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Hypothyroidism and its homoeopathic therapeutics based on clinical symptoms repertorization

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Abstract

Hypothyroidism is a condition caused by a deficiency of thyroid hormone, which if left untreated, can have detrimental effects on various organ systems in the body. This article provides an in-depth exploration of hypothyroidism, including its classification, underlying causes, investigative approaches and homoeopathic treatments. Additionally, the repertorization of hypothyroidism based on clinical conditions is discussed.

Keywords: Hypothyroidism, homoeopathy, homoeopathic therapeutics, clinical repertorization

Introduction

The thyroid gland, located in the front and lower part of the neck, is an endocrine gland that has important functions in the body. It is responsible for producing and releasing thyroid hormones, as well as regulating the body's iodine levels. The majority of the thyroid hormone produced, around 90%, is in the form of an inactive hormone called thyroxine (T_4), while the remaining 10% is an active hormone called triiodothyronine (T_3). The inactive thyroid hormone can undergo conversion either at the peripheral tissues to become activated thyroid hormone or into another form of inactive thyroid hormone. The typical weight of the thyroid gland in an adult is between 15 to 20 grams^[1].

Hypothyroidism

Hypothyroidism, known as underactive thyroid, occurs when the thyroid gland fails to produce sufficient thyroid hormones to meet the body's requirements. Situated in the front of your neck, the thyroid is a small, butterfly-shaped gland responsible for regulating energy utilization in your body, thereby influencing the function of nearly every organ, including your heart rate. When there is an inadequate supply of thyroid hormones, numerous bodily functions experience a slowdown^[2].

Thyroid hormones, primarily thyroxine (T_4) and triiodothyronine (T_3), play a crucial role in controlling the body's metabolism. They influence the rate at which cells convert food into energy, affecting nearly every organ and system in the body. Some of the functions affected by thyroid hormones include^[2-5].

1. **Metabolism:** Thyroid hormones help regulate the metabolic rate, determining how quickly the body uses energy from food. In hypothyroidism, the reduced levels of thyroid hormones can lead to a sluggish metabolism.
2. **Body temperature regulation:** Thyroid hormones play a role in maintaining body temperature. A decrease in thyroid hormone levels can result in feeling cold or having difficulty tolerating cold temperatures.
3. **Heart function:** Thyroid hormones affect the heart rate and the strength of heart contractions. In hypothyroidism, the heart rate may slow down, and the heart's pumping action may be weakened.
4. **Digestion:** Thyroid hormones influence the functioning of the digestive system. Reduced thyroid hormone levels can lead to constipation and slower digestion.
5. **Mood and mental function:** Thyroid hormones are involved in maintaining proper brain function and regulating mood. People with hypothyroidism may experience symptoms such as depression, fatigue, and difficulty concentrating.
6. **Growth and development:** Adequate thyroid hormone levels are crucial for normal growth and development in children. Hypothyroidism in children can lead to delayed growth and cognitive impairment.

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Causes

The most common causes of hypothyroidism, listed in order of frequency, are as follows:

- Idiopathic atrophic:** This is the least understood cause of hypothyroidism, characterized by the degeneration of the thyroid gland without a known underlying cause.
- Middle-aged women with insidious thyroid deficiency state:** This form of primary hypothyroidism is likely the most prevalent and affects middle-aged women. It develops slowly over time and is characterized by a deficiency in thyroid hormones.
- Autoimmune thyroiditis (Hashimoto's thyroiditis):** This is the leading cause of goitrous hypothyroidism, characterized by the inflammation of the thyroid gland due to an autoimmune response. It most commonly affects individuals between the ages of 35-45.
- Drug-induced:** Certain medications, such as iodide, lithium carbonate, and amiodarone, can lead to hypothyroidism. These medications can interfere with the synthesis, release, or de-iodination of thyroid hormones.
- Secondary to pituitary disease:** Hypothyroidism can occur as a result of pituitary disease, specifically a deficiency in thyroid-stimulating hormone (TSH). This can lead to a lack of other pituitary hormones, such as growth hormone and/or gonadotrophin. ACTH (adrenocorticotrophic hormone) is typically affected last.
- Congenital, in childhood:** In children, hypothyroidism may be present from birth and can be caused by various factors. These include a deficiency in BI2, a hormonal biosynthetic defect, or mal-development known as cryptothyroidism (mal-descent) [3-5].

Clinical Features

Clinical features of Hypothyroidism [3-5]

Symptoms

- Blunting of features.
- Generalized slowing.
- Dryness, itching.
- Muscle aches and pains.
- Slowing of motor function.
- Menses irregular (usually menorrhagia).
- Infertility.

- Galactorrhoea.

Signs

- Periorbital puffiness.
- Psychomotor retardation.
- Dry, rough, flaky skin; non-pitting oedema; carotenaemia.
- High FSH/LH.
- Dimorphic anemia.
- Megaloblastic anemia.
- Coagulation defects.

Investigations [3, 5]

The diagnosis of hypothyroidism can be confirmed by:

- Level of thyroid hormones in circulation (T₄, T₃).
- Value of TSH and its response to TRH.
- Indirect tests:
 - Photomogram.
 - Serum enzymes (CPK, LDH).
 - ECG.
- Thyroid antibody tests.

Repertorization [6]

The repertory's objective is not to substitute the Materia Medica, but to assist in the ultimate selection of a single medicine. Repertorization is performed based on the disease or clinical condition of Hypothyroidism.

Table 1: Rubrics

Chapter	Rubric
Head	HAIR affection of, in general dryness
Skin	Dry
Generals	Pulse slow, brachycardia slower than the beat of heart
Stomach	APPETITE diminished
Generals	Obesity
Rectum	Constipation
Extremities	Nails complaints of brittle
Generals	Inflammation joints, arthritis
Generals	Cold agg
Mentals	Sadness
Generals	Weakness enervation, exhaustion, prostration
Mentals	Memory weakness, loss of
Generals	Pain General muscles, of

Rubrics	Source	Calc	Lyc	Phos	Sulph	Si	Als	Bell	Causl	Sep	Thu	Graph	Nat-m	Pb	Merc	Psor
	Weighted	25	24	24	24	23	22	22	22	22	22	22	21	21	21	20
	Rubrics covered	11	11	11	11	11	11	11	11	10	12	10	12	11	11	10
	Rubric grades	25	24	24	24	23	22	22	22	22	22	21	21	21	20	20
HAIR affections of, in general dryness	Head	2		2	2			1			3	1		2		2
DRY	Skin	3	3	3	3	3	3	3	1	2	1	2	2	3	2	2
PULSE slow, brachycardia slower than the beat of heart	Generals												1			
APPETITE diminished	Stomach	1	2	1	1	1	1	1	2	1	1			1	1	2
OBESITY	Generals	3	2	2	2	1	2	2	1	1	1	3	2	1	1	
CONSTIPATION	Rectum	3	3	3	3	3	3	2	3	3	3	3	3	3	2	2
NAILS complaints of brittle	Extremities	1	1	1	2	1	1		1	1	2	2	1		1	1
INFLAMMATION joints, arthritis	Generals	2	2	1	2	3	1	3	2	2	1	1	2	1	2	2
COLD agg.	Generals	3	3	3	2	3	3	2	3	3	2	3	2	2	2	3
SADNESS,	Mentals	3	3	2	3	2	3	2	3	3	3	3	3	2	3	3
WEAKNESS, enervation, exhaustion, prostration, infirmity nervo	Generals	2	1	3	2	3	1	2	1	3	2	1	1	2	2	2
MEMORY weakness, loss of	Mentals	2	3	3	2	2	3	3	3	3	2	2	2	3	3	1
PAIN General muscles, of	Generals		1			1	1	1	2		1		1	1	1	

Fig 1: Showing repertorization, based on clinical symptom of Hypothyroidism from Complete Repertory using Cara Professional (Version 1.4)

Top 10 Remedies are as Follows

1. Calcarea Carbonica.
2. Lycopodium.
3. Phosphorus.
4. Sulphur.
5. Silicea.
6. Arsenic album.
7. Belladonna.
8. Causticum.
9. Sepia.
10. Thuja.

Homoeopathic Therapeutics of Hypothyroidism ^[7-11]

1. **Calcarea Carbonica:** This excellent constitutional remedy, known as Hahnemannian anti-psoric, is highly effective. It can be used in various situations where there is increased sweating, swelling of glands, and generally in scrofulous and rachitic conditions. Calcarea is particularly useful for individuals who are anxious, especially in the evening, and have fears of losing their sanity, facing misfortune, or contracting contagious diseases. It can also alleviate anxiety accompanied by heart palpitations. Furthermore, Calcarea can address hard and strumous swelling of the thyroid gland as well as painful swelling of the neck glands.
2. **Lycopodium:** Lycopodium is particularly suited for conditions that progressively worsen on the right side, accompanied by a decline in functional strength and digestive difficulties, particularly when liver function is severely disrupted. It induces feelings of sadness and fear when left alone, with a heightened sensitivity to minor irritations. There is a reluctance to engage in new ventures and a tendency to be obstinate and arrogant during illness. A loss of self-assurance is experienced, leading to hastiness while eating.
3. **Phosphorus:** Phosphorus has a notable impact on individuals, who are weak and suffer from diarrhea and excessive sweating, affecting their glandular functions. This results in a manifestation of a deteriorating metabolic state. Those who are tall and slender, with a narrow chest and delicate, translucent skin, experience further weakening due to the loss of bodily fluids. They also exhibit significant nervous frailty, extreme thinness, amorous inclinations, and appear to be particularly susceptible to the influence of Phosphorus. They display heightened sensitivity to external stimuli such as light, sound, odors, touch, electrical changes, and thunderstorms. The onset of symptoms is abrupt, leading to sudden exhaustion, fainting, perspiration, sharp shooting pains, and more. Moreover, individuals who are nervous and feeble find pleasure in being magnetized.
4. **Sulphur:** Being in a standing position is highly uncomfortable for individuals with Sulphur conditions, making it the least preferred posture. These individuals are often associated with poor hygiene, prone to skin issues. Sulphur is often beneficial in initiating the treatment of chronic cases and concluding acute ones. They tend to have a forgetful nature and their affections are often corrupted, displaying a high degree of selfishness with little regard for others. Sulphur subjects commonly experience irritability, depression, weight loss, and weakness, despite having a strong appetite.

- They have a strong craving for sweets.
5. **Silicea:** Lymphatic gland inflammation, absence of essential warmth, mental and physical exhaustion, heightened susceptibility to catching a cold, absence of determination either morally or physically, yielding nature, lacking courage and plagued by anxiety, nervousness and easily stimulated, stubborn and willful children, persistent thoughts focused solely on pins, experiencing fear, incessant searching and counting, cracked skin at the edges of the lips, and a breakout on the chin.
 6. **Arsenic album:** Its clear-cut characteristic symptoms and correspondence to many severe types of disease make its homoeopathic employment constant and certain. Among these the all-prevailing debility, exhaustion, and restlessness, with nightly aggravation, are most important. Great exhaustion after the slightest exertion. Injurious effects of fruits, especially more watery ones. Great anguish and restlessness. Great fear, with cold sweat. Suicidal.
 7. **Belladonna:** Belladonna for the extreme of thyroid toxemia. Belladonna acts primarily on the brain, and Teste very acutely explains the diversity of its action of men and animals by suggesting that it acts with intensity proportionate to the brain development. The Belladonna patients are pleasant and jolly enough when well, but they become exceedingly irritable and overbearing when ill.
 8. **Causticum:** The skin of a Causticum person is of a dirty white sallow, with warts, especially on the face. Ailments from long-lasting grief, sudden emotions. Hopeless despondent wants to die.
 9. **Sepia:** Weakness, yellow complexion, bearing-down sensation, especially in women, upon whose organism it has most pronounced effect. Pains extend down to back, chills easily. Hot flashes at menopause with weakness and perspiration. Irritable; easily offended. Dreads to be alone. Very sad. Weeps when telling symptoms.
 10. **Thuja:** It is the remedy for soft; exuberant; fungoid tissue; polypi condylomata warts; pediculated; black suppressed. Great prostration and rapid emaciation. The patient is exhausted and soft body feels thin delicate frail. Sad. Aversion to life. Over-excited angry or anxious about trifles. Nervous; begins to twitch on approach of strangers.

Conclusion

Hypothyroidism can be effectively treated with outstanding results through the practice of homeopathy. The remedies listed here are the most prominent ones identified through clinical repertorization, although other homeopathic medicines can also be employed to provide substantial relief for individuals with Hypothyroidism.

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