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Homoeopathic treatment of hypothyroidism: A case report

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Abstract

Background: Hypothyroidism is a chronic endocrine disorder caused by inadequate secretion of thyroid hormones, often presenting with weight gain, menstrual irregularity, fatigue, and hair loss. Conventional management involves lifelong hormone replacement, constipation. Homoeopathy, with its principle of individualization, offers a holistic therapeutic alternative.

Objective: To evaluate the effect of individualized homoeopathic treatment in a case of hypothyroidism.

Methods: A 27-year-old female presented with delayed menses, weight gain, hair fall, constipation, and generalized weakness. The case was analyzed, and repertorial results indicated *Calcarea carbonica* as the similimum.

Results: After administration of *Calcarea carbonica* 10M, given once a month for 6 months, the patient reported marked improvement in psychological stability, general well-being, regularization of menses and reduction in hair fall.

Conclusion: This case demonstrates that individualized homoeopathic treatment can be beneficial in the management of hypothyroidism, improving both physical and psychological symptoms.

Keywords: *Calcarea carbonica*, Homoeopathic treatment, hypothyroidism, psychological symptoms

Introduction

The thyroid gland plays a vital role in regulating metabolism, growth, and development through the secretion of thyroxine (T₄) and triiodothyronine (T₃). Hypothyroidism occurs when there is a deficiency of these hormones, either due to intrinsic thyroid disease (primary hypothyroidism) or secondary to pituitary/hypothalamic dysfunction. Globally, hypothyroidism is a significant public health concern, particularly in iodine-deficient regions.

Aetiology

The major causes of hypothyroidism include:-

Autoimmune thyroiditis (Hashimoto's disease), most common cause in iodine-sufficient areas.

Iodine deficiency or excess, prevalent in developing countries.

Iatrogenic causes, thyroidectomy, radioiodine therapy, or medications (lithium, amiodarone).

Congenital hypothyroidism-genetic or developmental defects of the thyroid gland.

Secondary or tertiary hypothyroidism, pituitary or hypothalamic dysfunction leading to reduced TSH secretion.

Clinical Features of hypothyroidism

The presentation may vary from mild to severe depending on the degree of hormone deficiency.

- **General:** Fatigue, cold intolerance, weight gain, lethargy.
- **Dermatological:** Dry skin, hair loss, periorbital puffiness.
- **Gastrointestinal:** Constipation.
- **Neurological:** Slow reflexes, memory impairment, depression.
- **Cardiovascular:** Bradycardia, low cardiac output.
- **Reproductive:** Menstrual irregularities, infertility.

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Severe untreated cases may progress to myxoedema coma, a life-threatening emergency.

Calcarea carbonica Constitution

Individuals suited for *Calcarea carbonica* often show:-

- **Physical traits:** Fair, flabby, obese, tendency to sweat easily (especially on head and neck), chilly patient, tendency to catch colds.
- **Mental traits:** Anxiety about health and future, easily fatigued, slow comprehension, forgetfulness, desire for security.
- **General tendencies:** Craving for eggs, indigestible things like chalk or lime, sluggish metabolism, slow growth in children.

Relevance in Hypothyroidism

The symptom-picture of *Calcarea carbonica* overlaps with hypothyroidism:-

Weight gain despite normal or low appetite.

Cold intolerance, always chilly.

Constipation and sluggish metabolism.

Menstrual irregularities (profuse, prolonged menses).

Depression, anxiety, poor memory.

Goitre (thyroid enlargement) in some cases.

Thus, *Calcarea carbonica* is frequently indicated in hypothyroid patients who fit its constitutional profile.

Materia Medica Perspective

- **Sphere of Action:** Glands, bones, nutrition, and metabolism.
- **Action on Thyroid:** Regulates sluggish thyroid activity, especially in obese, chilly patients with glandular enlargement.
- **Modalities:** Symptoms are worse from cold, exertion, and during menstruation; better by rest and warmth.
- **Keywords:** Hypothyroidism, Homoeopathy, Case study, *Calcarea carbonica*, Individualization
ICD Code: E03.9

Preliminary data

- **Name:** XYZ
- **Age:** 27 years/Female
- **Education & Occupation:** B.Ed. & Teacher
- **Marital status:** Married
- **Date of admission:** 30/03/2024
- **Place:** Bagalkot

Presenting complaints

- Delayed menses since 1 year (cycle once in 3 months, scanty flow, and 2 days duration).
- Weight gain of 10 kg in 1 year.
- Hair fall since 6 months (in bunches, < on combing/washing).
- Generalized weakness since 6 months, worse in the last 5 days, not relieved by eating.

Details of presenting complaints

C/O Delayed menses

- **Duration:** 1 year, Menses gets delayed for every 3 months, **LMP:** 22/01/2024
- **Flow:** Scanty & bleeds for 2 days, No h/o odour

C/O weight gain

- **Duration:** 1 year
- **Weight increased:** 10 kg c/o hair fall-duration: 6 months, hair falls in bunches while combing & during hair wash, hair pull test is positive c/o generalised weakness

Duration: Past 6 months but more from 5 days patient feels lack of energy inspite of eating & on not doing any work perspiration more on head and neck region.

Past history: Nothing significant

Family history

Mother-hypothyroidism; suffering since past 15 years & on allopathic medication

Personal history

- **Diet:** mixed
- **Thirst:** 2-3lit/day
- **Desire:** Eggs
- **Bowels:** Constipated
- **Perspiration:** More on face & neck region
- **Sleep:** Disturbed due to complaints since 6 months
- **Thermals:** Chilly

Obstetrical & Menstrual History

- Menses
- Irregular since one year
- **Duration of cycle:** Once in 3 months
- **Quantity of discharge:** Bleeds for 2 days which is scanty (uses 2 pads per day)
- **Character of discharge:** No odour, scanty, no clots, dark red

Life Space Investigations

Patient was born and brought up in Bijapur her schooling and CLG in bijapura basically she is introverted person she don't like to express her feelings or emotions to anyone other than her closed ones. She usually don't express because she get fear that what they will think about Her & she get confused easily when someone ask her to make a choice she got arranged marriage, even her husband is good & takes good care and she happy with her married life because he understands Her inspite of being quite. She said she was fine before marriage & after marriage till 1 year, her menses was regular hen she said when all the complaints have started which makes her worry as she & her husband, planning for kids. Then she said her husband is bank manager in Bijapur even my parents & friends lives there but 1year back they have been shifted here for his work purpose so she have to quit her job & work place. Where she have to adjust to new people & environment & work has become more hectic after shifting here, she don't even know anybody here, her husband workload has been increased after coming here & he comes to home tired & started talking to less with her. She don't like the place where she work past 6 months work has become more for which she wanted to deny but she can't say no as she get fear. Now everyone are good with her as she is doing extra work but if say no to them they may not talk to she & leave her alone & other than her colleagues she don't know anyone to talk here.

Mentals

- Introverted
- Confused to make choices
- Fear of rejection
- Seeks of attention

General Physical Examination

- **Built & nourishment:** Well, built & nourished (fair & flabby)
- **Weight:** 76 kg
- **Height:** 5.3 ft

System Examination: NAD**Local Examination of Thyroid**

- **Inspection:** No swelling, no asymmetry of gland, or

visible lump; thyroid gland moves on swallowing saliva
No skin changes, no engorged veins

- **Palpation:** No local rise of temperature, no tenderness
Firm in consistency; no nodules palpated

Provisional diagnosis: Hypothyroidism**Differential diagnosis**

- Polycystic ovarian disease
- Thyroiditis
- Hyperthyroidism

Final diagnosis

- Hypothyroidism

Analysis of Symptoms

Common Symptoms	Uncommon Symptoms
<ul style="list-style-type: none"> • Delayed menses (every 3 months, scanty, 2 days only) • Weight gain (10 kg in 1 year) • Hair fall (in bunches, positive hair pull test) • Generalized weakness (not better by eating, < exertion, perspires on head & neck) 	<ul style="list-style-type: none"> • Introverted personality • Confused in making decisions • Fear of rejection (sensitive to opinion of others) • Seeks attention • Desire for eggs • Constipation • Chilly patient • Perspiration more on head, face & neck • Generalized weakness not relieved by eating • Hair fall in bunches

Evaluation of Symptoms

Mental Generals	Physical Generals	Particular Symptoms
<ul style="list-style-type: none"> • Introversion with emotional suppression • Fear of rejection • Difficulty in decision-making • Seeks attention 	<ul style="list-style-type: none"> • Delayed & scanty menses • Desire for eggs • Constipation • Excess perspiration on head/face/neck • Chilly patient • Weight gain 	<ul style="list-style-type: none"> • Hair fall in bunches • Weakness not better from eating

Totality of Symptoms

- Introverted
- Confused To Make Decisions
- Fear of Rejection
- Seeks of Attention
- Desire For Eggs
- Stools Constipated
- Perspiration More on head, Neck, Face
- Delayed Menses
- Scanty Menses
- Hair Falls In Bunches
- Weight Gain
- Generalised weakness not relieved on eating < on doing work

Reportorial totality and analysis

SL. No	Rubric (as per Complete Repertory)	Remedies Covered
1	[Mind] Reserved, introverted	Nat-m, Calc, Puls
2	[Mind] Fear, rejection, being neglected	Nat-m, Calc, Puls
3	[Mind] Indecision, difficulty in making choices	Calc, Phos, Puls
4	[Generalities] Food & drinks, eggs, desire	Calc, Puls
5	[Generalities] Perspiration, face, head, neck	Calc, Nat-m
6	[Generalities] Chilly patient	Calc, Nat-m, Puls
7	[Female Genitalia] Menses-delayed, late	Calc, Nat-m
8	[Female Genitalia] Menses, scanty	Calc, Puls
9	[Hair] Falling, in bunches	Calc, Nat-m, Phos
10	[Generalities] Obesity, tendency to weight gain	Calc, Nat-m

Reportorial Result

Test range of remedies to: From 1 To 15 View

Physi Recorded Symptoms: 11 Total Remedies: 1379

Repertorisation Sheet - Zonos LAN 3.0

Physician Name: Dr. BVSHINC, Patient Name: , Reg. No.: , Date: 02/09/2025

Remedy	Nat-m	Phos	Puls	Calc	Merc	Lyc	Sulph	Con	Lach	Sep	NR-ac	Kali-c	Sil	Chin	Hell
Totally	29	29	28	28	28	27	26	25	25	25	24	24	24	23	23
Symptoms Covered	9	8	10	9	8	8	8	8	8	8	9	8	8	8	8
[Complete] [Mind]Introverted:	4	3	4	1	3	2	3	3	1	1	3	1	1	3	3
[Complete] [Mind]Indecision, irresolution:	4	3	4	3	3	4	3	3	4	3	1	2	3	2	4
[Complete] [Mind]Fear:Rejection, of:	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Mind]Attention:Desires:	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Female Genitalia]Menses:Late, too:	4	4	4	3	3	4	4	4	4	4	2	4	4	1	1
[Complete] [Head]Falling out, hair, alopecia:	4	4	1	4	4	4	4	4	4	4	4	4	4	3	3
[Complete] [Generalities]Weakness:	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Generalities]Food and drinks:Eggs:Desires:Soft boiled:	0	0	3	3	0	0	0	0	0	0	1	0	0	0	0
[Complete] [Stool]Hard:	4	4	3	4	4	4	4	4	4	4	4	4	4	3	3
[Complete] [Face]Perspiration:Forehead:	1	4	1	3	4	3	3	2	3	3	3	3	1	4	4
[Murphy] [Head]Perspiration, scalp:	1	3	3	3	3	2	1	1	1	2	2	2	3	3	1

Natrum Mur-29/9

Phosphorus-29/8

Pulsatilla-28/10

Calcarea carbonica-28/9

Final Remedy Selected: *Calcarea carbonica*

The choice of *Calcarea carbonica* was based on the principle of individualization and the totality of symptoms, where both mental generals and physical generals pointed strongly towards this remedy.

Prescription: *Calcarea carbonica* 10M, single dose, followed by placebo.

Key indications matching the patient

Repertorial confirmation

Although remedies like *Natrum muriaticum*, *Phosphorus*, and *Pulsatilla* also came up in repertorization, the constitution, physical generals (chilly, obese, perspiration, desire for eggs), and menses characteristics were more strongly covered by *Calcarea carbonica*.

Follow-up

Date	Symptoms & Observations	Prescription
30/03/2024 (1 st Visit)	Delayed menses, weight gain, hair fall in bunches, generalized weakness. TSH high. Patient introverted & chilly.	<i>Calcarea carbonica</i> 10 M, single dose. Placebo for 1 month.
30/04/2024	Mental symptoms (fear of rejection, indecisiveness) improved Menses appeared after 2.5 months, flow slightly better. Weakness improved by 30%. Hair fall persists. Sleep slightly improved	Placebo
30/05/2024	Mental symptoms (fear of rejection, indecisiveness) improved Hair fall reduced, energy level improved. Menses after 2 months, moderate flow. Constipation better. Perspiration still present	Placebo
30/07/2024	Mental symptoms (fear of rejection, indecisiveness) improved weight reduced by 2 kg, weakness much improved. Menses after 40 days, less scanty. Patient feels more confident & expressive	<i>Calcarea carbonica</i> 10 M, repeated.
30/09/2024	Mental symptoms (fear of rejection, indecisiveness) improved Hair fall minimal, cycles more regular (every 40-45 days). General well-being improved.	Placebo

Discussion

The case was managed on the principle of individualization and totality of symptoms. *Calcarea carbonica* was selected as the constitutional remedy due to its marked sphere of action on endocrine and metabolic functions. The patient's mental state (introverted, fear of rejection, indecisive), physical generals (chilly, profuse perspiration, constipation, desire for eggs), and particulars (delayed scanty menses, hair fall, weight gain, weakness) strongly corresponded with the remedy picture.

This highlights the importance of holistic evaluation in homeopathic prescribing, as the remedy not only addressed hypothyroid symptoms but also improved her mental generals and overall quality of life.

Conclusion

Homeopathy provides a safe and individualized approach in managing hypothyroidism. This case demonstrates the efficacy of *Calcarea carbonica* in improving both physical and psychological symptoms, thereby enhancing patient well-being. More clinical studies are needed to validate its role in endocrine disorders.

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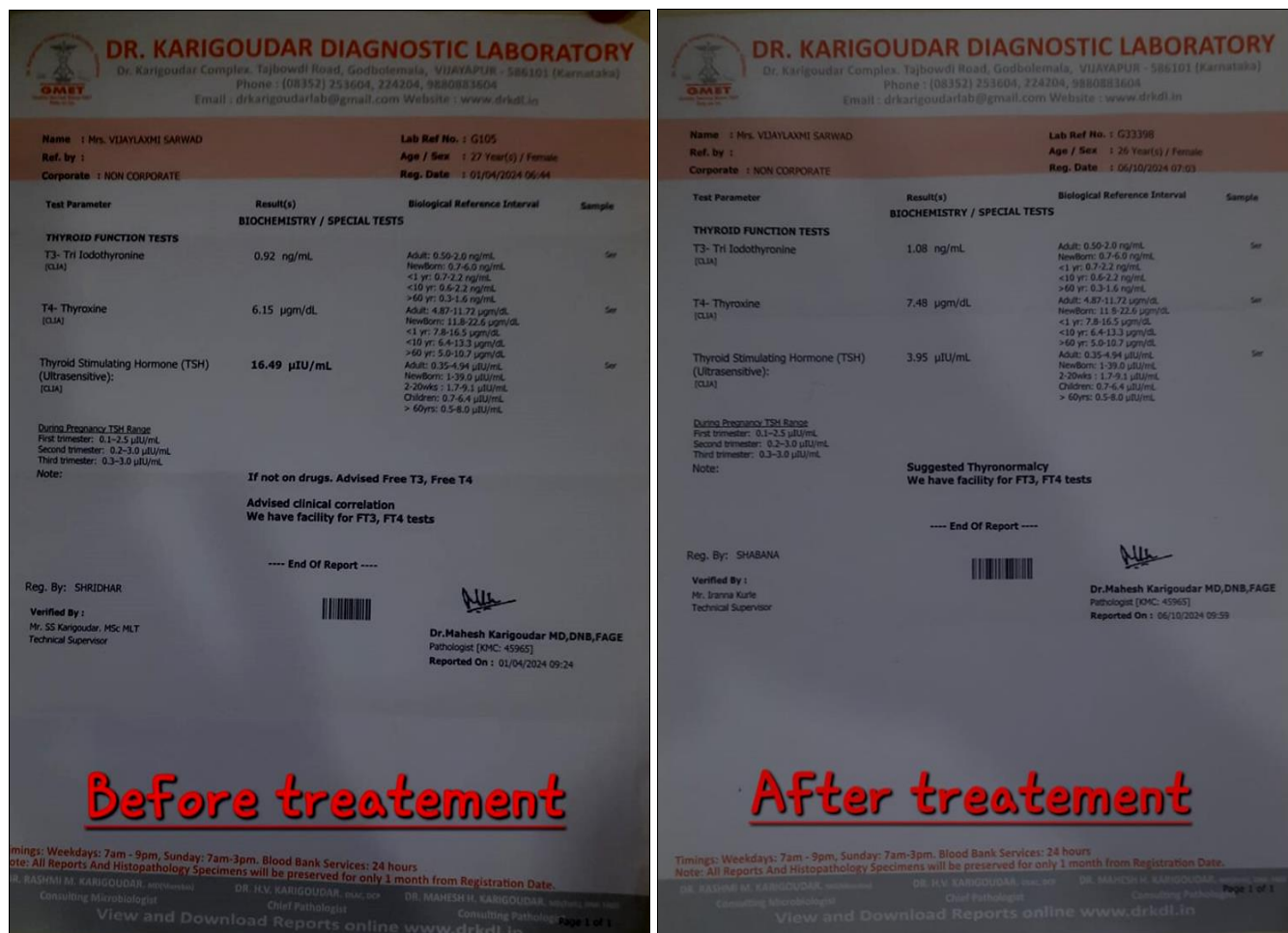


Fig 1: Before treatment and after treatment

Conflict of Interest

Not available

Financial Support

Not available

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