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## A journey to heal Goitre with single dose of homeopathic medicine

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### Abstract

Goiter, a condition characterized by the enlargement of the thyroid gland, often accompanied by thyroiditis, is a prevalent thyroid disorder with a wide range of etiologies. The total goiter rate is estimated to remain between 10% and 20% globally (approximately 700 million people). While the prevalence of thyroid diseases in India is significant, managing them poses several challenges. Many people are unaware of the symptoms and risk factors associated with thyroid diseases, leading to delayed diagnosis. Several factors contribute to the high prevalence of thyroid diseases in India such as Iodine deficiency, Genetics, Stress, Long life style choices and last but not the least increasing environmental pollutions and toxins <sup>[2]</sup>. Conventional treatments typically include hormone replacement therapy, surgical interventions, or radioactive iodine therapy. However, an increasing number of patients are seeking alternative treatments like homeopathy, which offers a holistic approach to healing. Here in this article, the curative action of well selected individualized remedy *Carcinosin* has been explained through a case study. A 22 year young female visited OPD of *Homeo Care Clinic* with the complaints of Goiter associated with thyroiditis. It was represented by noticeable swelling around neck which was painless. On further evaluation, the strong underlying emotional cause was found which helped in understanding the emotional derangement of the patient that led her to develop thyroid disease. The single dose of *Carcinosin* 200 was prescribed based on her totality of symptoms which alleviated her complaints and subsequently helped her in reduction of size of lobes of thyroid gland within normal limit. The photographic evidence of this case report prove that single dose of administration of homeopathic medicine in right potency is enough to cure the disease.

**Keywords:** Goiter, *Carcinosin*, thyroiditis, homeopathy, thyroid disorders

### Introduction

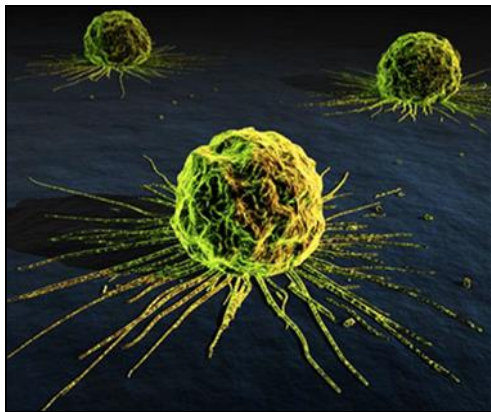
Goiter with thyroiditis is a common thyroid disorder characterized by the inflammation of the thyroid gland, leading to an enlargement of the gland, often accompanied by pain and discomfort. This condition can have a significant impact on an individual's overall well-being, affecting thyroid hormone production and, subsequently, various bodily functions. While conventional medical approaches focus on medication or surgical interventions, homeopathic medicine offers an alternative holistic approach to managing goiter with thyroiditis <sup>[3]</sup>. *Carcinosin* is a well-known homeopathic remedy derived from a unique source: cancer tissue. It is prepared through a rigorous process of potentization, which involves serial dilution and succession. Despite its origin, *Carcinosin* is not used as a direct cancer treatment but rather as a remedy to address a range of physical, emotional, and psychological symptoms that may be present in individuals with goiter and thyroiditis. Homeopathy operates on the principle that "like cures like". In other words, a substance that can produce symptoms in a healthy person can stimulate the body's innate healing response to alleviate similar symptoms in an ill person. This concept forms the basis of homeopathic remedy selection. Homeopathy operates on the premise that diseases and illnesses have an underlying energetic component. When a person falls ill, there is an imbalance or disruption in the body's vital force or life energy. Homeopathic remedies, through their highly diluted and potentized forms, are believed to interact with and stimulate this vital force, initiating the body's self-healing mechanisms.

### Case Report

A 22 years young female patient named M.P (Registration number: ACO-21) brought to *Homeo Care Clinic* by her parents dated 28<sup>th</sup> May 2023 with the chief complaints of swelling

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around the neck region since 2021. She was not having any symptoms but just the visible swelling which was worrisome for her parents.



**Fig 1:** Cancer tissue, source of Carcinosis

**Thyroid profile was done on 14<sup>th</sup> May, which was showing following results:**

TSH: > 100 (High), T<sub>3</sub>: 56.6, T<sub>4</sub>: 1.7

Along with chief complaint she was suffering from one sided headache since 2016-17. She used to get frequent bouts of headache 3-4 days in a week with intense temporal headache and generalized weakness.

#### **Past Medical History**

She had suffered from jaundice at age of 7, then in 2017 she had chickenpox, after that she would get frequent episodes of giddiness in 2019 that subsided its own in same year.

#### **Family History**

Patient's mother had a complaint of getting recurrent headache and hyperacidity. Her maternal and paternal grandparents were hypertensive. She had a younger brother who was healthy.

#### **Physical Generals**

Patient's appetite was good. She had an aversion of eggs which used to cause her abdominal discomfort. Though her sleep was sound but she would get frequent dreams of running away from unknown things and jumping from the tall building again and again followed by falling of teeth.

#### **Mental History**

Patient was staying with her parents and younger brother. She was an average student in her childhood. She was not interested in studies and wanted to become a singer but her parents forced her to pursue the higher education. She was more inclined towards creative activity like singing, dancing and drawing, but her parents compelled her to succeed in her studies. She used to feel suffocative as if herself identity was lost which led her to get emotionally detached from her parents. She would not feel good by consolation. As she grew up, she became more introvert and had a feeling that she was out of the place from rest of the world. There was a strong domination by the parents. She was fond of animals and pets. She was very obedient, sincere and had a leadership qualities with excellent academic records. She

wanted to pursue her career in Robotic Engineering.

#### **Case Analysis**

In this case 'Kentian approach was followed and strong mental characteristics symptoms were considered and repertorisation was done with the help of 'Cara Software'<sup>[9]</sup>. The characteristics symptoms included: Ailment from domination by others of long history, Artistic aptitude, Conscientious about trifles and consolation aggravation. The first three medicines with higher score were as follows in their descending order: *Carcinosin*, *China*, *Lycopodium*. Mental characteristics of 3 remedies were compared with the help of Materia Medica, which are as follows:

**Carcinosin:** Carcinosis is very intelligent, conscientious, sensitive and easily influenced by parents, gets himself adjusted as the wish of parent. They are good in adaptability so they can become good in drawing and art. Carcinosis is very sensitive though it has been moulded. This children are expose to prolong period of domination, fear, unresolved grief. Love for nature and animals, these are inheritant qualities. They are very sensitive children so they cannot see any sadness or suffering of others. Carcinosis having developed certain abilities or inclinations at an earlier age than usual. This because he has molded in his childhood by his parent. He has given too early responsibility as per his age. They are very social, strong sense of responsibility, particularly in children. Carcinosis Industrious, intellectual, cannot tolerate injustice<sup>[1]</sup>.

**China:** The feeling in China is: "I am weak and so people attack, trouble and torture me", a feeling of being persecuted. The patient feels he is weak, not good enough, that he is persecuted and hindered at his work by other people, that he is obstructed from achieving his ambition. So he fantasizes and in these fantasies he makes himself worthy and achieves his ambitions, and in this way uses fantasies to cover up the inherent feeling of not being good enough. This is the sycotic, fixed phase. The acute phase in China is characterized by acute fears and anxiety; notable among them is a fear of dogs. He becomes indifferent and hopeless. He wants to commit suicide but lacks courage. He is frustrated, being unable to achieve his ambition; so he starts planning, fantasizing, and theorizing<sup>[5]</sup>.

**Lycopodium:** Lycopodium is very ambitious and can employ any means to achieve success. He can dictate, dominate, and will take the help of anyone he can. But Lycopodium people have one big fear, and that is the fear of undertaking new challenges, facing new situations, meeting new people<sup>[8]</sup>. All these situations have to be encountered if he is to achieve success, and in the face of these situations Lycopodium lacks confidence; he feels incapable. He develops an anticipatory anxiety from this lack of confidence. Lycopodium is not unhappy with others, he nonetheless criticizes them in order to establish his own superiority. At the same time, his conscientiousness does not allow him to be overcritical although he will justify his criticism on the grounds that it is his duty to do so in the interest of the person being criticized. Lycopodium can thus be subtle in his criticism of others<sup>[6]</sup>.

**Intervention:** Carcinosis 200-medicated on 30 sized globules were dispensed single dose with Placebo dose two

times a day for 40 days on the basis of totality of symptoms [7].

**Investigation Advised:** Patient was advised to do 'Ultrasound of Thyroid gland', which was done on 8<sup>th</sup> June 23.

**Repertorisation Sheet**

	Carc	Chin	Lyc	Nat-c	Plat	Sep	Sil	Sulph	Ars	Aur	Calc	Calc-p	Cham	Ambr	Cupr	Graph	Ign	Kali-c	Lit-t	Nit-ac	Nux-v	Staph	Thuj	Tub	Carbon-a	Aeth	Caust	Aur-ar	Aur-i	Chin-ar	Coc	Con	Bac	Cycl	Dig	Dys-co	
Weighted	5	3	4	5	4	5	7	5	5	5	2	3	2	2	2	2	6	2	3	3	3	4	4	2	1	1	1	1	1	1	1	1	1	1	2	1	
Rubrics covered	4	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
Rubric grades	5	3	4	5	4	5	7	5	5	5	2	3	2	2	2	2	6	2	3	3	3	4	4	2	1	1	1	1	1	1	1	1	1	1	2	1	
ARTISTIC aptitude	1	1		1	1		1	1						1										1													
CONSCIENTIOUS about trifles	1	1	2	3	1	1	3	2	3	1	1	1	1	1	1	1	3	1	1	1	2	3	3	1	1	1	1	1	1	1	1	1	1	1	2	1	
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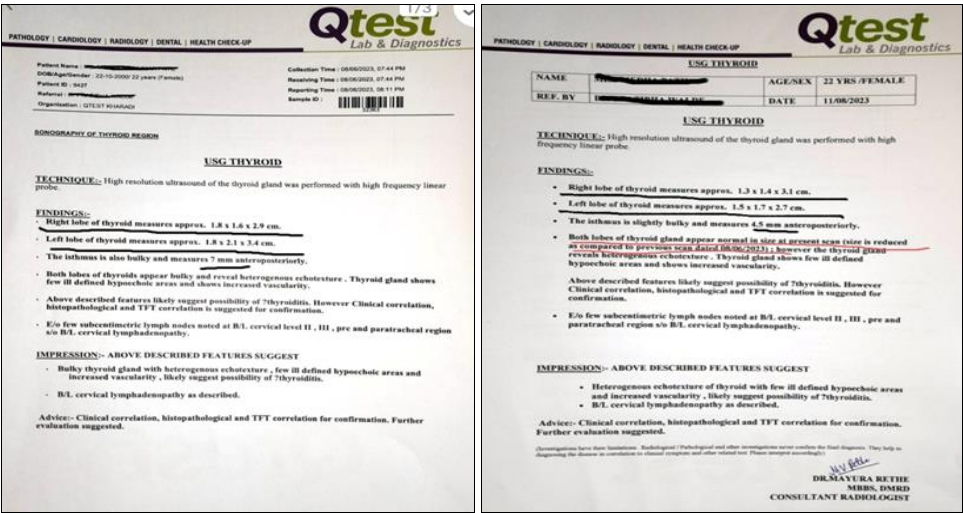
Fig 2: Repertory sheet [4]

**Follow-Ups**

Table 1: Follow-ups

Sr. No	Date		Prescription
1	08-07-2023	Swelling around the neck was reduced by 40% Headache was reduced in intensity by 50% Generalized weakness was improved. Frequency of getting dreams of running away got reduced. Physical generals were normal and unaltered. <b>Investigations done</b> Thyroid profile was done on 7-07-2023, the parameters were within normal limits: T <sub>3</sub> : 82.5, T <sub>4</sub> : 11TSH: 0.37	Rx, SL 200X 40 days.
2	12-08-2023	Swelling around the neck was further reduced. Headache was further reduced since last follow-up. Weakness was completely cured. Frequency of getting dreams of running away became rare. <b>Investigation Done</b> Thyroid profile was repeated on 12-08-2023. All parameters were within normal limits. T <sub>3</sub> : 91.8, T <sub>4</sub> : 11TSH: 0.08 Size of the thyroid gland reduced as compared to previous scan on USG, the findings were Right lobe: 1.3 x 1.4 x 3.1 cm Left lobe: 1.5 x 1.7 x 2.7cm	Rx, SL 200x 40 days.
3	09-09-2023	No swelling around neck. No episode of headache since last follow-up Not got any dreams of running away since last follow-up. All physical generals were normal. <b>Investigation</b> Thyroid profile was showing normal limits, the findings were: T <sub>3</sub> : 66.9, T <sub>4</sub> : 7TSH: 2.84	Rx, SL 200X 40 days.

**Documentary Evidence**



Before After

Fig 3: Comparative analysis of USG report

Points to be noted: Repeat Thyroid USG Scan done on 11-08-2023 showing normal size of right and left lobes of thyroid gland as compared to previous scan done on 08-06-2023 where lobes were increased in size and was appearing

bulky. Size of isthmus reduced to 4.5 mm from 7 mm.

### Before

**LABORATORY REPORT**

**Redcliffe Labs**

Patient Name : [REDACTED]  
 DOB/Age/Gender : 23 Y/Female  
 Patient ID / UHID : 4993997/RCL3617790  
 Referred By : Dr.  
 Sample Type : Serum  
 Barcode No : BY162523

Bill Date : Aug 06, 2023, 04:01 PM  
 Sample Collected : Aug 07, 2023, 08:09 AM  
 Sample Received : Aug 07, 2023, 01:02 PM  
 Report Date : Aug 07, 2023, 03:44 PM  
 Report Status : Final Report

Test Description	Value(s)	Unit(s)	Reference Range
<b>BIOCHEMISTRY REPORT</b>			
<b>Thyroid Profile Total</b>			
TRIiodothyronine ( T3 ) Method : CMA	91.8	ng/dL	35 - 193
TOTAL THYROXINE ( T4 ) Method : CMA	11	µg/dL	4.87 - 11.2
THYROID STIMULATING HORMONE (Ultrasensitive) Method : CMA	0.08	µIU/mL	0.35 - 4.94

**Result Rechecked.**  
 Kindly correlate clinically.  
 Close follow-up for confirmation.

**Interpretation:**

Pregnancy	Reference ranges TSH
1st Trimester	0.1 - 2.5
2nd Trimester	0.2 - 3.0
3rd Trimester	0.3 - 3.0

Primary malfunction of the thyroid gland may result in excessive (hyper) or below normal (hypo) release of T3 or T4. In addition as TSH directly affects thyroid function, malfunction of the pituitary or the hypo - thalamus influences the thyroid gland activity. Disease in any portion of the thyroid-pituitary-hypothalamus system may influence the levels of T3 and T4 in the blood. In primary hypothyroidism, TSH levels are significantly elevated, while in secondary and tertiary hypothyroidism, TSH levels may be low. In addition, in the Euthyroid Sick Syndrome, multiple alterations in serum thyroid function test findings have been recognized in patients with a wide variety of non-thyroidal illnesses (NTI) without evidence of preexisting thyroid or hypothalamic-pituitary diseases. Thyroid Binding Globulin (TBG) concentrations remain relatively constant in healthy individuals. However, pregnancy, excess estrogen's, androgen's, antibiotic steroids and glucocorticoids are known to alter TBG levels and may cause false thyroid values for Total T3 and T4 tests.

TSH	T4	T3	INTERPRETATION
High	Normal	Normal	Mild (subclinical) hypothyroidism
High	Low	Low or normal	Hypothyroidism
Low	Normal	Normal	Mild (subclinical) hyperthyroidism
Low	High or normal	High or normal	Hyperthyroidism
Low	Low or normal	Low or normal	Nonthyroidal illness: pituitary (secondary) hypothyroidism
Normal	High	High	Thyroid hormone resistance syndrome (a mutation in the thyroid hormone receptor decreases thyroid hormone function)

(\*) These Parameter(s) are not recognised by the NABL.

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 888-898-0606 | [care@redcliffelabs.com](mailto:care@redcliffelabs.com) | [www.redcliffelabs.com](http://www.redcliffelabs.com)  
 All Lab results are subject to clinical interpretation by qualified medical professional and this report is not subject to use for any medico-legal purpose.

**Dr. Pallavi**  
 MBBS, MD (Pathology)  
 Consultant Pathologist

Fig 4: Thyroid profile in 2<sup>nd</sup> follow up

### After

**LABORATORY REPORT**

**Redcliffe Labs**

Patient Name : [REDACTED]  
 DOB/Age/Gender : 23 Y/Female  
 Patient ID / UHID : 5359379/RCL3617790  
 Referred By : Dr.  
 Sample Type : Serum  
 Barcode No : BY555993

Bill Date : Sep 06, 2023, 01:44 PM  
 Sample Collected : Sep 07, 2023, 07:22 AM  
 Sample Received : Sep 07, 2023, 01:19 PM  
 Report Date : Sep 07, 2023, 02:17 PM  
 Report Status : Final Report

Test Description	Value(s)	Unit(s)	Reference Range
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Normal	High	High	Thyroid hormone resistance syndrome (a mutation in the thyroid hormone receptor decreases thyroid hormone function)

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 Consultant Pathologist

Fig 5: Thyroid profile in 3<sup>rd</sup> follow up

**Points to be noted:** Repeat Thyroid profile done on 06-09-2023 showing results within normal limits as compared to previous readings.

### Case Learning with Conclusion

Homeopathy presents a promising alternative for those seeking a holistic approach to thyroid health. When administered at the correct time and in the correct potency, homeopathic remedies can help alleviate symptoms, address underlying causes, and support the body's innate healing abilities.

This case also represents the importance of dreams in homeopathic case history. Dreams are an integral part of the human experience, and in the context of homeopathy, they serve as a window into the patient's inner world. When a homeopath asks a patient about their dreams, it goes beyond simple curiosity. Dreams are a valuable tool for understanding the patient's subconscious, emotional state, and the underlying causes of their physical ailments.

When a patient experiences general amelioration in dreams during homeopathic treatment, it is often a sign that the remedy is addressing the root cause of their disease. This holistic improvement goes beyond just alleviating physical symptoms; it signifies a shift in the patient's mental and emotional state towards balance and wellness. Achieving general amelioration in dreams is a clear indicator of the body's innate ability to heal and restore equilibrium when the underlying cause is addressed.

### Conflict of Interest

Not available

### Financial Support

Not available

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