

TANTIA UNIVERSITY JOURNALOF HOMOEOPATHY AND MEDICAL SCIENCE

www.tjhms.com

CAS STUDY

HYPERTHYROIDISM AND HOMOEOPATHY – A CASE REPORT

Rajneesh Kumar Kaushal¹, Charanjeet Singh², Rekha Juneja³

¹PG. Scholar, ²Principal, Sri Ganganagar Homoeopathic Medical College, hospital and Research Institute, Sri Ganganagar, ³Rekha Juneja, Professor, Sri Ganganagar Homoeopathic Medical college Hospital & Research Institute. Sri Ganganagar,

Abstract

Key

Received- 12/11/2023 Revised- 25/12/2023 Accepted- 30/12/2023

Word-

Hyperthyroidism, Homoeopathy, Headache

Corresponding Author:-Rajneesh Kumar Kaushal, PG Scholar, Tantia University, Sri Ganganagar, Rajasthan Hyperthyroidism, or overactive thyroid, occurs when the thyroid gland produces too much of certain hormones. Hyperthyroidism can cause diarrhea, difficulty breathing, and

fatigue. Homoeopathy will mean to find out a similimum for every particular individual case. There is most dependable treatment for Hyperthyroidism in Homoeopathy without any side effect. A case report of 33 year old Govt. job male suffering from frequent headache, freent conjunctivitis on the basis of totality of symptoms and repertorisation, prescribe homoeopathic medicine 'Bambusa Arundo'. Case improved and quality of life better.

INTRODUCTION

Hyperthyroidism, or overactive thyroid, occurs when the thyroid gland produces too much of certain hormones. Hyperthyroidism can cause diarrhea, difficulty breathing, and

fatigue. Hyperthyroidism occurs when the thyroid gland produces too much thyroxine and triiodothyronine, two types of hormones.

If symptoms arise, they can affect the whole body and many body functions.

Excessive thyroid hormones cause an increase in metabolism, which accounts for most symptoms.

These symptoms vary between individuals and can include Trusted Source:

- A goiter, a swelling in the neck due to an enlarged thyroid gland.
- Nervousness, irritability, mood swings, and reduced concentration
- Diarrhea
- Difficulty breathing
- Fatigue and difficulty sleeping
- Muscle weakness
- Hyperactivity
- Oversensitivity to heat, excessive sweating, and warm, damp skin
- Increased appetite
- Increased bowel movements and urination
- Infertility and a loss of interest in sex
- Itchy skin with raised, itchy swellings, called hives or urticaria
- Nails becoming loose
- Menstrual problems, especially lighter periods or absence of periods
- Alopecia, or patchy hair loss
- A faster heartbeat, sometimes with palpitations
- Redness on the palms of hands
- Sudden weight loss
- Trembling hands and shakiness

Causes - There are various possible causes of hyperthyroidism, including the below.

- More common between the age of 20 and 40.
- It often starts after times of extreme stress or during pregnancy.
- Diffuse Toxic Goiter (enlargement of the thyroid gland) Grave's disease.
- Nodular goiter
- Hashimoto's thyroiditis.
- Iodine induced thyrotoxicosis.
- Cancer of thyroid (secondary).
- Ovarian struma.
- Hydatidiform mole.
- Thyroid stimulating Hormone (TSH) pituitary tumor.
- Ingestion of excess quantities of thyroid hormone, termed thyrotoxicosis factitia.
- High-dose radiation therapy.

Complications

The severity of hyperthyroidism and its symptoms depend on how well the body is able to react to the changes resulting from the thyroid excess hormones and how closely a person follows their treatment plan. Below is a list possible complications from condition.

Graves' ophthalmopathy - Graves' ophthalmopathy can cause pain or discomfort in the eye, light sensitivity, and certain vision problems. Additionally, a

person's eyes may protrude. Using eye drops and wearing sunglasses can help relieve symptoms. In severe cases, certain drugs, such as steroids or immunosuppressive drugs, can decrease the swelling behind the eyes.

A thyroid storm - A thyroid storm is an uncommon reaction that can occur after an infection, injury, or physical trauma, such as surgery or childbirth. It can also occur in pregnancy if the person has undiagnosed hyperthyroidism or difficulties in controlling the condition. This is a life threatening reaction that requires emergency medical treatment.

Signs and symptoms indicating a thyroid storm includeTrusted Source:

- A rapid heartbeat
- High fever
- Agitation
- Jaundice
- Vomiting
- Diarrhea
- Dehydration
- Hallucinations

Diagnosis

To diagnose hyperthyroidism, will doctor ask about a person's symptoms, perform a physical exam, and order blood tests. Diagnosing advanced hyperthyroidism is normally straight forward because the signs are clear, but in the early stages, they are less obvious.

A blood test, known as a thyroid function test, can show how well the thyroid gland is working. The test checks for levels of thyroid stimulating hormone (TSH), thyroxine, and triiodothyronine.

Healthcare professionals may also carry out a special diagnostic scan of the thyroid gland using radioactive iodine to gauge thyroid function. This is known as a radioactive iodine uptake test.

CASE PROFILE

Personal information

- a) Name Amit Thakur
- b) Age -33
- c) Sex Male
- d) Address Solan H.P.
- e) Married status Married
- f) Religion Hindu
- g) Occupation -Govt. Job

Date - 05-04-2021

Presenting complaints – Patient came with complaints of frequent headache, redness of eye B/L,

History of present complaint -

- Patient suffers from Headache since 3 4 years, site vertex,
- Extreme of temperature, cold air, noise, > external application Baam etc, medicine.

Headache accompanied nausea, irritability, quite want to be

Onset of headache – Gradual

Personal history:

- Marital status Married and healthy status.
- Present medicine History Divalproex Prolonged release, Valproic Acid, Carbimazol
- Past medicine history Pre mature gray hair, stitches on Right leg

Family History

Mother -HTN,

Father – Allergy

Physical history:

- Appetite Normal
- Thirst Thirsty
- Desire No Particular Desire
- Aversion Nil
- Stool Normal
- Urine Nothing abnormality detected
- Sleep Normal
- Thermal Reaction Ambithermal

Mental history-

Few back he year starts construction for built a house all were happy but after few month ago the budget cross the limit of assumption. Construction stop in-between due to lack of money. He except from family members will help him constriction. he also expects relative will ask him for help but nobody come forward during that time he feels alone.

- Sensitive to rudeness.
- Mild gentle person
- Quite want to be headache during

General Physical Examination:

- Body weight 70 Kg
- Built Normal
- Nutritional status Healthy
- Pallor Absent
- Cyanosis Absent
- Clubbing Absent
- Lymphadenopathy Absent
- Edema Absent
- Thyroid enlargement Absent
- Tongue Normal
- Skin Fair
- Nails Normal
- Blood pressure 100/70 mm of Hg
- Pulse 80/min
- Respiratory rate 25/ minute
- Temperature 98.4°F

Systemic Examination:

- Cardiovascular System NAD
- Gastrointestinal System NAD
- Respiratory System NAD
- Central Nervous System NAD
- Locomotors System NAD

Laboratory investigation - Blood – CBC, Thyroid Profile.

Diagnosis – Hyperthyroidism

Analysis and Evaluation of the Symptoms:

- Support desire for
- Quite want to be headache during

- Alone feeling

Conversion of the Symptom into Rubrics:

- Support desire for -CONFIDENCE - want of selfconfidence - support; desires
- Quite want to be headache during -QUIET; wants to be - headache; during
- 3) Alone feeling DELUSIONS alone, being world; alone in the

Rubrics in Synthesis Repertory-

1) MIND - QUIET; wants to be - headache; during

- 2) MIND CONFIDENCE want of self-confidence support; desires
- 3) MIND DELUSIONS alone, being world; alone in the

Repertorial Result – Bamb A 3⁴, Andrac 1², Kola 1², Plat 1², Puls 1², Camph 1¹, Choc 1¹, Cyc 1¹

Analysis of Result – As seen in repertorial result Bamb A was the medicine which covers all evaluating symptoms.

Final Prescription -

Medicine – Bamb A 30

Dose – 3 dose 2 hour interval

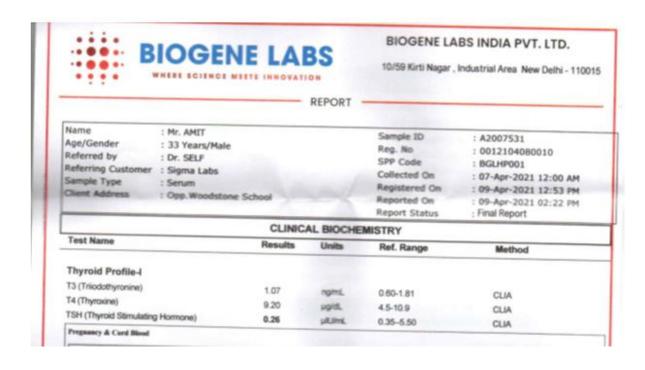
Mode of administration – Oral

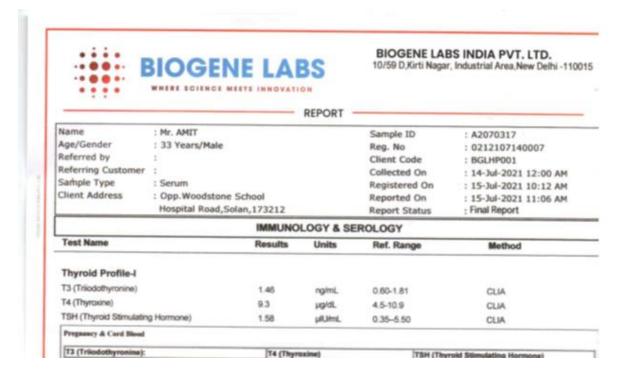
Date – 05.04.2021

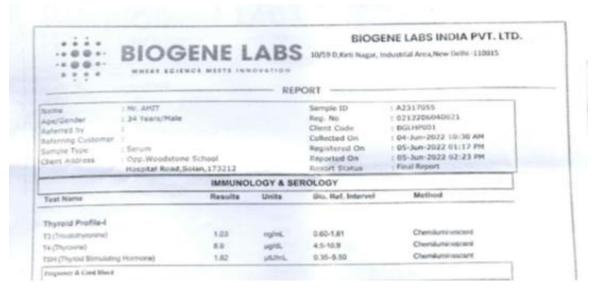
Follow Up:

Date	Follow up	Prescription
20-04-2021	120/86 mm of Hg, Wt 69 kg, feel better,	SL 30 TDS 30 days
	09-04-2021 T3 - 1.07, T4 - 9.20, TSH - 0.26,	
	advice for continue allopathic medicine for	
	hyperthyroidism as usual	
21-05-2021	118/82 mm of Hg, digestion improve, and before,	SL 30 TDS 30 days
	wt 69 kg, intensity of Headache reduce, severity of	
	eye redness also reduce	
21-06-2021	110/70 mm of Hg, sleep normal, headache appear	SL 30 TDS 30 days
	but less in intensity, eye redness also less in	
	intesity	
20-07-2021	15-07-2021 T3 - 1.46, T4 - 9.3, TSH - 1.58,	SL 30 TDS 30 days
	108/78 mm of Hg, wt 70 kg, advice for reduce	
	dose of allopathic medicine for Hyperthyroidism	
21-08-2021	Feel better, abdomen clear daily, 122/80 mm of Hg	SL 30 TDS 30 days
	Redness of eyes did not appear again,	
22-09-2021	Advice to skip allopathic medicine for	SL 30 TDS 30 days

	Hyperthyroidism, 114/80 mm of Hg Wt 71 kg	
22-10-2021	Improve,	SL 30 TDS 30 days
22-11-2021	Repeat	SL 30 TDS 30 days
21-12-2021	No more complaints,	SL 30 TDS 30 days
21-01-2022	No more complaints regarding Headache, eyes	SL 30 BD 30 days
22-02-2022	Feel better , No allopathic medicine for	SL 30 BD 30 days
	hyperthyroidism	
23-03-2022	Improved	SL 30 BD 30 days
23-04-2022	No complaints,	SL 30 BD 30 days
17-05-2022	No abnormality detected advice for repeat thyroid	SL 30 OD 30 days
	profile,	
21-06-2022	05-06-2022 T3 - 1.03 T4 - 8.9 TSH - 1.82, stop	No more medicine
	homoeopathy medicine	







Management:

Dietary Management:

Avoid:

- Avoid smoking, alcohol.
- Avoid tea, cola and chocolates.
- Avoid coffee and caffeinated drinks.

 Avoid refined foods, dairy products and wheat.

Consume:

- Consume vitamins and minerals, high protein and high calorie diet.
- Vitamin C increases the levels of antioxidants and helps to regulate the thyroid gland. B complex vitamins are another example of

vitamins that can help hyperthyroid patients. They help to build the immune system and stabilize the digestive process, which goes off track due to increased metabolism in hyperthyroid patients.

- Consume food that depresses the thyroid - broccoli, cabbage,
 Brussels sprouts, cauliflower, kale, spinach, turnips, soy, beans, and mustard greens.
- Increase consumption of Omega-3 fatty acids, Vitamin D, Calcium, Vitamin E, magnesium and Phosphorous.
- Omega-3 fatty acids are antiinflammatory and help immune system function properly.
- Sources of Omega-3 fatty acids:
 Fish and fish oils provide excellent forms of omega-3s. Flax / linseed oil is the richest source of PUFA's.
 Other oils that contain PUFA's are safflower oil, soybean oil, cottonseed oil, maize oil, sesame oil, rich bran oil, ground nut oil, mustard oil and olive oil.
- Add little Turmeric to food as it has an anti-inflammatory property.

Result - Improved

CONCLUSION

This case shows that Homoeopathy is effective in case of Hyperthyroidism. If

we prescribe medicines on base of totality of symptoms than we get very good result.

REFRENCES

- Text book of Materia Medica by Dr S.
 K. Dubey, Publisher: Arunaden sen Books and allied (P) ltd. 8/1 Chintamoni Das Lane, Culcata-700009
- Genetics Materia Medica by Dr Prafull Vijayakar Publisher: Mrs.
 Preeti Vijayakar 144, Anand Bharti Co-op Hsg. Soc. Dr M.B. Raut Road, Shivaji Park Dadar, Mumbai-4000828
- 3. **Prof P. C. Das Publisher:** CURRENT BOOKS INTERNATIONAL 60, Lenin Saranee Kolkata Phone 033-22449226, 22166012 Email: mbckolkata@vsnl.net
- Boericke William. Pocket Manual Pocket Manual of Homoeopathic Materia Medica & Repertory. B. Jain Publishers (P) Ltd; 2013. p. 130, 144, 349, 459, 536, 603,647.
- Davidson. Endocrine Disorders.
 Davidson's Principles and Practice of Medicine. 19th Edition. British Library Cataloguing in Publishing Data; 2002.
 p. 750-754.

How to Cite this Article- Kaushal R. K., Singh C., Juneja R., Hyperthyroidism And Homoeopathy – A Case Report. TUJ. Homo & Medi. Sci. 2023;6(4):65-73.

Conflict of Interest: None Source of Support: Nil



This work is licensed under a Creative Commons Attribution 4.0 International License

