

# KNOW Homoeopathy Journal

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

KNOW Homoeopathy Journal Vol-6 & Issue-1, March 2026, Published at

<https://www.knowhomoeopathyjournal.com/2026/04/volume-6-issue-1.html>, Pages:10-24, Title: A case of Primary Infertility with Hypothyroidism treated with Phosphorus, Authored By: Dr.Uttara Agale (Ph.DScholar, Associate Professor, Dept.of Repertory, Dr.G.D Pol Foundation, Y.M.T.Homoeopathic Medical College-Hospital & P.G Institute , Navi Mumbai.) & Co-Authored by: Dr.D.G.Bagal (Professor, Vice- Principal, Dept. of Repertory, Dr.G.D Pol Foundation, Y.M.T.Homoeopathic Medical College-Hospital & P.G Institute, Navi Mumbai.)



VOLUME-6 ISSUE-1  
MARCH 2026

## CASE-REPORT

### Title: A case of Primary Infertility with Hypothyroidism treated with Phosphorus

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## ABSTRACT

Hypothyroidism is a hypo metabolic clinical state resulting from inadequate production of thyroid hormones for prolonged period or rarely from the resistance of the peripheral tissues to the effects of thyroid hormones. Hypothyroidism is the most common thyroid dysfunction that affects people globally. At present thyroid disease form the second most common endocrine disorder in India. In this case study a case of 22 years old female of chief complaint of Primary infertility with irregular menses. She is also having excessive hair fall in patches since 3-4 months. Generalized weakness & fatigue with sudden weight gain. Also she is having Insomnia with palpitation during sleep. She recently diagnosed with hypothyroidism with increased TSH level is treated with constitutional homoeopathic medicine Phosphorus prescribed in 1 M, high potency obtained after repertorisation and results are shown using Lab Investigations & Zuwelski's score is explained before & after treatment. Thus explains with evidence the scope of Homeopathy in the Holistic management of Hypothyroidism.

**Keywords:** *Hypothyroidism, Phosphorus, Zuwelki's scale.*

Received: 29/12/2025

Accepted: 01/03/2026

Published: 22/04/2026

**How to cite this case report:**

Agale U, Bagel D. A case of Primary Infertility with Hypothyroidism treated with Phosphorus, KNOW Homoeopathy Journal, 2026; 6(1):10-24, available at

<https://www.knowhomoeopathyjournal.com/2026/04/case-of-primary-infertility-hypothyroidism-treated-with-phosphorus.html>

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**INTRODUCTION**

Hypothyroidism, or an underactive thyroid, causes infertility in women by disrupting ovulation, altering the menstrual cycle, and preventing embryo implantation due to low hormone levels. It can increase prolactin, which suppresses ovulation, and is often linked to higher risks of miscarriage.<sup>[1]</sup>

It causes ovulatory dysfunction as Low thyroid hormone levels can stop or disrupt the release of eggs, causing anovulation or irregular cycles. And hyperprolactinemia which can trigger high levels of prolactin, a hormone that suppresses ovulation. It results in endometrial thinning which may affect the uterine lining, hindering embryo implantation and increased miscarriage risk particularly in the first trimester, raise the risk of pregnancy loss. If Hypothyroidism is diagnosed properly by TSH, T3, and T4 levels. TSH level below 2.5 mIU/L for female is hypothyroidism. It has Autoimmune Connection also as even with normal TSH, women with thyroid antibodies may require treatment.<sup>[2]</sup>

Homeopathy is considered the most effective holistic treatment for hypothyroidism, as it addresses both psychosomatic factors alongside physical symptoms. This study focuses on the management of hypothyroidism through individualized homeopathic remedies. An individualized approach to female patients with hypothyroidism takes into account their specific characteristics, intellectual, and emotional traits, as well as their interactions with the environment. Thus, homeopathy

incorporates attributes from both the physical and mental realms of the individual.<sup>[3]</sup> This individualization concept considers the overall response of the organism to adverse environmental factors. Such a total response is observed through symptoms on three levels: Emotional, Intellectual (Spiritual), and Physical, where the life force expresses itself. When evaluating this total response, homeopathy places significant emphasis on the underlying causes and unique characteristics of the condition, particularly the mental dimensions<sup>[3]</sup>. Modern medicine has a limited capacity to manage the issues related to hypothyroidism since it primarily addresses symptoms with hormone replacement in quantitative form rather than the individual as a whole. Hence the patients undergoing modern treatment have to follow a long course of treatment, still with no relief to patients. Whereas Homoeopathy considers the patient as a whole; tries to make the underactive organ function able by qualitative potency, hence it treats the individual as a whole.

It differs with regular medicine in its interpretation and application of several fundamental principles of science. It is these differences of interpretation and the practice growing out of them which give homoeopathy its individuality and continue its existence as a distinct school of medicine.<sup>[4]</sup>

**CASE REPORT:**

A 22 yrs old married female came with the complaint of Primary infertility with irregular menses. She is also having excessive hair fall in patches since 3-4 months. Generalized weakness & fatigue with sudden weight gain. Also she is having Insomnia with palpitation during sleep. She recently diagnosed with hypothyroidism with increased TSH level.

**History of chief complaint:**

Patient has irregular menses since a year which are delayed by 1-2 months every time & when its occur she is having heavy menstrual bleeding+3& pain in the lower abdomen, due to that she is unable to conceive pregnancy from last 3 & half years.

Excessive hair fall, hair fall out in a spots+3 , her hair become very thin , rough & easily break out.

She is having generalised weakness & Fatigue+3 with sudden weight gain of about 9kg in a months.

Also She recently diagnosed with hypothyroidism with increased TSH level. (TSH= 17.88uIU/mL)

**Associated complaints:**

She is having insomnia with palpitation during sleep+3 since 4-6 months. she can't sleep until a midnight+3

**Past history:** Typhoid fever – at the age of 10 years.

**Family history:**

**Mother:** Nothing Specific

**Father :** HTN since 5 years on Rx

**Elder Sister:** Endometriosis

**Grand Father:** HTN , IHD

**Grandmother :** DM

**Past history of any Rx taken:** Various Allopathic and Ayurvedic treatments taken for menstrual problem & to conceive pregnancy

**History of any drug allergy:** Nil

**Personal history:**

**Diet:** Mixed diet.

**Habit:** Not any

**Addiction:** Nil

**Physical generalities:**

**Appetite:** Decreased

**Thirst:** Normal - 2-3 lt/ day

**Desire:** Spicy Food+3

**Aversions:** Not specific

**Urine:** Normal – 5-7 times in a day

**Stool:** Constipation unsatisfactory stool

**Perspiration:** Diminished

**Sleep:** Insomnia with palpitation during sleep+3 , she can't sleep until a midnight+3

**Dreams:** About Childrens+3 , dreams of doing various things with her full efforts but unsuccessful in doing them+3

**Thermals:** Very CHILLY+3 but still want every thing cold

**Menstrual history:**

**Menarche:** at the age of 12years.

**LMP:** 08/06/2021 Irregular menses comes at interval of around 50-60 days.

**Details of Menstrual Cycle:**

**Cycle:** Delayed & irregular+3 comes at interval of around 50-60 days.

**Quantity:** Heavy bleeding+3 approx. has to change 2-3 pads daily.

**Consistency:** Clotted.

**Colour and Stains:** Dark red & clotted

**Odour:** Non offensive

**Character:** Varying sometime thin sometime thick

**Complaints:** before, during & after menses: Pain in the lower abdomen during menses+2

**Leucorrhoea:** No

**Climacteric/ Menopause:** Not Applicable

**Obstetrics history:** G0 P0 A0 L0

**Mind:**

Patient stays with his husband and in-laws.

She is very sympathetic in nature, feels same pain as others +3

She is trying to conceive from last 3-4 years but can't get positive result after trying so many treatments which make her so disappointed & sad in life+3.

She likes to be with peoples & listen there problems.

**General physical examination:**

**Built:** Obesity+3

**Height:** 5'

**Weight:** 85k

**Skin:** Normal  
**Hair:** Become very thin , rough & easily break out in a spots.  
**Nails:** Normal  
**Pallor:** Absent  
**Icterus:** Absent  
**Cyanosis:** Absent  
**Clubbing:** Absent  
**Oedema:** Absent  
**Lymph nodes:** Not palpable

**CNS:** Conscious and well oriented with time, place & person.

**CVS:** S1 & S2 heard, no murmur

**RS:** Air entry bilaterally equal

**GIT:** Soft and non tender abdomen

**Vital data:-B.P:** 120/80 mmHg

**R.R:** 20/Min

**Temperature:** A febrile

**Pulse:** 80/Min

**Local examination:** No swelling , no tenderness, no hardness or rigidity around the neck & normal in temperature to touch.

**Systemic examination:**

Table 1: Assesment scale score: ZULEWSKI'S CLINICAL SCORE<sup>(5)</sup>

ON THE BASIS OF	BASE LINE	SCORE
<b>SYMPTOMS</b>		
1. DIMINISHED SWEATING	sweating in the warm room or a hot summer day	1
2. HOARSENESS	Speaking voice, singing voice	0
3. PARAESTHESIA	Subjective sensation	1
4. DRY SKIN	Dryness of skin, noticed spontaneously, requiring treatment	0
5. CONSTIPATION	Bowel habit, use of laxative	1
6. IMPAIRMENT OF HEARING	Progressive impairment of hearing	0
7. WEIGHT INCREASE	Recorded weight increase , tightness of clothes	1
<b>PHYSICAL SIGNS</b>		
1. SLOW MOVEMENT	Observe patient removing his clothes	1
2. DELAYED ANKLE RELAXATION TIME	Observe the relaxation of the reflex	0
3. COARSE SKIN	Examine hands, forearms , elbow for roughness and thickness of skin	1
4. PER ORBITAL PUFFINESS	This should obscure the curve of the malar bone	0
5. COLD SKIN	Compare temperature of hands with examiner's	1
<b>SUM OF ALL SYMPYOMS AND SIGNS PRESENT</b>	<b>12</b>	<b>07</b>

ZULEWSKI'S SCORE AND INTERPRETATION : 07/12 – HYPOTHYROIDISM

The Zulewski's Clinical Score was used to assess the severity of the patient. The Zulewski clinical scoring system, as a reliable and inexpensive clinical tool, used along with laboratory measurements, can help screen different grades of hypothyroidism.<sup>(5)</sup>

It measures clinical scores, thyroid function, and tissue thyroid status (using ankle reflex relaxation time [ART] and total cholesterol, hypothyroid, sub-clinically hypothyroid, and euthyroid adults.<sup>(5)</sup>

**LABORATORY INVESTIGATIONS AND FINDINGS:  
THYROID PROFIL DONE BEFORE TREATMENT ON DATE: 10/08/2021**

**RESULT:**

T3 = 143.80 ng/ml

T4 = 9.74 ug/dL

THS= 17.88 uIU/ml

Test Done	Observed Value	Units	Biological Reference Interval
<b>THYROID FUNCTION TEST</b>			
<b>THYROID FUNCTION TEST</b>			
TOTAL TRIIODOTHYRONINE ( T3 )	143.80	ng / dl	84.63 - 201.80 First Trimester : 81-190 Second Trimester : 100-260 Third trimesters : 100-260
TOTAL THYROXINE ( T4 )	9.74	ug / dl	5.13 - 14.06 First Trimester : 8.0-17.1 Second Trimester : 8.0-17.8 Third Trimester : 8.0-20.1
ULTRASENSITIVE THYROID STIMULATING HORMONE ( TSH )	17.88	uIU / mL	0.27-5.50 First Trimester : 0.1-2.5 Second Trimester : 0.2-3.0 Third trimester : 0.3-3.0

Patient Name : [REDACTED] Registered On : 10.08.2021 06:11 PM  
 Age and Gender : 22 / Years / F Sample Accepted On : 10.08.2021 06:20 PM  
 Referring Doctor : OUR CARE CLINIC ( DR SWALIHA RAI ) Reported On : 10.08.2021 08:41 PM  
 Centre : [REDACTED] Sample UID No. : 0250RU0032  
 Specimen Type : SERUM

Dr. SHWETAMBARI SUSAR M.D. (Path)  
 DR (MRS) STUTI AGRAWAL M.D. ( Path )

Figure 1: THYROID PROFIL DONE BEFORE TREATMENT ON DATE: 10/08/2021

**DIAGNOSIS OF THE DISEASE: HYPOTHYROIDISM**

**DIAGNOSIS OF THE PHASE OF THE DISEASE: Chronic**

**HAHNEMANIAN CLASSIFICATION OF DISEASE :**

Dynamic chronic miasmatic disease with fully developed symptoms

**DIAGNOSIS OF THE MIASM :**

**Fundamental Miasm : Sycosis**

**Dominant Miasm: Sycosis**

**SUSCEPTIBILITY: High**

**CASE PROCESSING:**

**Table 2: Chief Complaints**

Location	Sensation	Modality	Concomitant
<b>FRS :-</b> Onset- Gradual Duration- since 1 year Progression- Progressive	Irregularly delayed & Profuse menses <sup>+3</sup> Pain in the lower abdomen Infertility due to Profuse menstruation <sup>+3</sup>	<during menses <sup>+2</sup>	Generalised weakness & fatigue <sup>+3</sup> with Sudden Weight gain
<b>Heart :-</b> Onset- Gradual Duration- 4-6months Progression- Progressive	Palpitation	<during sleep <sup>+3</sup>	
<b>Head</b>	Excessive hair fall in a spots <sup>+3</sup>	O/E- Hair become very thin, rough & easily break out.	

**ANALYSIS : Complete Characteristic Physical Particular****Table 3: ANALYSIS OF SYMPTOMS:**

Sr.No	Symptoms	Analysis
1	Feeling of tiredness in life after trying so long <sup>+3</sup>	Characteristic Mentals General
2	Sympathetic in nature, feels same pain as others <sup>+3</sup>	Characteristic Mentals General behavior
3	Dreams of doing various things with her full efforts but unsuccessful in doing them <sup>+3</sup>	Characteristic Mentals General
4	Dreams about childrens <sup>+3</sup>	Characteristic Mentals General
5	Desire – Spicy food <sup>+3</sup>	Characteristic Physical General
6	Insomnia- can't sleep until a midnight <sup>+3</sup>	Characteristic Physical General
7	Very CHILLY <sup>+3</sup> but still want every thing Cold	Characteristic Physical General
8	Constipation- unsatisfactory stool	Characteristic Physical General
9	Neck – thyroid Gland, Hypothyroid	Characteristic Physical Particular

**EVALUATION OF SYMPTOMS:**

1. Sympathetic in nature, feels same pain as others <sup>+3</sup>
2. Feeling of tiredness in life after trying so long<sup>+3</sup>
3. Dreams about Childrens<sup>+3</sup>
4. Dreams of doing various things with her fullefforts but unsuccessful in doingthem<sup>+3</sup>
5. Desire – Spicy food <sup>+3</sup>
6. Insomnia- can't sleep until a midnight<sup>+3</sup>
7. Very CHILLY<sup>+3</sup> but still want every thing Cold
8. Constipation & unsatisfactory stool
9. Irregular Delayed & Profuse menses<sup>+3</sup>
10. Infertility due to Profuse menstruation<sup>+3</sup>
11. Palpitation during sleep<sup>+3</sup>.
12. Excessive hair fall in a spots<sup>+3</sup>
13. Generalised obesity - Sudden Weight gain
14. Neck – thyroid Gland, Hypothyroid

**TOTALITY OF SYMPTOMS:**

1. Feeling of tiredness in life after trying so long<sup>+3</sup>
2. Sympathetic in nature, feels same pain as others<sup>+3</sup>
3. Dreams of doing various things with her full efforts but unsuccessful in doing them<sup>+3</sup>
4. Dreams about Chil drens<sup>+3</sup>
5. Desire – Spicy food <sup>+3</sup>
6. Insomnia- can't sleep until a midnight<sup>+3</sup>
7. Thermal –very CHILLY<sup>+3</sup> but still want every thing Cold

8. Palpitation during sleep<sup>+3</sup>.
9. Irregular Delayed & Profuse menses<sup>+3</sup>
10. Infertility due to Profuse menstruation<sup>+3</sup>
11. Excessive hair fall in a spots<sup>+3</sup>
12. Generalized obesity – Sudden Weight gain
13. Neck – thyroid Gland, Hypothyroid

**REPERTORY SELECTED:**

Murphy’s Repertory IIIrd editions – from Radar Opus 3.2.17 Software

**PROCESS OF REPERTORISATION:**

Total Addition Process

**REPERTORIAL TOTALITY:**

1. Mind : Weary, of life
2. Mind: Sympathetic, empathy, feel same pains as others
3. Dreams: Unsuccessful, efforts to, do various things
4. Dreams: Children, dreams about
5. Food: spicy, general, desires
6. Sleep: insomnia, sleeplessness; night, midnight, until
7. Heart: palpitations, general, sleep, during
8. Female: menses, general; late, too; profuse, and
9. Female: infertility; profuse, menstrual flow, from
10. Generalities : hair, general, head and body, falling, out, of hair; spots in
11. Generalities: Obesity, general
12. Glands: thyroid, gland, general, hypothyroid

**NON-REPERTORIAL TOTALITY (PDF):**

Thermal - Very CHILLY<sup>+3</sup> but still want every thing Cold

**REPERTORY SHEET**

	phos.	calc.	sulph.	ars.	nat-m.	sep.	lyc.	marc.	nux-v.	puls.	sil.	caust.	lach.	nat-c.	spong.	aur.	chin.	bell.	flu.c.	staph.	am-m.	kal.h.c.	ph-ac.	am.
1. Mind - WEARY, of life (96) 1	3	2	1	3	2	3	1	2	2	2	2	1	1	1	1	4	3	2		3			3	1
2. Mind - SYMPATHETIC, empathy - empathy, feels same pains a... (2) 1	2																							
3. Dreams - UNSUCCESSFUL, efforts to, do various things (24) 1	1	2					1						1							1		1		
4. Dreams - CHILDREN, dreams about (25) 1	1		1	1	1			1		1								2			1			
5. Food - SPICY, general - desires (75) 1	3		3	2	1	1	1		2	2		1				1	3		2	1			1	1
6. Sleep - INSOMNIA, sleeplessness - night, midnight, until (49) 1	1		3	1		1	2	1	2	1	1	1	1		1		1			2	2	1		
7. Heart - PALPITATIONS, general - sleep, during (21) 1	1	2	1			2		2						2	1	2							1	1
8. Female - MENSES, general - late, too - profuse, and (19) 1	2	1							1		2	2	1					1		1		2		
9. Female - INFERTILITY - profuse, menstrual flow, from (7) 1	1	2	2		2			1																
10. Generals - HAIR, general, head and body - falling, out, of h... (9) 1	2	2		2															3					
11. Generals - OBESITY, general (138) 1	2	3	2	2	2	1	2	1	1	2	1	1	1	1	1	2	1	2	1		2	2		2
12. Glands - thyroid, gland, general - hypothyroid (30) 1	1	2			2	2	2				1			2	1	2			1			1		

Fig:- 2 Repertorised from RADAR Software- Murphys Repertory<sup>(6)</sup>

**REPERTORIAL RESULT:**

1. Phosphorus: 20/12
2. Calcarea Carbonica : 16/08
3. Sulphur : 13/07
4. Arsenic Album: 11/06

**SELECTION OF REMEDY AND POTENCY:**

As susceptibility is High, single dose of Phosphorus 1M was prescribed.

**PRESCRIPTION: Table 4**

DATE	PRESCRIPTION
13/08/2021	PHOSPHORUS 1M IP STAT COSMOS 4 PILLS x BD x 15 DAYS

**JUSTIFICATION OF THE REMEDY:**

Phosphorus is selected because it is a great constitutional remedy & also having great efficacy in the thyroid disorders.

As a simillimum it covers maximum mental & physical constitutional symptoms along with a physical general & particular symptoms of the patient with Chilly Thermal.

**GENERAL MANAGEMENT INCLUDING AUXILIARY MEASURES:**

Take fibre rich diet & increase intake of green leafy vegetables

Avoid oily, spicy and indigestible food

Stay hydrated

Do daily meditation or yoga

Do regular exercise & reduce weight

Maintain hygiene

**FOLLOW UP: Table 5**

DATE	CHIEF COMPLAINTS	ASSESSMENT SCORE	PRESCRIPTION
28/08/2021	Mentally she is feeling relaxed & better than before Insomnia is present & She again had the Dreams of doing various things with her full efforts but unsuccessful in doing them. Dreams about Childrens <sup>+3</sup> No menstruation occur since 2 & half month with Negative Urine test for pregnancy – LMP:08/06/2021 Hair is rough, thin & easily breaks out in a spots – there is no improvement at present. Generalized weakness is improved then before, Her weight is 84.5kg now Palpitation during sleep is slightly better. Appetite is improving. Constipation is present on & off. Perspiration- diminished	07/12	PHOS 1M IP X STAT  COSMOS 4PILLS x TDS x 15 DAYS
13/09/2021	Mentally she is feeling relaxed & more better than before, Her sleep is slightly improving at present She had less episodes of the Dreams about Childrens & unsuccessful efforts. Menstruation occur on 31/08/2021 with heavy menstrual flow (approx. has to change 2-3 pad in a day) backache & lower abdominal pain during menses was present. Hair fall is 40% reduced but hairs are still rough, thin & easily breaks out in a spots Generalized weakness is improved then before, she is feeling more energetic then before Her weight is reduced 1.5kg, current weight – 83kg now Palpitation during sleep is 70% better. Appetite is improving. Constipation is present on & off. Perspiration- Normal <b>No fresh or new complaints</b>	06/12	COSMOS 4PILLS x TDS x 15 DAYS

28/09/2021	<p>Mentally she is feeling relaxed &amp; feels Positive towards life with hope, Her sleep is 50% improved at present – sometime sleeplessness may occur when someone asked her about children or pregnancy. She had less episodes of the Dreams about Childrens&amp; unsuccessful efforts. Menstruation – LMP: 31/08/2021 Hair fall is 50% reduced but hairs are still rough, thin &amp; easily breaks out in a spots Generalized weakness is improved then before, she is feeling more energetic then before She lost more 1kg weight, current weight – 82 kg now Palpitation during sleep is 80% better. Appetite is improving. Constipation is improving, had satisfactory stool but once in 2 days. Perspiration- Normal <b>No fresh or new complaints</b></p>	06/12	<p><b>COSMOS 4PILLS x TDS x 15 DAYS</b></p> <p>ADV: Urine test for Pregnancy</p>
16/10/2021	<p>No menstruation occur, Menses is delayed by 16 days with negative Urine test for pregnancy -LMP:31/08/2021 Mentally she is feeling relaxed &amp; feels Positive towards life with hope, Her sleep is 50% improved at present – sometime sleeplessness may occur when someone asked her about children or pregnancy. She had less episodes of the Dreams about Childrens&amp; unsuccessful efforts. Hair fall is 50% reduced but hairs are still rough, thin &amp; easily breaks out in a spots Generalised weakness is improved then before, she is feeling more energetic then before She lost more half kg weight, current weight – 81.5kg Palpitation during sleep is 90% better. Appetite is improving. Constipation is improving, had satisfactory stool but once in 2 days. Perspiration- Normal <b>No fresh or new complaints</b></p>	05/12	<p><b>PHOS 1M IP x STAT</b></p> <p><b>COSMOS 4PILLS x TDS x 1 MONTH</b></p> <p>F/U- SOS if required.</p>
15/11/2021	<p>Menstruation occur on 20/10/2021, she had heavy menstrual flow but less flow as compare to last menses (approx. has to change 1-2 pad in a day) had bleeding for 5-6days. There was slight backache &amp; lower abdominal pain during menses was present. Mentally she is feeling more relaxed &amp; feels Positive towards life, Her sleep is 70% improved &amp; refreshing at present – sometime sleeplessness may occur when someone asked her about children or pregnancy. She had less episodes of the Dreams about Childrens&amp; No dreams about unsuccessful efforts since last 1 month. Hair fall is 80% reduced &amp; hairs are improving in texture &amp; become more healthier. No Generalised weakness she is feeling more energetic then before. She lost more 2 kg weight in a month, current weight – 79.5kg now No Palpitation during sleep. Appetite is Good . Constipation is better, had satisfactory stool once in days. Perspiration- Normal <b>No fresh or new complaints</b></p>	04/12	<p><b>PHOS 1M IP x STAT</b></p> <p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>

17/12/2021	<p>Menstruation occur on time 21/11/2021, she had heavy menstrual flow but less flow as compare to last menses (approx. has to change 1-2 pad in a day) had bleeding for 4-5days. There was No backache &amp; lower abdominal pain during menses was present.</p> <p>Mentally she is feeling more relaxed &amp; feels Positive towards life,</p> <p>Her sleep is 90% improved &amp; refreshing at present – sometime sleeplessness may occur when someone asked her about children or pregnancy.</p> <p>She had only 1 episodes of the Dreams about Childrens&amp; No dreams about unsuccessful efforts since last 2 month.</p> <p>Hair fall is stopped, hairs are improving in texture &amp; become more healthier.</p> <p>No Generalsied weakness she is feeling more energetic then before.</p> <p>She lost more 2.5 kg weight in a month, current weight – 77kg now</p> <p>No Palpitation during sleep.</p> <p>Appetite is Good .</p> <p>Constipation is better, had satisfactory stool once in days.</p> <p>Perspiration- Normal</p> <p><b>No fresh or new complaints</b></p>	03/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>
17/01/2022	<p>Menstruation occur on time 21/12/2021, she had normal menstrual flow (approx. has to change 1 or 2 pad in a day) had bleeding for 4-5 days. There was No complaints during menses. Mentally she feels Positive towards life &amp; enjoying every little things,</p> <p>Her sleep improved &amp; refreshing at present. No Episodes of insomnia since last 20-25 days.</p> <p>She is having positive dreams sometime.</p> <p>Hair fall is stopped, hairs are improving in texture &amp; become more healthier.</p> <p>No Generalsied weakness she is feeling more energetic then before.</p> <p>She lost more 4kg weight in a month, current weight – 73kg now</p> <p>No Palpitation during sleep.</p> <p>Appetite is Good.</p> <p>Constipation is better, had satisfactory stool once in days.</p> <p>Perspiration- Normal</p> <p><b>No fresh or new complaints</b></p>	02/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p><b>ADV-</b> follow up after 1 month with Repeated Thyroid Profile.</p>
18/02/2022	<p>Menstruation occur on time 20/01/2022, she had normal menstrual flow (approx. has to change 1 or 2 pad in a day) had bleeding for 4-5 days. There was No complaints during menses. Mentally she feels Positive towards life &amp; enjoying every little things,</p> <p>Her sleep improved &amp; refreshing at present. No Episodes of insomnia since last 2months.</p> <p>She is having positive dreams sometime, mostly not remember.</p> <p>Hair fall is stopped, hairs are improving in texture &amp; become more healthier.</p> <p>No Generalsied weakness she is feeling more energetic then before.</p> <p>She lost more 5kg weight, current weight – 69kg now</p> <p>No Palpitation during sleep.</p> <p>Appetite is Good.</p> <p>Constipation is better, had satisfactory stool once in days.</p> <p>Perspiration- Normal</p> <p><b>No fresh or new complaints</b></p> <p><b>THYROID PROFIL DONE ON DATE: 15/02/2022</b></p>	01/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>

	<p><b>RESULT:</b> T3 = 1.29 ng/ml T4 = 7.45 ug/dL TSH= 5.09 uIU/ml</p>		
19/03/2022	<p>No irregular menses since last 5 months, Menstruation occur on time LMP: 21/02/2022, she had normal menstrual flow without any complaints (approx. has to change 1 or 2 pad in a day) had bleeding for 4-5 days. Mentally she feels hopeful &amp; Positive towards life, started taking interest in new activates &amp; enjoys every little things, Sleep- improved around 7-8hr &amp; refreshing. No Episodes of insomnia since last 3months. She is having positive dreams sometime, mostly not remember. Hair fall is stopped, hairs are improving in texture &amp; become more healthier. No Generalsied weakness she is feeling more energetic then before. She lost more 4kg weight, current weight – 65kg now No Palpitation during sleep. Appetite is Good. Constipation is better, had satisfactory stool once in days. Perspiration- Normal <b>No fresh or new complaints</b></p>	01/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>
20/04/2022	<p>No irregular menses since last 6 months, Menstruation occur on time LMP: 21/03/2022, she had normal menstrual flow without any complaints (approx. has to change 1 or 2 pad in a day) had bleeding for 4-5 days. Mentally she feels hopeful &amp; Positive towards life, started taking interest in new activates &amp; enjoys every little things, Sleep- improved around 7-8hr &amp; refreshing. No Episodes of insomnia since last 4months. She is having positive dreams sometime, mostly not remember. Hair fall is stopped, hairs are improving in texture &amp; become more healthier. No Generalsied weakness she is feeling more energetic then before. She lost more 3.5kg weight, current weight – 61.5kg No Palpitation during sleep. Appetite is Good . Constipation is better, had satisfactory stool once in days. Perspiration- Normal <b>No fresh or new complaints</b></p>	1/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>
20/05/2022	<p>No irregular menses since last 7 months, Menstruation occur on time LMP: 21/04/2022, she had normal menstrual flow without any complaints (approx. has to change 1 or 2 pad in a day) had bleeding for 4-5 days. Mentally she feels hopeful &amp; Positive towards life, started taking interest in new activates &amp; enjoys every little things, Sleep- improved around 7-8hr &amp; refreshing. No Episodes of insomnia since last 5months. She is having positive dreams sometime, mostly not remember. Hair fall is stopped, hairs are improving in texture &amp; become more healthier. No Generalsied weakness she is feeling more energetic then before. She lost more 2kg weight, current weight – 59.5kg now No Palpitation during sleep. Appetite is Good . Constipation is better, had satisfactory stool once in days. Perspiration- Normal <b>No fresh or new complaints</b></p>	0/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>

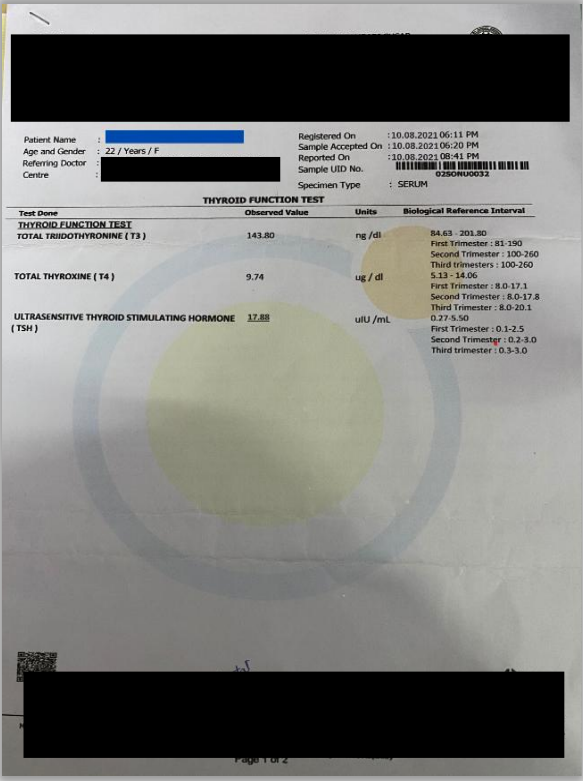
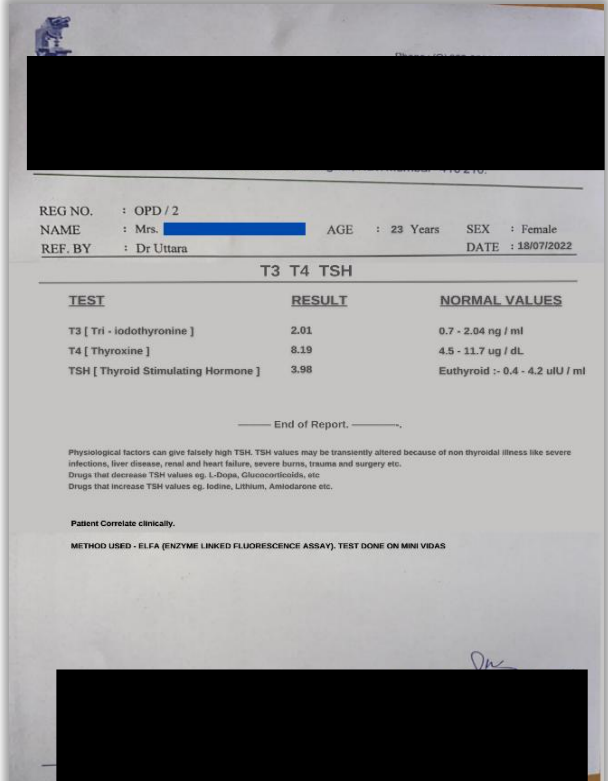
20/06/2022	<p>No irregular menses since last 8 months, Menstruation occur on time LMP: 20/05/2022, she had normal menstrual flow without any complaints (approx. has to change 1 or 2 pad in a day) had bleeding for 4-5 days.</p> <p>Mentally she feels hopeful &amp; Positive towards life, started taking interest in new activates &amp; enjoys every little things,</p> <p>Sleep- improved around 7-8hr &amp; refreshing. No Episodes of insomnia since last 5months.</p> <p>She is having positive dreams sometime, mostly not remember.</p> <p>Hair fall is stopped, hairs are improving in texture &amp; become more healthier.</p> <p>No Generalsied weakness she is feeling more energetic then before.</p> <p>She lost more 3kg weight, current weight – 56.5kg now</p> <p>No Palpitation during sleep.</p> <p>Appetite is Good .</p> <p>Constipation is better, had satisfactory stool once in days.</p> <p>Perspiration- Normal</p> <p><b>No fresh or new complaints</b></p>	0/12	<p><b>COSMOS 4PILLS x BD x 1 MONTH</b></p> <p>F/U- SOS if required.</p>
02/07/2022	<p>Menses delayed by 2 weeks without any complaints, LMP:20/05/2022,</p> <p>Urine test for Pregnancy is Negative.</p> <p>Mentally she feels hopeful &amp; Positive towards life,</p> <p>Sleep- improved around 7-8hr &amp; refreshing. No Episodes of insomnia since last 5months.</p> <p>She is having positive dreams sometime, mostly not remember.</p> <p>Hair fall is stopped, hairs are improving in texture &amp; become more healthier.</p> <p>No Generalsied weakness she is feeling more energetic then before.</p> <p>She lost more half kg weight, current weight – 56kg now</p> <p>No Palpitation during sleep.</p> <p>Appetite is Good .</p> <p>Constipation is better, had satisfactory stool once in days.</p> <p>Perspiration- Normal</p> <p><b>No fresh or new complaints</b></p>	0/12	<p><b>COSMOS 4PILLS x BD x 15DAYS</b></p> <p>F/U- SOS if required.</p> <p><b>ADV-</b></p> <ol style="list-style-type: none"> <li>1) Repeat Urine test after week</li> <li>2) B- HCG</li> <li>3) Thyroid profile</li> </ol>
19/07/2022	<p>No menses occur since last 1 &amp; half months, LMP:20/05/2022 With complaint of morning sickness, Nausea, Vomiting &amp; POSITIVE Urine test for Pregnancy.</p> <p><b>A- THYROID PROFIL DONE ON DATE: 18/07/2022</b></p> <p><b>RESULT:</b> T3 = 2.01 ng/ml</p> <p>T4 = 8.19 ug/dL</p> <p>THS= 3.98 ulU/ml</p> <p><b>B- HCG test Result:</b> 7,900 u/L</p> <p>She is feeling very happy &amp; positive ,</p> <p>Sleep- improved around 7-8hr &amp; refreshing .</p> <p>Hair fall is stopped, hairs are improving in texture &amp; become more healthier.</p> <p>No Generalsied weakness.</p> <p>current weight – 56kg now</p> <p>No Palpitation during sleep.</p> <p>Appetite is Good.</p> <p>Constipation is better, had satisfactory stool once in days.</p> <p>Perspiration- Normal</p> <p><b>No fresh complaints, she is vitally &amp; clinically stable.</b></p>	0/12	<p><b>COSMOS 4PILLS x BD x 15DAYS</b></p> <p><b>NO FURTHER MEDICATION REQUIRED</b></p>

OUTCOME ASSESMENT : (TSH,T3,T4 VALUES & ZULEWSKI SCORE) A): Table 6

A) ZULEWSKI'S CLINICAL SCORE ASSESMENT

SYMPTOMS & SIGN	SCORE	
<u>SYMPTOMS</u>	<u>BEFORE</u>	<u>AFTER</u>
1. Diminished Sweating	1	0
2. Hoarseness	0	0
3. Paraesthesia	1	0
4. Dry Skin	0	0
5. Constipation	1	0
6. Impairment Of Hearing	0	0
7. Weight Increase	1	0
<u>PHYSICAL SIGNS</u>		
1. Slow Movement	1	0
2. Delayed Ankle Relaxation Time	0	0
3. Coarse Skin	1	0
4. Per Orbital Puffiness	0	0
5. Cold Skin	1	0
<b>SUM OF ALL SYMPYOMS AND SIGNS PRESENT</b>	<b>07/12</b>	<b>0/12</b>

**B) THYROID PROFILE TEST:**

BEFORE	AFTER
<p><b>THYROID PROFILE DONE ON DATE: 10/08/2021</b>  <b>RESULT: T3 = 143.80 ng/ml</b>                      T4 = 9.74 ug/dL                      THS= 17.88 uIU/ml</p> 	<p><b>THYROID PROFILE DONE ON DATE: 18/07/2022</b>  <b>RESULT: T3 = 2.01 ng/ml</b>                      T4 = 8.19 ug/dL                      THS= 3.98 uIU/ml</p> 

**INFERENCE:** Improved**DISCUSSION OF CASE IN**

**BRIEF:-** A female patient of 29 years married housewife, came with chief complaint of Primary infertility with irregular menses from last 3 & half years.

She also having excessive hair fall in patches & generalised weakness, fatigue with sudden weight gain of 9kg within a month. She recently diagnosed with hypothyroidism with increased TSH level of 17.88ulU/mL & After assessment on Zulewski's Clinical Scale her score was 07/12 before treatment. This case was repertorised with the help of Homoeopathic Medical Repertory by Dr.Robin Murphy from RADAR software which gave group of similimum remedies. By considering patient's mind, characteristic physical generals, miasm and characteristic physical particulars and with final reference to materia medica Phosphorous 200 was prescribed. After a first prescription patient doesn't show desirable result so , potency was increased & Phosphoros 1M was prescribed in monthly repeated doses, with repeated doses of placebo whenever required & some healthy lifestyle changes likes balanced nutritious diet & daily exercise or meditation also advised. TSH was observed after every 6 months with monthly assessment of zulewski's clinical score. she markedly improved with positive UTP within a year of treatment with normal TSH level of 3.98 ulU/mL & Zulewski's clinical score of 0/12. Hence, rubrics from Murphy's repertory were useful in managing this case of hypothyroidism.

**CONCLUSION:-** Thus selection of rubrics from appropriate repertory, a case can be to restored. In above case with the Zulewski's scale and lab investigations it is explained that the Homoeopathy has a large

scope in cases of Primary Infertility with Hypothyroidism.

**ACKNOWLEDGEMENT :-** We are thankful to Dr. G.D. Pol Foundation, Y.M.T.H.M.C Kharghar Navi Mumbai for providing the exposure to all cases of Hypothyroidism as well as encouraging us to do research.

**SPONSORSHIPS (IF ANY)-** None

**CONFLICT OF INTEREST (IF ANY) –** None

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## ABBREVIATIONS

R.S – Respiratory System

C.V.S- Cardio Vascular System

C.N.S – Central Nervous System

P/A- Per Abdomen

B.P- Blood Pressure

P.R- Pulse Rate

R.R- Respiratory Rate