

Homeopathic Management of Hypothyroidism: A Case Series Study

Dr Maneesha Soni

MD (Hom), IC Principal Virar Homoeopathic Medical College.

Associate professor and HOD Department of physiology and biochemistry.

DOI: <https://doi.org/10.63001/tbs.2024.v19.i02.S2.pp130-131>

KEYWORDS

Hypothyroidism,
Homeopathy,
Thyroid dysfunction,
Holistic treatment,
Case series,
Quality of Life

Received on:

15-06-2024

Accepted on:

27-09-2024

Corresponding author

ABSTRACT

Hypothyroidism is a common endocrine disorder that affects metabolic processes in the body. Conventional treatment includes synthetic thyroxine supplements, but homeopathic remedies have been gaining attention for their individualized, holistic approach. This study presents a series of hypothyroid cases treated at KEMT Virar Homoeopathic College and OPD using homeopathic remedies. It evaluates their outcomes based on clinical improvement and thyroid function test results.

INTRODUCTION

Hypothyroidism is a chronic condition characterized by insufficient thyroid hormone production, leading to symptoms like fatigue, weight gain, hair loss, depression, and menstrual irregularities. The conventional approach mainly focuses on hormone replacement therapy, yet side effects and incomplete symptomatic relief prompt patients to explore complementary treatments such as homeopathy.

Homeopathy, grounded in individualization and holistic healing, considers not only the physical symptoms but also the mental and emotional state of the patient. This case series explores the effectiveness of homeopathic remedies in hypothyroid patients, tracking improvements in clinical symptoms and laboratory results such as thyroid-stimulating hormone (TSH) levels.

Methodology:

Five patients diagnosed with hypothyroidism were selected from the outpatient departments of Grace Cancer Care Centre and Bharati Vidyapeeth Homeopathic OPD. The study spanned several months to years, depending on the case, with follow-ups every 3-6 months. Patients were treated with homeopathic remedies based on their individualized symptom totality, taking into account physical, mental, and emotional characteristics.

Quality of Life (QOL) questionnaires were used to monitor patient outcomes along with regular assessment of thyroid function tests, including TSH levels.

Case Reports:

- Case 1: 52-year-old Female**
 - Initial Condition:** Hypothyroidism for 4 years, TSH = 16.62.
 - Key Symptoms for Prescription:**
 - Knee pain with cracking sound (better after movement)
 - Hoarseness of voice
 - Dyspnea aggravated by climbing stairs
 - Constipation, stool infrequent
 - Emotional symptoms: Skepticism and business-oriented mindset
 - Ailments from grief: death of loved ones
 - Treatment:** Sulphur 200 (3 doses), weekly repetition.
 - Outcome:** After 1.5 months, TSH reduced to 5. Knee pain improved by 50%, dyspnea and constipation significantly improved after 3 months. Thyronorm dose reduced from 50 mg to 25 mg.

2. **Case 2: 41-year-old Female**
- **Initial Condition:** Hypothyroidism for 10 years, on Thyronorm 75 mg.
 - **Key Symptoms for Prescription:**
Emotional sensitivity: Feels overwhelmed by responsibilities
Urinary incontinence
Sleeplessness from emotional strain
Delusions: Sees phantoms or has morbid imagination
Irregular menses
Tiredness and overall emotional sensitivity to morals
 - **Treatment:** Ignatia 30, later increased to Ignatia 200.
 - **Outcome:** Urinary incontinence and dry skin improved. After 6 months, Thyronorm was reduced to 50 mg. Menses became regular, and patient reported improved sleep.
3. **Case 3: 45-year-old Female**
- **Initial Condition:** Hypothyroidism for 10 years with anemia and hair fall. TSH elevated, Hb = 8.6 g/dL.
 - **Key Symptoms for Prescription:**
Vertigo aggravated by looking at moving objects
Hair fall with anemia
Throat infections recurring frequently
Emotional symptoms: Ailments from embarrassment
Reserved nature, avoids eye contact, feels awkward in social interactions
 - **Treatment:** Natrum Muriaticum 200, later increased to 1M.
 - **Outcome:** Hair fall and anemia improved significantly, with Hb increasing to 11.1 g/dL. Vertigo complaints subsided completely. Thyroid function stabilized, and treatment reduced frequency of homeopathic doses.
4. **Case 4: 48-year-old Female**
- **Initial Condition:** Hypothyroidism following second delivery (15 years).
 - **Key Symptoms for Prescription:**
Palpitations on hearing bad news or during emotional stress
Leg pain aggravated by exertion
Emotional sensitivity: Full of fear and anxiety, especially regarding children
Affectionate nature but easily stressed
History of ailments after childbirth
 - **Treatment:** Natrum Muriaticum 200, later Nat Mur 0/1.
 - **Outcome:** Significant improvement in palpitations and anxiety. Thyroid medication

(Thyronorm) reduced from 50 mg to 25 mg. Anemia also improved after 2 years of treatment.

5. **Case 5: 43-year-old Female**
- **Initial Condition:** Hypothyroidism with menstrual irregularities and frequent urinary infections.
 - **Key Symptoms for Prescription:**
Irregular menses with menstrual irregularities
Frequent urinary infections
Emotional dependence: Clingy nature, seeks attention and affection
Weight gain and anxiety, especially about dark or scary things
Aversion to fatty foods and desire for cool, open air
 - **Treatment:** Pulsatilla 200 (3 doses), with infrequent repetition.
 - **Outcome:** Thyroid levels normalized, menstrual irregularities resolved, and urinary infections reduced without the need for allopathic thyroid medication.

DISCUSSION

This case series highlights the potential of homeopathic remedies in managing hypothyroidism. The individualized approach yielded positive outcomes, with most patients showing improvement in both physical symptoms and biochemical markers such as TSH levels. Notably, in cases where patients were on Thyronorm, homeopathic treatment allowed for a reduction in medication dosage.

Homeopathy's focus on the patient's overall well-being, including mental and emotional aspects, might explain the broader symptom relief observed, beyond thyroid function alone. Remedies like *Sulphur*, *Ignatia*, *Natrum Muriaticum*, and *Pulsatilla* were chosen based on their repertorial totality, addressing both specific thyroid symptoms and emotional factors like grief, anxiety, or stress.

CONCLUSION

The study demonstrates that homeopathy can be a beneficial adjunct to conventional treatment for hypothyroidism. In several cases, patients experienced substantial improvement in their symptoms and reduction in thyroid hormone replacement doses. Further studies with larger sample sizes and controlled environments are needed to confirm these findings.

REFERENCES

- Hahnemann, S. (2005). *Organon of Medicine*. New Delhi: B. Jain Publishers.
- Kent, J.T. (2002). *Lectures on Homeopathic Materia Medica*. New Delhi: B. Jain Publishers.
- Patient data from the clinical case records of KEMT's Virar Homoeopathic medical college OPD.