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Constitutional treatment of SCH in homoeopathy: A case report

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Abstract

Hypothyroidism, also called underactive thyroid, is when the thyroid hormones do not meet our body needs. The world health organization (WHO) estimates that about 2 billion people are iodine deficient, based on urinary excretion data. It is characterized by weight gain, sluggishness, cold intolerance, dryness of skin, constipation and bradycardia. A case of SCH treated with individualized homoeopathic medicine is presented and the improvement was significant showing reduction in the TSH level with overall improvement in health.

Keywords: Subclinical hypothyroidism, individualisation, homoeopathy

Introduction

Hypothyroidism is the condition resulting from insufficient synthesis of thyroid hormones. Iodine deficiency remains the commonest cause of hypothyroidism in world wide. Hypothyroidism has been listed under the code E00- E04 according to ICD classification. Subclinical hypothyroidism is a disorder of the thyroid gland characterized by elevated TSH and normal T₃ and T₄.

The prevalence of SCH is reported to be around 4- 10% in the adult population, however this varies with different populations, with more cases occurring in iodine sufficient areas. It is also much more common in women as compared to men and incidence increase with age.

Aetiology

1. Primary thyroid disease (Accounts for 95% of cases)

a. Thyroprivic

- Congenital developmental defects
- Primary idiopathic
- Post- radiation
- Post ablative (radioiodine or surgery)

b. Goitrous

- Heritable biosynthetic defects maternal transmission
- Iodine deficiency
- Drug induced (PAS, iodide, lithium & aminodarone)

2. Suprathyroidal (Accounts for 5% of cases)

- a. Pituitary - Postpartum pituitary necrosis (Sheehan's syndrome)
- b. Hypothalamic.

3. Drugs that cause hypothyroidism

- Iodine containing drugs
- Lithium
- Interferon- α
- Interleukin- 2
- Thalidomide

Case report

A 48 year old female presented in our OPD for the C/o thyroid dysfunction (pre- diagnosed). She was married since 15 years.

She had a history of weight gain, weakness, lethargy, poor appetite, constipation, hair fall and depression. She also had H/o 10 kg of weight gain over a 3 month of period with weakness and fatigue.

Mental symptoms

She describes a big change in her life before and after marriage. After marriage home scenario was completely different from what was at parent’s place. She wanted to do some work on the basis of her qualification but could not as she wasn’t permitted to and become a housewife. But this made her sad and she would keep thinking about this. She also suffered from disturbed sleep due to continuation of dreams; dreams of dead people⁺⁺, dreams of snakes, or as if everything is left behind and she was alone. After get depressed, now she finally desires from life and expects doctor to help her achieve – order in her life.

Physical symptoms

Appetite - Diminished
Thirst - Decreased (Only while eating)

Urine - Cloudy
Sleep - Disturbed due to dreams
Thermal - Hot

Family history

FATHER- Died due to road accident
MOTHER- H/o Diabetes mellitus type 2

Clinical observation

Weight - 90 Kgs
Height - 5’1
Appearance - Obese, wheatish complexion
Pulse - 78 beats/ minute
BP - 130/90 mmhg

Basis of prescription

On reportorial analysis, Lachesis was found to be most similar medicine to the case and also scored highest that is 7/4. Patient was obese with wheatish complexion, disturbed sleep, constipation, dreams of dead people and snakes, hot patient led to the selection of Lachesis Mutus.

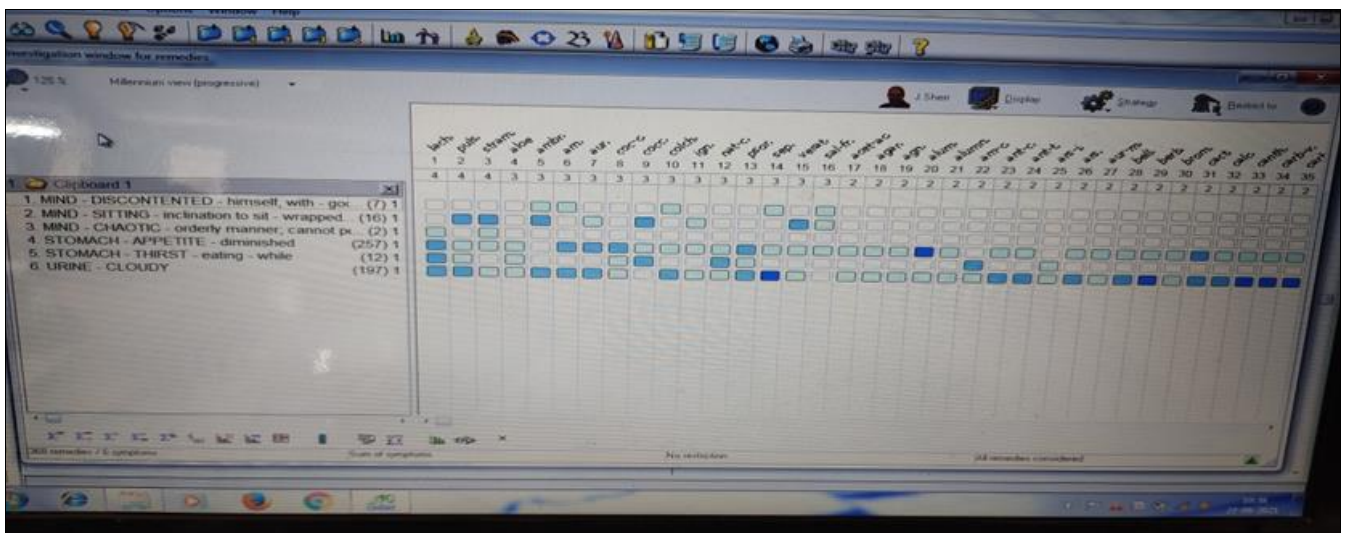


Fig 1: Repertorization

Prescription

Rx

Lachesis Mutus 200/ 1 Dose
Phytum 30 /TDS/ for 20 days

Table 1: Follow up with prescription

Date	Symptoms	Prescription
20-9-20	Repertorial totality	Rx Lachesis Mutus 200 /1Dose Phytum 30/ TDS/for 20 Days
9-10-20	Thyroid gland enlargement persists as same.	Rx Rubrum 30 /1 Dose H.S Phytum 30/ TDS/for 20 Days
30-10-20	>+ Sleep- refreshing, no C/o dreams. Hair fall reduced to 50% Weakness improved, patient feels energetic.	Rx Rubrum 30 /1 Dose H.S Phytum 30 /TDS/ for 30 Days
5-12-20	>++ Appetite- Improved Relief in Constipation	Rx Phytum 30 /TDS/ for 30 Days
7-1-21	>+++ Relief in Complaints. Patient feels better psychologically	Rx Phytum 30/TDS/for 30 days
13-2-21	>+++ No complaints, Patient feels better.	Rx Phytum 30 TDS/ for 30 days

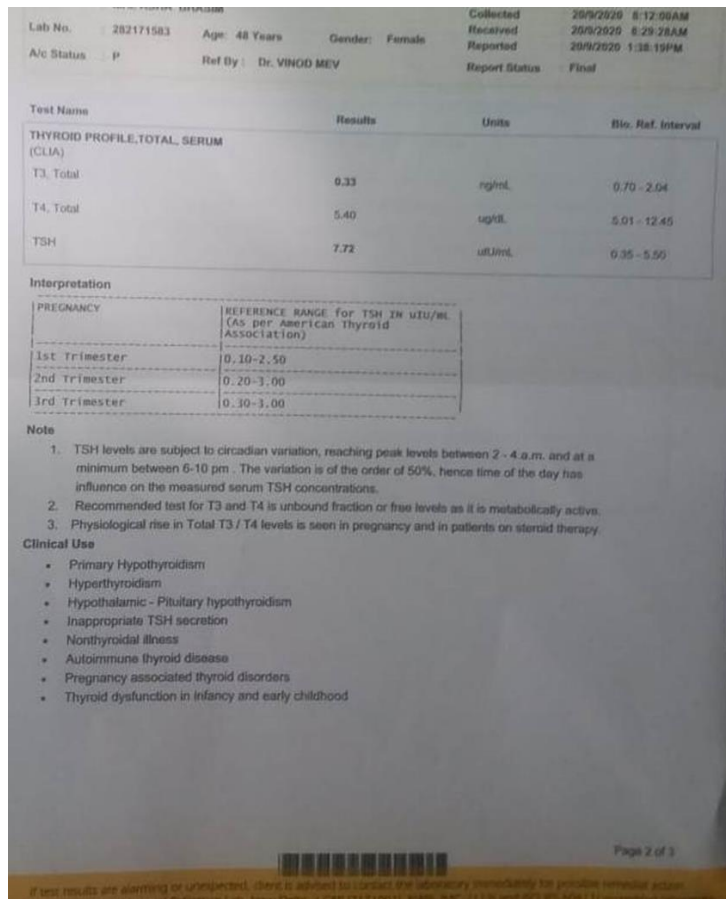


Fig 2: Before treatment



Fig 3: During treatment

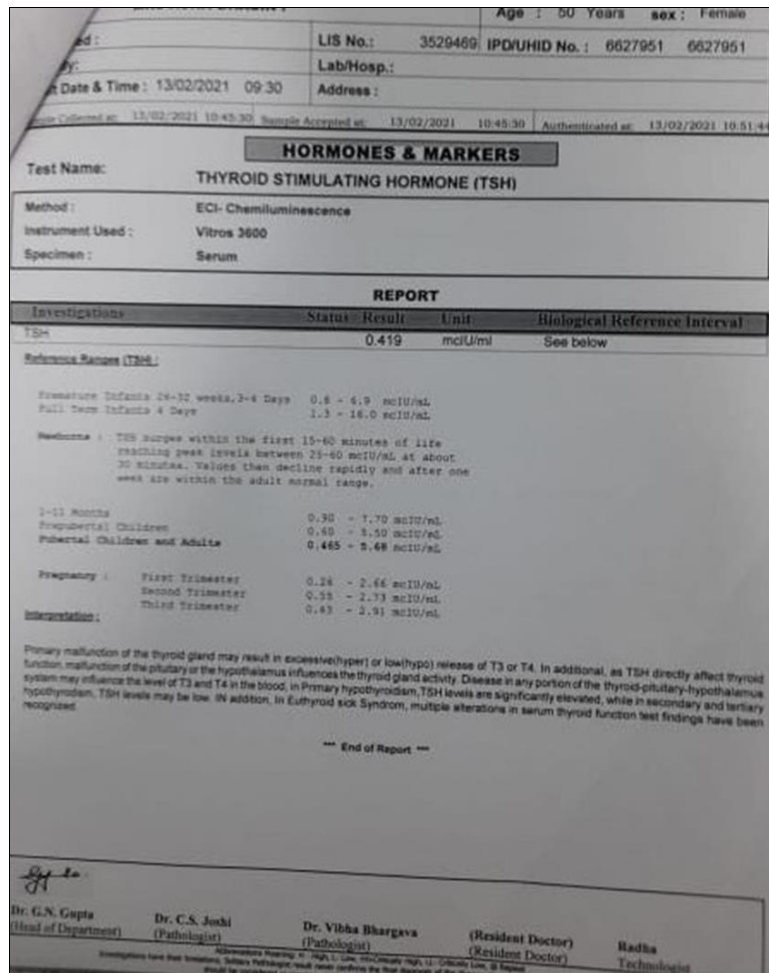


Fig 4: After treatment

Table 2: SL No Date of follow ups TSH Level (uIU/mL)

SL No	Date of follow ups	TSH Level (uIU/mL)
Before Treatment	20-9-2020	7.72
Follow up 1	07-01-2021	6.30
Follow up 2	13-02-2021	0.419

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