# Effect of Homoeopathic Medicines in Management of Hypothyroidism

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**Abstract**

**Background:** Hypothyroidism is an endocrinal disorder conventionally treated by long-continued hormone replacement therapy. The signs and symptoms pertaining to different systems of the body are seen in Hypothyroidism. Besides some adverse effects, the treatment cost of the therapy implies the patients to seek alternative therapy. The patient presents with complaints of weight gain, puffy hands, depression, tiredness, hair fall, constipation10, and also an increase in the level of TSH. Objective: Primary objective: To study the severity of symptoms in the cases of hypothyroidism.Secondary objective: To study the reduction in levels of thyroid hormones. Methods and materials: Selection of criteria: 1) Inclusion criteria: all age groups, both sexes, a patient already taken allopathic treatment, Patient only on homoeopathic treatment, thyroid disorders associated with other systemic diseases. 2) Exclusion criteria: hypothyroidism in pregnancy, other disorders of thyroids (hyperthyroidism, Hashimoto's disease, Graves's disease). Cases were collected in MHMC OPD, Peripheral OPDs.Result: Homoeopathic medicines were found to reduce the severity of symptoms and also a reduction in TSH in patients with higher TSH values. Conclusion: Homeopathic Medicines are effective in reducing the level of Thyroid hormones -TSH and in the Severity of symptoms. Thus causing an improvement of Hypothyroidism.

**Keywords:** Hypothyroidism, Homoeopathy, hormonal therapy, Severity of symptoms, Thyroid profile.

**Introduction**:

Hypothyroidism is a condition in which there is insufficient synthesis and release of thyroid gland. Thyroid hormone regulates the metabolism of whole body; iodine deficiency remains the most common cause of hypothyroidism worldwide. In areas of iodine sufficiency, autoimmune diseases (hashimoto's thyroiditis) and iatrogenic causes are most common. The prevalence of primary hypothyroidism is 1:100 but increases to 5:100 if patients with subclinical hypothyroidism are included. The female, male ratio is approximately 6:1.The prevalence of hypothyroidism in India is 11%, compared with only 2% in the United Kingdom (UK) and 4·6% in the United States of America (USA). Compared with coastal cities (e.g., Mumbai, Goa, and Chennai) and cities located inland (e.g., Kolkata, Delhi, Ahmadabad, Bangalore, and Hyderabad) have a higher prevalence (11.7% vs. 9.5%). The highest prevalence of hypothyroidism (13.1%) is noted in people aged between 46 and 54 years, with people aged between 18 and 35 years being less affected (7.5%) [9](July 2020)

When the deficiency of thyroid hormone is due to inadequate production of thyroid hormone by the thyroid gland, it is known as primary hypothyroidism. When the deficiency is due to inadequate stimulation of thyroid gland by the pituitary it is known as secondary hypothyroidism. Thyroid gland is regulated by the pituitary gland. Thyroid hormone exists in two major form thyroxin (T4) and tri iodothyronine (T3). When the level of T3 and T4 fall, pituitary increase the production of TSH and the

TSH in turn stimulates thyroid gland to produce more t3 and t4 and this occurs vice versa. The most common serum assessment is evaluation of TSH. Additional blood tests used to confirm the diagnosis or determine the cause of hypothyroidism are the free t3, free t4 level and thyroid auto antibody test. If the test results and physical examination are abnormal, USG can be done to check for nodules or inflammation.[4]Definition:Hypothyroidism is the condition resulting from a lack of effects of thyroid hormones on body tissues. Primary hypothyroidism is due to disease of thyroid itself. It accounts for approximately 99% of cases, with <1% being due to TSH deficiency known as central or secondary hypothyroidism.[5]

**Types of hypothyroidism-**

There are two types of hypothyroidism***:***

***1)*** Primary hypothyroidism- due to cause within the thyroid itself. ***2)*** Secondary hypothyroidism- due to failure of TSH production following pituitary or hypothalamic disease.[6]***Common causes of hypothyroidism are-*** Spontaneous atrophic hypothyroidism, Iodine deficiency, I therapy, Thyroidectomy, Hashimoto's disease, Dyshormonogenesis, Drugs (pas, lithium, amiodaron, interferon), Radiation[6]. **Clinical features**-Boggy, non-pitting oedema of hands and feet and supraclavicular fossae Skin is pale and cool, and reduction in sweat and sebaceous secretion causes dryness and coarseness, Decrease cardiac output, narrowing of pulse pressure and increased systemic vascular resistance causing hypertension.[5,] Modest weight gain despite reduced appetite and constipation, slowed physical and mental function, lethargy, depression, deafness, carpel tunnel syndrome, Reproductive- menorrhagia, infertility, impotence, Haematological- macrocytosis, anaemia.[6]Allopathic management-Treatment of precipitating cause.[6] **,** Levothyroxine is the drug of choice and most patients require a daily dose of 75-150 mg.The recommended starting dose in the elderly is 25mg/day, which is then increased by 12.5-25 mg at monthly intervals. In pregnancy, thyroxin requirement increases by 25-50%.Hydrocortisone sodium succinct 100mg intravenously 8 hourly.[6]Correction of hypernatremia and hypoglycaemia.[5]Supportive therapy includes gentle warming of the patient with blankets, intravenous fluids, broad spectrum antibiotics, high – flow oxygen, and rarely assisted ventilation.[6]Homoeopathic management: Homoeopathy is based on law of smilia smilibus curentur.Homoeopathy is a unique system of medicine based on individualization and symptom similarity of the patient. It treats every sickness of a man as a whole and individualised entity. [8]During the homeopathy consultation, the homeopath considers more than just the symptoms of the disease. He also considers the disposition and constitution of the patient. This means that the homeopath approaches treatment by weighing the physical, mental and emotional states of the patient as well as the symptoms of the disease. [7]Homoeopathic Medicines due to their infinitesimal light isotopic forms are capable of penetrating the Hypothalamus-Pituitary Axis. The need of the hour is to carry out scientific, evidence based studies and case documentation to prove the potential role of homeopathy in reversing the functional & immune disturbances ofthyroid gland.[8]Some of the commonly indicated remedies in homoeopathy are:Iodum, Bromium, Thyroidinum, Fucus vesiculosus,Calcarea carb, Lapis alb, Lycopodium, Spongia

**Materials and Methods**:

Type of study: case series. Location of study: MHMC OPD, camps, Consulting OPDs Duration of study: 06 months, Selection of criteria: 1) Inclusion criteria: all age group, both sexes, patient already taken allopathic treatment, Patient only on homoeopathic treatment, thyroid disorders associated with other systemic disease. 2) Exclusion criteria: hypothyroidism in pregnancy, other disorders of thyroids (hyperthyroidism, Hashimoto's disease, Graves's disease).**Tools of operation:** Thyroid profile reports, Assessment tool: Thyroid related symptoms chart, CRF

**Research Methodology For Data Collection**

Sample size: 42 cases**.** Sample technique: incidental sampling

Methods of data collection: data will be collected in the standard case taking format relevant to the title of study

Statistical Analysis:

1) **Average Thyroid profile**

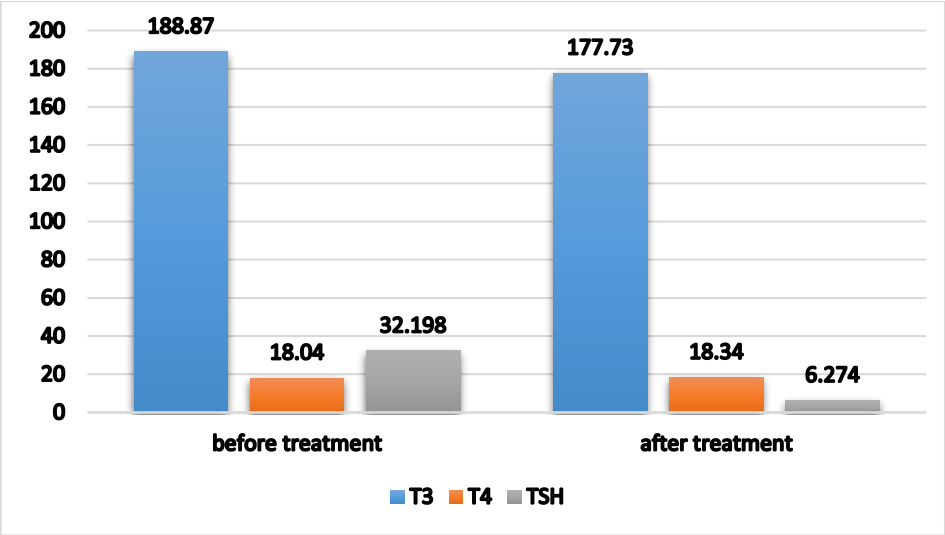


Fig. 3: A bar Graph representing the mean of thyroid profile before and after study.

**2) Symptoms: before treatment:**

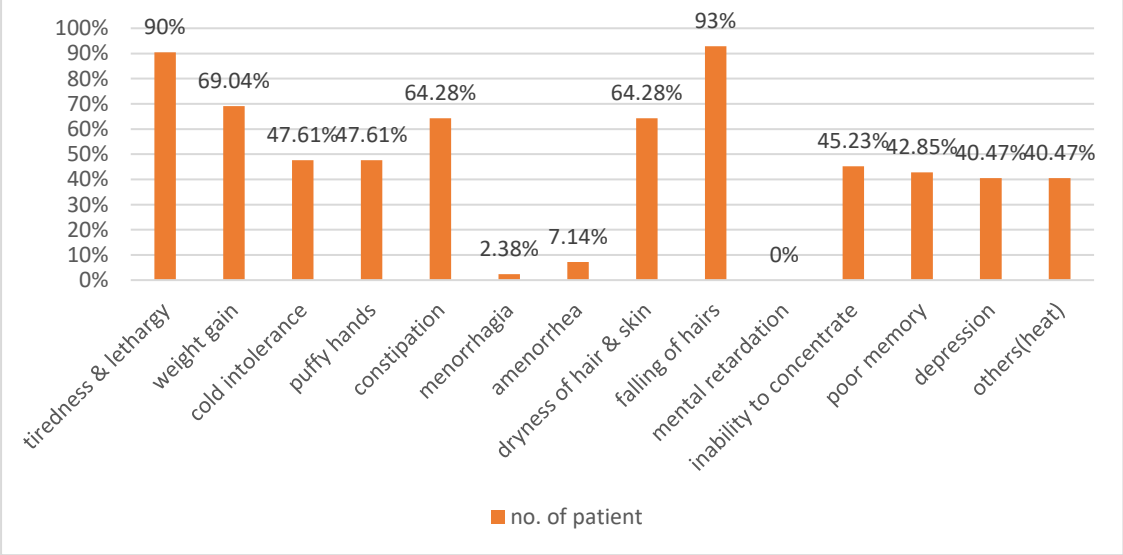

Fig.6: A Line graph representing the common symptoms found in patients before treatment.

**3) Symptoms :After treatment**

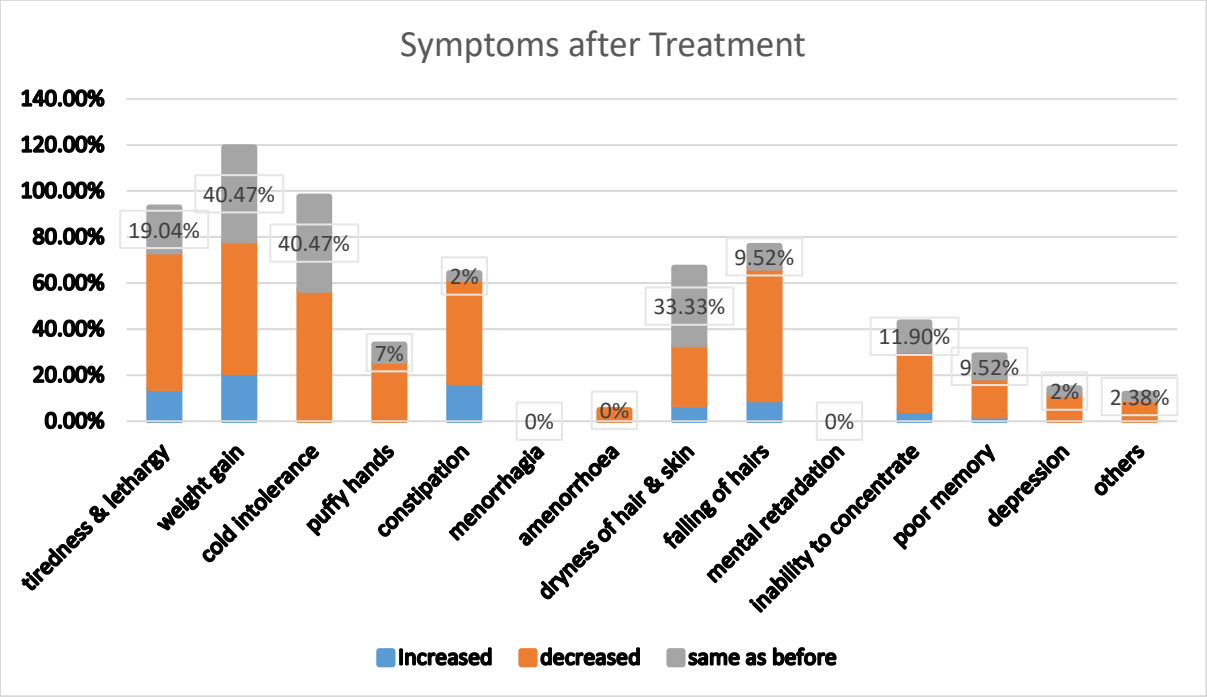


Fig. 7 A Line graph representing the change of symptoms after treatmen

**Result:**

Thyroid profile was done at start of the study according to which the mean level of T3 was 188.87, T4: 18.04 and TSH: 32.198.After 06 follow ups the thyroid profile was repeated of which mean value T3 was 177.73, T4 was 18.34 and TSH was 15.6. In this study the assessment tool was Thyroid related symptoms, according to which the symptoms; Tiredness and Lethargy was found in 90.47% patient , Weight gain in 69.04%, Cold Intolerance in 47.61%, Puffy Hands 47.61%, Constipation in 64.28 %, Menorrhagia in 2.38%, Amenorrhea in 7.14 %. Dryness of skin in 64.28%, falling of hair in 92.85%, mental Retardation in 0%, Poor memory in 42.85%, inability to concentrate in 45.23%, Depression in 40.47 % and others 40.47% were found in patients. After 06 months it was seen that tiredness and lethargy was decreased in 59.52%, increased in 14.28%, same as before in 19.04%. Weight gain was decreased in 57.14%, increased in 21.42%, same as before in 40.47%. Cold Intolerance decreased in 57.14%, increased in 0%, same as before in 40.47%. Puffy hands was decreased in 26.19%, increased in 0%, same as before in 7.14%. Constipation was decreased in 45.23%, increased in 16.66%, same as before in 2.38%. Menorrhagia and Amenorrhoea was not present. Dryness of skin was decreased in 26.19%, increased in 7.14%, same as before in 33.33%. Falling of hair was decreased in 57.14%, increased in 9.52%, same as before in 9.52%. Mental retardation was seen in nun. Inability to concentrate was decreased in 26.19%, increased in 4.76%, same as before in 11.90%. Poor memory was decreased in 16.66%, increased in 2.38%, same as before in 9.52%. Depression was decreased in 11.90%, increased in 0%, same as before in as 2.38%. Other diseases was decreased in 9.52 %, increased in 0%, same as before in 2.38%.

**Discussion:**

Hypothyroidism, an endocrinal disorder that causes metabolic changes in human body. Most common causes are weight gain, letharigia disturbance of mind. People with hypothyroidism experience various consequences of their symptoms which further affects the day to day activities. This is an observational study where homoeopathic medicines were found effective in controlling in symptoms and levels of hypothyroidism independent of hormonal replacement therapy as well as in add on to hormonal therapy.A total 42 patients completed the study; According to this study commonly affected patients were females than males; 02 male and 40 females.In this study 35% patients despite of TSH level within normal range, symptoms related to hypothyroidism still persist. Homeopathic medicines reduced the symptoms and maintained range of TSH.

**Conclusion**:

Hence we conclude Homoeopathic medicines are effective in regulation of thyroid levels and also in reducing the symptoms associated with hypothyroidism, but since sample size is insufficient, for more conclusive result, a further study with larger sample size is warranted.

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