

# An Evidence Based Case Study to Assess Efficacy of Homoeopathic System of Medicine in Thyroid Disorders

Dr. Mrugank N. Meghani

Lecturer, Department of Physiology & Biochemistry,  
Rajkot Homoeopathic Medical College, Parul University, Rajkot, Gujarat, India

## ABSTRACT

Any disturbance in Hypothalamo-pituitary-thyroid axis may lead to over stimulation of thyroid follicles, which results in hyperthyroidism. Any stimulus which can increase number/size of follicles in thyroid gland can also lead to hyperthyroidism. Over-activity of the thyroid is called hyperthyroidism, or thyrotoxicosis and it occurs when the thyroid produces too much thyroid hormones in response to increased TSH secretion. It is associated with weight loss, increased appetite, palpitations, hot flushes, anxiety and restlessness, muscle weakness, tremor and in women, often a reduction in menstrual flow. Sometimes the eyes may be affected and seem to bulge, hence the symptom of exophthalmos.

**KEYWORDS:** Homoeopathy, Hypothyroidism, Hyperthyroidism, Follicules, Lapis Album, Iodum

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## INTRODUCTION

Thyroid hormones are two types of hormones ( $T_3$  and  $T_4$ ) produced and released from thyroid gland, an endocrine gland situated in neck. Thyroid gland gets signal from the pituitary gland in the form of TSH (Thyroid stimulating hormone) to produce and release of thyroid hormone. Pituitary gland again gets permission from hypothalamus in the form of TSHRH (TSH releasing hormone) to release TSH. This is called Hypothalamo-pituitary-thyroid axis. This TSH gives signal to thyroid gland to release thyroid hormone. Thyroid gland consists of many follicles. Each follicle has number of follicular cells which secrete thyroid hormone when stimulated by TSH hormone.

## HOMOEOPATHIC REMEDIES FOR THYROTOXICOSIS:-

### IODUM

- Rapid metabolism: Loss of flesh great appetite. Hungry with much thirst. Better after eating.
- Homeopathic medicine for hyperthyroidism has

great debility, the slightest effort induces perspiration.

- Iodine individual is exceedingly thin, dark complexioned, with enlarged lymphatic glands, has voracious appetite but gets thin.
- Anxiety when quiet. Sudden impulse to run and do violence. Forgetful. Must be busy.
- Present anxiety and depression, no reference to the future.

### THYROIDINUM

- Thyroid produces anaemia, emaciation, muscular weakness, sweating, headache, nervous tremor of face and limbs, tingling sensations, paralysis.
- Heart rate increased, exophthalmos and dilation of pupils.
- Weakness causes decided craving for large amount of sweets.
- There is feeling of lightness in brain. Persistent frontal headache.

### **CALCAREA-IOD**

- It is in the treatment of scrofulous affections, especially enlarged glands, tonsils, etc, that this remedy has gained marked beneficial results.
- Thyroid enlargements about time of puberty.
- Headache while riding against cold wind. Lightheadedness.

### **LAPIS ALBUM**

- Homeopathic medicine for hyperthyroidism has affections of glands.
- Fat anaemic babies with Iodine appetite. Ravenous appetite.
- Glands have a certain elasticity and pliability about them rather than the stony hardness of Calc fluor and Cistus.

### **FUCUS VESICULOSUS**

- Digestion is hastened and flatulence diminished. Obstinate constipation.
- Forehead feels as if compressed by an iron ring.
- Thyroid enlargement in obese subjects.

### **CASE PRESENTATION:-**

Mr A came to my clinic presenting with excessive debility and extreme feeling hotness. When he was sitting in the waiting area, I noticed that he was constantly using his handkerchief to swipe out of his perspiration indicating profuse perspiration. He then complained that he feels very hungry and also eats well but his weight is not increasing even after eating a lot. As these were general indications of hyperthyroidism, I asked furthermore for his any specific complaints. Then he said he sometimes gets vertigo and headache. This was the keypoint which would lead me towards my remedy. Further on asking questions related sensations and modalities, he explained, the headache is very painful and throbbing in nature feels as if a band is tied on forehead and if I sit in a room itself than it gets worsen, it gets better if move to open cold air or even simply starting my AC and the headache relieves gradually.

On observation, his appearance was tubercular type, with emaciated thin body and wheatish to dark appearance. He was perspiring a lot and was anxious but not uttering a word about it just kept on thinking about the complain while waiting.

### **Past History**

There was nothing specific found in past history.

### **Family History**

Father:- Suffering From Diabetes Mellitus

Mother:- History Of Hyperthyroidism Was Noted

### **Physical Generals**

- Thirst:- 2-3 litres per day
- Appetite:- increased, feels hungry even after eating.
- Stool:- constipated, with no urge to go to pass stool
- Urine:- 3/1 – d/n
- Perspiration:- profuse perspiration
- Sleep:- sound
- Dreams:-not specific

### **Mental Generals**

- Patient Was Expressive Of Anxiety On His Face But Was Quiet.
- Forgetful

### **General Examination and Observations**

On observation, no swellings on neck was observed and his appearance was tubercular type, with emaciated thin body and wheatish to dark appearance. He was perspiring a lot and was anxious but not uttering a word about it just kept on thinking about the complain while waiting.

So from the above narration, following is the understanding about the case:-

1. Excessive perspiration
2. Eating well while loosing flesh
3. Excessive feeling of heat
4. Great debility and weakness
5. Ravaneous appetite
6. Throbbing Headache and vertigo <-hot room >- cold surroundings and cold air
7. Anxiety but quiet
8. Lean thin debilitated person with dark complexion

All these suggested me that it is the case of **HYPERTHYROIDISM** and indicated to the one explicit homoeopathic remedy **IODUM**.

But before the prescription the patient was directed to do the laboratory reports for the confirmation of the diagnosis.

**SHREE pathology laboratory**

Patient's Name: P  
Date: 11/01/2018  
Age/Sex: /Male  
Report time: 13:42

**THYROID FUNCTION TEST**

Test	Result	UNIT	Normal Range
T.S.H.	2.91	microUnit	0.4 - 4.5

*\*The Normal test done on fully automated random access immunoassay-TDSND by JAPAN.*

**THYROID FUNCTION INDICATORS BY AGE**

AGE	T3(ng/ml)	T4(ug/dl)	FT4(ng/ml)	TSH(μIU/L)
1-4 DAYS	0.97-7.42	11.03-21.5	2.17-5.29	1-39
1-4 WEEKS	1.04-3.45	8.23-17.1	0.93-2.33	1.7-6.1
1-12 MONTHS	1.04-2.47	6.90-16.2	0.77-1.79	0.8-6.2
1-5 YRS	1.04-2.66	7.20-14.3	0.77-2.09	0.7-5.7
6-10 YRS	0.81-4.37	6.37-13.2	1.01-2.09	0.7-5.7
11-20 YRS	0.84-2.14	6.51-11.7	0.77-2.02	0.7-5.7
21-65 YRS	0.71-2.01	4.27-12.4	0.93-2.49	0.4-4.5

Dr. Sanjay Patel  
181 Ballal complex, vidyanagar main road, near vidyanagar hospital  
MUMBAI - 400 031, tel. no: 020 2463096, 020 2290272  
e-mail: drsanjaypatel73@gmail.com

Before Rx

**SHREE pathology laboratory**

Patient's Name: P  
Date: 24/04/2019  
Age/Sex: /Male  
Report time: 10:43

**THYROID FUNCTION TEST**

Test	Result	UNIT	Normal Range
T.S.H.	1.61	microUnit	0.4 - 4.5

*\*The Normal test done on fully automated random access immunoassay-TDSND by JAPAN.*

**THYROID FUNCTION INDICATORS BY AGE**

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1-12 MONTHS	1.04-2.47	6.90-16.2	0.77-1.79	0.8-6.2
1-5 YRS	1.04-2.66	7.20-14.3	0.77-2.09	0.7-5.7
6-10 YRS	0.81-4.37	6.37-13.2	1.01-2.09	0.7-5.7
11-20 YRS	0.84-2.14	6.51-11.7	0.77-2.02	0.7-5.7
21-65 YRS	0.71-2.01	4.27-12.4	0.93-2.49	0.4-4.5

Dr. Sanjay Patel  
181 Ballal complex, vidyanagar main road, near vidyanagar hospital  
MUMBAI - 400 031, tel. no: 020 2463096, 020 2290272  
e-mail: drsanjaypatel73@gmail.com

After Rx

**PRESCRIPTION:-**

Rx  
IODUM 200—1 DOSE  
S.L. 4 PILLS TDS FOR 15 DAYS

**FOLLOW UP:-**

NO.	CHANGES IN COMPLAINTS	PRESCRIPTION
1 <sup>st</sup>	There was slight relief. There was decrease in feeling of heat. But complain of headache and appetite was still persistent.	IODUM 200, 4 PILLS, O.D. EVERY ALTERNATE DAY
2 <sup>ND</sup>	15 – 20% Relief in all complaints, headache also relieved but frequent attacks appeared, appetite still the same, perspiration slightly decreased	INTERCURRENT:- THYROIDINUM 1M, IODUM 200, 4 PILLS, O.D. EVERY ALTERNATE DAY
3 <sup>RD</sup>	Headache relieved, perspiration was normalized, sensation of heat was decreased. But no weight gain even after good appetite	IODUM 200, 4 PILLS, O.D. EVERY TWO DAYS
4 <sup>TH</sup>	Feeling of heat was reduced but still sometimes gets flushes of heat. Headache was observed by patient. Mental conditions of anxiety was also seen	IODUM 200, 4 PILLS, O.D. EVERY ALTERNATE DAY
5 <sup>TH</sup>	Relief was seen in all the conditions. Headache still present. Weight gain by 2kg. feeling of heat persistent. Slight relief in mental conditions .	IODUM 200—1 DOSE EVERY WEEK. S.L. 4 PILLS TDS FOR 30 DAYS
6 <sup>TH</sup>	Patient gained weight by 2.4 kg relief in conditions of feeling of heat as well as headache. Mental conditions relieved. Perspiration was normalized.	IODUM 200—1 DOSE S.L. 4 PILLS TDS FOR 30 DAYS
7 <sup>TH</sup>	All the complaints of patient were relieved with mental conditions also normalized appetite was also normalized instead of ravaneous appetite. Weight gain by 1.8 kg . Perspiration normal. No complaint of headache	S.L. 4 PILLS TDS FOR 45 DAYS

## CONCLUSION:-

The aim of homeopathic treatment is to stimulate the body's homeostatic or inner self-balancing mechanisms. In order to do this the individual ideally needs to be given the simillimum, the right remedy for them at that moment in time. Theoretically, that means that the right remedy could be one out of several thousand. In practice, however, we find that there is a manageable number of remedies that have a propensity to help the thyroid and the ones mentioned have all been found of value in my practice. Interestingly, the same remedies can sometimes be indicated in situations of both over-activity and under-activity. It is the individual that should be treated, rather than the condition.

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