

# Role of Homoeopathy in Endocrinology

**Abstract:** A 25-year old suffering from thyroid treated successfully by Homoeopathy. A non-repertorial approach was considered along with the causative factor of domination by father.



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A 25 yr-old female, came for consultation at Yerala Medical Trusts Postgraduate Homoeopathic Institute, Kharghar, Navi Mumbai on 10 /1/2003.

**CHIEF COMPLAINT:** The patient was apparently alright until 2 yrs back. Then developed difficulty in remembering. As a result her performance in college has deteriorated and she has failed twice in her 2<sup>nd</sup> yr BA Exam.

Memory was poor especially for recent events. It took a long time to comprehend her studies. She forgets what she studied the previous day.

## PAST HISTORY

H/o Measles, pneumonia and worms in childhood.

H/o LASIK procedure in both the eyes in 1999.

H/o Delayed talking at 3 yrs of age.

H/o Bedwetting till 9 yrs of age.

H/o Irregular menses since 2001, taken Hom treatment at Aurangabad with little relief.

**FAMILY HISTORY:** Vitiligo-Father.

Irritable Bowel Syndrome-Mother.

## PERSONAL HISTORY

**APPETITE:** Increased

**THIRST:** Normal

**MICTURITION:** Normal

**BOWELS:** Normal

**CRAVING:** Salt<sup>4</sup>, Sweets<sup>3</sup>, Sour and hot food

**AVERSION:** Milk<sup>3</sup>.

**DIGESTION:** Occ Retrosternal burning.

**PERSPIRATION:** Soles<sup>3</sup>, palms, nape of neck<sup>2</sup>. Black delible stains.

**MENSTRUAL FUNCTIONS:** FMP: 13 yrs. RMP till 23 yrs of age. Now irregular cycles since 2 yrs. Flow reduced with reddish clotted discharge lasting for 2 days.

Abdominal pain and backache before menses.

**THERMAL MODALITY:** Hot pt. Sun causes headache.

**SLEEP:** Salivation during sleep.

**DREAMS:** Unremembered.

**MENTAL STATE:** Suppressed emotions<sup>3</sup>, Weeps easily, only when alone<sup>3</sup>, Expresses anger<sup>3</sup>, doesn't like consolation<sup>3</sup>, Anticipatory anxiety<sup>3</sup>, Fear of Dogs, Cockroaches and Lizards. Introverted personality. Obstinate < contradiction<sup>3</sup>.

## LIFE SITUATION:

Pt is brought up in a middle class Hindu family. Father is very strict; he desires that his daughter should be highly educated and become something in life. Dominating nature of father has led to suppressed emotions in the pt. At times she back-answers him and then weeps when alone. Always brooding regarding her daily work and college exams.

**GENERAL EXAMINATION:** Pulse: 60/min. BP: 110/70 mm Hg. Eyes: Dark Circles below both eyes. Neck: Swollen in appearance with palpable Rt Lobe of Thyroid Gland.

**SYSTEMIC EXAMINATION:** It was essentially normal with the exception of delayed relaxation of both ankle joints.

**INVESTIGATIONS:** T3, T4, TSH were suggested.

Reports obtained on 22/01/2003: T3- 45 ng /dl

(70 - 200), T4- 3.39 ug /dl (4.0 - 13), TSH- 34.39 u IU/ml (0.3- 6)

**DIAGNOSIS:** Hypothyroidism.

The non repertorial approach was taken into consideration and *Nat-mur* was the indicated medicine of choice based on the following totality of symptoms, viz-

1. Suppressed emotions<sup>3</sup>
2. < Contradiction<sup>3</sup>
3. < Consolation<sup>3</sup>
4. Back answers then broods.
5. Weeps when alone<sup>3</sup>
6. Anticipatory anxiety<sup>3</sup>
7. Brooding tendency<sup>3</sup>
8. Cr: Salt<sup>4</sup>, Sweets<sup>3</sup>, Sour<sup>1</sup>.
9. Av: Milk<sup>3</sup>.
10. Perspiration: Soles<sup>3</sup>, nape of neck<sup>2</sup>, palms<sup>1</sup>, Black delible stains.
11. Hot pt.

**PROGRESS REPORT:** Initially on 10/ 01/ 2003. pt was

given placebo for 15 days as Thyroid investigation reports were awaited.

22/01/2003: *Nat-mur* IM tds x 3 days followed by placebo.

The pt went on gradually improving. The biochemical investigations after a period of 3 mths, were WNL.

30/04/2003: Report showed Thyronormalcy.

T 3- 101 ng/dl (70 - 200). T 4- 5.19 ug/dl (4 - 13). TSH- 5.74 uIU /ml (0.3-6)

Pt was advised to follow up after 6 mths, and bring repeat investigations.

**CONCLUSION:** A proper case taking and examination was essential or else the diagnosis of Hypothyroidism would have been missed out.

The constitutional remedy was given in high potency as the susceptibility was high and was repeated so that the psycho-neuro-endocrinal axis was stimulated in order to achieve cure.

## My Father Beat me Black and Blue

**ABSTRACT:** A 25 year old female suffering from Hypothyroidism cured by Homoeopathy. The case had a mental causative factor - a traumatic childhood which was affecting a patient even now, led to Hypothyroidism but could come out of it with the help of Homoeopathy



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Miss XYZ, a 25 yrs old, presented with hypothyroidism on 11<sup>th</sup> Feb, 2006. Her thyroid values done on 5<sup>th</sup> Feb, 2006 were as follows-

T3 - 0.5 (Normal range 0.8 -1.6)

T4 - 2.7 (Normal range 5.0 -11.5)

TSH - 76.0 (Normal range 0.5 - 4.0)

The patient was fair, lean and had a diffuse enlarged thyroid. She was quite hairy all over the body. She kept biting her nails on and off during the consultation. Patient narrated that she had

suffered from dysmenorrhoea since menarche. Six months ago the patient had developed intermittent fevers and chills with rigors and was put on anti-malarial treatment. She does not seem to have recovered since then. She stated, "Fever has taken away all my energy". Since then she remained very tired and lethargic with no inclination to work. She had an outbreak of painful acne. Her memory was getting weaker and weaker with each passing day.

**LIFE SITUATION**

She remembers her father as an alcoholic who used to beat her all the time without any reason. There were times when she was beaten black and blue. She had a strong hatred<sup>3</sup> towards her father. Hence she entered her adolescence with lot of insecurity and inferiority complex. Gradually she became extremely sensitive to slightest criticism and would get easily offended. She did not like anyone commenting on her way of dressing. As her medium of education was Hindi, she had a complex that she could not speak English fluently. She loves pets and has great fear of ghosts. She has been irritable, envious<sup>3</sup> and revengeful. Cannot bear anyone talking rudely to her. She used to remember the past and get angry over it. Constantly broods over the past<sup>3</sup>.

**PERSONAL HISTORY AND PHYSICAL GENERALS**

**MILESTONES:** Talking was delayed.

**CRAVING:** Pica till five years, milk<sup>3</sup>, spices, sweets, eggs<sup>2</sup>.

**THIRST:** Unquenchable.

**SWEAT:** Scanty but only on palms and soles.

**MENSTRUAL HISTORY:** 1.5 to 2 months cycle, with severe intolerable pains in lower abdomen. Weeps a lot during pains; restless and irritable during menses. Flow very dark, copious<sup>3</sup>, clotted and offensive.

**SLEEP:** Unrefreshing. Sleeps on abdomen. Slept most of the time during the day and for long hours in the night. Deep Sleep - difficult to wake her up.

**DREAMS:** Frightful, usually about ghosts<sup>2</sup>.

**THERMALS:** Chilly.

**FAMILY HISTORY:** Of heart troubles, asthma, diabetes and alcoholism.

**RUBRICS - CONSIDERED FOR TOTALITY**

Ailments from mortification

Sensitive, rudeness, to

Anger, former vexations, about

Anger, past events, about

Offended, easily

Dwells, recalls disagreeable memories

Hatred, persons who had offended him, of

Malicious

Indolence, aversion to work

Irritability, menses during

Fear, ghosts, of

Talk, slow learning to

Perspiration, hand, palm

Perspiration, foot, sole

Desires, lime, slate pencils, earth, chalk, and clay.

Desires, eggs

Desires, milk

Desires, sweets

Menses, clotted

Menses, dark

Menses, late, too

Menses, painful

Menses, copious

Dreams frightful

Sleep, position abdomen on

Sleep, unrefreshing

Sleep, prolonged

Cold in general agg

Throat, external, goitre

Thyroid dysfunction

Face, eruptions, acne

The totality pointed towards *Calcarea-carbonica*. Hence *Calc-carb* 1M was given. She gradually started to regain her strength and sleep was refreshing and not prolonged. Memory started improving slowly and acne started clearing. Complaints of dysmenorrhoea disappeared gradually but completely.

Remedy was repeated infrequently, gradually ascending up to 50 M potency over a period of eight months.

Her thyroid values as on 10<sup>th</sup> Oct 2006 were

T3 - 1.4 (Normal range 0.8 -1.6)

T4 - 10.7 (Normal range 5.0 -11.5)

TSH - 3 (Normal range 0.5 - 4.0)

Her tendency to dwell on the past has considerably reduced. With overall improvement in her health, her attitude towards her father also changed.

*Ed: This was most surprising of all... a few more details would help us understand it better. Also differentiating the 3-4 remedies which come up after repertorization would help us greatly.*