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## A review of hypothyroidism with special reference to homoeopathic therapeutics

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### Abstract

**Background:** Hypothyroidism is a common endocrine disorder of the body characterised by deficient secretion of thyroid hormones from the thyroid gland, leading to slowing of the metabolic processes of the body. It affects multiple organ systems of the body and presents with diverse physical and psychological symptoms. Allopathic management mainly relies on lifelong hormone replacement therapy, which may not always address individual susceptibility and constitutional factors.

**Objective:** To review hypothyroidism from a clinical and pathophysiological perspective and to highlight the scope and role of homoeopathic therapeutics in its holistic management.

**Method:** A narrative review of standard medical literature on hypothyroidism and classical homoeopathic texts, including materia medica, repertories, and miasmatic literature, was undertaken. Emphasis was placed on symptomatology, constitutional types, and commonly indicated homoeopathic remedies.

**Conclusion:** Homoeopathy offers a holistic and individualised approach to hypothyroidism by addressing the patient's constitutional makeup, mental state, and underlying miasmatic influences. While it does not replace emergency or essential hormone therapy, homoeopathy may play a significant complementary role in improving quality of life, symptom control, and overall well-being.

**Keywords:** Hypothyroidism, thyroid gland, homoeopathy, constitutional treatment, miasm, endocrine disorders

### Introduction

The thyroid gland plays a crucial role in regulating metabolism, growth, and development through the secretion of Thyroxine (T4) and Triiodothyronine (T3). Hypothyroidism occurs when there is insufficient production or action of these hormones, resulting in metabolic slowdown. It is more prevalent in women and commonly associated with autoimmune disorders, iodine deficiency, and iatrogenic causes. From a homoeopathic standpoint, hypothyroidism is not merely a glandular disorder, but a manifestation of systemic imbalance influenced by constitutional susceptibility and chronic miasmatic background.

### Aetiology of hypothyroidism

- Autoimmune thyroiditis (Hashimoto's disease)
- Iodine deficiency
- Post-thyroidectomy or radioactive iodine therapy
- Drug-induced (e.g., lithium, amiodarone)
- Congenital absence or dysfunction of the thyroid gland

### Clinical features of hypothyroidism

- Generalised fatigue and lethargy
- Weight gain despite poor appetite
- Cold intolerance
- Constipation
- Dry, coarse skin and hair loss
- Hoarseness of voice
- Bradycardia
- Menstrual irregularities and infertility
- Depression, poor memory, and mental dullness

**Diagnosis of hypothyroidism**

- Elevated Thyroid Stimulating Hormone (TSH)
- Low serum T4 and/or T3
- Presence of thyroid autoantibodies (in autoimmune cases)

**Homoeopathic concept of hypothyroidism**

Homoeopathy views hypothyroidism as a chronic disease requiring constitutional treatment rather than symptomatic suppression. Homoeopathic treatment aims to stimulate the vital force, restore hormonal balance indirectly, and improve the patient's adaptive capacity.

The disease expression is influenced by:

- Individual constitution
- Mental and emotional state
- General modalities
- Miasmatic background (primarily psoric and sycotic, with syphilitic tendencies in advanced cases)

**Miasmatic concept of hypothyroidism**

- **Psoric miasm**
  - Functional sluggishness
  - Cold intolerance
  - Dry skin, anxiety, and weakness
  - **Homoeopathic medicine:** Calcarea carbonica, Sulphur, Pulsatilla
- **Sycotic miasm**
  - Glandular enlargement
  - Obesity, water retention
  - Hormonal imbalance
  - **Homoeopathic medicine:** Natrum muriaticum, Thuja, Medorrhinum
- **Syphilitic miasm**
  - Degenerative changes
  - Severe mental dullness
  - Destructive pathology
  - **Homoeopathic medicine:** Aurum metallicum, Iodum, Mercurius

**Homoeopathic medicine for hypothyroidism**

- **Calcarea carbonica**
  - Suited to obese, flabby individuals
  - Cold sensitivity, profuse sweating
  - Slow metabolism and delayed development
  - Commonly indicated in hypothyroid patients with lethargy and weight gain
- **Natrum muriaticum**
  - Hypothyroidism with anaemia and hair fall
  - Emotionally reserved, sensitive to grief
  - Craving for salt
  - Menstrual irregularities are common
- **Thyroidinum**
  - Organ remedy prepared from the thyroid gland
  - Useful in hypothyroidism with obesity or emaciation
  - Helps regulate metabolism
  - Used cautiously under supervision
- **Iodum**
  - Thyroid dysfunction with restlessness

- Weight loss despite good appetite
- Heat intolerance
- Palpitations and anxiety
- **Sepia**
  - Hypothyroidism in women
  - Hormonal imbalance with menstrual irregularities
  - Indifference to family, bearing-down sensation
  - Better with exercise
- **Lycopodium clavatum**
  - Right-sided complaints
  - Digestive disturbances with hypothyroidism
  - Lack of confidence, intellectual fatigue
  - Evening aggravation
- **Aurum metallicum**
  - Hypothyroidism with severe depression
  - Sense of worthlessness and suicidal thoughts
  - Cardiac involvement possible
  - Marked syphilitic background

**Role of homoeopathy in the management of hypothyroidism**

It is important to emphasise that patients on conventional thyroid hormone therapy should not discontinue medication abruptly. Homoeopathy can be used as a complementary approach with regular monitoring of thyroid function tests. Homoeopathy may help in:

- Improving general vitality and metabolism
- Reducing associated symptoms like fatigue, depression, and weight gain
- Supporting emotional and mental well-being
- Addressing associated menstrual and fertility issues

**Conclusion**

Hypothyroidism is a chronic endocrine disorder with widespread systemic effects. Homoeopathy, through its holistic and individualised approach, offers significant scope in managing hypothyroidism by addressing constitutional susceptibility, mental state, and miasmatic influences. Remedies such as Calcarea carbonica, Natrum muriaticum, Thyroidinum, Sepia, and Lycopodium play an important role when prescribed on the totality of symptoms. Integrative care with regular clinical and laboratory monitoring ensures safe and effective management.

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