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CASE REPORT****Volume 2 Issue 3(July-Sept. 2019)****E-ISSN - 2581-8899
P-ISSN – 2581-978X****Management of a Case Hypothyroidism with Homoeopathy****Dr. Mantosh S Yadav**

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Abstract-

Hypothyroidism is a condition in which thyroid gland doesn't produce enough amount of hormones. The signs and symptoms of hypothyroidism vary, depending on the severity of the hormone deficiency. Problems tend to develop slowly, often over a number of years. Hypothyroidism is the most common thyroid disorder. It occurs more often in women, it increases with age, and it runs in families. Hypothyroidism is treated with thyroid hormone medication. Levothyroxine is the drug of choice. Here I present a case of hypothyroidism 18 years girls treated with homoeopathic medicine Pulsatila Partensis successfully.

Key word: Thyroid, Hypothyroidism, Homoeopathy, T₃, T₄.

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Corresponding author: Dr. Mantosh S Yadav, Ph.D. Scholar, Tantia University, Sri Ganganagar, Rajsthan**How to cite-**Yadav M.S., Management of a Case Hypothyroidism with Homoeopathy, TU J. Homo & Medi Sci. 2019; 2(3):76-80.**Introduction-**

Thyroid diseases are common worldwide. In India too, there is a significant burden of thyroid diseases. It has been estimated that about 42 million people in India suffer from thyroid diseases.

The thyroid gland is located inside the neck, just below your Adam's apple. It produces two thyroid hormones, triiodothyronine (T₃) and thyroxine (T₄), which regulate how the body uses and stores energy. This is sometimes called your "metabolism regulator."

The thyroid works is controlled by another gland called the pituitary, which is located in your brain. The pituitary produces thyroid-stimulating hormone (TSH), which stimulates the thyroid to produce T₃ and T₄.

Hypothyroidism means you have too little thyroid hormone. Another term is an "underactive thyroid."

Hypothyroidism signs and symptoms may include: Fatigue, Increased sensitivity to cold, Constipation, Dry skin, Weight gain, Puffy face, Hoarseness, Muscle weakness,

Elevated blood cholesterol level, Muscle aches, tenderness and stiffness, Pain, stiffness or swelling in your joints ,Heavier than normal or irregular menstrual periods, Thinning hair, Slowed heart rate, Depression, Impaired memory, Enlarged thyroid gland (goiter).

Many people who are hypothyroid only have one or two of these symptoms.

Blood tests can measure your levels of thyroid-stimulating hormone (TSH) and thyroid hormone (T4). You have hypothyroidism when you have high TSH and low T4 levels in your blood.

Case Report

Case No. L/124

Name:- Miss P. Chaudhry

Age: 18yrs

Marital Status: Unmarried

Address:- Ahmedabad

Chief complaints:

(K/C/O:- Hypothyroidism)

O.D.P:-

Patient was Asymptomatic before 2yrs, but during her 11th and 12th science because of over thinking while studying and less of confidence regarding the result, as she was very average student so can't control the situation and she lost her confidence and gradually loss of sleep, loss of appetite, weight loss and loss of confidence all are affecting her.

On 24/01/2019 her family doctor advised for the TSH than the result was 30.10 uIU/ml and

after that she took allopathic medicine for the same.

Than on 02/07/2019 she came to me for the treatment.

Personal History:

Appetite: 2times/day

Sleep: 6-7/night but sometimes disturb due to thoughts of disease.

Desire: Fruits+, Pastry++

Aversion: Spicy ++, Soup+

Addiction: N.A.D

Thirst: 7-8 glass/day

Stool: Occ. Constipated

Mile Stone: Normal

Urine: Clear

Vaccination: All taken

Thermal Reaction: Chilly Patient

Menstrual History:

Time- Regular

Duration - 3-4 days/28 days

Character - Dark red

Past History-

Kidney Stone (before 1yr)

Family History-

Father- Asthma

Mother- Nothing

Physical Examination:

Congenital Defect: N.A.D

Nail: Pale

Pulse: 80/min

Temperature: 98 F

Odema: Not Present

Respiration: 15/min

Height: 144 CM

Weight: 51 Kg

Tongue: Pinkish

Mental:

Doctor, I am very much afraid about my health. I had never ever thought that I have to suffering from this disease, made me upset and even doesn't do any work properly neither household nor college work. This complain make me dull. Doctor I want to know what is the solution for this. I am anxious about my health and future and want to know about this. So please guide me the things which I have to follow for my betterment.

Investigation reports:

TSH on 24/1/19- 30.11 IU
TSH on 9/07/19- 11.60 IU
TSH on 5/08/19- 2.61 IU

Enumeration of Symptoms:

1. Heaviness of the abdomen aggravated before menses
2. Desire for pastry and fruits

3. Aversion to soup and spices
4. Anxiety with fear
5. Incapacity of business
6. Cares full of others
7. Cautious and anxious
8. Curious

Analysis & Evaluation Of Symptoms-

1. Curious Mental - Will
2. Incapacity of business Mental -Will
3. Cautious and anxious Mental -Will
4. Anxiety with fear Mental -Emotions
5. Cares full of others Mental -Emotions
6. Desire for pastry and fruits- Physical General
7. Aversion to soup and spices- Physical General
8. Heaviness of the abdomen aggravated before menses - Physical Particular

Reportorial Totality

	puls.	carb.	sulph.	lyc	caust.	carb-v.	phos.	mag-m.	staph.	calc.	ars.	mag-c.	a ur.
	1	2	3	4	5	6	7	8	9	10	11	12	13
1. MIND - CURIOUS (19) 1													
2. MIND - BUSINESS - incapacity for (60) 1													
3. MIND - CAUTIOUS - anxious (8) 1													
4. MIND - ANXIETY - fear; with (124) 1													
5. MIND - CARES, full of - others, about (16) 1													
6. GENERALS - FOOD and DRINKS - fruit - desire (79) 1													
7. GENERALS - FOOD and DRINKS - pastry - desire (27) 1													
8. GENERALS - FOOD and DRINKS - spices - aversion (13) 1													
9. GENERALS - FOOD and DRINKS - soup - aversion (19) 1													
10. ABDOMEN - HEAVINESS - menses - before (2) 1													

Final Remedy:

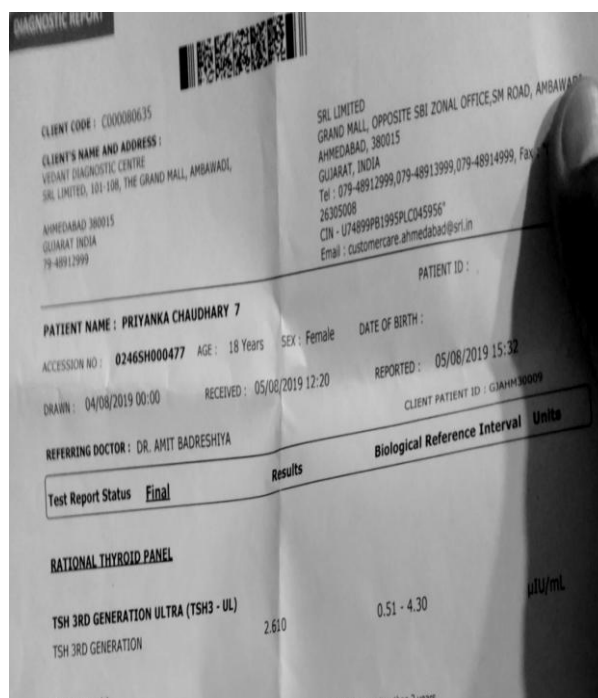
Pulsatilla 200 state dose &
Sac Lac. TDS for 7Days

Follow Up:

Date	Changes	Prescription
09/07/2019	- TSH- 11.60uIU/ml - Heaviness as it is	Sac. Lac. T.D.S. for 7 days
16/07/2019	- Mentally as it is - Physically as it is	Pulsatilla 1M one dose & Sac. Lac. T.D.S. for 7 days
23/07/2019	Feels better	Sac. Lac. T.D.S. for 7 days
30/07/2019	Feels better	Sac. Lac. T.D.S. for 7 days
05/08/2019	TSH- 2.61 uIU/ml No other complaints	Sac. Lac. T.D.S. for 7 days

Conclusion:

Mrs. P. Chaudhary suffering from hypothyroidism her TSH level before treatment was 30.11IU, after detail case taking and individualization prescribed Pulsatilla medicine with the help of Materia Medica and Repertory. After 7 month treatment her TSH Level 2.61 IU and all her symptoms disappear with help of homoeopathic medicine. It case show that homoeopathic medicine are effectively manage case of hypothyroidism when we choose the medicine on basis of individualization and totality of symptoms.



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