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Hypothyroidism treated with homoeopathic medicine natrium muriaticum: A Case report

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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 Muriaticum. 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^[2]

- 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.

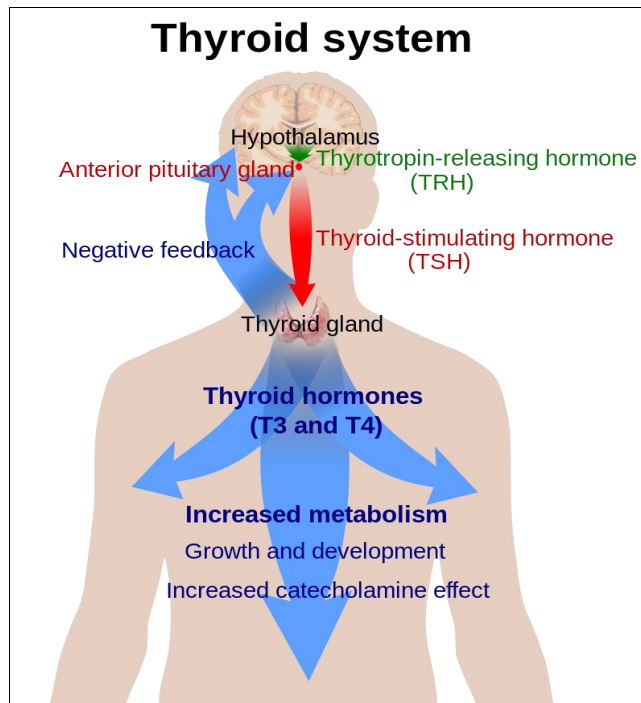


Fig 1: Hypothalamic-pituitary-thyroid axis ^[3]

Table 1: Signs and Symptoms of hypothyroidism ^[2]

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

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 ^[4]. Endocrine disorders like hypothyroidism are often hereditary or having constitutional defects ^[5]. 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 ^[6].

Conventional medicines treat hypothyroidism with Levothyroxine in solid formulation. The daily dose is 1.5 to 1.8 ug per kg body weight ^[6].

Case report

A 45 years old female patient with known case of hypothyroidism came with the chief complaints of irregular menses³⁺ and increased sweating on whole body³⁺ 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 type³⁺ > by balm application and rest.

Patient also complaints of increased sweating³⁺ 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 morning³⁺ even on little exertion.

Breathlessness was also present on and off < after exertion²⁺ and > rest.

Along with this, patient complaints of hairfall²⁺ 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-sweets³⁺
- 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

Open air – requires

Menstrual history:

Menarche- age of 14

LMP- 20/02/2022

Duration– 5 days

Character of bleeding – dark red, no clots

1st day – very light, last 3 days profuse

Lower abdomen pain during menses first 2 days.

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 wagger 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 unnecessary 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

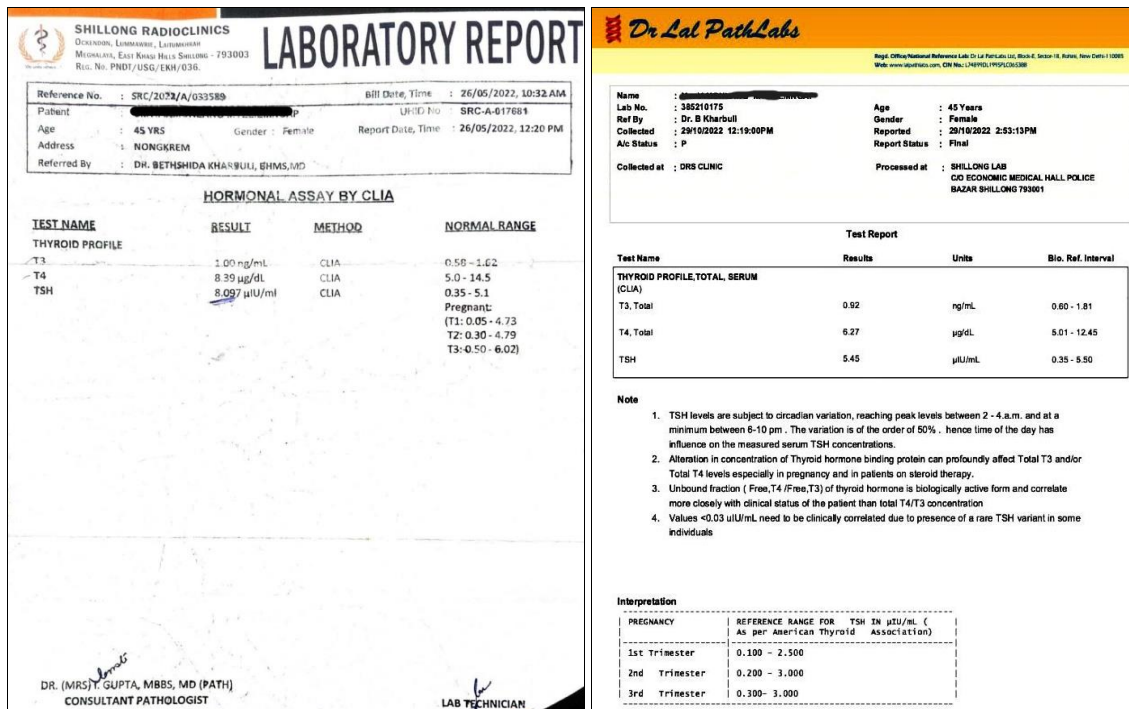


Fig 2: Laboratory investigations

Table 2: Analysis and Evaluation of symptoms

Introvert³⁺	Characteristic mental general symptom
Irritable over small matters ³⁺	Characteristic mental general symptom
Anxiety about future ²⁺	Characteristic mental general symptom
Brooding ³⁺	Characteristic mental general symptom
Irregular menses ³⁺	Common physical general symptom
Increased perspiration in morning ³⁺	Characteristic physical general symptom
Thermally hot ³⁺	Characteristic physical general symptom
Thirst for large quantities of water ³⁺	Characteristic physical general symptom
Craving sweets ³⁺	Characteristic physical general symptom
Breathlessness < exertion ²⁺	Characteristic particular subjective symptom
Abdomen cramping pain menses during ³⁺	Characteristic particular subjective symptom
Hair fall ²⁺	Common particular subjective symptom

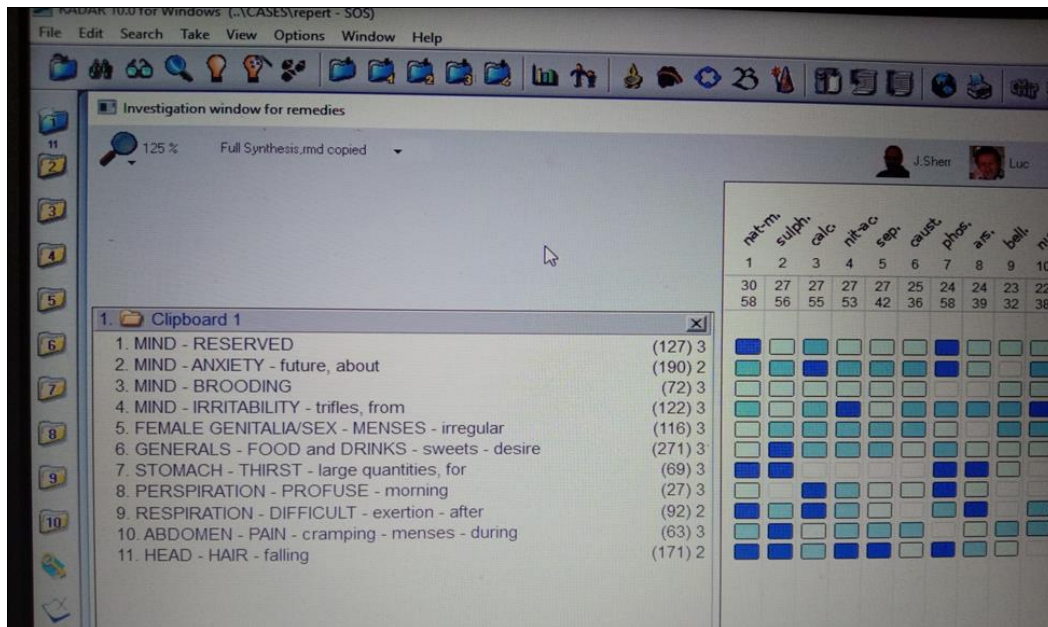


Fig 3: Reportorial totality using RADAR software [8].

Hahnemann’s classification of disease

psora-sycotic.

Dynamic chronic disease with fully developed symptom

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

Natrum muriaticum	Calcarea Carbonica	Sulphur
<ul style="list-style-type: none"> • Introvert • Irritability over trifles • Anxiety about future • Brooding nature • Irregular menses profuse • Thermally hot • Good remedy for hairfall in hypothyroidism • Perspiration increased • breathlessness after exertion • Abdomen pain during menses • Emaciated appearance especially in the neck • Craving for salt, sweets • Thirst for large quantities • Great weakness 	<ul style="list-style-type: none"> • Obstinacy • Sluggishness • Dependency • Anxiety about future • obese people who are always chilly and cannot tolerate cold air • Patient is fair, flabby, fat • Excessive sweating on scalp • Craving for boiled eggs, desire for indigestible things like chalk, pencil, lime. • Constipation • Menses profuse, too early, too long • Swelling of glands • Pituitary and thyroid disfunction 	<ul style="list-style-type: none"> • Forgetful • Irritable people • Highly philosophical • Selfishness • Thermally hot • Desire for sweets • Menses too late, short, scanty • Hairfall with dry scalp • Sensation of heat esp on vertex and soles • Morning diarrhoea driving the patient from bed • Dirty filthy people prone to skin affections • Thirst for large quantities

Prescription on 27/5/2022

Natrium muriaticum 30 °C

5pills 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.

Table 4: Follow ups

Date	Symptoms	Prescriptions (Rx)
26/06/2022	Patient was generally feeling better Hairfall present++, Sweating was still increased No new complaints All generals were good	Natrium muriaticum 30 C 5 pills x OD/5 days Rubrum 30 5 pills x TDS/7 days
02/07/22	Patient was 30 % better Appetite was good Sweating decreased Hairfall reduced LMP – 30/06/2022 with mild abdomen pain	Rubrum 30 5 pills x TDS x 15 days
13/08/22	Patient felt 50% better and no new complaints Hairfall reduced Breathlessness decreased Weakness reduced Generals were good LMP- 6/8/2022 with mild abdominal pain.	Rubrum 30 5 pills x TDS x 15 days
2/09/22	Irritability was present Hairfall reduced Graying of hair was still present LMP- 1/9/2022. Abdomen pain was slightly present on 1 st day Generals were good	Natrum muriaticum 200 OD stat Rubrum 30 5 pills x TDS x 15 days
30/10/ 22	Breathing difficulty was occasionally present Sweating reduced sometimes only during exertion Hairfall was better Weakness was better All generals were good No new complaints	Rubrum 30 5 pills x TDS x 15 days

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

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