Abstract
Thyroid dysfunction particularly, subclinical hypothyroidism (SCH) is quite a common clinical condition in the paediatric population of which only limited data is available regarding its prevalence in children and adolescents in our population. In new borns and children, thyroid hormones are essential for sustaining growth, metabolism, and mental development. This article reports a case of a 13-year-old male child, who presented with swelling in the neck for 5 years associated with weight gain, weakness in studies, and slowness in activity treated effectively with homoeopathic medicines without any conventional treatment. The TSH report confirmed the diagnosis of subclinical hypothyroidism. After detailed case-taking, Calcarea carbonicum 200 °C was prescribed based on the totality of symptoms. TSH reports during the follow-up visit showed marked regression and symptomatic improvement. This case report provides documentary evidence about homoeopathic medicines' efficacy in stimulating normalized thyroid gland hormonal production.

Keywords: Adolescents, Calcarea carbonicum, complete repertory, constitutional remedy, lifelong therapy, subclinical hypothyroidism

Introduction
Hypothyroidism is a common endocrine disorder resulting from a deficiency of thyroid hormones, which is readily diagnosed and managed but potentially fatal in severe cases if untreated [1]. Thyroid disorders are still prevalent in many parts of India despite the successful implementation of the National Iodine Deficiency Diseases Control Program (NIDDCP) [2] with a prevalence rate of 10% in iodine-sufficient areas. For an individual with “overt” hypothyroidism, levothyroxine therapy is an uncontroversial therapeutic intervention that lasts for a lifetime [3]. SCH is characterized by elevated TSH levels generally above 4.5 mIU/L with normal free thyroxine concentrations. The prevalence of SCH is more likely to be 65 years and above [4]. Hashimoto’s thyroiditis commonly causes SCH. SCH may affect health in various areas, such as cognitive impairment manifested as difficulties in memory, concentration, and mental clarity; nonspecific symptoms such as fatigue, weakness, and altered mood; emotional well-being, including feelings of anxiety or depression and social and functional aspects affecting social interactions, work performance, and overall functional capacity [5]. Comorbidities-influenced symptoms are tiredness, shortness of breath, and wheezing [6]. Risks associated with SCH include metabolic, reproductive, cardio-vascular, maternal-fetal, neuromuscular, and cognitive abnormalities [7]. Conventional treatment preferred for hypothyroidism is quoted to be levothyroxine or combined therapy with levothyroxine and lithium. Patients with subclinical hypothyroidism on levothyroxine are likely to be more prone to overtreatment and associated adverse effects than those with overt hypothyroidism [8, 9]. Homoeopathy, on the other hand, cuts down the lifetime use of levothyroxine and the need for surgical intervention.

In India, 11% of people have hypothyroidism, compared to 2% in the UK and 46% in the USA [10]. Inland cities such as Kolkata, Delhi, Ahmedabad, Bangalore, and Hyderabad have a greater prevalence (117% vs 95%) than coastal cities (such as Mumbai, Goa, and Chennai) [11]. A study conducted in the northern Andhra Pradesh population showed the prevalence of subclinical hypothyroidism as 6.2% in both children and adolescents. Early childhood correction of thyroid dysfunction, particularly SCH, is crucial to prevent impairment of psychomotor and cognitive development [12].

A case of subclinical hypothyroidism managed effectively with homoeopathic remedy

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The main aim of this study is to cut down the lifetime usage of levothyroxine and reduce the need for surgical intervention, to prove the effectiveness of Homoeopathy in managing subclinical hypothyroidism.

Materials and Methodology

Case Summary: A 13-year-old female child presented with the complaint of swelling over the neck for 5 years, weight gain, weakness in studies, and slowness in activity. Under allopathic treatment for thyroid complaint for 2 years.

Generals: Her appetite was increased, she desired sweets and eggs. Other generals were normal. Thermal relation - chilly patient. Forgetful, slow in activities. Perception is weak. Weeps easily; interested in drawing. Grief from her mother’s death.

Clinical findings: On examination, her neck circumference measured 30 cm.

<table>
<thead>
<tr>
<th>Date</th>
<th>Symptoms</th>
<th>Lab report</th>
<th>Medicine prescribed</th>
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T₄ - 3.18 µg/Dl  
TSH - > 100.00 µIU/Ml | Calcarea carbonicum 200/2 Dose (Once in a week) B. Pills 3 * TDS |
| 22.10.2022 | Memory slightly improved. Anxiety persists occasionally. Dryness of lips slightly better. Hair fall and dandruff persists. Generals - Good | T₃ - 122.30 ng/Dl  
T₄ - 4.24 µg/Dl  
TSH - 35.570 µIU/Ml | Calcarea carbonicum 200/1 Dose (STAT) B. Pills 3 * TDS |
T₄ - 8.52 µg/Dl  
TSH - 6.220 µIU/Ml | Calcarea carbonicum 200/2 Dose (Once in a week) B. Pills 3 * TDS |
| 27.04.2023 | All complaints are better. Generals - good. Neck circumference - 29 cm | T₃ - 70.83 ng/Dl  
T₄ - 6.38 µg/Dl  
TSH - 3.36 µIU/Ml | Calcarea carbonicum 200/2 Dose (Once in a week) B. Pills 3 * TDS |

Result and Observation

Vitals are all normal and a steady decrease in thyroid levels was observed, with the administration of Calcarea carbonicum 200 as a weekly dose. No complications or recurrence was seen during treatment.

Limitation of the study: Further large-scale studies with a control group are required to confirm the effectiveness of Homoeopathy in such cases.
Discussion
A single placebo-controlled study conducted in 2015, confirmed that screening and treatment by L-thyroxine improve the quality of life in only 1% of individuals. A marked increase is seen in the prescription of levothyroxine, especially for subclinical hypothyroidism. It yet produces no improvement in symptoms about vitality, weight, muscle strength, cognitive function, or quality of life. [7, 9] Adverse pregnancy outcomes are increased in SCH patients with lacking in evidence of beneficial treatment. [7] Adverse effects are found to be midway between euthyroidism and overt hypothyroidism. [3] Unlike the aforementioned studies, Homoeopathic intervention is known to improve the patients’ quality of life, reduce weight, and improve cognitive and social functions. Levothyroxine is not advised in patients with TSH below 7 mIU/L and treatment plans should be based on age, co-morbidities and life expectancy. Treatment with levothyroxine in patients with cardiovascular risk factors is beneficial in younger individuals and needs caution in treating the elderly. [7]
These studies depict the adverse effects of levothyroxine on hypothyroid patients and thereby stress the need for homoeopathic intervention in thyroid disorders especially subclinical hypothyroid. Higher levels of TSH are associated with cardiovascular disease and mortality [14] and lacks clear evidence of levothyroxine being beneficial in such cases. [15] Studies show an association of higher mental burdens like tiredness, mood liability and restlessness whereas shortness of breath was linked to increased Body mass index and smoking. Correlation between dyslipidemia, hypertension and migraine is also observed in patients with SCH. [16] This brings in the need for focusing on comorbidities instead of expecting symptomatic relief through levothyroxine substitution in SCH, which further stresses the consideration of overall health in hypothyroid patients. [6] The study from the Korea National Health and Nutrition Examination Surveys concluded the association of SCH with abdominal obesity and possibly elevated BP in adolescents. [17] A significant reduction in peripheral bone mass density has been found in children and adolescents receiving suppressive doses of L-T4 treatment for endemic goiter, Hashimoto’s thyroiditis, or thyroid cancer. [18] Protective effects on elderly mortality with SCH are not benefited by Thyroid hormone therapy. [19] This case provides evidence for the prevention of mortality by improving the quality of life. The case report of managing SCH with Thyroidinum 200 stands in favour of Homoeopathic treatment with possibly no adverse events thereby highlighting the potential efficacy of the prescribed drug. [20] In accordance, this case report sets evidence for the efficacy of Homoeopathy in managing SCH. The patient had sought homoeopathic treatment to avoid the lifetime usage of allopathic medicine which is achieved by gradual tapering of the dosage. Her thyroid levels came to normal range within 8 months and improvement in other generals was observed during the treatment.

Conclusion
Thus, homoeopathic management with the constitutional remedy for subclinical hypothyroidism could effectively help in providing both symptomatic relief and normalizing thyroid levels thereby serving as documentary evidence for further studies.

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appreciation to the management of Sarada Krishna Homoeopathic Medical College and Hospital (www.skhmc.org) in Kulasekharam for their invaluable support throughout the entire study. Their unwavering commitment to promoting research and academic excellence has been instrumental in the successful completion of this manuscript. I would also like to extend my heartfelt thanks to the faculty members and staff of Sarada Krishna Homoeopathic Medical College for their guidance, expertise, and assistance throughout the study. Their valuable insights and contributions have greatly enriched the quality of our research. Lastly, I would like to express my deepest appreciation to all the individuals who were directly or indirectly involved in this project. Your dedication, support, and collaboration have been vital to the successful completion of this manuscript.

Conflict of Interest
Not available

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