



# TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

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## CAS STUDY

### HYPERTHYROIDISM AND HOMOEOPATHY – A CASE REPORT

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#### Abstract

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**Key Word-**  
Hyperthyroidism,  
Homoeopathy, Headache

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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, frequent 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 excess thyroid hormones and how closely a person follows their treatment plan. Below is a list of possible complications from the 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 include Trusted Source:

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

### Diagnosis

To diagnose hyperthyroidism, a doctor will ask about a person's symptoms, perform a physical exam, and order blood tests. Diagnosing advanced hyperthyroidism is normally straightforward 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 year back he starts construction for built a house all were happy but after few month ago the budget cross the limit of assumption. Construction work stop in-between due to lack of money. He except from family members will help him for 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:

- 1) Support desire for -  
CONFIDENCE - want of self-  
confidence - support; desires
- 2) 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 <sup>3</sup><sup>4</sup>, Andrac  
1<sup>2</sup>, Kola 1<sup>2</sup>, Plat 1<sup>2</sup>, Puls 1<sup>2</sup>, Camph 1<sup>1</sup>,  
Choc 1<sup>1</sup>, Cyc 1<sup>1</sup>

**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, 09-04-2021 T3 – 1.07, T4 – 9.20, TSH – 0.26, advice for continue allopathic medicine for hyperthyroidism as usual	SL 30 TDS 30 days
21-05-2021	118/82 mm of Hg, digestion improve, and before, wt 69 kg, intensity of Headache reduce, severity of eye redness also reduce	SL 30 TDS 30 days
21-06-2021	110/70 mm of Hg, sleep normal, headache appear but less in intensity, eye redness also less in intensity	SL 30 TDS 30 days
20-07-2021	15-07-2021 T3 – 1.46, T4 – 9.3, TSH – 1.58, 108/78 mm of Hg, wt 70 kg, advice for reduce dose of allopathic medicine for Hyperthyroidism	SL 30 TDS 30 days
21-08-2021	Feel better, abdomen clear daily, 122/80 mm of Hg Redness of eyes did not appear again,	SL 30 TDS 30 days
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 hyperthyroidism	SL 30 BD 30 days
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 profile,	SL 30 OD 30 days
21-06-2022	05-06-2022 T3 – 1.03 T4 – 8.9 TSH – 1.82, stop homoeopathy medicine	No more medicine


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**REPORT**

Name	: Mr. AMIT	Sample ID	: A2007531
Age/Gender	: 33 Years/Male	Reg. No	: 0012104080010
Referred by	: Dr. SELF	SPP Code	: BGLHP001
Referring Customer	: Sigma Labs	Collected On	: 07-Apr-2021 12:00 AM
Sample Type	: Serum	Registered On	: 09-Apr-2021 12:53 PM
Client Address	: Opp. Woodstone School	Reported On	: 09-Apr-2021 02:22 PM
		Report Status	: Final Report

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**CLINICAL BIOCHEMISTRY**

Test Name	Results	Units	Ref. Range	Method
<b>Thyroid Profile-I</b>				
T3 (Triiodothyronine)	1.07	ng/mL	0.60-1.81	CLIA
T4 (Thyroxine)	9.20	µg/dL	4.5-10.9	CLIA
TSH (Thyroid Stimulating Hormone)	0.26	µIU/mL	0.35-5.50	CLIA
<b>Pregnancy &amp; Card Blood</b>				

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**REPORT**

Name	: Mr. AMIT	Sample ID	: A2070317
Age/Gender	: 33 Years/Male	Reg. No	: 0212107140007
Referred by	:	Client Code	: BGLHP001
Referring Customer	:	Collected On	: 14-Jul-2021 12:00 AM
Sample Type	: Serum	Registered On	: 15-Jul-2021 10:12 AM
Client Address	: Opp. Woodstone School Hospital Road, Solan, 173212	Reported On	: 15-Jul-2021 11:06 AM
		Report Status	: Final Report

**IMMUNOLOGY & SEROLOGY**

Test Name	Results	Units	Ref. Range	Method
<b>Thyroid Profile-I</b>				
T3 (Triiodothyronine)	1.46	ng/mL	0.60-1.81	CLIA
T4 (Thyroxine)	9.3	µg/dL	4.5-10.9	CLIA
TSH (Thyroid Stimulating Hormone)	1.58	µU/mL	0.35-5.50	CLIA

**Pregnancy & Card Blood**

<b>T3 (Triiodothyronine):</b>	<b>T4 (Thyroxine)</b>	<b>TSH (Thyroid Stimulating Hormone)</b>
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**REPORT**

Name	: Mr. AMIT	Sample ID	: A2317055
Age/Gender	: 34 Years/Male	Reg. No	: 0212206040021
Referred by	:	Client Code	: BGLHP001
Referring Customer	:	Collected On	: 04-Jun-2022 10:30 AM
Sample Type	: Serum	Registered On	: 05-Jun-2022 01:17 PM
Client Address	: Opp. Woodstone School Hospital Road, Solan, 173212	Reported On	: 05-Jun-2022 02:23 PM
		Report Status	: Final Report

**IMMUNOLOGY & SEROLOGY**

Test Name	Results	Units	Ref. Interval	Method
<b>Thyroid Profile-I</b>				
T3 (Triiodothyronine)	1.03	ng/mL	0.60-1.81	Chemiluminescent
T4 (Thyroxine)	8.9	µg/dL	4.5-10.9	Chemiluminescent
TSH (Thyroid Stimulating Hormone)	1.82	µU/mL	0.35-5.50	Chemiluminescent

**Pregnancy & Card Blood**

## 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 anti-inflammatory 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.

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