



HYPOTHYROIDISM TREATED WITH HOMOEOPATHIC MEDICINE SARCODE-THYROIDINUM: A CASE REPORT

Dr. K. Srinivas Babu¹, Dr. Bhavya Shikha²

¹PhD Scholar, Tantia University, Hamsa Homeopathy Medical College Hospital & Research Centre

²MD (Hom) Associate Professor JIMS HMC Hospital

*Corresponding author: Dr K. Srinivas Babu

*Mail id: drsnbabukathi@gmail.com

ABSTRACT:

Hypothyroidism is a common disorder of the endocrine system in which the Thyroid gland does not produce enough Thyroid Hormone to meet the body's needs. Homeopathy is the best holistic therapy for Hypothyroidism. This article is a case report of 16 years old female presented with irregular menses, obesity, Anaemia, treated effectively with Homoeopathic medicines. The thyroid profile confirmed the diagnosis of hypothyroidism. After case taking Natrum muriaticum and Thyroidinum was prescribed on the basis of totality of symptoms. Thyroid profile report during follow up visit and the symptomatic improvement provided documentary evidence about the effectiveness of homoeopathic medicine sarcodes to stimulate thyroid gland to produce normal production of Hormone.

RESULTS: Following the treatment there is a significant improvement in Hypothyroidism.

CONCLUSION: From the above case study, it is concluded that Thyroidinum a Sarcodes hasten the curative process in treating Hypothyroidism. No adverse effect were recorded when Homoeopathic medicine was prescribed. It is concluded that sarcodes is much useful in treating Hypothyroidism.

KEYWORDS: Hypothyroidism, Sarcodes, Homoeopathy, Totality of symptoms

INTRODUCTION:

Hypothyroidism is a condition in which there is insufficient synthesis and release of thyroid gland. Thyroid hormones regulate the metabolism of whole body. Iodine deficiency remains the most common cause of hypothyroidism worldwide. In areas of iodine sufficiency, autoimmune disease (Hashimoto's thyroiditis) and -iatrogenic causes (treatment of hypothyroidism) are most common.[1] The prevalence of primary hypothyroidism is 1:100 but increases to 5:100 if patients with subclinical hypothyroidism are included. The female, male ratio is approximately.

When the deficiency of thyroid hormone is due to inadequate production of thyroid hormone by the thyroid gland, it is known as primary hypothyroidism. When the deficiency is due to inadequate stimulation of thyroid gland by the pituitary it is known as secondary hypothyroidism. Thyroid gland is regulated by the pituitary gland. Thyroid hormone exists in two major form thyroxin (T4) and Tri iodo thyronin (T3). When the level of T3 and T4 fall, pituitary increase the production of TSH and the TSH in turn stimulates thyroid gland to produce more T3 and T4 and this occurs vice versa.

The most common serum assessment is evaluation of TSH. Additional blood tests used to confirm the diagnosis or determine the cause of hypothyroidism are the free T3, free T4 level and thyroid auto antibody test (antibodies against thyroid peroxidase may be detected). If the test results (low T4 and

raised TSH) and physical examination are abnormal, USG can be done to check for nodules or inflammation.^{1,2,3}

The clinical presentation depends on duration and severity of hypothyroidism. Symptoms commonly associated with hypothyroidism are often nonspecific. These include weight gain, fatigue, poor concentration, depression, diffuse muscle pain, and menstrual irregularities. Symptoms with high specificity for hypothyroidism include constipation, cold intolerance, dry skin, proximal muscle weakness, and hair thinning or loss.⁴

Sarcodes are homeopathic drugs that are prepared from the secretions and tissues of healthy animals. They contain biological molecules that have physiological functions in humans. The codes contain information about an organ's biological structure and its energy-producing substance. They are used to remove toxins and improve organ function. Sarcodes are extracted from animal or human tissues and used to treat various conditions. They are also known as cellular homoeopathy. The use of sarcodes helps transfer genetic information from the nucleus to the cytoplasm of cells. It serves as a template for the synthesis of protein.

Few of the functions are mentioned below:

- Balances organs, glands or tissue activity
- Slows down accelerated organs, glands or tissue activity
- Stimulates sluggish organs, glands or tissue activity
- Slows down accelerated organs, glands or tissue activity
- Will up regulate and restore hypothyroid balance OR can down regulate the overall activity of the hyperthyroid gland (using thyroid hormone extract or Thyroidinum)
 - In cases where organs are damaged due to autoimmune issues, organotherapy substitutes for the organ and accepts the autoimmune antibodies, leaving the organ to stimulate its own restoration.⁵

Thyroidinum indications:

- Female- Menses profuse, prolonged, more frequent; early amenorrhea. (Painful and irregular menstruation.).
- Constant left ovarian pain, and great tenderness.
- Looks pale and feels ill
- Pain in lower part of abdomen, headache and sickness (in girl of sixteen, probably menstrual effort provoked by Thyr.; no catamenial flow appeared).
- Acts as a galactagogue when milk deficient; when the deficiency is associated with a return of the menses it will suppress the latter.
- Puerperal insanity with fever., Puerperal eclampsia.⁶

CASE REPORT:

A female 16 aged years student, presented on January 11th 2024 with chief complaints of irregular menses, obesity and anaemia. Her menses were scanty of 2-8 days, prolonged menstruation, associated with Anxiety during her menstruation.

Patient had no relevant past history. Family history revealed nothing from maternal and paternal side. Her physical general revealed her weight is 65 kgs. Her appetite was reduced, thirst 2-3 lit/day, urine was clear, bowels are regular, sweat is generalised, refreshing sleep, thermally chilly.

Diagnosis was confirmed by Thyroid profile

Considering the above symptomatology, medicine was selected and it was confirmed by systematic repertorisation by using ZOMEEO software.

Table 1: Repertorisation

The screenshot shows the Zomeo 3.0 - Quick Repertorisation software interface. The main window displays a table of symptoms and remedies. The search criteria are 5 symptoms and 304 remedies. The table lists various remedies and their corresponding counts for different symptoms. The symptoms listed are: [Boenning] [Menstruation]Concomitants before menses:Limbs:Heav..., [Murphy] [Clinical]Bleeding, general:Clots, with: (57), [Murphy] [Clinical]Anemia, general: (227), [Complete] [Clinical]Hypothyroidism:Congenital: (23), and [Murphy] [Generals]OBESITY, general: (138). The remedies listed are Ferr, Nat-m, Thyr, Merc, Sulph, Calc, Chin, Phos, Plat, Puls, Bar-c, and Ign.

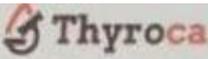
Remedy Name	Ferr	Nat-m	Thyr	Merc	Sulph	Calc	Chin	Phos	Plat	Puls	Bar-c	Ign
Totally	9	8	8	7	7	7	7	7	7	7	6	6
Symptoms Covered	3	4	3	4	4	3	3	3	3	3	4	4
Kingdom												
[Boenning] [Menstruation]Concomitants before menses:Limbs:Heav...		1		1							3	
[Murphy] [Clinical]Bleeding, general:Clots, with: (57)	2	2		2	1	1	2	1	3	2		2
[Murphy] [Clinical]Anemia, general: (227)	4	3	2	3	3	3	4	4	3	3	1	2
[Complete] [Clinical]Hypothyroidism:Congenital: (23)			4		1						1	1
[Murphy] [Generals]OBESITY, general: (138)	3	2	2	1	2	3	1	2	1	2	1	1

Table 2: Follow up and outcome

Date of first and follow up visits	Indications for prescription/ totality	Medicine with repetition and dose
11/01/2024	Irregular menses, obesity and anaemia. menses were scanty flow of 2-8 days, prolonged menstruation, Anxiety during menstruation.	1.Natrum 200c/ 1 dose 2.Sac lac / 1 month
12/02/2024	Prolonged menses still persists, anxiety during menses, obesity	1.Thyroidinum 30c/ 1 dose 2.Sac lac/ 3months
12/05/2024	Feeling better, menses regular, anxiety still persists	1.Thyroidinum 30c/ 1 dose 2.Sac lac/ 3months
25/08/2024	Feeling better, menses regular, anxiety reduced	1. Sac lac / 3 months

Table 3: Investigation Reports.

Before treatment:



Tests you can trust

H. NO: 1-9-645, Vidyanagar,
Adikmet Road, Near SBH,
Hyderabad-500 044

Thyrocare Technologies Limited, D-37/3, TTC MIDC, Tarbha, Navi Mumbai - 400703 | 98706 66333 | web@thyrocare.com

9 out of 10 Doctors Trust that Thyrocare Reports are Accurate & Reliable

NAME : P ANUSHKA (17Y/F)
REF. BY : SELF
TEST ASKED : T3-T4-USTSH

SAMPLE COLLECTED AT :
 (5040014114), Reddy DIAGNOSTICS
 ADELABAD, 504001

TEST NAME	TECHNOLOGY	VALUE	UNITS	Bio. Ref. Interval.
TOTAL TRIIODOTHYRONINE (T3)	E.C.L.I.A	125	ng/dL	80-210
TOTAL THYROXINE (T4)	E.C.L.I.A	9	ug/dL	4.7-12.4
TSH - ULTRASENSITIVE	E.C.L.I.A	1.44	uIU/mL	0.63-6.28

The Biological Reference Ranges is specific to the age group. Kindly correlate clinically.

Method :
 T3, T4 - Fully Automated Electrochemiluminescence Competitive Immunoassay
 USTSH - Fully Automated Electrochemiluminescence Sandwich Immunoassay

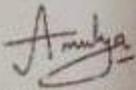
References :
 1. Eimlinger MW, Kuhnel W, Lambrecht HG, et al. Reference intervals from birth to adulthood for serum thyroxine, T3, free T3, Free T4, TBG and TSH. Clin Chem lab med. 2001; 39:973
 2. Edward CC, Carlo B. Paediatric Reference Intervals. 8th edition. 2021

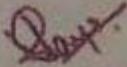
Disclaimer : Results should always be interpreted using the reference range provided by the laboratory that performed the test. Different laboratories do tests using different technologies, methods and using different reagents which may cause difference. In reference ranges and hence it is recommended to interpret result with assay specific reference ranges provided in the reports. To diagnose and monitor therapy doses, it is recommended to get tested every time at the same Laboratory.

-- End of report --

Sample Collected on (SCT) : 10 Jan 2024 20:45
Sample Received on (SRT) : 11 Jan 2024 09:19
Report Released on (RRT) : 11 Jan 2024 11:33
Sample Type : SERUM
Labcode : 1101062994/PU246
Barcode : CB269701




 Dr Amulya MD (Path)


 Dr Ramya MD (Path)

Page : 1 of 2

After treatment:

Thyrocare
H. NO. 1-9-645, Vidyanagar,
Adikmet Road, Near SBH,
Hyderabad-500 044

Thyrocare Technologies Limited, D-37/3, TTC MIDC, Turbhe, Navi Mumbai - 400703

Testx you can trust

9 out of 10 Doctors Trust that Thyrocare Reports are Accurate & Reliable

NAME : P ANUSHKA (17Y/F)
REF. BY : DR SN BABU KATHI MD
TEST ASKED : T3-T4-USTSH

SAMPLE COLLECTED AT 1
(5040011349), SRINIVASA DIAGNOSTIC
CENTER, DWARKA NAGAR ADILABAD 504001, 504001

TEST NAME	TECHNOLOGY	VALUE	UNITS	Bio. Ref. Interval.
TOTAL TRIIODOTHYRONINE (T3)	C.M.I.A	86	ng/dL	80-210
TOTAL THYROXINE (T4)	C.M.I.A	7.62	µg/dL	4.7-12.4
TSH - ULTRASENSITIVE	C.M.I.A	1.065	µIU/mL	0.63-6.28

The Biological Reference Ranges is specific to the age group. Kindly correlate clinically.

Method :
T3,T4,USTSH - Fully Automated Chemi Luminescent Microparticie Immunoassay

References :
1. Eimlinger MW, Kuhnel W, Lambretch HG, et al. Reference intervals from birth to adulthood for serum thyroxine, T3, free T3, Free T4, TBG and TSH. Clin Chem lab med. 2001; 39:973
2. Edward CC, Carlo B. Paediatric Reference Intervals. 8th edition. 2021

Disclaimer :Results should always be interpreted using the reference range provided by the laboratory that performed the test. Different laboratories do tests using different technologies, methods and using different reagents which may cause difference. In reference ranges and hence it is recommended to interpret result with assay specific reference ranges provided in the reports. To diagnose and monitor therapy doses, it is recommended to get tested every time at the same Laboratory.

-- End of report --

Sample Collected on (SCT) : 09 May 2024 20:46
Sample Received on (SRT) : 10 May 2024 08:44
Report Released on (RRT) : 10 May 2024 10:23
Sample Type : SERUM
Labcode : 1005063081/PU246
Barcode : CE626303

Dr Amulya MD (Path)

Dr Ramya MD (Path)
Page : 1 of 2

DISCUSSION AND CONCLUSION

In the Homoeopathy, we treat the disease not by supplementing the deficiency, but by the stimulation of function of thyroid gland on the body effectively.

A case presented with hypothyroidism with evidence of Thyroid profile report shows how effectively hypothyroidism treated with Homoeopathic sarcode along with Natrum muriaticum was selected based on the totality of symptoms of the individual after proper and detailed case taking. TSH levels tend to

reduce and subsequently with further doses established hormonal imbalance in short span of time. Her Haemoglobin got increased. Menses become regular and her anxiety reduced.

This case was followed up to ensure the stability of the general improvement of the patient.

The aim of the Homoeopathic Sarcodes in treating the Hypothyroidism and stimulate the body's haemostatic mechanism. Thus, Homoeopathy should be first choice in treating from the roots.

1. REFERENCES

1. Harrison's Principles of Internal Medicine, 18th Edition by Dan L. Longo, Anthony S. Fauci, Dennis L. Kasper and Stephen L. Hauser, (published by McGraw-Hill Education), 2011.
2. Davidson's Principles and Practice of Medicine International Edition, 22nd Edition by Brian Walker & Nicki R College & Stuart Ralston & Ian Penman, 2014.
3. Homeopathic Psychology: Personality Profiles of the Major Constitutional Remedies by Philip M Bailey, North Atlantic Books, Health & Fitness, 1995; 418.
4. Wiersinga WM. Thyroid disease manager. Adult hypothyroidism. <http://www.thyroidmanager.org/chapter/adult-hypothyroidism>.
5. Dr. Yamuna Tenka, Sarcodes and its homoeopathic application, *international journal of Homoeopathic sciences*, Available from: <https://doi.org/10.33545/26164485.2021.v5.i4a.453>. Page 51-54.
6. A Dictionary of practical Materia medica By John Henry CLARKE, M.D. Publisher: B Jain Publishers Pvt Ltd.