No gait disorder.

Respiratory System:-

- Chest movement on expiration and inspiration is normal.
- Breathe normal on auscultation.
- Sometime fullness of breath while ascending and heavy exertion.

Cardiovascular System: - No such abnormality detected, S1 S2 sound are normal.

Gastro Intestinal system:-

- Stool normal 1-2 time a day, some time unsatisfied.
- Bleed P/R not regular base but few strikes of blood mix with stool while straining for hard stool.

Nervous System: - No such abnormality detected.

Lymph-Glandular System:-No such abnormality detected.

Joints & Bones:-

- No joint pain,
- Pain appear while exert heavily which ameliorate after rest.

Excretory System:-

- urine normal
- Day time 4-5 times
- Night 0-1 time

Skin:-

- Reddish brown rash root of the nose since 3-4 month.
- No pain on this spot.
- Sight itching on/off,
- Sometime peeling off silver or oak-white colored skin from this area.

Mental General:-

- She remains anxious about future, worried about what will happen with her family. How children will handle their own future.
- She feels sad when see other will grow day by day but her business growth slow.
- She wants to achieve higher position, so that future becomes safe. Feeling of insecurity regarding money matter.
- She always compares herself and her family with other.

Physical General:-

- Blood pressure : 110/80 mm of Hg
- Pulse : 74/m
- Temperature : 98.2 F
- Thermal : Chilly
- Thirst : Thirst less (Drunk 4-5 glass of water)
- Weight : 61 kg
- Height : 5. 3 inches

Provisional Diagnosis:-

- Hypothyroidism
- Anemia

Investigations: - Blood test: CBC, Thyroid Profile,

Final Diagnosis: - Hypothyroidism

Evaluation of Symptoms:-

- Anxious about future, worried about what will happen with her family. How children will handle their own future.
- She feels sad when see other will grow day by day but her business growth slow.
- She wants to achieve higher position, so that future becomes safe. Feeling of insecurity regarding money matter.
- She always compares herself and her family with other.

- Hair falling, complete baldness at one spot behind ear left side of head.
- Anemia

Miasmatic Analysis:-

Sr. No.	Symptoms	Remarks / Interpretation	Psora	Sycosis	Syphlis
1	Anxious about future, worried about what will happen with her family.	She remain anxious indicates fear and insecurity.	Psora	Sycosis	Syphillis
2	How children will handle their own future.	She compare own status with others; indicate wants to growth and position.		Sycosis	
3	She feels sad when see other will grow day by day but her business growth slow.	She wants future safety indicate insecurity		Sycosis	
4	She wants to achieve higher position, so that future becomes safe. Feeling of insecurity regarding money matter.	Compare with other means feeling of small, less than other.		Sycosis	
5	She always compares herself and her family with other.	Heamoglobuline become less gradually.		Sycosis	
6		Indicate destruction, loss of hair at one spot.		Sycosis	
7		Scaly eruption at root of nose without discharge is the indication of sycosis because no discharge, no pain			
	Anemia				
	Hair falling, complete baldness at one spot behind ear left side of head.				
	Reddish -brown rash root of the nose since 3-4 month.				

- Miasmatic Diagnosis:** - Psora Sycosis
(Predominant Miasm, Remarks (if any): Sycosis
Reportorial Totality:-
 - Delusion Smaller
 - Anxiety future, about
 - Head, Hair Baldness Patches
 - Anemia

Conversion of symptoms and signs into rubrics: - Rubric in synthesis Repertoty using Radar 10.0 version

S.N.	Symptoms	Chapter	Rubrics	Sub Rubric	Page No.
1	She feels sad when see other will grow day by day but her business growth slow.	Mind	Delusion	Smaller	
2	She wants to achieve higher position, She always compares herself and her family with other.	Mind	Anxiety	Future, about	
3	Anxious about future, worried about what will happen with her family. How children will handle their own future. How Future becomes safe. Feeling of insecurity regarding money matter.	Head	Hair	Baldness, Patches	
4	Hair falling, complete baldness at one spot behind ear left side of head. Since 4 year Anemia	Generals	Anemia		

Reportorial Analysis:-

Calc 4⁹, Phos 3⁸, Graph 3⁷, Plat 3⁷, Ars Alb 3⁶, Nit Acid 3⁶, Puls 3⁶, Staph 3⁶, Sulph 3⁶, Kali Phos 3⁵, Nat c 3⁵, carb v 3⁵

physical particular and mental general symptoms of the patient. Theme of patient was insecurity and protection which matches with the theme of calcerea.

Final Drug Selection with Reason:-

Calc Carb medicine prescribes to the patient because it covers all physical generals,

Treatment:-

- Calc Carb 200
- SL 30 4 Pills TDS 2 week

- Mode of administration – oral
- Date - 13 – 07 - 2022

Diet and Management:-

- Advice for avoid fast food, white flour and product of white flour
- Advice for cold drink, soft and hard drink.
- Advice for all type of preservative food either liquid or solid items.

- Ujjayi pranayama, Nadi Shodna, Bhastrika Pranayama, Sheetal Pranayama, Sheetkari Pranayama in Yoga and Naturopathy.
- Add iodine salt in your diet
- Use coriander leaf/grains water empty stomach early in morning.

Follow up sheet:-

Date	Progress / symptoms	Prescription
27-07-2022	- Fell better - Headache reduce - pain reduce	SL 30 TDS 2 week
10-08-2022	- Spot at root of nose improve - Pain and heaviness of neck reduce. - Menses flow was better than before. - Appetite normal - Fullness of breath slight better	SL 30 TDS 2 week
25-08-2022	- Stool normal - Fresh and active feeling - Advice for thyroid profile	SL 30 TDS 2 week
10-09-2022	- Stool normal - Discoloration with scab at root of nose faded - Thyroid profile 04-09-2022 T3- 0.97, T4- 6.01, TSH- 9.52	SL 30 TDS 2 week
24-09-2022	- Menses without pain - No vaginal discharge - Energetic feeling - No fullness of breath ascending while.	SL 30 TDS 2 week
08-10-2022	- Cervical pain reduce - Slight hairy growth on alopecia at scalp	SL 30 TDS 2 week
22-10-2022	- Menses on time without pain - Slight feeling of constipation	SL 30 TDS 2 week
05-11-2022	- Body-ache reduce - Physically and mentally felt better - Weight reduce - Advice for repeat thyroid profile and CBC	SL TDS 2 week
19-11-2022	- Appetite normal - Stool normal - No-body pain - Gastric is there - Scab at root of nose reduce - Thyroid profile dated 14-11-2022 T3- 1.08, T4- 5.99, TSH- 6.37 - Hb- 11 g%	SL 30 TDS 2 week
03-12-2022	- Menses on time without pain - Hemoglobin increase - Appetite normal - Stool normal, - Gastric reduce - Slight itch over scab at root of nose	SL 30 TDS 2 week
17-12-2023	- Improve no complaints except slight gastric and itch over scab	SL 30 BD 2 week

31-12-2023	- No complaints remaining - Sleep normal - Fullness of breath normal - Input and out-put is normal - Advice for repeat thyroid profile	SL 30 BD 2 week
14-01-2023	- No complaints - Feel better - Thyroid profile on dated 02-01-2023 T3- 1.19, T4-7.06, TSH- 2.96	SL 30 OD 2 week

Result: - Marked improvement

Conclusion: - This case shows that Homoeopathy is effective in case of Hypothyroidism, if we prescribed the medicines on the basis of totality of symptoms.

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Formerly of the Department of Physiology, Medical College, Calcutta Published By A. K. Chatterjee; For and on behalf of Medical allied agency 13/1B old Ballygunge 2nd lane, Calcutta-700019 And Printed in India at Ashutosh Lithographic Co. 13, Chidam Mudi Lane, Calcutta- 700006
 Page number 4-64 to 4-92

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Source of support: - Nil



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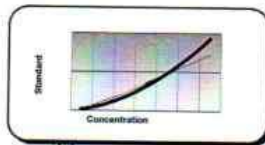
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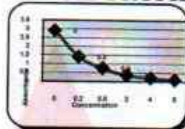
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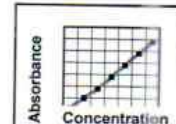
ELISA ASSAY THYROID PROFILE



T3



TSH



T4

TEST

T3
 T4
 TSH

RESULT

0.89
 6.33
 15.74

N.VALUE

0.8-1.6 ng / ml
 5-12 ug/ml
 0.39-6.16uIU/mL

HYPOTHYROIDISM (Underactive thyroid)

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Common symptoms of hypothyroidism are:

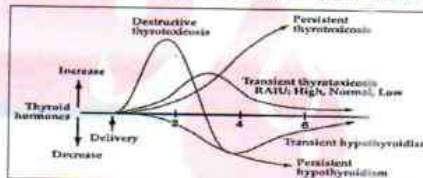
- Weight gain
- Fatigue or lack of energy
- Feeling cold
- Dry skin and hair
- Heavy menstrual periods
- Constipation

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- Feeling hot
- Weight loss



- Fatigue, feeling exhausted
- More frequent bowel movements
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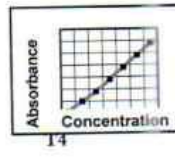
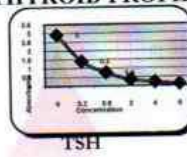
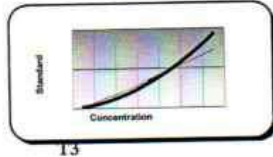
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LABORATORY REPORT

NAME: KITTU	AGE/SEX: 43y/F
REF. BY: SELF	DATE: 04.09.22
SAMPLE COLLECTION:	OUT

ELISA ASSAY THYROID PROFILE



TEST

T3
 T4
 TSH

RESULT

0.97
 6.01
 9.52

N.VALUE

0.8-1.6 ng / ml
 5-12 ug/ml
 0.39-6.16uIU/mL

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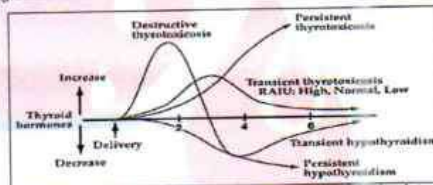
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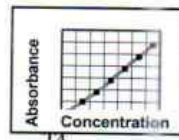
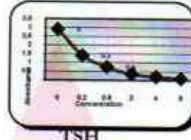
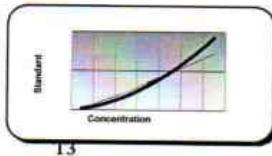


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LABORATORY REPORT

NAME: KITTU	AGE/SEX: 43y/F
REF. BY: SELF	DATE: 14.11.22
SAMPLE COLLECTION:	OUT

ELISA ASSAY THYROID PROFILE



TEST

T3
 T4
 TSH

RESULT

1.08
 5.99
 6.37

N.VALUE

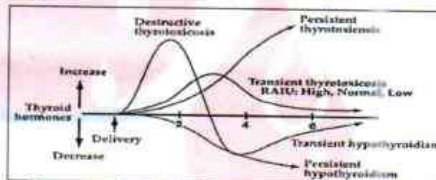
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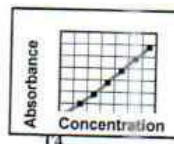
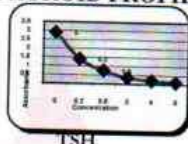
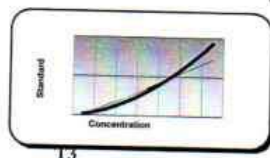
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SAMPLE COLLECTION:	OUT

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TEST
 T3
 T4
 TSH

RESULT
 1.19
 7.06
 2.96

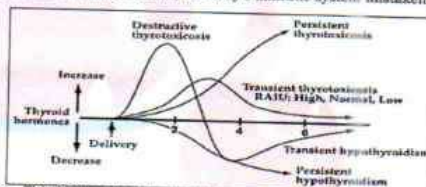
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