Hypothyroidism treated with homoeopathic medicine natrium muriaticum: A Case report

Dr. Bethshida Kharbuli, Dr. Sammaia Papiah and Dr. Larikupar A Rapthap

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Abstract
Reduced production of thyroid hormone is the central feature of the clinical state termed hypothyroidism (also called as underactive thyroid, low thyroid or hypothyreosis). Primary hypothyroidism which is due to disease of thyroid itself, accounts for approximately 99% of cases while < 1% is due to TSH deficiency known as central or secondary hypothyroidism. Since the main purpose of thyroid hormone is to run our body’s metabolism, it is not surprising that people with hypothyroidism often have symptoms associated with a slow metabolism. Worldwide, too little iodine in the diet is the most common cause of hypothyroidism. Hypothyroidism affects approximately 11% of the population of India. This article deals with a case of hypothyroidism homoeopathically managed with a constitutional remedy Natrium Muraticum. Kent’s method of evaluation of symptoms was adopted in this case as the patient showed mostly mental and physical general symptoms.

Keywords: Homoeopathy, hypothyroidism, natrium muriaticum, thyroid stimulating hormone (TSH)

Introduction
Insufficient synthesis and release of thyroid hormones give rise to hypothyroidism. This may be congenital or acquired, later in life.1 Congenital hypothyroidism occurs in about 1 in 4000 newborns [2].

Causes of hypothyroidism can be primary, transient and secondary [2]
1) Primary hypothyroidism [2]
• Autoimmune hypothyroidism: Hashimoto’s thyroiditis, atropic thyroiditis.
• Iatrogenic: thyroidectomy, external radiation of neck for lymphoma or cancer.
• Drugs: iodine excess, lithium, antithyroid drugs, P- amino salicylic acid, interferon alpha and other cytokines etc.
• Congenital hypothyroidism: absent or ectopic thyroid gland, dyshormonogenesis, TSH – R mutation.
• Iodine deficiency.
• Infiltrative disorders: amyloidosis, sarcoidosis, scleroderma etc.
• Overexpression of type 3 Deiodinase in infantile hemangioma and other tumors.

2) Transient hypothyroidism [3],
• Silent thyroiditis, including postpartum thyroiditis.
• Subacute thyroiditis.
• Withdrawal of supra physiologic thyroxine treatment in individuals with an intact thyroid.
• Thyroidectomy.

3) Secondary hypothyroidism [2]
• Hypopituitarism: tumors pituitary surgery or irradiation, trauma, infiltrative disorders.
• Isolated TSH deficiency or inactivity
• Bexarotene treatment
• Hypothalamic disease: tumors, trauma, infiltrative disorders, idiopathic.
Table 1: Signs and Symptoms of hypothyroidism

<table>
<thead>
<tr>
<th>SL. No</th>
<th>Symptoms</th>
<th>Signs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tiredness, weakness</td>
<td>Dry coarse skin, cold peripheral extremities</td>
</tr>
<tr>
<td>2</td>
<td>Dry skin</td>
<td>Puffy face, hands and feet</td>
</tr>
<tr>
<td>3</td>
<td>Hair loss</td>
<td>Diffuse alopecia</td>
</tr>
<tr>
<td>4</td>
<td>Difficulty concentrating and poor memory</td>
<td>Bradycardia</td>
</tr>
<tr>
<td>5</td>
<td>Constipation</td>
<td>Peripheral oedema</td>
</tr>
<tr>
<td>6</td>
<td>Weight gain with poor appetite</td>
<td>Delay tendon reflex relaxation</td>
</tr>
<tr>
<td>7</td>
<td>Dyspnea</td>
<td>Carpal tunnel syndrome</td>
</tr>
<tr>
<td>8</td>
<td>Hoarse voice</td>
<td>Serous cavity effusion</td>
</tr>
<tr>
<td>9</td>
<td>Mennorrhagia</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Paresthesia</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Impair hearing</td>
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</tr>
</tbody>
</table>

Diagnosis
Diagnosis is made by thyroid function test (TFT) which measures the concentration of thyroid stimulating hormone (TSH), triiodothyronine (T₃), and tetraiodothyronine (T₄) in blood.

Homoeopathy is a system of medicine which treats patient base on the “law of similia”. A careful review of homoeopathic literature showed us the scope of management of hypothyroidism with homoeopathy because of its rich clinical and therapeutic material. Endocrine disorders like hypothyroidism are often hereditary or having constitutional defects. Homoeopathy plays a role in such conditions because the remedy selection depends on individual totality.

Natrium muriaticum is a deep acting homoeopathic remedy which has a marked action on the thyroid gland. It is one of the remedies adopted by Schussler from Homoeopathy. Its action is on the skin, alimentary tract, blood, lymphatic system and thyroid gland. It is well indicated in hyperthyroidism, hypothyroidism, goitre, Addison’s disease. Its sphere of action is also on the mind so it is a good constitutional remedy which can be indicated if it matches the totality. Natrium muriaticum can stimulate the thyroid gland and reverse the dysfunction of the thyroid gland when the symptoms match. Since, homoeopathy works not only on the particular system but acts on the body as a whole, so, overall wellbeing of the patient is improved by choosing the accurate constitutional medicine.

Conventional medicines treat hypothyroidism with Levothyroxine in solid formulation. The daily dose is 1.5 to 1.8 ug per kg body weight.

Case report
A 45 years old female patient with known case of hypothyroidism came with the chief complaints of irregular menses and increased sweating on whole body for the past 5 years. Patient was apparently well 5 years back then started with the complaints of irregular menses. Her menses were once in 2-3 months. It was profuse and lasts for 5 days. There was also severe lower abdominal pain during menses. Pain was present for first 2 days and it was cramping type by balm application and rest. There was also severe lower abdominal pain during menses. Pain was present for first 2 days and it was cramping type by balm application and rest. Patient also complaints of increased sweating all over body since 5 years which was gradual in onset and progression. There was no offensive smell and no staining. It was mostly increased in the morning even on little exertion.
Breathlessness was also present on and off after exertion and rest. Along with this, patient complaints of hairfall and greying of hair since 3 years and increased since 1 year. Hairfall is after bath and hair falls was from root. Greying of hair in patches is present. The onset of complaints was gradual, the duration slow and gradual progression.

**Family history**
- Father: Healthy.
- Mother: Hypothyroidism on medication.
- Brother: Healthy.
- Sister: Healthy.

**Personal history**
- Diet-mixed.
- Appetite-good.
- Desire-sweets.
- Bowels-1/day, satisfactory.
- Sleep-good, refreshing.
- Habits-nil.
- Thirst-large quantities 5 l/day.
- Aversion-nil.
- Urine-5-6 t/day.
- Perspiration-increased whole body, no odour, no staining.
- Thermals-Hot patient.

Season – prefers winter; covering – not required
Food – as served; bath- lukewarm water

**Life space investigation**
Patient belongs to a family of low socio-economic status. She got married at 28 years old. Her family life was uneventful. She was a daily wager and works in knitting clothes. She has three children. Her nature used to be mild and calm but since the past few years she had become very irritable to small matters. She reacted by shouting. She was introvert by nature and she didn’t like to go out and mingle with other people. She preferred being at home and being with family. She kept thinking if she will be able to provide for her family and worries unnecessarily about her future. She always wished that her husband will be able to provide more for her and children. Due to this her relationship with her husband was affected. She didn’t have many people around and will not share her feelings much with anyone. She said she prefers to keep quiet and be by herself.

**General Physical examination**
Temperature- afebrile.
Pulse- 72 beats /min.
Respiratory rate- 18 b/min.
Blood pressure- 122/80 mm hg.
No signs of pallor, cyanosis, clubbing, icterus, lymphadenopathy, oedema.
Nails-pink.
Height-5 feet 3 inch.
Weight-45 kg.
Tongue-clean, moist.
Skin-No abnormalities.
Hair-Graying of hair present in patches. Thinning of hair was seen and hair was dry and rough in texture.

**Systemic examination**
Respiratory system-AEBE, no added sounds
Cardiovascular system-S1, S2 heard, no murmur
GIT-Bowel sounds heard, per abdomen soft and tender

**Local examination of neck**
No swelling or lobe enlargement seen
No local tenderness

**Laboratory investigations**

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*Fig 2: Laboratory investigations*
Table 2: Analysis and Evaluation of symptoms

<table>
<thead>
<tr>
<th>Introvert</th>
<th>Characteristic mental general symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritable over small matters</td>
<td>Characteristic mental general symptom</td>
</tr>
<tr>
<td>Anxiety about future</td>
<td>Characteristic mental general symptom</td>
</tr>
<tr>
<td>Brooding</td>
<td>Characteristic mental general symptom</td>
</tr>
<tr>
<td>Irregular menses</td>
<td>Common physical general symptom</td>
</tr>
<tr>
<td>Increased perspiration in morning</td>
<td>Characteristic physical general symptom</td>
</tr>
<tr>
<td>Thermally hot</td>
<td>Characteristic physical general symptom</td>
</tr>
<tr>
<td>Thirst for large quantities of water</td>
<td>Characteristic physical general symptom</td>
</tr>
<tr>
<td>Craving sweets</td>
<td>Characteristic physical general symptom</td>
</tr>
<tr>
<td>Breathlessness &lt; exertion</td>
<td>Characteristic particular subjective symptom</td>
</tr>
<tr>
<td>Abdomen cramping pain menses during</td>
<td>Characteristic particular subjective symptom</td>
</tr>
<tr>
<td>Hair fall</td>
<td>Common particular subjective symptom</td>
</tr>
</tbody>
</table>

Fig 3: Reportorial totality using RADAR software [8].

Hahnemann’s classification of disease
Dynamic chronic disease with fully developed symptom

Table 3: Remedy differentiation [6, 9, 10].

<table>
<thead>
<tr>
<th>Natrum muriaticum</th>
<th>Calcarca Carbonica</th>
<th>Sulphur</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introvert</td>
<td>Obstinacy</td>
<td>Forgetful</td>
</tr>
<tr>
<td>Irritability over trifles</td>
<td>Sluggishness</td>
<td>Irritable people</td>
</tr>
<tr>
<td>Anxiety about future</td>
<td>Dependency</td>
<td>Highly philosophical</td>
</tr>
<tr>
<td>Brooding nature</td>
<td>Anxiety about future</td>
<td>Selfishness</td>
</tr>
<tr>
<td>Irregular menses profuse</td>
<td>obese people who are always chilly and cannot tolerate cold air</td>
<td>Thermally hot</td>
</tr>
<tr>
<td>Thermally hot</td>
<td>Patient is fair, flabby, fat</td>
<td>Desire for sweets</td>
</tr>
<tr>
<td>Good remedy for hairfall in hypothyroidism</td>
<td>Excessive sweating on scalp</td>
<td>Menses too late, short, scanty</td>
</tr>
<tr>
<td>Perspiration increased</td>
<td>Craving for boiled eggs, desire for indigestible things like chalk, pencil, lime.</td>
<td>Hairfall with dry scalp</td>
</tr>
<tr>
<td>breathlessness after exertion</td>
<td>Constipation</td>
<td>Sensation of heat esp on vertex and soles</td>
</tr>
<tr>
<td>Abdomen pain during menses</td>
<td>Menses profuse, too early, too long</td>
<td>Morning diarrhoea driving the patient from bed</td>
</tr>
<tr>
<td>Emaciated appearance especially in the neck</td>
<td>Swelling of glands</td>
<td>Dirty filthy people prone to skin affections</td>
</tr>
<tr>
<td>Craving for salt, sweets</td>
<td>Pitutary and thyroid disfunction</td>
<td>Thirst for large quantities</td>
</tr>
<tr>
<td>Thirst for large quantities</td>
<td>Great weakness</td>
<td></td>
</tr>
</tbody>
</table>

Prescription on 27/5/2022
Natrum muriaticum 30 °C
5 pills x OD/5 days
Rubrum 30
5 Pills x TDS/15 days

Auxiliary management
- Regular exercise like walking, skipping.
- Taking iodine rich food like fish, eggs, seafood, fruits.
- Avoid cabbage, broccoli and cauliflower.
Discussion
Homoeopathy is a holistic system of medicine and we treat based on individualization. In this diagnosed case of hypothyroidism, the patient was presenting with chronic complaints. After a detail case taking, we had formed a chronic totality and evaluated the symptoms. Kent’s method of repertorisation was done since there were marked general symptoms and Natrum muriaticum was the remedy selected. The patient had slight improvement in the first follow up and marked improvements in the further follow ups. The TSH reports also showed decreased values which shows the action of Natrum muriaticum in hypothyroidism.

Conclusion
The case report demonstrates the importance of individualized constitutional homoeopathic medicine. It also shows how a well-chosen constitutional homoeopathic medicine plays a role in reversing the functional disturbance of the thyroid gland. A simple minimum dose is required for the treatment of hypothyroidism followed by infrequent repetitions. As this is a single case report further studies are to be conducted that may prove this study helpful.

Conflict of interest: Not available

Financial support: Not available

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3. Available from: https://en.wikipedia.org/wiki/Hypothalamic%E2%80%93pituitary%E2%80%93thyroid_axis

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