

KNOW Homoeopathy Journal

Bi-Annual, Indexed, Double-Blind, Peer-Reviewed, Research Scholarly, Online Journal in Field of Homoeopathy

KNOW Homoeopathy Journal Vol-4 & Issue-2, 18 October 2024, Published at

<https://www.knowhomoeopathyjournal.com/2024/10/volume-4-issue-2.html>, Pages: 58-64, Title: A case of hypothyroidism and its homoeopathic management, Authored By: Dr. Jagadish Darak (MD (Hom.), HOD.of Repertory, Guru Mishri Homoeopathic Medical College & Hospital, Shelgoan, Jalna, Maharashtra, India.) & Co-Authored By: Dr.S. Bhaskar (MD, Scholar, Dept, of Repertory, Guru Mishri Homoeopathic Medical College & Hospital, Shelgoan, Jalna, Maharashtra, India.)



VOLUME-4 ISSUE-2
OCTOBER 2024

CASE-REPORT

Title: A case of hypothyroidism and its homoeopathic management

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ABSTRACT

Introduction: Hypothyroidism is a common condition. It affects all people, all age groups, especially women over 60 but nowadays it affects everyone. Women are generally to develop after menopause than earlier in life. Hypothyroidism is a condition that thyroid hormone is low in bloodstream, it occurs when thyroid does not create or release enough thyroid hormone in to the body. This makes metabolism slow down. It is also called underactive Thyroid disease. Around 12-13% of population worldwide are suffering from thyroid diseases, and 2% of population suffer this hypothyroidism. Homoeopathy is the best holistic therapy for hypothyroidism.

Case Summary: A case of 18 years female presented with hypothyroid problem, with amenorrhea for 10 months, after case taking Platina 200 was prescribed on the basis of totality of symptoms. TSH reports during follow up visits and the symptomatic improvement provided documentary evidence about the effectiveness of homoeopathic medicines to stimulate the thyroid gland to produce normal production of hormone.

Keywords: *Homoeopathy, Hypothyroidism, Thyroid releasing hormone, Triiodothyronine, Thyroxin.*

Abbreviations: Thyroid releasing hormone (TRH), Triiodothyronine (T3), Thyroxin (T4), (TSH) Thyroid stimulating hormone.

Received: 29/07/2023

Accepted: 29/04/2024

Published: 18/10/2024

How to cite this case report:

Darak J, Bhaskar S. A case of hypothyroidism and its homoeopathic management, KNOW Homoeopathy Journal, 2024; 4(2):58-64, available at <https://www.knowhomoeopathyjournal.com/2024/10/Case-of-hypothyroidism-and-its-homoeopathic-management.html>

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INTRODUCTION

Thyroid glands are butterfly shaped gland in the neck region. It produces 3 hormones. T3, T4, and calcitonin, T3 and T4 are thyroid hormones, Thyroid hormones play a vital role in regulating the body metabolic rate. This Hormones T3, T4) effects on every cell of the body, including the functions of digestive system, Heart, brain, reproductive system, muscles, bones and etc. The secretion of thyroid hormone is regulated by TRH from hypothalamus and TSH from anterior pituitary gland. Thyroid disease are common endocrine disorders. Hypothyroidism is caused by inadequate function of gland itself. -primary hypothyroidism. Or by not enough stimulation by TSH – central hypothyroidism. The common symptoms are; dry skin, weight gain, hair fall, constipation, cold intolerance, menstrual irregularities. Generalized debility and fatigue, hoarseness of voice. Hypothyroidism in children leads to delay developments called cretinism. Primary hypothyroidism is common.^[1]

This case report shows that effectiveness of Homoeopathy in treating hypothyroidism.

CASE STUDY

Name of patient: xyz

Age/sex: 18/f

Occupation: Student

PRESENT COMPLAINTS

Hypothyroidism in the last 3 years

Sleepiness, drowsy but cannot sleep properly
Body and leg pains in the past 1 month
Amenorrhoea since 10 months

PAST HISTORY

She had same menses problem 1 year back
took hormone replacement therapy for 3 months.

FAMILY HISTORY

Mother – Suffering from Hypothyroidism for 12 years

MENTAL GENERALS

Obstinate, highly irritable, superiority feeling,
she had a feeling that she is always correct,
fear of death, anxiety.

PHYSICAL GENERALS

Hot patient, Appetite increased, Thirst less

Built: Obese

Appearance: Dark colored

Gait: Normal

Hair: Curly and thin

Pulse: 84/min

B.P:115/82mmhg

Respiration: 20/min

ANALYSIS**MENTAL GENERALS**

Obstinate, highly irritable, superiority feeling,
she had a feeling that she is always correct,
fear of death, anxiety, delusion that she is alone.

PHYSICAL GENERALS

Hot patient
 Appetite increased
 Thirst less
 Obese

I am always correct
 Anxiety
 Fear of death

PARTICULARS

Hypothyroidism in the last 3 years
 Sleepiness, drowsy but cannot sleep properly
 Body and leg pains in the past 1 month
 Amenorrhoea since 10 months

TOTALITY OF SYMPTOMS

- 1) Haughty and pride
- 2) Delusion imagination alone she is
- 3) Fear of death
- 4) Amenorrhoea
- 5) Mannish habits of girls
- 6) Delusions; imaginations; superiority of

EVALUATION

Amenorrhoea since 10 months
 Thirstless
 Mannish look
 Obstinate
 Irritability and superiority

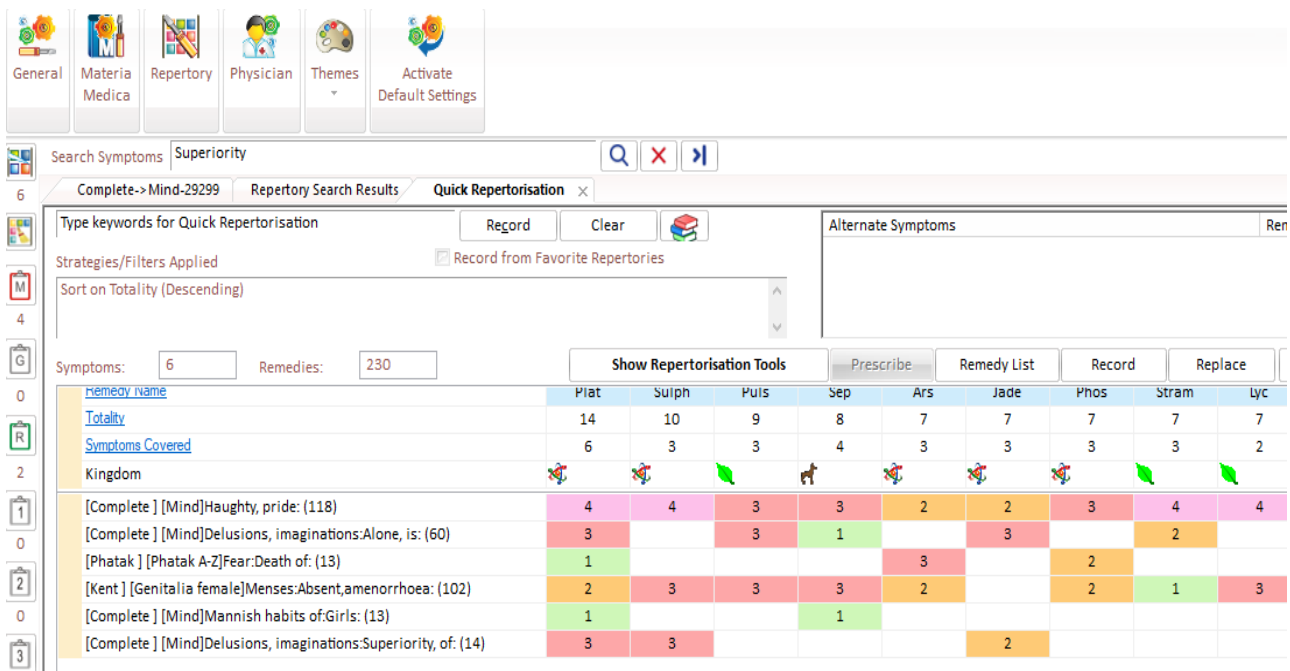


Figure 1: Repertorization

After proper analysis Platinum metallicum 200 one dose was prescribed, Placebo for 7 days on 18/02/2023.

Superiority, Mannish, Hot patient, obstinate, dominant, egotism, over estimation of one self, Platinum metallicum was selected.

INVESTIGATIONS

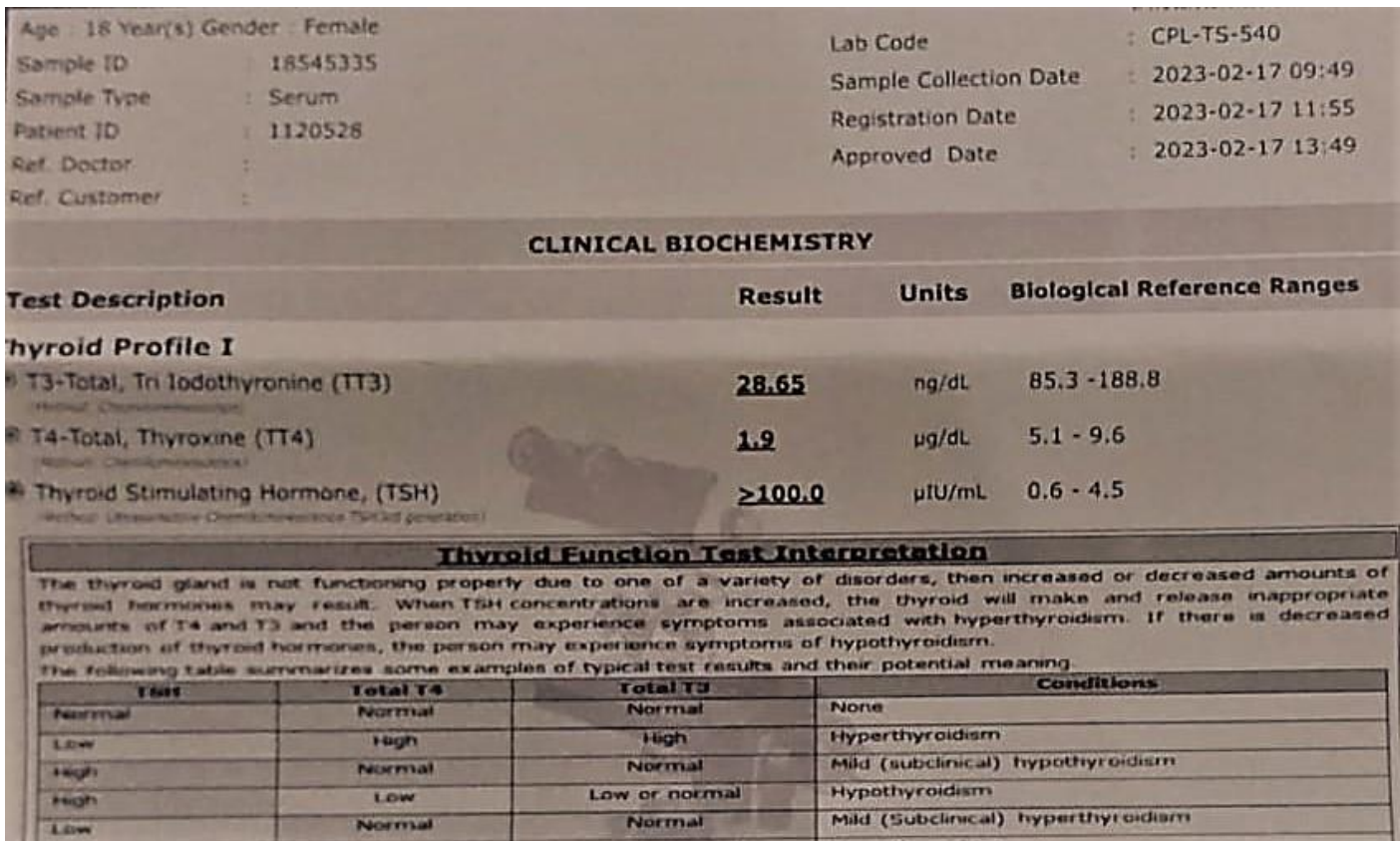


Figure 2: Report dated 17/02/2023

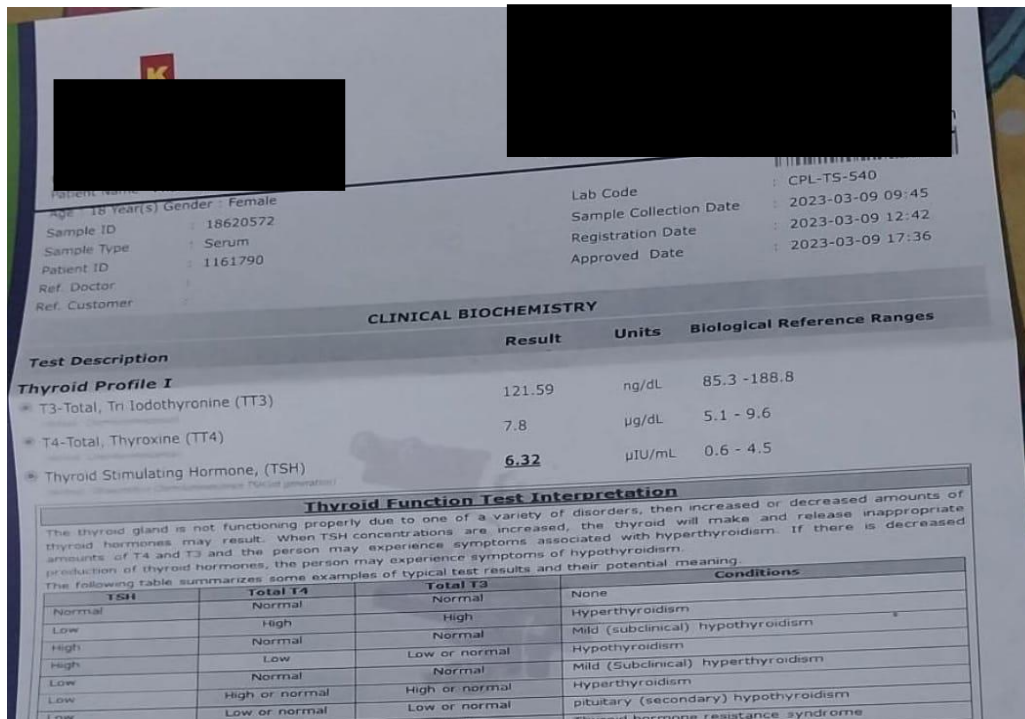


Figure 3: Report dated 9/03/2023

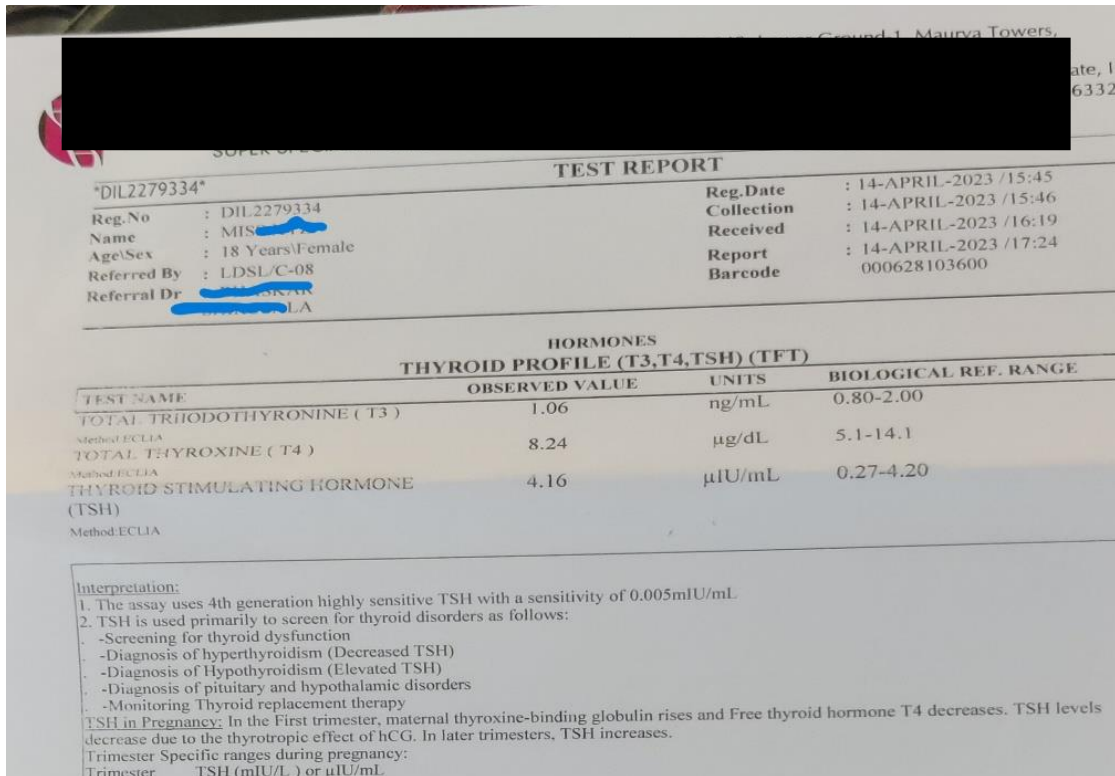


Figure 4: Report dated 14/04/2023

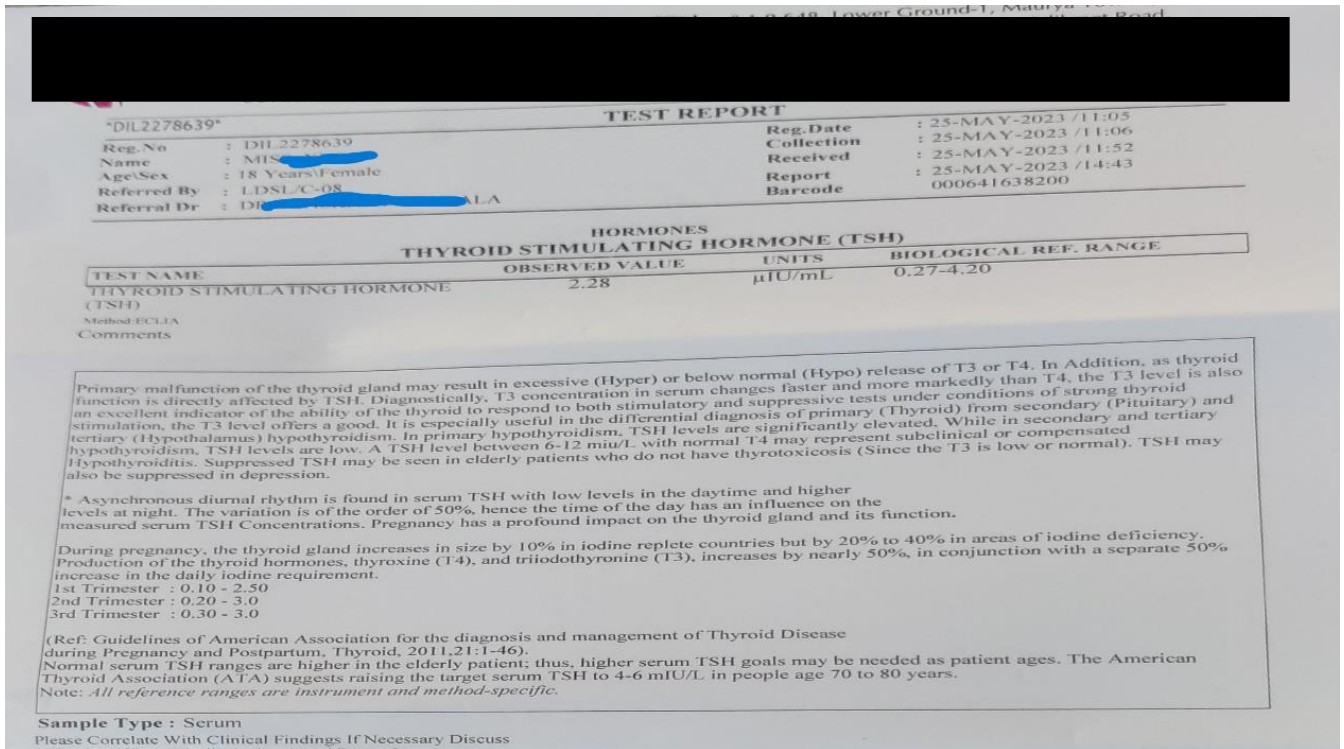


Figure 4: Report dated 25/05/2023

Table 1: Follow up Date wise description of medicine

DATE	SYMPTOMS	MEDICINE PRESCRIBED
28/02/2023	TSH report dated 17/02/2023 – >100 μ IU/mL Drowsiness was decreased and sleep improved, Body pains also reduced, No other changes.	Platinum 200/ 1 Dose/ Stat Placebo for 15 days.
18/03/2023	TSH report dated 25/05/2023 – 6.32 μ IU/mL. Sleep was improved, no body pains.	Placebo for one month.
15/04/2023	Spotting was there than no other changes, sleep is much better than previous.	Placebo for one month.
18/05/2023	LMP: 20/04/23 , flow is heavy. TSH report dated 14/04/2023: 4.16 μ IU/mL She feels better and smile on face and acne decreased to 50% .	Placebo for a month.
21/06/2023	LMP: 19/05/23 but flow was normal. TSH report dated 25/05/2023 – 2.58 μ IU/mL Her anxiety was come down, talking with smile on face.	Placebo for a month.
23/07/2023	LMP: 20/06/2023	Placebo for two month.

DISCUSSION

In homoeopathy we treat the man not the disease. Just stimulate the function of thyroid gland on the body effectively. Hypothyroidism is a prevalent endocrine condition. Individuals with this disease commonly managed through supplementation with synthetic thyroid hormones, with the aim of alleviating symptoms, and restoring normal thyroid stimulating hormone levels.^[2] Treating with constitutionally homoeopathic medicines are alone lead to cure of hypothyroidism, evidently compared its levels of T S H before and after treatment. We

can see great improvement in the level of TSH only with constitutional treatment.

Previously few studies were conducted in hypothyroidism showing efficacy of homoeopathic intervention in subclinical hypothyroidism with or without autoimmune thyroiditis in children; an exploratory randomized control study.^[3] An open label randomized pragmatic exploratory pilot trial to compare the effectiveness of echinacea angustifolia 200 CH against individualized homeopathic medicine in hypothyroidism.^[4]

CONCLUSION

This case report shows that hormonal imbalances can be treated with homoeopathic medicines without side effects. In homoeopathy, we treat the man not the disease. This case showed that Homoeopathy can effectively treats the thyroid and amenorrhea problem.

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