



Case Report

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## ***Efficacy of Homoeopathic Medicines in LM Potency for Treating Hypothyroidism***

**Manoj Kumar Behera<sup>1\*</sup>**

<sup>1</sup>Medical & Allied Health Sciences & HOD Surgery, Madhav Homoeopathic Medical College & Hospital (A Constituent Unit of Madhav University), Rajasthan, India.

\*Email: [dean.homoeopathy@madhavuniversity.edu.in](mailto:dean.homoeopathy@madhavuniversity.edu.in)

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### **ABSTRACT**

Hypothyroidism is a clinical Syndrome resulting from a deficiency of thyroid hormones, which leads to generalized slowing down of metabolic processes. In infants and children results in marked slowing of growth & development with mental retardation. Whereas in adults leading to slowed heart rate, diminished oxygen consumption & deposition of glycosaminoglycans in intracellular spaces particularly in skin & muscles, female is more prone to suffer from this disorder. The risk is multiplied with increasing age and family history of thyroid disorder. The conventional system deals with prolonged use of Levothyroxine with subsequent increase or decrease of its doses depending on its condition. In homoeopathy we treat them with forming the Totality of Symptoms and by individualistic approach. I report a case of newly Married lady of 24 years old presented with hairfall, mood swings, fatigue and Menstrual irregularities. Natrum Muraticum in 50 millesimal(LM)potency was prescribed on the basis of totality and individualization.

**Key words:** Homoeopathy, LM Potency, Endocrine disorder, Hypothyroidism

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### **INTRODUCTION**

Hypothyroidism is a clinical condition due to lack of production of thyroid hormones for prolonged period [1]. The clinical presentations depend on age of its onset and severity. Cretinism in infancy and childhood & myxoedema in adulthood [2]. It can be primary hypothyroidism due to the intrinsic disorder of thyroid gland. When a middle-aged woman presents with vague symptoms like fatigue, weight gain, or depression, a high index of suspicion should be maintained for diagnosis because secondary hypothyroidism, which results from failure of TSH production due to diseases of the anterior pituitary or hypothalamus, is typically not clinically obvious [3, 4]. In instances of cretinism a decrease in T3 and T4 levels and an increase in TSH levels are among the laboratory results. Although instances with suprathyroid lesions have low TSH levels, myxoedema is diagnosed by low blood T3 and T4 levels with noticeably high TSH [5]. In India, it is the most prevalent thyroid condition, affecting one out of ten persons.

#### *Case report*

A newly married lady of 24 years old visited my clinic with complaints of severe hair fall for last 9 months, with mood swings, fatigue and irregular menstruation also experienced from that particular period.

She was already a diagnosed case of hypothyroidism and was under Thyronorm 50mg and her doctor advised her 75mg on 14.06. 2022. then the couple decide to try homoeopathy after some recommendations.

She suffered with pneumonia at the age of 3. Her mother suffered from hypothyroidism. Grand father and mother (paternal) suffered from hypertension, Urine 7-8 times during day at least 1-2 times in night with burning

Menarche at the age of 16. Irregular menstruation with 35-37 days' cycle. Clots, Headache on sun exposure, dry skin with itching, Sweating more on scalp and face, generally not comfortable in warmth.

#### *Physical generals*

She was whitish complexioned, Average built

Preferred Spicy food<sup>++++</sup> and pizza<sup>+</sup> or even fried food<sup>+</sup>

Frequent Urination with burning

Menarche at the age of 16. Menstruation irregular with 35-37 days' cycle, clots, Headache on sun exposure. dry skin with itching, Sweating more on scalp and face, generally not comfortable in warmth [5].

#### *Mentals*

The Lady looked calm and composed, easily offended, cannot bear slightest opposition, feels being noticed by others, fear of crowd, easily crying on grief, sad music, Fear of robbers.

#### *On examination*

##### *General physical examination*

The patient was of lean thin, with 5.2" height and 46 kg weight.

Body mass index (BMI) was 20.9.

Blood pressure was 110/80 mmHg

Pulse- 89/min

Respiration 16/min.

Pallor-Absent,

Cyanosis-Absent

Clubbing-Absent

##### *Systemic examination*

On Inspection-swelling absent, on palpation-the thyroid gland was mobile, firm and non-tender.

Diagnostic Assessment Thyroid profile investigation dated 14.06.2022 2014 TSH level to be 8.8910 mIU/ML, with T3: 0.69 ng/ML and T4: 7.92 µg%.

#### *On basis of case taking and totality of symptoms*

- Fear general phobia noise from
- Fear of thunderstorm
- Consolation aggravates
- Hair fall
- Easily Offended
- Irregular and delayed menses
- Hot patient
- Feels better in cold air
- Profuse perspiration
- Dry skin
- Desires spicy food
- General aggravation from heat

## **MATERIALS AND METHODS**

### *Case processing*

#### *Analysis of symptoms*

• Fear of noise • Fear of Thunderstorm • Consolation Aggravates • Hair fall • Desire for spicy food. • Easily offended • Delayed and irregular Menses • Hot Patient • Feels better in open Air • Profuse Perspiration • Dry skin • general aggravation from heat and sun exposure.

#### *Evaluation of symptoms*

Mentals- fear of noise, Thunderstrom, consolation Aggravates, offended Easily, Physical Generals- Haifalls, Desire for spicy food, general aggravation from heat, better in cold air.

Particulars

Dryskin, profuse perspiration,

Totality of symtoms

- Fear general phobia noise from
- Fear of thunderstorm
- Consolation aggravates
- Hair fall
- Easily Offended
- Irregular and delayed menses
- Hot patient
- Feels better in cold air
- Profuse perspiration
- Dry skin
- Desires spicy food
- General aggravation from heat

Repertorisation After analysis and evaluation of the case, the following rubrics were taken for Repertorisation (Figure 1).

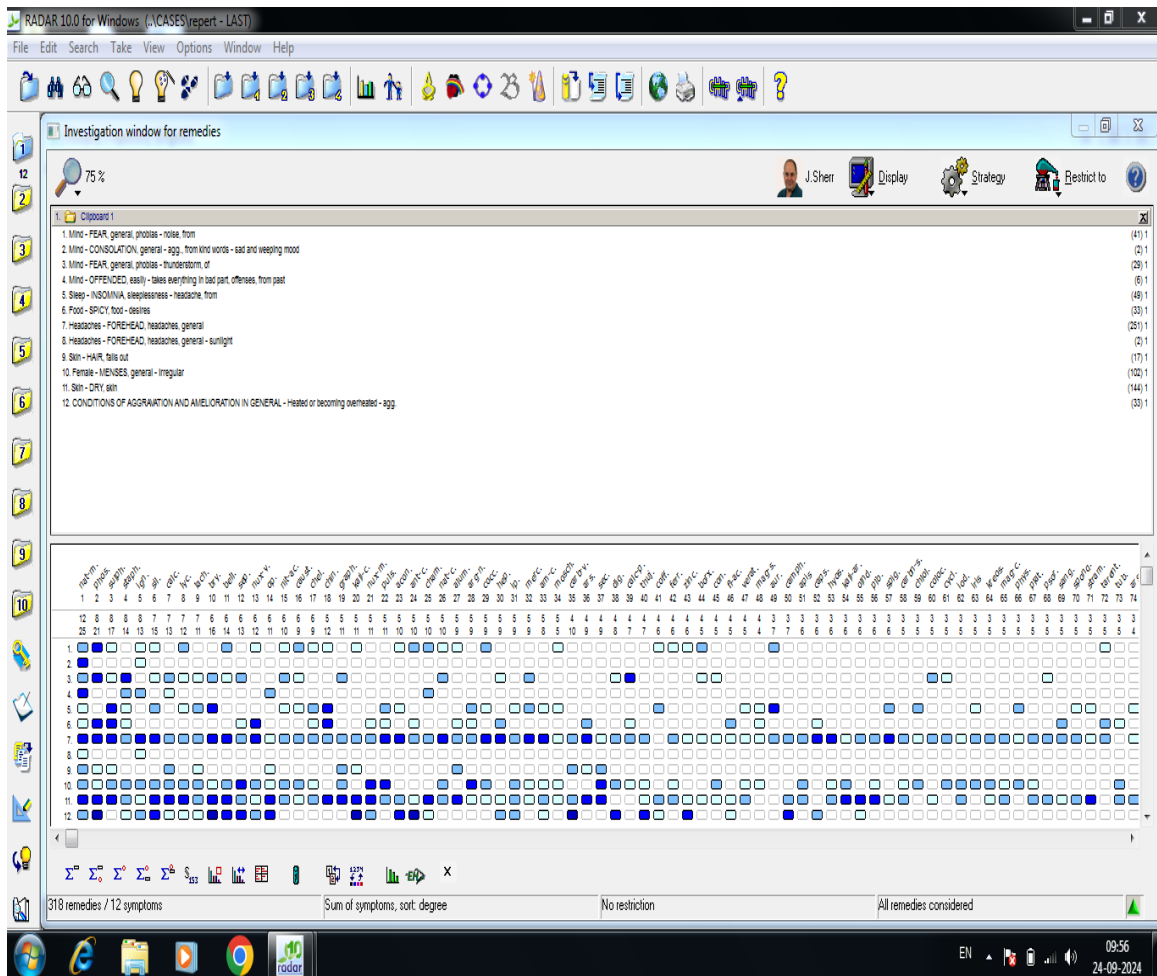


Figure 1. Repertorisation Table

The Most Important and Major Polycryst Remedy from Mineral Kingdom Natrum Muraticum was chosen. For 15 days, the patient was instructed to take Natrum Muraticum 0/1 twice daily. To attain the results, the patient was followed-up every two weeks (**Table 1**). Discussion in this case, the patient presented with complaints of menstrual irregularities and hair fall which are common symptoms of hypothyroidism [6]. However, weakness during menses, hypothyroidism usually presents with intolerance to cold, loss of appetite and weight gain; whereas in this case, there was amelioration from cold air, and no weight gain (BMI: 20.9), which were peculiar. Medicine prescribed on the basis of peculiar and characteristic symptoms led to not only relief in signs and symptoms but also restoration of TSH levels.

**Table 1.** Follow-up and outcomes

Date of Follow-up	Symptoms and justification of prescription	Medicine with doses, Repetition
14 JUNE 2022	As reported on <b>14.06.2022</b> <b>TSH: 8.8910 uIU/mL</b> hair falls out, headache from lack of sleep, irregular and delayed menses	<b>Natrum Muraticum 0/1</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days
30 JUNE 2022	Sleep improved Hair fall reduced LMP was on <b>22.06.2022</b> Relief in weakness during menses.	<b>Natrum Muraticum 0/2</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days
16 JULY 2022	Hair fall: improved, Sleep-much better General Complains improved Burning better during Urination	<b>Natrum Muraticum 0/3</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days
2 AUGUST 2022	LMP was on <b>25.07.2022</b> Menses became regular. GC: Better Weakness during menses was much better. Hair fall: Better Mentally Sense of well being reported	<b>Natrum Muraticum 0/4</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days
17 AUGUST 2022	Hair loss greatly decreased All symptoms were better.	<b>Natrum Muraticum 0/5</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days
31 AUGUST 2022	LMP was on <b>24.08.2022</b> Hair loss stopped almost 90% as per Patient's version, Remarkable Improvement in sleep pattern. General complaints improved Hair loss stopped almost 90% as per patient reported	<b>Natrum Muraticum 0/6</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days
22 SEPTEMBER 2022	<b>TSH is 3.6841 mIU/mL</b> as reported on <b>22 September 2022</b> Menses became regular. GC: Better Weakness during menses was much better. Hair fall: Better Mentally Sense of well being reported	<b>Natrum Muraticum 0/7</b> Give Ten uniform downward strokes 1 spoonful medicine to be taken and mixed with 1 cup of water To be mixed well and 1 spoonful mixed medicine to be taken in empty stomach BD/15 days



Figure 2. Investigation Reports: As on- 14.06.2022

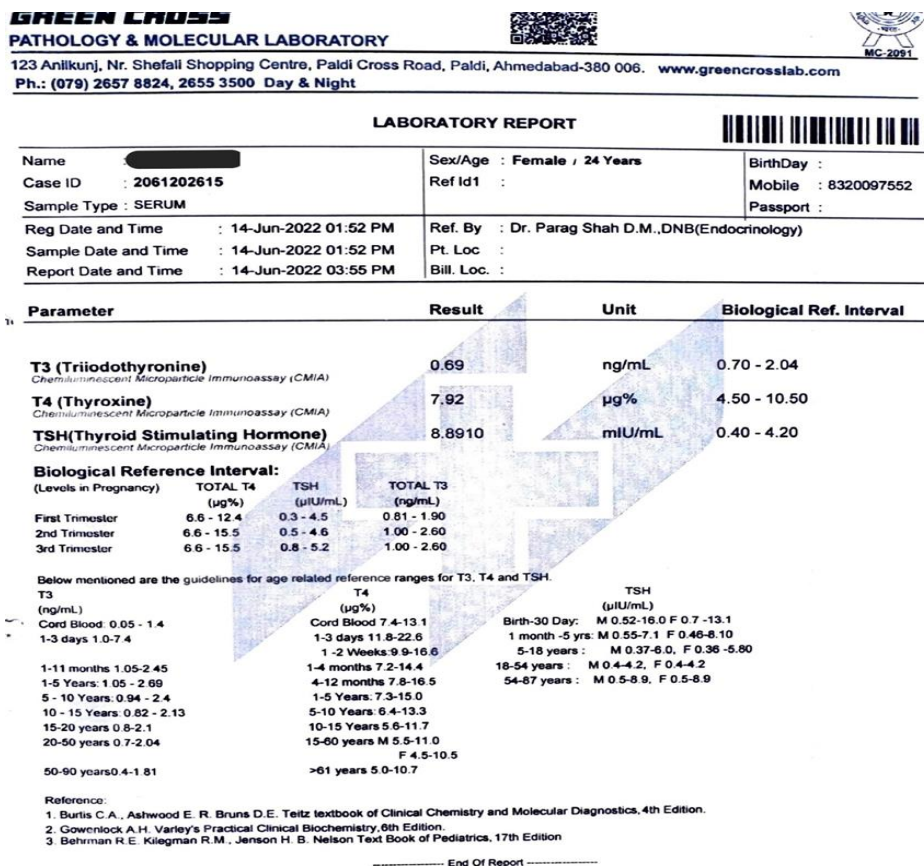


Figure 3. Thyroid Profile As on 14.06.2022



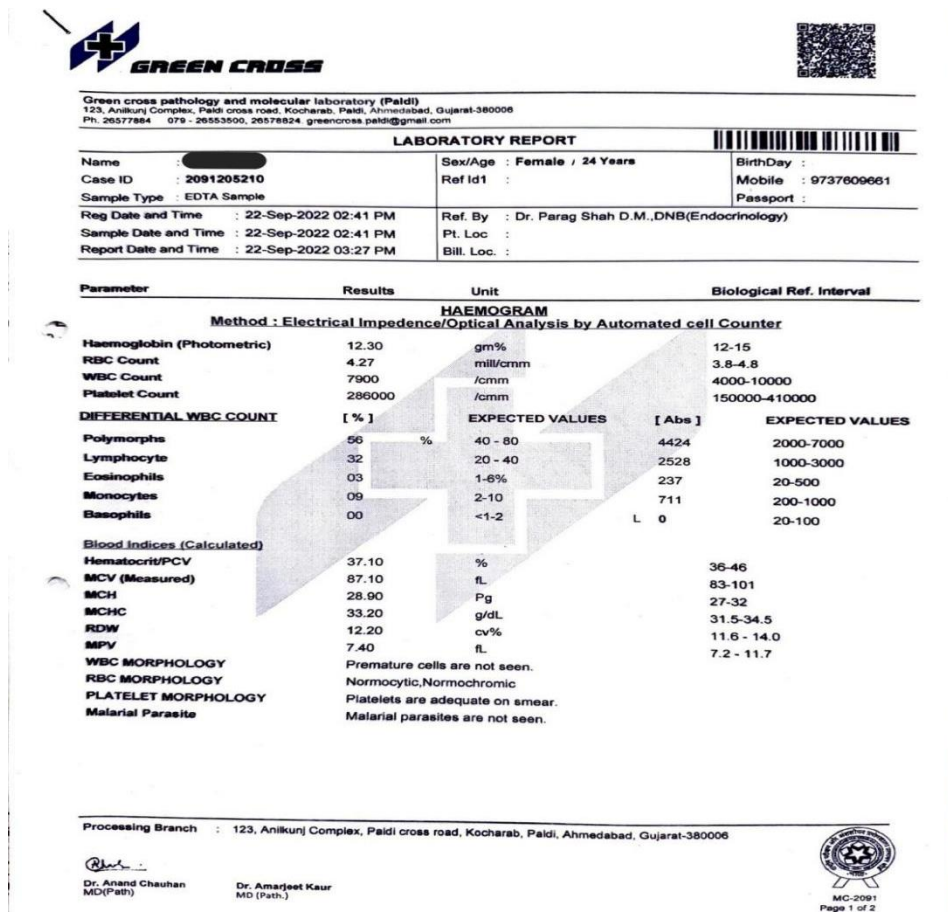


Figure 4. Investigation Report as on 22.09.2022



Figure 5. Thyroid profile As on 22.09.2022

## RESULTS AND DISCUSSION

In Homoeopathy we treat the patient (individual) not the disease by merely its name and diagnosis. Our approach to every individual case is to improve the vitality and immunity of the patient with our medicines so that the patient can get back to normalcy without any adverse and unwanted complications. Whereas same may not be said for the conventional system of medicine. This case presented with elevated level of TSH and the patient was already under medication for the same for almost a year. On her first visit (14.07.2022) the lady presented with elevated TSH level which was 8.8910mIU/mL (**Figure 3**). Natrum Muraticum 0/1 was the first prescription on basis of Totality of Symptoms and reportorial Report and subsequent consultation with Materia Medica and on her subsequent visits the potency was increased and her TSH Level came down to 3.684 mIU/MI (**Figure 5**) which is within normal limits with disappearance of symptoms of fear, Hair fall, menstrual irregularities. A normal range of TSH level in a short time span of 4 months with non-recurrence of complaints is documentary evidence in favour of homoeopathy. Various research studies have shown efficacy of homeopathy in successful treatment of sub-clinical Hypothyroidism [7].

## CONCLUSION

This case definitely confirms the Efficacy of homoeopathy for managing such endocrine conditions. as it is clearly evident that particularly with this patient even after taking Thyronorm for almost a year she was not experiencing any relief from her complaints. Rather her condition was becoming worse, which prompted her doctor to advice an increased dose of medicine. whereas on proper and detailed history taking based on Dr Hahnemann's homoeopathic Principles we could provide her relief from not only physical Symptoms but also her mental Anxiety, Her Also fear improved.

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**CONFLICT OF INTEREST:** None

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**ETHICS STATEMENT:** Informed consent for publication of this report was taken from patient.

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