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Role of calcarea iodata in the management of paediatric hyperthyroidism

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Abstract
When the thyroid gland is overactive, it releases too many thyroid hormones, which speeds up metabolism in the surrounding tissues. This condition is known as hyperthyroidism. There are two types of hyperthyroidism: overt and subclinical. Low or suppressed Thyroid Stimulating Hormone (TSH) levels along with increased triiodothyronine (T_3) and/or thyroxine (T_4) levels are known as overt hyperthyroidism. Low or suppressed TSH combined with normal T_3 and T_4 levels is known as subclinical hyperthyroidism. The most frequent cause of hyperthyroidism in children is Graves' Disease (GD). Although the exact etiology of Grave's disease is unknown, it is thought to be the consequence of a complicated interplay between the immune system, environmental variables, and genetic background (heredity). ATDs, which are frequently employed as the first-line treatment, are one type of treatment strategy. When it comes to treating pediatric hyperthyroidism, homeopathy is crucial.
Case summary: A case study demonstrated how well calcarean iodata worked for a patient with hyperthyroidism. Using a computerized repertory in accordance with the Materia Medica, homeopathic medicine was selected after conventional protocols for case taking and evaluation were followed. Improvement in this case suggests that homeopathy may be useful in the treatment of hyperthyroidism.

Keywords: Hyperthyroidism, calcarea iodata, homoeopathy

Introduction
A rare yet dangerous condition in children, hyperthyroidism most commonly results from Graves' disease (GD), an autoimmune condition caused by autoantibodies stimulating the thyrotropin (TSH) receptor. Transient thyrotoxicosis may also be brought on by acute or subacute thyroiditis, chronic lymphocytic thyroiditis, or acute or long-term thyroid hormone and/or iodide treatment. Rare causes of thyrotoxicosis include TSH-secreting pituitary tumors, thyroid hormone resistance, McCune-Albright syndrome, and germline and somatic gain-of-function mutations of the TSH receptor gene, which may be linked to the presence of toxic nodules and diffuse hyperplasia [1]. Fifteen percent of thyroid diseases in children are hyperthyroid. There are between 0.1 and 3 cases of graves disease for per 100,000 children among pediatric patients, which is more prevalent in females and peaks between the ages of 10 and 15 [2]. Children with hyperthyroidism may present with a wide range of clinical symptoms, many of which are comparable to those observed in adults. However, children who have hyperthyroidism may experience severe cognitive symptoms as well as special impacts on growth and development. Pubertal onset and delayed progression are among the clinical symptoms. Peripheral vascular resistance decreases, pulse pressure widens, and heart rate and cardiac output increase in hyperthyroidism. Due to elevated adrenergic tone of the ocular muscles, children with hyperthyroidism may exhibit lid retraction, which can result in a pronounced stare and lid lag, sometimes known as a "adrenergic stare." Children with hyperthyroidism have increased appetites. However, thyroid hormone-induced calorigenesis (heat generation) causes weight reduction even when food consumption is increased. Although there is no diarrhea, there is also an increase in the frequency of bowel motions. One symptom of hyperthyroidism is weariness. In children, neuropsychological symptoms can be quite severe. Emotional instability, sleep issues, and nervousness are typical. Children who struggle to concentrate may do worse in school, which may lead to an assessment for attention-deficit/hyperactivity disorder. Due to cutaneous vasodilatation and profuse perspiration, hyperthyroidism is most commonly characterized by warm, moist skin. Heat intolerance is another effect of this. Hair gets frizzy and fine, and hair loss could get worse [3]. Reduced TSH levels and elevated levels of the free thyroid hormones fT_4 and fT_3 are the

hallmarks of apparent hyperthyroidism. The measurement of serum TRAb, TPOAb, and TgAb supports the cause of hyperthyroidism. When evaluating patients who have hyperthyroidism, thyroid ultrasonography is crucial [4].
Homeopathy plays a significant role in the treatment of paediatric hyperthyroidism.
In order to demonstrate the effectiveness of homeopathic medicine Calcarea Iodata in the treatment of paediatric hyperthyroidism, a case is now discussed with the necessary investigations and before and after photographs.

Patient information
A 10yrs old female patient studying in 5th standard came up with the complaint of weight gain, hair loss, increased appetite, pain in extremities and fatigue since 2 months. It was gradual in onset and progression.

Past history
No major illness in the past.

Family history
- Maternal grandmother - hypertension and diabetes mellitus
- Maternal grandfather - hypertension

Physical generals
- Appetite - Increased appetite, always feels hungry
- Thirst - thirsty, 1 ½ L
- Bowel habit -frequent, immediately after eating
- Bladder - regular, no difficulty
- Sleep- good
- Perspiration - increased sweating on slight exertion, head sweat increased
- Thermal -desire for open air, desire for cold things, cannot tolerate warm climate (hot patient).

Mind
- Anxious nature
- Easily angered
- Introverted
- Likes to be alone
- Lazy

Repertorisation

Remedy	Nat-m	Phos	Calc	Sep	Sulph	Lyc	Ars	Nux-v	Puls	Chin	Graph	Ferr	Hep	Bar-c	Iod
Totality	40	38	37	36	36	36	34	34	34	33	31	31	31	30	30
Symptoms Covered	11	11	12	12	12	11	11	11	10	10	11	10	10	11	10
[Complete] [Mind]Anxiety:	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Mind]Anger:Easily:	3	3	3	3	3	4	3	4	2	3	3	3	3	3	0
[Complete] [Mind]Introverted:	4	3	1	1	3	2	3	2	4	3	1	1	0	1	1
[Complete] [Mind]Company:Aversion to:Solitude, desire for:	4	0	1	4	2	4	3	3	4	3	2	3	2	4	3
[Complete] [Stomach]Appetite:Increased, hunger in general:	4	4	4	4	4	4	4	4	4	4	4	4	3	3	4
[Murphy] [Rectum]Diarrhea, general, (see Stool, chapter):	3	3	3	2	3	3	3	2	2	3	2	3	3	3	3
[Complete] [Head]Perspiration:	3	4	4	4	4	3	3	4	4	4	3	1	3	2	1
[Complete] [Perspiration]Exertion:Slight, agg.:	4	4	4	4	4	4	3	3	4	4	4	4	4	0	4
[Complete] [Head]Falling out, hair, alopecia:Spots, in, alopecia areata:	3	4	3	3	1	3	3	0	0	0	3	0	4	1	3
[Complete] [Clinical]Hyperthyroidism:	4	3	3	1	1	1	1	1	0	1	1	4	1	3	4
[Complete] [Generalities]Weariness:	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3
[Boericke] [Mind]Mood, disposition:Aversion to mental and physical work:	0	2	3	2	3	0	0	3	2	0	0	0	0	3	0

Physical examination
- Conscious
- well built and nourished
- Height - 123cm, weight - 37.8 kg, BMI - 24.98 kg/m2
- Anaemia - no pallor
- Oedema - no oedema
- Skin - dry skin
- Gait - steady
- BP- 110/80 mmHg
- PR - 72 beats/min
- RR- 17 breaths/min
- Temp - 98.4F

Systemic examination
CVS- S1, S2 heard, no murmurs heard
RS- normal vesicular sound heard all over the lung field. No added sounds

Investigation
27/10/2021
Thyroid function test
- T_3 - 237.31 ng/dl
- T_4 - 13.00 ng/dl
- TSH - 0.01 mIU/L

Provisional diagnosis
Hyperthyroidism

Totality
- Anxious nature
- Easily angered
- Introverted
- Likes to be alone
- Lazy
- Appetite - increased, always feels hungry
- Stool- frequent, immediately after eating
- Perspiration- Excessive on slight exertion, head increased
- Hairfall in patches
- fatigue

Selection of remedy and potency: The remedy selected was Calcarea Iodata with further reference to Materia Medica and the potency selected was 30 based upon the susceptibility of the patient.

Justification

Calcarea Iodata has primary action on the glands serves as justification, indicated in cases of hyperthyroidism for relieving the symptoms of the same [6]. Appetite increased, ravenous or wanting, Diarrhœa; immediately after eating, strong desire for open air; open air excites and also ameliorates symptoms. Becoming cold ameliorates many symptoms, but there is a tendency to take cold. He perspires easily; on slight exertion, perspiration on the scalp; on the forehead.

He becomes very angry over small matters. Frequent spells of anxiety; anxious over trifles, aversion to company, worse from mental exertion [7].

The hair falls out, itching of the scalp, dry skin, great lassitude are characteristic symptoms of this drug [6].

Homoeopathic management: First prescription/s with follow ups

Date	Inference	Prescription
06/11/2021	Weight: 37.8 Kg, Height: 123 cm BMI: 24.98 Kg/m^2	Calcarea iodatom 30/ 7 doses - hs
06/02/2022	Pain in extremities - same, Hairfall - better Appetite - increased, Stool- frequent, Wt: 36.4Kg	Calcarea iodatum 200 /1d (hs)
21/05/2022	Aching pain in the dorsum of foot Appetite - good, Wt - 36.8Kg	Calcarea iodatom 200-4d-1d/wk
02/07/2022	Sneezing with watery coryza since 3 days. Cough without expectoration, Wt - 36.6Kg	Bryonia alba - 200/ 1d in 10ml d.w 10 gtt q.3.h
04/10/2022	Hairfall - increased, weight- 37.5kg	Calcarea iodatom 200-4d-1d/wk
13/01/2023	Hairfall -same, weight- 38.3kg	Calcarea iodatom 200,4d-1d/wk
08/04/2023	Mother complains pt is becoming very lazy but otherwise better.	Calcarea iodatom 200,4d-1d/wk
09/03/2024	Hairfall in patches - occipital region, patch observed since 2 weeks, Wt - 44Kg, Ht - 134 cm	Calcarea iodatom 200-4d-1d/wk
06/07/2024	Hairfall in patch in occipital region – better, Wt - 43.3Kg	Calcarea iodatom 200-4d-1d/wk
01/10/2024	Hairfall in patch in occipital region better	Calcarea iodatom 200-4d-1d/wk
29/01/2025	Hairfall - Completely better	Calcarea iodatom 200-1d, st

Fig 1: Investigation reports

A-9/3/24 B -6/7/24 C-1/10/24 D-29/1/25

Fig 2: Photographs showing improvement on haifall in occipital area

Result and Discussion

In the above study, after going through the case and on reference with Materia medica and repertorisation, Calcarea Iodata covers the characteristic symptom. And it is very much useful treating hyperthyroidism in children. And the patient was administered first with 30 potency and gradually the potency increased to 200 potency. The patient was advised to continue the medicine with proper diet and regimen with adequate exercise.

Conclusion

On the subsequent follow-up there was improvement on the symptoms of the patient and the values in thyroid function test became normal along with regrowth of hair in the occipital area. During the treatment, the potency was increased from 30 to 200. The results shows that Calcarea Iodata has effective role in the treatment of Paediatric hyperthyroidism.

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Declaration of patient consent

The author attests that he has acquired the proper consent from the patient, who has granted permission for the publication of his clinical data in the journal. The patient is aware that while every attempt would be made to hide his identify, anonymity cannot be ensured. His name and initials will not be published.

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Disputes of interest

None declared.

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