



A MIASMATIC TREATMENT APPROACH FOR HYPOTHYROIDISM – CASE DISCUSSION

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The Aim of this paper is to understand the complexity of Hypothyroidism and discuss case examples where using a constitutional approach for treatment is seen to be beneficial.

INTRODUCTION

Endocrine conditions are complex and usually have a range of different physical and mental elements. Hypothyroidism is an endocrinal condition caused due to an underactive thyroid gland with low levels of T3 and T4. The symptoms of hypothyroidism can provide an indication of this condition along with the diagnostic tests. It is seen that females have a higher tendency towards hypothyroidism due to dysregulation of menstrual cycles and other intrinsic or extrinsic risk factors. Stress is another important risk factor that can contribute to this condition and some common symptoms include weight gain, enlarged thyroid gland, hair loss, fatigue, dryness of skin and intolerance to cold.

METHODOLOGY

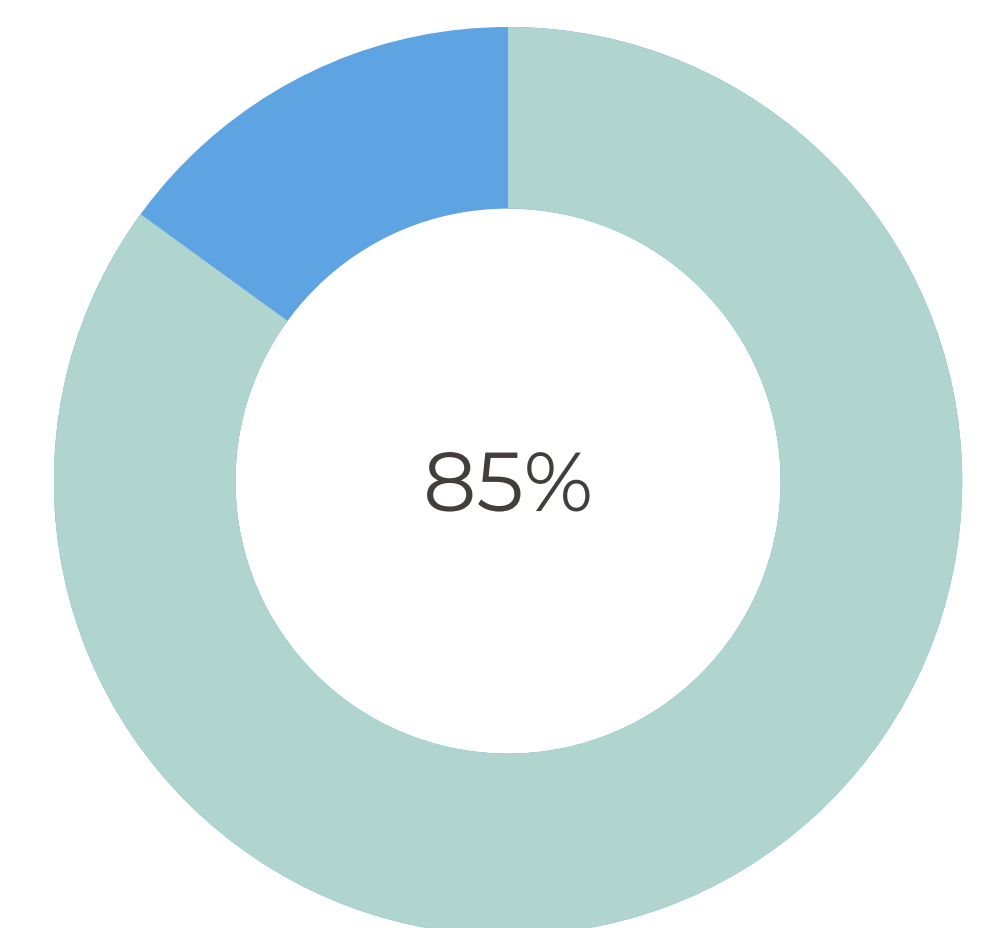
Clinical case data from 3 cases of hypothyroidism have been collated with comparison of the totality and homeopathic management which is based on constitutional and miasmatic approach. Hypothyroidism can show a sycotic miasmatic presentation of symptoms due to the inadequate glandular function and hormonal resistance. The case history focused on the physical and mental, emotional characteristic symptom totality along with the causative factors. Two essential components of case analysis include having an in-depth understanding of the functions of thyroid gland and identifying the correlation between the physical symptoms to their mental and emotional state. This helps in creating a totality with patient's unique symptoms that can guide towards a constitutional prescription.

ANALYSIS

The analysis of the cases over a period of 12 months show significant reduction of symptoms and gradual decline in the TSH levels seen on diagnostic findings. The TSH levels for the first case was 6.0 mU/L when the homeopathic treatment commenced and after 6 months the levels dropped to 4 mU/L with a steady decline through the follow ups. The reading was 3.0 mU/L as per the normal range by 12 months post treatment. The second case showed an initial increase in the TSH levels from 7.0 mU/L to 8.0 mU/L over the first 6 months of treatment and this steadily declined with a change in the dosage of the remedy. The overall TSH level was 3.5 mU/L after one year of treatment. The third case also showed a gradual decline with in the TSH levels from 7.5 mU/L to 5.0 and 4.0 mU/L over a period of 12 months. The patients experienced a long term reduction of symptoms, increased regulation of the hormones which can be seen in diagnostic tests after the treatment and overall an enhanced state of wellbeing.

RESULTS

Monthly follow-ups for all the three cases were conducted to see the gradual improvement of the condition. All the patients showed a 85% relief for all their symptoms over a period of 1 year. The diagnostic results after the homeopathic treatment showed normal thyroid function and they were able to stop their ongoing thyroid medication gradually with effective symptomatic relief.



Case 1

- Pain in the throat with swelling of the gland
- Puffy and swollen face and legs
- Irregular scanty menses with infertility
- Dry and itchy skin

Case 2

- Pain in the throat and hoarseness of voice
- Frequent headaches with sensitivity to heat and sunlight
- Weight gain with greasy skin discolouration

Case 3

- Nodular enlargement of gland
- Brittle Nails
- Severe hair fall
- Weight gain with lack of energy
- Easily gets tired and fatigue
- Symptoms started during pregnancy

Mental & Emotional Symptoms

- Mood swings with anxiety
- Sluggishness and difficulty in concentration
- Easily distracted
- Yielding nature
- Prolonged stress with anxiety about future

Mental & Emotional Symptoms

- Introverted and reserved nature
- Strong sense of responsibility towards family
- Unable to express emotions clearly
- Tendency to blame their own self in situations of conflict

Mental & Emotional Symptoms

- Sensitive and emotional with overthinking tendency
- Mental confusion and needs support from family members
- Fear and anxiety of health
- Aversion to mental/physical exertion
- Avoids conflicts and sensitive to criticism

Physical Generals

- Aggravated by heat
- Feels better in open air
- Tendency for bloating and indigestion
- Craving for fatty foods and sweets
- Swelling in feet before menstruation

Physical Generals

- Increased thirst with dryness in throat
- Aggravated in heat and sensitive to sunlight
- Thick yellowish discharges
- Craving for salty food
- Family history of mother with hypothyroidism

Physical Generals

- Thirstless
- Chilly (heat intolerance)
- Offensive perspiration
- Thick discharges
- Craving for sweets
- Tendency for constipation and indigestion

Remedy

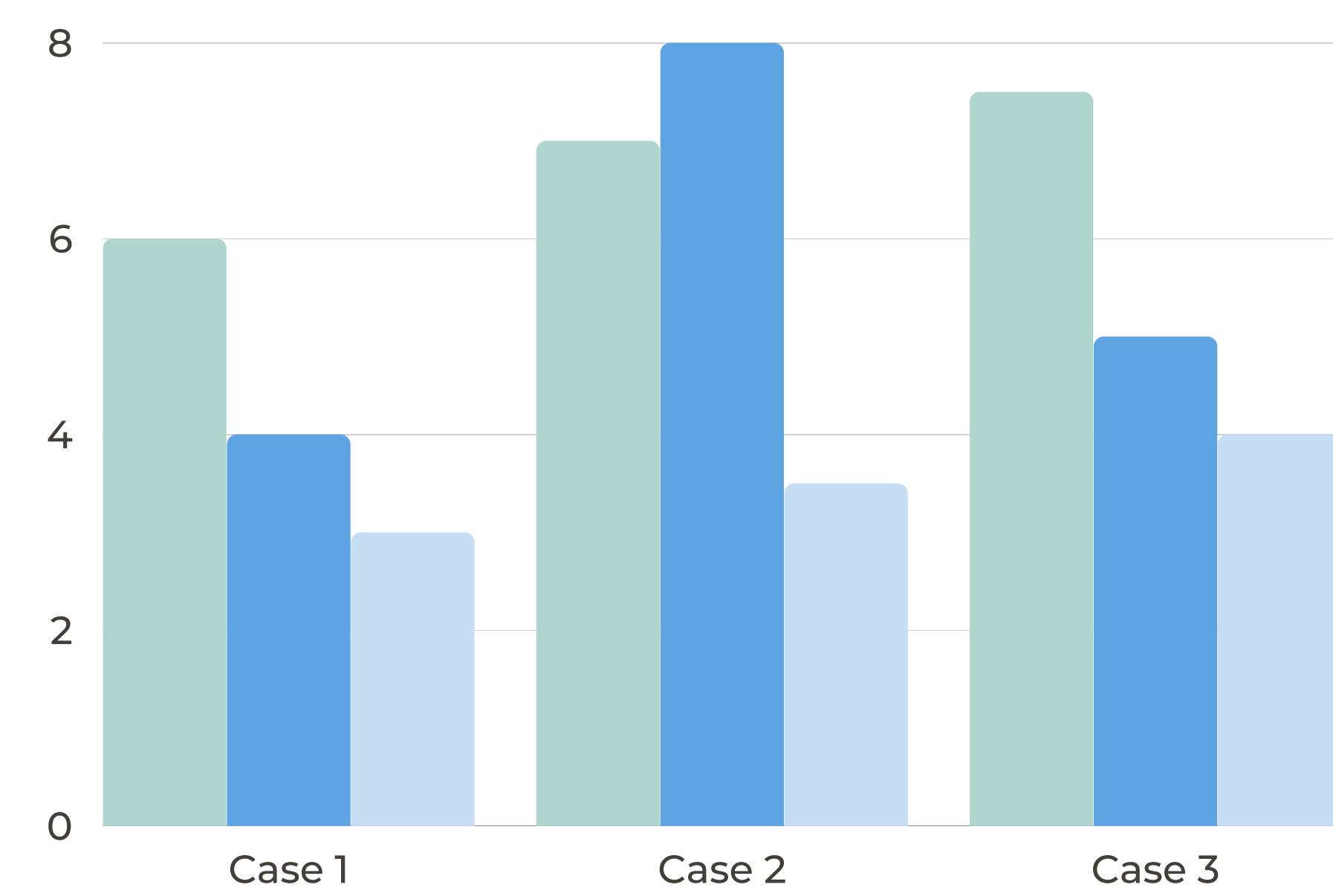
Pulsatilla 200C

Remedy

Nat Mur 200C

Remedy

Calc Carb 30C



Repertorial Totality

SWELLING General thyroid gland
ANXIETY future, about
FOOD and drinks sweets desires
FOOD and drinks salt or salty food desires
CONSTIPATION ineffectual urging and straining

CONCLUSION

Based on the analysis of the three cases, the homeopathic management strategy which showed effective results involved a constitutional approach to include the characteristic symptoms in the repertorial totality. Tubercular and Sycosis miasm were considered while selecting a remedy based on symptom similarity. A 200C potency with low repetition given on a monthly prescription showed effective results in managing this condition. The patients showed a gradual improvement of symptoms.

RELATED LITERATURE

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	Calc	Merc	Nat-m	Nit-ac	Sil	Sulph	Arg-n
Weighted	55	43	79	58	43	55	36
Rubrics covered	5	5	5	5	5	5	4
Rubric grades	10	8	11	11	8	10	8
External Thr	1	1	2	1	1	1	
Mentals	3	1	2	2	2	2	1
Generals	2	2	1	2	1	3	3
Generals	2	1	3	3	1	1	3
Rectum	2	3	3	3	3	3	1