



## **Hypothyroidism And Its Homoeopathic Approach**

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### **Abstract-**

Hypothyroidism is a disorder of endocrine system. It is a condition on when the thyroid gland is not producing enough thyroid hormones to the body. Here the thyroid is underactive, so the second or another term of hypothyroidism is “underactive thyroid.” This is the most common thyroid disorder. It occurs more in women and it runs in families also. Homoeopathic medicine plays a vital role in management of thyroid disorder. Homoeopathic remedies play an important role on every psycho-somatic diseases as well as autoimmune diseases. In case of Hypothyroidism, the medicines have their forceful action on hypothalamic-pituitary axis. Here medicine works on diseased person and altered the immune response to a desired level. This is called immune-modulation. By this way homoeopathic medicines normalize the secretion of T3, T4 and TSH and functionalize the thyroid gland at normal level.

**Key word:** TSH, Homoeopathy, Hypothyroidism, Diet and Regimen, Underactive, T<sub>3</sub>, T<sub>4</sub>.

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### **Introduction-**

Hypothyroidism occurs when the thyroid gland fails to work properly or if the thyroid gland is not stimulated properly by the hypothalamus or pituitary gland.

Hypothyroidism is a term used for less secretion of thyroid hormone. Because of less secretion hormones for longer time period.

It becomes a hypo-metabolic state. The androgen and estrogen metabolism effected or influence by thyroid hormones. Hypothyroidism manifest with the history of irregular menstruation, delayed puberty, anovulatory cycle, miscarriage and infertility. The major complication of hypothyroidism is Infertility and Birth defects.

Hypothyroidism is mainly classified into three types-

1. **Primary hypothyroidism** - Unable to produce and secrete the thyroid hormone due to defected thyroid gland. Here most common cause is Iodine deficiency.
2. **Secondary hypothyroidism** - There is insufficient TSH production because of defect at the hypothalamo-pituitary axis, which leads to decrease thyroidal stimulation and by this there is less production of T<sub>3</sub> and T<sub>4</sub>. Here most common cause is pituitary or hypothalamic diseases.
3. **Congenital hypothyroidism** -The gland does not develop properly for normal functioning from birth.

#### **Aetiology –**

The causes of hypothyroidism are-

- i. Hashimoto's disease or auto immune thyroiditis or chronic lymphocytic thyroiditis in adults.
- ii. Iodine deficiency or iodine imbalance (most common cause).
- iii. Thyroiditis- It firstly causes hyperthyroidism and after 1 to 2 months it may develop into hypothyroidism.
- iv. Any previous surgical treatment for related to thyroid gland.
- v. Any history of radiation therapy on thyroid gland.
- vi. Any problem or disease with the pituitary gland or pituitary gland abnormalities. Eg.- sheehan's syndrome.

- vii. Drug induced or any medication for hyperthyroidism, heart problems, psychiatric diseases etc.
- viii. Birth defects- If the thyroid gland does not develop properly due to any cause.
- ix. Sarcoidosis and infiltrative disorder.

Hashimoto's disease is most common cause of hypothyroidism in U.S. and western countries.

A disorder in which the immune system attacks the own cells or organ of body and attacks the thyroid gland.

#### **Sign and Symptoms-**

##### **Sign-**

- Weight gain.
- Dry, rough skin.
- Hair loss with rough, thin and brittle hairs.
- Thin and brittle finger nails.
- Decreases sweating.
- Puffy face, hand and feet.
- Issues in balance and co-ordination.
- Thin or missing eyebrows.

##### **Symptoms-**

- Fatigue, sluggishness, weakness.
- Cold intolerance.
- Slowed movement, heart rate and speech also.
- Constipation.
- Irritability, mood swings.
- Mental depression and insomnia.
- Less concentration and loss of memory.
- Loss of libido.
- Joints pain, muscular pain and cramps.
- Irregular menses, heavy periods or menorrhagia.
- High cholesterol levels.

- Anemia.
- Frequent miscarriage and infertility.
- Puffiness and swelling of face and feet.
- Swelling of thyroid gland.
- Hoarseness of voice.
- Hearing loss in chronic hypothyroidism.

#### **In Children and Teenagers-**

- Slow, stunted growth.
- Late development of teeth.
- Slow mental development with dullness.
- Delayed learning and poor memory.
- Delayed puberty.

#### **Diagnosis Of Hypothyroidism-**

- 1) Diagnosis is based on the thyroid hormones T<sub>3</sub>, T<sub>4</sub>, and TSH level in body. Generally T<sub>3</sub> and T<sub>4</sub> hormone level is elevated or high in primary hypothyroidism but TSH decreased in case of secondary hypothyroidism.
- 2) Ultra-sonography of thyroid gland for detecting any nodule or swelling etc.
- 3) Anti-TPO antibodies test in case of auto immune thyroiditis.

#### **Complications of Hypothyroidism-**

- 1) Birth defects.
- 2) Goiter.
- 3) Heart problems.
- 4) Infertility.
- 5) Mental health issues, depression.
- 6) Myxoedema.
- 7) Peripheral neuropathy.

#### **Homoeopathic Approach-**

Homoeopathy is a holistic science as it is based on 'Similia Similibus Curantur'

means 'Likes Cure Likes'. The aim of homoeopathy is to stimulate the inner self mechanism or vital force. So homoeopathy offers better chance to cure diseases because treatment is based on individual constitution. Homoeopathic understanding of health is connected to the understanding of mind. Body and mind, influence each other, as they both are interconnected. As Dr. Kent says "affection first in man's mind and proceeding from the mind to the physical economy." Homoeopathy acts on simple substance, the vital force of body and the vital force itself cures diseases. Every person has an individual problem with his own personality and reaction. Therefore, homoeopathy gives the concept of remedies for individual constitution rather than for diseases. As homoeopathy treats the man, not the disease.

Homoeopathy considers a disease as a result of mental distress or frustration or defected emotions. It diminishes the power of vital force and the disease evolved.

In case of Hypothyroidism, it is an auto-immune disease in homoeopathic point-of-view. Thyroid exercises a general regulating influence over the mechanism of the organs of nutrition, growth and development. Thyroid weakness causes a decided craving for a large amount of sweets. Homoeopathic medicines improve the function of thyroid gland and pituitary gland. It stimulates the body to reactivate the hormone secretions in normal limits. An exact similimum, constitutional remedy can cures it. The homoeopathic physician should do proper case taking and

then find the similimum which cures the disease or patient.

### **Therapeutics For Hypothyroidism**

There are numbers of medicines in our homoeopathy to treat the hypothyroidism.

1. **Thyrodinum- (Dried Thyroid Gland Of Sheep)** - Thermal- Chilly, Hypothyroidism after acute diseases i.e weakness. Easy fatigue, weak pulse, tendency to faint, palpitations, cold hands and feet, chilliness and sensitive to cold. Excessive obesity. Goiter. Anaemia, emaciation, muscular weakness, sweating, headache, tingling sensations. Dry congested throat with burning, worse left side. Weak frequent pulse, with an inability to lie down.
2. **Calcaria Carbonica-** Thermal- Chilly, Fat, fair, flabby constitution with much perspiration on head. Slight mental effort produces a hot head averse to work or exertion. Craving for eggs, sweets and indigestible things, eg.- chalk, coal, pencils etc. Menses too early, too profuse, too long with vertigo, toothache (menorrhagia). Sterility with copious menses. Constipation stool at first hard, then pasty, then liquid.
3. **Graphitis- (Black Lead)** - Thermal- Chilly, Mainly used in case of hypothyroidism with obesity and chilliness. Tendency to skin affection and constipation. Constipation: Large, difficult, knotty stool, united by mucus threads. Depressed, sad, music makes her weep. Menses too late with constipation, pale and scanty with tearing pain in the epigastrium. Hoarseness, coryza, cough,

sweats, and morning sickness during menstruation.

4. **Lycopodium Clavatum- (Club Moss)-** Thermal- Hot, An excellent remedy for thyroid disturbances with liver problems. Mild temperament of lymphatic constitution with catarrhal tendencies. Symptoms runs from right to left, acts especially on the right side of the body and are worse from about 4 to 8 p.m. Best adapted to intellectually keen people, but of weak muscular power. Melancholic, afraid to be alone. Hurried when eating. Craves everything warm. Can not read, what he writes. Hair becomes prematurely grey.
5. **Nux Vomica- (Poison Nut)** - Thermal- Chilly, Very irritable, sensitive to all impression. Hypothyroidism with irritability. Easily chilled, avoid open air. Cannot bear noises, odors, lights etc. Time passes too slowly. Fault findings. Literary and studious person who suffer from lack of exercise, having sedentary life with gastric troubles. Constipation with frequent ineffectual urging, incomplete and unsatisfactory stool, and feeling as if a part remained un expelled. Tickling in throat after waking up in the morning with sensation of roughness, tightness, tension. Uvula swollen. Backache in the lumber region, burning in spine. Worse 3 to 4 a.m.
6. **Sepia Officianalis- (Inky Juice Of Cuttlefish)** Thermal- Chilly, A very good remedy for hypothyroidism with lack of vital heat and chilliness. Great sadness and weeping tendency but consolation

aggravation. Indifference runs through the whole drug. Indifferent to the loved ones. Indifferent to everything and everybody. Faintness easily on exposure to excessive cold temperature. All kind of menstrual irregularities with bearing down sensations as if everything would escape through the vulva. Must sit close and cross the limbs to prevent protrusion. Constipation, large hard stools, sensation of a ball in rectum. Feels cold even in warm room.

### Conclusion:

The homeopathic constitutional treatment of Hypothyroidism takes care of underlying medical, hormonal or psychological causes of Hypothyroidism and can help in preventing complications of the same. Homeopathic medicines can help you to lose weight by improving your digestion, metabolism & elimination. Thus we conclude that homoeopathy is effective in the cure of Hypothyroidism provided they follow the auxiliary line of treatment (diet and regimen) advised.

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