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Homoeopathic management of hyperthyroidism: An evidence based case report

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Abstract

Largest of all endocrine glands, the Thyroid, is a butterfly shaped organ, located in the anterior neck, extending from C5 to T1. Normal Balance of its hormones are vital, as they play key role in many vital processes, especially metabolism. Hyperthyroidism is a condition in which there is rise in TSH hormone levels, due to multiple factors, causing multi-organ dysfunction. Its prevalence is about 20:1000 females. Males are affected 5 times less frequently when compared to females. This article deals about an evidence based case report of Hyperthyroidism managed with Homoeopathic Constitutional treatment.

Keywords: Hyperthyroidism, constitutional treatment, natrum muriaticum

Introduction

Homoeopathy is an individualized way of treatment, offers its best in management for Hyperthyroidism cases, as the scope for this condition is limited to anti-thyroid medication or surgery in modern system of medicine. Constitutional treatment helps in gradual tapering of anti-thyroid medication, and gives symptomatic relief, helps in improving quality of life of patient. Causes for Hyperthyroidism include Graves's disease, Multi-nodular goiter, autonomously functioning solitary thyroid nodule, called Toxic Adenoma, Struma ovarii, TSH secreting pituitary adenoma, Iodine excess. Some conditions have Thyrotoxicosis without Hyperthyroidism, which includes Sub acute Thyroiditis, Silent Thyroiditis, ingestion of excess Thyroid hormone [1]. The below discussed case report of Hyperthyroidism, very well improved with constitutional medicine, Natrum Muriaticum.

Case Report: A male patient of age 25, visited OPD, on 10.4.2022, with weight-loss and hair fall, since 1 yr., Sleeplessness and Headache since 2 months. All symptoms developed after he faced failure at his final year MBBS exams. He went into depression as all his friends were ahead of him. Gradually he started losing weight. Hair fall started later, which is in bunches. There is no H/o of dandruff. Headache is at frontal region < by mental exertion, started 2 months ago during preparation for NEET exam. At the same period he developed sleeplessness due to late night studies. Patient gets sleep only at early morning 5AM, and only for 3 hours. Wakes up unrefreshed.

In the past, patient has allergic rhinitis, which ameliorated with Homoeopathic Rx. Mother also has similar history of allergic rhinitis.

Patient has desire for spicy food, and aversion to sweets 1+. Thermally hot patient.

Life space: patient is anxious, fearful and he is stressed a lot thinking about exams. He is responsible and independent, deals all his issues by himself. Patient is introverted, does not share his feelings with others and doesn't like to be consoled.

Patient has considerable loss of weight, of about 6kgs in the span of one year. Weight when he came for OPD visit is 58kgs. (Previous WT - 64kgs). Patient was advised for thyroid profile, which showed high T4 levels, supporting diagnosis for Hyperthyroidism.

Kent Analysis and evaluation of symptoms	
Mental generals	Ailments after failure in exams
	Anxious about exams
	depressed
	Introverted
	Independent
Physical generals	Consolation agg
	Spicy food desire for
	Sweets aversion
	Sleeplessness
Particulars	Hot patient
	Frontal Headache < by mental exertion
	Hairfall in bunches

untitled
This analysis contains 915 remedies and 12 symptoms.
Intensity is considered

Sum of symptoms (sort:deg)			nat-m.	sulph.	nux-v.	sil.	ars.	calc.	lyc.	sep.	nit-ac.
			1	2	3	4	5	6	7	8	9
			11	11	11	10	10	10	10	10	10
			27	27	21	23	22	21	21	21	20
01. MIND - ANXIETY	1	485	■	■	■	■	■	■	■	■	■
02. MIND - SADNESS	1	625	■	■	■	■	■	■	■	■	■
03. MIND - RESERVED	1	116	■	■	■	■	■	■	■	■	■
04. MIND - INDEPENDENT	1	15	-	■	■	-	-	-	■	-	-
05. GENERALS - FOOD and DRINKS - spices - desire	1	83	■	■	■	-	■	-	■	■	■
06. GENERALS - FOOD and DRINKS - sweets - aversion	1	73	■	■	■	■	■	■	-	■	■
07. MIND - CONSOLATION - agg.	1	48	■	■	■	■	■	■	■	■	■
08. SLEEP - SLEEPLESSNESS	1	500	■	■	■	■	■	■	■	■	■
09. GENERALS - HEAT - sensation of	1	210	■	■	■	■	■	■	■	-	■
10. HEAD - PAIN - Forehead, in	1	456	■	■	■	■	■	■	■	■	■
11. HEAD - PAIN - Forehead, in - mental exertion	1	45	■	-	■	-	-	-	■	-	-
12. HEAD - HAIR - falling	1	170	■	■	-	■	■	■	■	■	■

Considering the symptoms, SYNTHESIS 9.0 repertory was selected, after Repertorisation, remedies that came up are Natrum Mur, Sulphur, Nux V, Silicea, Ars, Calc, Lyco, Sep, Nit Acid. Among these remedies Natrum Mur was selected as similimum. In Murphy’s Repertory, Natrum Mur is

second grade remedy for Hyperthyroidism. A 41-year-old Hindu female visited to my clinic for weakness, lethargy and constipation with hard stool, headache, swelling in Neck and Constricted feeling in the neck. She was housewife of a good socioeconomic.

Follow up

Date	Symptoms	Remedy
10-4-22	Frontal headache, hair fall, sleeplessness, weight loss	Nat rum Mur 1m 1 Dose
2-5-22	Headache on and off, frontal headache, sleep improved. Weight 58kg	Nat rum Mur 1m 1 Dose
4.6.22	Better. No headache, sleep improved. Hairball persisting	Nat rum Mur 1m 1 Dose
14.8.22	Better. No headache, sleep improved. Hairball reduced.	Nat rum Mur 1m 1 Dose

Patient Name : ██████████	Date of Registration : 19-Mar-2022
Age / Sex : 25 Years / Female	Registration Time : 01:08 PM
Referred By : Dr. F. BADDIA RANI MD, DM	Date of Reporting : 19-Mar-2022
Lab-ID : 220319-0009	Reporting Time : 01:39 PM

Test Name	Patient's Value	Biological Reference Intervals
Total Triiodo Thyronine (T3)	1.38 ng/ml	0.60 - 1.81 ng/ml
Free T4 (FT4)	1.56 ng/dl	0.61 - 1.20 ng/dl
Thyroid Stimulating Hormone (TSH)	0.093 µIU/ml	0.35 - 5.50 µIU/ml

Method: Chemi Luminescence Immuno Assay

KANOPY DIAGNOSTICS		REFERENCE LAB SERVICES
Reg. No : ██████████	Test Report	Ref. Date : 19-Aug-2022 11:37
Age / Sex : 25 Years / Female	Received	10-Aug-2022
Referred By : NIKITA DIAGNOSTICS	Report	10-Aug-2022 11:40
Referred Dr : ██████████	Location	10-Aug-2022 / 10:50 PM
	Specialty	CENTRAL LABORATORY

Investigation	Observed Value	Biological Ref. Range	Method
Triiodothyronine Total (T3) - Serum	0.8 ng/mL	0.61-1.81 ng/mL	cCLIA / CLIA
Thyroxine Total (T4) - Serum	6.18 µg/dL	4.6-12.0 µg/dL	cCLIA / CLIA
Thyroid Stimulating Hormone (TSH) - Serum	3.46 µIU/mL	0.35-5.5 µIU/mL	cCLIA / CLIA

END OF THE REPORT
Dr. RAVI MD CONSULTANT PATHOLOGIST

Fig 1: Photos before and after Homoeopathic Medication

Discussion

Natrum Mur is a remedy for Depression, and its effects. Anxiety, fear, stress is common among students due to competitive world. If we examine the evolution of symptoms from Allen's Encyclopedia, we can clearly understand, liveliness on day one, gradually replaced with depression. Symptoms like "Melancholy mood (second day) Sad and depressed, Depressed mood, Depression of spirits, Sad mood (eighteenth day), Sad and weeping mood, without cause, Joylessness", clearly depict its action over mood disorder. The symptoms, "His mind is very much affected by a conversation, the more he was consoled, the more he was affected, He concluded, from the look of every one, that he was pitied on account of his misfortune, and he wept" illustrate that he gets effected with his misfortune. Similarly, our patient also showed marked aggravation from consolation, and all complaints developed after he failed in exams. The symptom "patient loses weight even after eating well" [2], supports that Natrum Mur could be a remedy for metabolic disorders like Hyperthyroidism. Hair loss in bunches, stress headache, also seen in Natrum Mur. So it is ideal Similimum to our patient. After giving Natrum Mur, patient improved markedly and felt better, with all the complaints. The T₄ hormone levels also came into control. T₄ levels in initial report was 1.56 ng/dl (Normal range- 0.61-1.20 ng/dl. With Homoeopathic treatment levels were brought back to normal levels. The report after treatment T₄ levels 6.18 µg/dl (normal range 4.6 µg/dl- 12 µg/dl).

Conclusion

Endocrinal disorders have huge scope in Homoeopathy. According to J.T. Kent's philosophy, all diseases arises from "ill mind" [6], This is well-known in current day as PNEI Concept, *i.e.*, Mind, Nervous System and Endocrinal System, Immunology are interconnected, which explains answer to many health issues like Endocrinal, Auto-immune, Allergic, Cardio Vascular diseases. This concept explains that disturbances at emotional level like stress, anxiety, depression leads different diseases and hormone imbalances [7]. Regardless the name of the endocrine disorder, with the standard principles of Homoeopathy, treatment is possible.

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