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## Endocrine disorder and their homoeopathic management

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### Abstract

Endocrine disorder acts as a vital issue in the modern era. Endocrine system plays an important role in human being for maintaining physiological as well as vital events, which makes a smooth relationship between body and mind. The disorder of such glands makes imbalance in both physically as well as mentally. In the modern era to run sophisticated life must stay healthy and makes your gland healthy. Homoeopathy is the system by which you stay healthy and makes your generation healthy. Homoeopathy acts as a scientific way and makes a person healthy. Homoeopathic medicines play an important role in immune modulation at the cellular level. Homoeopathic medicines due to their infinitesimal light isotopic forms are capable to penetrating the Hypothalamo-pituitary axis.

**Keywords:** Endocrine disorder, homoeopathy, individualization, miasm, therapeutics, diet & regimen

### Introduction

Endocrine words derives from Greek word, “Endon” means “Inside” and “crine” means “to separate”, Endocrinology means to study of endocrine gland of human body, hormones produce by them and their disorder.

The viewpoint of the modern physiologist reflects the theory that the vast majority of human ills are traceable to dysfunctions of the glandular system; that most growth problems and many mal-adjustments of the child to its environment, and even of the adult to his relationships and problems, are related in some degree to endocrine imbalance <sup>[1]</sup>. The human being is the unit of Mind, body, spirit and these are correlated with each other, so if one member is imbalance then whole is affected to a greater or less degree. One of the key links between the mind and body is the relationship between the Nervous system and the Endocrine system. In the Nervous system disease on a psychological level will be reflected in the physical body and vice versa. The nervous system is a very complex communication system that can send and receive large amounts of information simultaneously, but it is quite vulnerable to diseases and injuries. The brain does not appear to know the difference between real or imaginary fears and tend to respond automatically through the hypothalamic feedback loop which is built into the endocrine system. The fear and anxiety, wheather real or imaginary, has an impact, not only on the nervous system but will also affect Endocrine system through hypothalamo-pituitary axis. The Endocrine system is one of the main system of body's for communicating, controlling & coordinating the body's work.<sup>2</sup> Homoeopathy play an important role in endocrine disorder for curative as well as preventive purpose with the help of highly dynamised Homoeopathic medicine.

### Epidemiology

Some endocrine disorder is common, particularly those of the thyroid gland, reproductive system and beta cell of the pancreas. For example, Thyroid dysfunction occurs more than 10% of the population in areas with iodine deficiency, e.g- the Himalayas, and 4% women aged 20-50 years in the UK.

According to projection from various studies on thyroid disease, it has been estimated that 42 million people in India suffer from thyroid disease. 12% of adults suffers from Goitre <sup>[3]</sup>. The prevalence of Diabetes in India has remained 11.8% in people aged above 50 years, but in 70-79 years age group at 13.2% In 2014 around 422 million cases in diabetes & 90% are type-2 diabetes. Recent studies have reported that globally, more than 1.9 billion adults are overweight and 650 million are obese. Approx. 2.8 million death are reported as a result of obesity <sup>[4]</sup> PCOS is a common endocrine disorder with prevalence ranging from 2.2% to

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26%, report have studied adult women age 18-45 years is more prevalence. These are the common endocrine disorder which is much prevalence in worldwide.

### Endocrinal disorder classification

Endocrinology concerns the synthesis, secretion, and action of hormones. If the pathology arising within the gland than called primary and if abnormal stimulation of the gland is occurs than called secondary. Classification is done in following ways <sup>[5]</sup>

**1. Hormone Excess:** a) Primary gland over-production  
b) Secondary to excess trophic substance.

### 2. Hormone Deficiency

a) Primary gland failure.  
b) Secondary to deficient trophic hormone.

### 3. Hormone Hypersensitivity

a) Failure of inactivation of hormone.  
b) Target organ over-activity/hypersensitivity.

### 4. Hormone Resistance

a) Failure of activation of hormone.  
b) Target organ resistance.

### 5. Non-Functioning Tumours <sup>[5]</sup>.

Most Common Endocrine disorder are- Hypo/Hyperthyroidism, Hypo/Hyperparathyroidism, Obesity, Diabetes, Osteoporosis, which is much prevalence now a days.

### Homoeopathy in Endocrine Disorder

**To be a good clinical endocrinologist, one must first be a good internist**, and the time is not far distant when, in order to be a good internist, one must be a good endocrinologist. It is necessary to have-

- A thorough knowledge of the anatomical structure and arrangement of the autonomic nervous system.
- Comprehension of the function of the endocrine glands.
- A knowledge that the maintenance balance between sympathetic and parasympathetic divisions.
- The recognition that the intricate vital life processes of the body over which we have no control, such as- regulation of normal growth & development, digestion. Absorption etc <sup>[1]</sup>.

### Concept of Homoeopathy

In any endocrine disorder which is coming to a Homoeopathic physician first our duty to know whether the case is curable or incurable, if the case is curable and there is no irreversible pathological changes is there then there must have some curative indication, which helps to select similimum. Every case has unique character, we must follow the Homoeopathic principle and note down the peculiar symptoms of the patients both in mental or physical aspects.

With the help of individualistic symptoms we choose the correct medicine which acts in constitutional level and makes the patient healthy in all sphere. Endocrine disorder are due to glandular dysfunctions or are influenced by glandular preparations, in these conditions constitutional medicine is much helpful. According to Dr. Hahnemann dysfunction is due to miasm, so in such cases we must

follow the miasmatic background, family history, milestone, past history of an individual which helps to select similimum. Maintaining cause is also play a vital role of these cases we must recognise it properly.

### Aetiological concept as per Homoeopathy

Endocrine disorder is due to either excess or diminished secretion, resistance or hypersensitivity of gland as per modern science. But according to Homoeopathy-

- The main cause is Miasm- Psora/ Syphilis/ Sycosis.
- Constitutional defects.
- Hereditary tendency.
- Suppression of diseases.
- Maintaining cause.
- Psychological disturbances.

### Homoeopathic approach towards Endocrine disorder patients

Any endocrine disorder is seen from the following angles-

- Present complaints- Location/ Sensation/ Modality/ Concomittant.
- History of the patients- Past/ Personal/ Family History.
- Causation- Exciting/ Fundamental/ Maintaining cause.
- Physical examination.
- Clinical examination.
- Investigation.
- Treatments & Management.

### Management of Endocrine disorder: Homoeopathy

- Homoeopathic medicine helps to curative as well as preventive purpose in endocrine disorder.
- Incase of strong family history or hereditary tendency of any endocrine disorder Homoeopathic constitutional or miasmatic medicine helps to root out the disease.
- Causation play a important role for the treatment of such cases, if endocrine disorder due to emotional or mental disturbances and there are no obstacles than go through classical method i.e totality of symptoms
- If the endocrine disorder due to long history of suppression and there will be obstacle, at that time go with organ remedy along with nutritional guidelines and the use of herbal tincture as supports.
- Homoeopathic medicine makes a person healthy in all aspects, if the person is mentally healthy then physical symptoms is also decrease day by day.
- Homoeopathic medicine effects psychosomatic level.
- Homoeopathic Medicine acts during Intra uterian life and helps to prevent hereditary dyscrasia & deformity, as for example- Sulphur which acts as a constitutional medicine & helps to born a healthy child when it to the pregnant Mother (Sec-285 FN) <sup>[6]</sup>

### Diet & Regimen in Special cases of chronic illness, related to Endocrine Disorder

- Those whose sexual powers are low (incase of Infertility) should limit themselves in eating young chicken & eggs.
- Ladies with scanty menses (incase of PCOS, Amenorrhoea) must avoid cinnamon, cloves, amomum, pepper, ginger, bitter substances <sup>[7]</sup>.
- Ideal and natural, harmless food in chronic disease- Good wheat-bread or rye-bread with cow's milk and fresh butter, little salt.
- Avoided- Unhealthy localities, Marshy district, housed

- in cellers which causes obstacle to recovery. (Sec-77) <sup>[6]</sup>
- In case of Goitre must avoid Goitrogens substances like-cabbage, cauliflower and take Iodine food like- sea fish, sea salt, cod liver oil, milk etc. According to WHO Iodine requirements in adult 150 mcg & during pregnancy 250 mcg/day, which will prevent Goitre, cretinism, Neonatal hypothyroidism <sup>[8]</sup>.

### Importance of Investigation of Endocrinal disorder in Homoeopathic management

Investigations play an important role for the treatment of endocrine disorder, it is important to know the investigation due to following reasons-

- To identify which glands is affected and determine whether there is excess or inadequate hormone secretion from the gland or an ectopic source.
- To determine the precise cause of the abnormality.
- To know whether the case is curable or incurable.
- To know the plan of treatments.
- To know the prognosis of the case.
- To maintain proper diet and regimen.

### Therapeutics of Endocrinal Disorder

According to H.A Roberts in his book he mentioned a specific chapter on endocrine disorder and its therapeutics, i discuss about these

Table 1. xxxx

Endocrine Disorder	Homoeopathic Medicine
1. Peptic ulcer due to pancreatic cause.	Lycopodium, Phosphorus, Kali's.
2. Glycosuria	Phosphorus, Phosphoric Acid.
3. Diabetes	Kali aceticum.
4. Exophthalmic Goitre	Kali arsenicum.
5. Goitre with atrophy of testes & mammae	Kali iod.
6. Glandular troubles following vaccination and in Hodgkin's disease.	Kali mur (Swellings following blows, cuts & bruises and white mucous surface)
7. Suppurative tendency to glandular symptoms Indurated tendency to glandular symptoms	Silicea Calcarea <sup>1</sup>

### The most common endocrine diseases and disorders with their Therapeutics Indication

#### A. Diseases of Thyroid Glands

##### 1. Infantile Hypothyroidism (Cretinism)

It is a condition resulting from varying degrees of thyroid deficiency in foetal or early neo-natal life and characterized by retarded development particularly marked in the skeletal and central nervous system.

- Aethusa* – Idiocy with furor and irritability.
- Anacardium* – Absent-mindedness, very easily offended, brain-fag and impaired memory.
- Baryta Carb* – Child is bashful and has aversion to strangers.
- Bufo* – propensity to bite, howling, impatient, nervous and imbecile child who is feeble minded.
- Thyroidinum* – stupor alternately with restlessness, melancholy with irritability which is worse on the least opposition. The child gets into a rage over trifles. Craving for large amount of sweets.

##### 2. Simple Non-Toxic Goitre

Any non-malignant enlargement of the thyroid gland, unassociated with the hyper-secretion of thyroid hormones constitutes a simple non-toxic goiter.

- Thyroidinum* – when simple goiter is soft.
- Iodine* – In dark complexioned subjects with dark eyes, who have emaciated look.
- Calcarea Carb* – In pale subjects of soft fibre with cold moist feet.
- Fluoric acid* – If all the above remedies fail.
- Spongia* – In old hard goiters.

##### 3. Non-Suppurative Acute or Viral Thyroiditis

An acute non-suppurative inflammation of the thyroid gland usually and relatively of sudden onset and associated with constitutional disturbances and sometimes transient hyperthyroidism in the initial stages.

*Adrenaline 3x* – suggested for Graves' disease.

- Belladonna* – In cervical glandular inflammation, it is suitable when the attack is acute and very painful.
- Iodine* – The remedy is applicable to swellings of gland about the neck that are large, hard, painless and sluggish. It is especially useful in goiter when there is obstruction in breathing.
- Bromine* – Goiter hard with inelastic swelling.
- Calcarea Flour* – Glandular enlargement where the hardness is pronounced.
- Fucus V.* – A remedy for non-toxic and exophthalmic goiter in obese subjects.
- Iodothyrene* – This remedy affects metabolism and reduces weight.
- Lapis Albus* – Goiter, diarrhoea with anemic symptoms and increased appetite, elastic swollen glands.
- Lycopus Verginicus* – of use in exophthalmic goiter, when there is protrusion of eyes and tumultuous action of heart.

#### B. Diseases of Parathyroid Gland

##### 1. Hyper-Parathyroidism

It is a condition in which there is an increased secretion of parathormone, causing a disturbance in calcium balance, decalcification of bones and muscular wasting and weakness.

- For tumour – *Calc flour. Carbo-animalis, Conium, Hydratis and Arsenicum.*
- For Marasmus – *Calc phos. Calc Iodide., Calc carb. Nat. Mur, Sulphur, Hepar sulph.*
- For Renal Calculi and colic – *Berberis v., Lycopodium, Sarsaparilla, Calc.carb, Belladonna.*

##### 2. Hypo-Parathyroidism (Tetany)

It is a condition produced as a result of diminished parathyroid activity with characteristic symptom of muscular spasm associated with hyper excitability of certain parts of nervous system due to diminished blood calcium.

- Aconite* and *Thyroidinum* are two principal remedies.

## C. Diseases of Supra-Renal Gland

### 1. Addison's Disease

- Arsenicum – It is most effective remedy to arrest the progress of the disease on the following indications, nervous depression, gastric irritation, general debility, feeble heart action. Tendency to vomit. Burning and discoloration of skin.
- Antimonium Crudum, Nitric acid, Secale and Spigelia have the indication of bronzed skin.
- Argentum nitricum – is a remedy when the symptoms are: loss of appetite, muscular wasting and diarrhoea.

### 2. Cushing's Syndrome

It is a condition of virility in females or of feminism in males, characterized by obesity, lower sexual function, and loss of bony strength, hyperglycemia, glycosuria and hypertension.

- *Calc Ars.*
- *Ammonium bromide*
- *Thyroidinum*
- *Iodothyrene*
- *Adrenaline* <sup>[2]</sup>

### According to Dr. Kent's Repertory few important Endocrine disorder with their Therapeutics (Only 1<sup>st</sup> Medicine)

1. Goitre- Calc., Spong.
2. Goitre, Exophthalmic- Iod.
3. Goitre, Painful- Iod.
4. Dwarfism- Bar-c., Calc-p., Sulph.
5. Addison's Disease- Calc., Iod., Nat-m., Phos., Sil.
6. Diabetes mellitus (Urine, Sugar)- Bov., Helon., Lyc., Ph-ac., Phos., Plb., Tarent., Ter., Uran.
7. Diabetes Insipidus (Urine, Specific gravity increased)- Arn., Colch.
8. Ovarian cyst (Genitalia-Female, Tumors, ovaries)- Apis., Lach., Lyc.
9. Obesity- Calc., Caps., Ferr., Graph <sup>[9]</sup>.

### Reference from the Literature (Few Case example)

The Homoeopathic literature is loaded with vast examples of endocrine disorders & their cure.

1. Journal of Homoeopathic clinics, vol-3, sep N'1, case-458, 1869-70, A 19 years old female with large swelling of the thyroid gland was treated with Bromine several times a day following by cal.carb and was relieved in 3 weeks.
2. Master F.J., 1995: A case of a lady aged 51 years with migraine of 15 years standing, hypothyroidism since 10 years and leucoderma since 5 years & a diagnosed as a case of hypothyroidism was given staphysagria.
3. International Hahnemannian Association 1902: A case of thyrotoxicosis was treated by Homoeopathically chosen remedies: China, Lach., Sul.
4. Clinical Illustrations Homoeopathician (A Journal of Pure Homoeopathy) 1914: Presented 3 cases of thyroid enlargement with thyroid dysfunction and were cured by Iodum & Baryta carb <sup>[10]</sup>.

### Studies on Homoeopathy & Endocrine disorder

There are numerous examples of clinical and therapeutic studies done on endocrine disorders, examples of which are discussed in short in historical perspective elsewhere in this article. Following are some of the peer reviewed controlled

design studies in Homoeopathy apart from clinical and therapeutic studies.

- Does a homeopathic ultramolecular dilution of Thyroidinum 30cH affect the rate of body weight reduction in fasting patients? *A randomised placebo-controlled double-blind clinical trial.* (Homeopathy, 2002; 91(4):197-206 (ISSN: 1475-4916) Schmidt JM; Ostermayr B, Krankenhaus für Naturheilweisen, Munich, Germany.<sup>9</sup>
- Homeopathically prepared dilution of Rana catesbeiana thyroid glands modifies its rate of metamorphosis. (Homeopathy, 2004; 93(3):132-7 (ISSN: 1475-4916) Guedes JR; Ferreira CM; Guimarães HM; Saldiva PH; Capelozzi VL  
Laboratory of Molecular Pathology, University of São Paulo School of Medicine, SP, Brazil.
- Thyroidinum, A Proving (Hyganthroparmacology). J Am Inst Homeopath. 1964; 57:201-7 (ISSN: 0002-8967) PANOS M; ROGERS R; STEPHENSON J.
- Role of Cephalandra indica Q in the management of Diabetes Mellitus as an add on medicine along with conventional antidiabetics. Indian Journal Of Research In Homoeopathy, Hafeezullah Baig, SR Sharma, Anita Sharma, Praveen Oberai, Debadatta Nayak, Alok Mishra, Vol- 2, Issue- 3, 2008, p-22-27
- To evaluate the efficacy of homoeopathic treatment in sub clinical hypothyroidism (SCH). A single blind case control 18 months follow-up pilot study at NHMC & Hospital and Institute of Nuclear Medicine & Allied Sciences, Delhi, India under Dilli Homoeopathic Anusandhan Parishad (DHAP) revealed remarkable results about management of children on subclinical hypothyroidism.

In continuation of this scientific spirit another research study on, "Effect of Homoeopathic treatment on natural history of autoimmune thyroiditis" is undergoing at Dr. B. R. Sur Homoeopathic Medical College, Hospital & Research Centre, Nanak Pura, Moti Bagh, New Delhi (Govt of NCT of Delhi) in collaboration with Institute of Nuclear Medicine & Allied Sciences (INMAS), Timarpur, Delhi – 54 (under ministry of Defence). The project is under EMR scheme of AYUSH <sup>[10]</sup>.

### Conclusion

Homoeopathy acts in inner portion of the human being and coorelate the body & mind. In endocrine disorder Homoeopathic medicine acts to stimulate the gland when there is deficient secretion & where secretion is much than resist it. Endocrinal disorder is basically hereditary or constitutional defects, in such cases Homoeopathic medicine acts smoothly; and selection of medicine depends on the totality of an individual. Miasmatic background also be the cause of these type of disorder; so anti-miasmatic treatments is much helpful & it acts as a preventive as well as curative purpose. Along with Homoeopathic medicine, there must be necessary to maintain proper diet and regimen, physical exercise which helps to remove the deflected current. Master Samuel Hahnemann has quoted, "What action is exerted on the skin by certain diseases of the glands with an internal secretion (thyroid gland, ovaries, testicles, supra-renal capsules, pituitary gland, etc.) must remain reserved for future research

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