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A brief insight on hypothyroidism case study successfully treated with homoeopathy

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Abstract

Hypothyroidism is a common endocrine disorder characterised by deficient production of thyroid hormones, which leads to general slowing of metabolic processes. It is more prevalent in females, especially during reproductive age. In this case 26 years-old female presented with persistent tiredness, weight gain, constipation, dry skin, and disturbance of the menstrual cycle. A detailed case-taking was conducted to understand her physical, mental and emotional state, along with her lifestyle and medical history. Repertorization was carried out using the synthesis repertory (RADAR 10.0.028), focusing on characteristic symptoms related to her complaints. Based on the totality of symptoms, *Pulsatilla Nigricans* was selected as an individualized homoeopathic remedy. This case highlights the importance of individualized treatment in homoeopathy, where the remedy is tailored to the patients overall constitution, resulting in effective and holistic healing.

Keywords: *Pulsatilla Nigricans*, homoeopathy, hypothyroidism, synthesis repertory

Introduction

Hypothyroidism is a clinical condition caused by decreased secretion of thyroid hormones, mainly thyroxine (T₄) and triiodothyronine (T₃), leading to a reduction in overall metabolic activity [1]. The common causes include autoimmune thyroiditis (Hashimoto's disease), iodine deficiency, thyroid surgery, radioactive iodine therapy, and drugs such as lithium or amiodarone [2]. In iodine-deficient areas, environmental deficiency remains a major cause, while in iodine-sufficient regions, autoimmune disease predominates [3,4]. Epidemiologically, hypothyroidism affects about 1-5% of the population worldwide and is more common in women and older adults [5]. The pathophysiology involves thyroid gland failure to produce adequate hormones or pituitary/hypothalamic dysfunction leading to low stimulation of the thyroid gland. Clinical features include fatigue, cold intolerance, dry skin, constipation, weight gain, hair loss, menstrual irregularities, and bradycardia [6, 7]. Untreated cases can progress to myxedema coma, a life-threatening complication [8]. Diagnosis is confirmed by elevated TSH with low free T4 levels in primary hypothyroidism. Conventional management includes levothyroxine hormone replacement, with regular TSH monitoring for dose adjustment [9]. Recent homoeopathy research has explored individualized treatment effects on thyroid hormone balance, autoimmunity, and quality of life.

Case Report

Mrs. Xxx, 26 years female, reported gradual onset of tiredness, increasing over the past 6-8 months. She experienced easy exhaustion, especially in the afternoon, despite adequate sleep. She had gained 5 kg over 3 months without dietary changes. Her menses had become irregular, with cycles delayed by 10-15 days. She complained of increased sensitivity to cold and dryness of skin. Hair fall also present. Headache from after wet.

History of Present Illness

Patient was apparently well before 6 months. The patient complains of irregular menstrual cycles for the past few months. Menses are delayed and scanty, with associated weakness and tiredness. She also reported increased sensitivity to cold, preferring warmth and easily feeling chilly even in moderate weather. There was marked dryness of the skin, with falling of hair noticed especially during combing and bathing. The patient complained of headache after exposure to wet or damp conditions, which is dull and pressing in nature, relieved by warmth and rest.

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She has observed a gradual increase in body weight, about 5 kilograms over the past three months, despite no change in appetite or lifestyle. The patient also reported being thirst less, seldom feeling the need to drink water. The complaints are gradual in onset and slowly progressive. No history of similar complaints in the past. No significant aggravation from diet or exertion, though cold exposure tends to worsen her condition.

Family history: No Relevant Family History

Mental generals: Weeping easily

Physical generals:

- **Appetite:** Good (3 times/day)
- **Thirst:** Reduced
- **Urine:** Regular and Satisfied.
- **Stool:** Regular and Satisfied.
- **Sleep:** Refreshed

Local Examination of Thyroid

- **Inspection:** Neck appears normal in shape, no visible swelling or enlargement in the anterior neck region. No visible pulsation or engorged veins. Overlying skin appears dry and coarse. No scars, sinuses, or nodules visible.
- **Palpation:** Thyroid gland palpated in its normal anatomical position, below the thyroid cartilage. Temperature: Skin over the gland feels cool to touch. Consistency: Gland is firm but not hard on palpation. Tenderness: No tenderness noted. Nodules: No distinct nodules felt. Mobility: Gland moves upward on deglutition. Tracheal position: Central, no deviation. Lymph nodes: No cervical lymphadenopathy detected.

- **Percussion:** No dullness or abnormality detected over the thyroid region.
- **Auscultation:** No bruit heard over the gland.
- **Analysis of Case:** After detailed case taking, symptoms were analyzed to construct the totality. The following symptoms are considered for Repertorisation. Repertorisation done using synthesis repertory in Radar 10.0.028 Version.

Totality of symptoms

- Weeping easily
- Thirst reduced
- Aversion to egg
- Intolerance to cold
- Constipation
- Hair Fall
- Dry Skin
- Menses Irregular
- Indigestion of Food < Fatty Food
- Headache < after wet

Rubrics

- Mind-Weeping-easily
- Stomach-Thirstless
- Generals-Food and Drinks-egg-aversion
- Generals-Cold-agg
- Rectum-Constipation
- Head-Hair-Falling
- Skin-Dry
- Female Genitalia / Sex-Menses-irregular
- Stomach-Indigestion-Fat Food, From
- Head-Pain-Wet-Getting From

Repertory Sheet

Rubric	Count	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
1. MIND - WEEPING - easily	(37) 1																										
2. STOMACH - THIRSTLESS	(169) 1																										
3. GENERALS - FOOD and DRINKS - eggs - aversion	(27) 1																										
4. GENERALS - COLD - agg.	(243) 1																										
5. RECTUM - CONSTIPATION	(367) 1																										
6. HEAD - HAIR - falling	(166) 1																										
7. SKIN - DRY	(180) 1																										
8. FEMALE GENITALIA/SEX - MENSES - irregular	(112) 1																										
9. STOMACH - INDIGESTION - fat food, from	(12) 1																										
10. HEAD - PAIN - wet - getting, from	(17) 1																										

Analysis of Repertorial result

S. No	Medicine	Mark Obtain
1.	<i>Pulsatilla Nigricans</i>	18/9
2.	<i>Natrum muriaticum</i>	17/9
3.	<i>Belladonna</i>	16/9
4.	<i>Calcarea Carbonicum</i>	19/8
5.	<i>Sepia Officinalis</i>	19/8

Prescription

Date	Prescription
22/03/2025	Rx <i>Pulsatilla Nigricans</i> 200/1 Dose Stat Blank Pills (4-4-4)/ 15 Days

Follow up sheet

Date	Symptoms	Prescription
7/04/2025	Hair fall present, thirst reduced, indigestion of food better, constipated, menses irregular, increased sensitive to cold and dry skin present. Headache reduced.	<i>Pulsatilla Nigricans</i> 200/7 Dose (Alt Days) Blank Pills (4-4-4)/15 Days
22/04/2025	Hair fall reduced, thirst normal, constipated, menses irregular, increased sensitive to cold and dry skin present	<i>Pulsatilla Nigricans</i> 200/7 dose(Alt Days) Blank Pills (4-4-4)/15 Days
7/05/2025	Hair falls reduced, thirst reduced, stool regular, menses irregular, increased sensitive to cold and dry skin present	<i>Saccharum lactis</i> / 1 dose(stat) Blank Pills (4-4-4)/15 Days
22/5/2025	Hair fall reduced, thirst reduced, stool regular, menses regular, sensitive to cold reduced, dry skin present	Blank Pills (4-4-4)/15 Days
7/06/2025	Hair fall reduced, thirst normal, stool regular, menses regular, dry skin present.	Blank Pills (4-4-4)/15 Days
22/06/2025	Patient feels much better, Hair falls reduced, thirst reduced, stool regular, menses regular, dry skin reduced.	Blank Pills (4-4-4)/15 Days
7/07/2025	Patient feels better. No hair fall present, stool regular, dry skin completely better than before.	Blank Pills (4-4-4)/15 Days

Before Treatment

SAMRAJ LABS

Corporate Office: # 14/2, NGO Colony
Tindivanam, Tamil Nadu - 604 001
Customer Care: +91 9176 904 904

Branch : Tindivanam
Patient ID : 0100250674
Patient Name :
Age /Sex : 26 Y / F
Ref By : JAYAKODI HOSPITAL RETTANAI (N.S LAB)

SID No : 01079374
Collected Date : 21/03/2025 / 14:00
Received Date : 21/03/2025 / 14:00
Reported Date : 21/03/2025 / 16:20


Test Name (Method/Specimen)	Result	Flag	Biological Reference Value
Endocrinology			
Thyroid Function Profile - (Total)			
TRI - IODOTHYRONINE (TT3) (CLIA/ Serum)	93.09 ng/dL		80 - 190
THYROXINE - TOTAL (TT4) (CLIA/ Serum)	8.00 µg/dL		5.0 - 13.0
THYROID STIMULATING HORMONE (TSH) (CLIA/ Serum)	7.87 µIU/mL	H	0.35 - 5.5

End Of Report



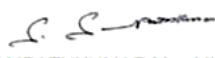
Verified By
Dr. C. ALAGARASAN., Ph.D(Biotech)
CLINICAL LAB MANAGER

Dr. S. MULLAIKODI., Ph.D(Micro)
CLINICAL LAB MANAGER

After treatment

Branch : Tindivanam	 SID No : 01020407		
Patient ID : 0100269081	Collected Date : 12/07/2025 / 11:27		
Patient Name :	Received Date : 12/07/2025 / 11:41		
Age /Sex : 26 Y/ F	Reported Date : 12/07/2025 / 13:44		
Ref By : SRI AMMAN LAB - VALLAM			

Test Name (Method/Specimen)	Result	Flag	Biological Reference Value
Endocrinology			
Thyroid Function Profile - (Total)			
TRI - IODOTHYRONINE (TT3) (CLIA/ Serum)	141.00 ng/dL		80 - 190
THYROXINE - TOTAL (TT4) (CLIA/ Serum)	7.45 µg/dL		5.0 - 13.0
THYROID STIMULATING HORMONE (TSH) (CLIA/ Serum)	3.44 µIU/mL		0.35 - 5.5
End Of Report			

 Verified By Dr. C. ALAGARASAN., Ph.D (Biotech) CLINICAL LAB MANAGER		 S. SAMPATHKUMAR Msc.MLT., LAB DIRECTOR
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Discussion

This case highlighted the effectiveness of individualized homoeopathic treatment in primary hypothyroidism. Instead of replacing hormones, homoeopathy works by addressing the constitutional root of the disorder. The choice of Homoeopathy medicine *Pulsatilla Nigricans*, a polychrest remedy, covers the totality of symptoms including emotional and physical features. Regular follow-up and laboratory monitoring are evidences in such chronic conditions.

Conclusion

Homoeopathic constitutional treatment can provide significant improvement in hypothyroidism cases, particularly in young women, when selected based on holistic symptom analysis. This case demonstrated hormonal regulation, symptom improvement, and better quality of life without depending on lifelong hormone replacement.

Conflict of Interest

Not available

Financial Support

Not available

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