

Two Cases of Hypothyroidism

Abstract: Two cases of Hypothyroidism beautifully cured with Homoeopathy. In both the instances the investigations support the effective results brought on by homoeopathy.

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CASE 1

A female patient of age 36 yrs consulted me on 12th Jan'95 for the following COMPLAINTS

MENSES: Late, usually comes after 2½ months since 6 months. **INTERVAL:** 3 days. Very scanty. **FLOW:** Scanty, sour smelling. **COLOR:** Red. **LMP:** 25th Nov'94. **CONCOMITANT:** Heaviness of thighs, breast and stomach < before menses. Galactorrhoea in right breast.

EXTREMITIES: Pain in the legs, < from exertion. Pain in right knee joint, referring to legs. Swelling of knee joint, >Warm applications, >Sitting on floor, >Massage, >Sitting with knee bent³ and <Standing.

GIT: Flatulency, Constipation occasional. Feels her weight is increasing especially on thighs, upper arms, face, fingers <morning. Difficulty in wearing rings. She was investigated for hypothyroidism and tested.

INVESTIGATIONS: Before starting Homoeopathic treatment

16.11. 94: TSH 7.0mu/ml

28.12.94: H – 10.3mu/ml, Serum T₃ - 0.7ng/ml, T₄ - 12.0 mcg/dl.

She had consulted 3 endocrinologists and all of them had strictly advised her to take Eltroxin 25 mcg but as she had full faith in our science, she decided to take Homoeopathy.

PAST HISTORY: Measles, Chicken pox, worms.

FAMILY HISTORY: Fa: Ca stomach.(died), Mo: Obese. PGF: Paralysis.(D). PGM: (D), MGF: Asthma.(D), MGM: Rheumatism. 4Bro: backache, obese.

2 Si: healthy. MA: hypothyroidism.

PERSONAL HISTORY

APPETITE: Normal. Few mouthfuls filled upto the throat.

DESIRES: Sweets, Sour³, Farsan², Bhel².

AVERSION: Pungent or spicy.²

THIRST: More, 8-10 glasses/day.

DIGESTION: Flatulence. Feels >after passing flatus.

Pain in Rt and Lt hypochondrias after indigestion.

STOOLS: Occasional constipation. **Urine:** Normal.

PERSPIRATION: Scanty.

SLEEP: Good. **HABITS:** Tea.

DREAMS: Of examination, paper remaining incomplete; also work remaining incomplete.

THERMAL STATE: Likes winter. H₂C₃. **SUN:** Cannot bear sun. **FAN:** Not much. **DESIRE:** Open air: **BATH:** Hot water. Wants covering. Can bear cold.

CONSTITUTION: She is tall, of medium built.

LIFE SITUATION: Patient was born in Rajkot. She is the youngest in the family. Everybody pampered her so a bit obstinate. Good economical position. Family is very social. Good relations with the society. She was a very bright student, wanted to do something in the life.

After marriage, she came to Baroda. They were living in joint family with her MIL, 2 BIL and 2 younger bhabhi. She is very much close to her MIL. Her FIL died due to car accident so after that she developed fear of accidents. If anybody from the family comes late, she gets worried and thinks of accidents.

From last 6 months she developed forgetfulness of the routine things and work.

Last year her niece got engaged in Baroda. They were the middle person to set this relations, but after that they came to know that the boy's family was not good so they broke the engagement. She felt very bad that if initially they were careful then this need not have happened but now she is much worried about her that she is still unmarried.

They are staying in the joint family but they might separate in future. So she thinks that why not separate now so that she can adjust herself to living alone. Because she has fear that she won't be able to live alone after her two daughters' marriage, she constantly thinks about it but she can't share it with her husband because all her in-laws nature is very good. Her husband did not agree to separate. On the other hand she feels that she might be misunderstood by her in laws that she is separating them. She feels guilty about it.

As she was eldest in the family so she had devoted herself for family. She wants to do something for herself and her daughter but she can't do due to family. She can't even change her exercise time due to this. She is all the time occupied with family. No individual identity. In her parent's house, they are very social but here she is all the time busy with family so didn't get time for social work.

She feels very bad if she hurt her in laws by any manner. She is very close to her mother in law. Always wants to talk, she desires company. She doesn't like to remain silent. She is very much religious. She is sensitive to noise, bright light. She becomes angry when hungry.

We selected the following **RUBRICS**

- Anxiety future about.
- Delusion, neglected duty.
- Grief undemonstrated.
- Milk in non-pregnant ladies.
- Menses suppressed.
- Thirst increased.
- Memory weakness routine work

- Fear of being alone.
- Sensitive to noise.
- Sensitive to light.
- Desire: Sweet and sour.
- Goitre.
- Dreams unsuccessful.

After repertorising the case, we decided to give her **CYCLAMEN 1M**.

FOLLOW-UP: The galactorrhoea reduced. Menses still late but by 45 days (earlier it was 70 days) flow was normal. Mentally she felt still anxious about her house; she used to weep alone. Heaviness of the whole body was still SQ.

PRESCRIPTION: We gave 1 dose of FSH 12 as an Intercurrent.

FOLLOW-UP: Menses: late by 30 days. Flow: scanty. Prescription: We increased the potency of **CYCLAMEN** to 10 M.

FOLLOW UP: No Galactorrhoea. **MENSES:** Regular for consecutive 3 mths. **FLOW:** Normal. Mentally fresh. No anxiety. **APPETITE:** Increased. We investigated the thyroid again.

INVESTIGATIONS

3.7.97: T4: 6.7 mcg/dl (N:4-12.5), T3: 1.1 mg/ml (N:0.8-2), TSH: 4.5 mu/ml (N:0.5-5)

She had not taken any allopathic medicine during the treatment. In between she stopped Homoeopathic for 6 months as she was better but was still in touch with us. After 6 months we again advised her to go for investigations.

The **REPORT** were as follows:

31.7.2000: T4: 5.6, T3: 1.5, TSH: 4.27. She had now completely recovered only with Homoeopathy and still it touch with us.

CASE 2

A lady aged 29 years old, a teacher in Art of Living, consulted me for her complaints of hypothyroid.

HYPOTHYROID: TSH: 15.5. Since 1 year, Weight gain; approximately 8 kg in 1year. Weakness². Shortness of breathe. Swelling in legs and face. Forgetfulness. Rx Tab Thyronorm 50 mcg.

PAST HISTORY: Asthma, Migraine.

FAMILY HISTORY: Fa: D: Blood Ca. Mo: A: DM. 1 elder Si: Sinusitis. HT. 1 elder Br: D: Accident.

Personal History

APPETITE: Good.

DESIRE: Warm food ². Ice cream ³. Fruits – citrus.

AVERSION: Vegetables ².

THIRST: Normal. **STOOLS:** Regular. **URINE:** Normal.

PERSPIRATION: Normal

SLEEP: Sound. **DREAMS:** Not specific.

THERMAL STATE: Ambithermal.

MENSTRUAL HISTORY: Menses – regular. Duration – 3 days. Flow – Normal.

LIFE SITUATION: She belongs to a middle class family, settled in Surat. As a child she was very confident and going out. She was extroverted and entertained guests, as if the eldest of the family. She was very dominating and even her boy friends feared her. She never did any household chores and always liked to go out, take responsibility of outdoor matters.

When she was 13 years old, her father died of blood cancer. They were financially sound but lacked the social support of the relatives. After she completed her graduation she started serving in a bank. But the same year she had another shock of her life: the death of her brother. She left the job and then joined Fashion Designing. She left even that within 4 months. Then she joined The Art of Living. She is serving as a teacher there. She has a great respect for Guruji and believes in him a lot. She is much influenced by him, as if hypnotized. She believes that the Guruji is everything to her and she can leave any of her problems for him to solve and become relaxed. She forgets her hurts and worries and forgives the person who do bad to her or who cheat her, believing that Guruji would take care of the matter.

From her childhood, she had decided not to marry as she had seen girls being given so much of dowry which she disapproved. Also she had witnessed the daily routine of women after marriage; having no freedom of choice. She has not

married as her mother is alone, yet, on the other side, affirms of getting married provided she gets a good life partner.

As a person she is very punctual and wants perfection in all her undertakings. Her students recognize her as a strict teacher. She loves travelling and that's the reason for her taking up the job of a travelling teacher. She loves listening to music, singing songs and hates people who show false concern and sympathy. Likes to remain alone and sit silently, prefers moving out of her home when her sister and their kids come. She trusts even the unknown and considers it to be her weakness. She never loses her confidence and can handle any situation with courage.

RUBRICS

- APPETITE – Diminished. *Verat 9¹⁹.*
- AVERSION – Vegetables. *Sulph 9¹⁸.*
- DESIRE – Warm food. *Tub 9¹⁶.*
- DESIRE – Ice Cream. *Calc 9¹⁶.*
- Delusions, imagination: *Aur 8¹⁵.*
Influence, is under a powerful *Phos 7¹⁴*
Sil 7¹⁷.-+
- Talk, indisposed to, *Lach 6¹⁸.*
desire to be silent. *Lyc 6¹⁵.*
- Travel: Desire to. *Plat 5¹⁶.*
- Independent.
- Conscientious about trifles.
- Impressionable.
- Egotism.
- Music, amel.
- Courageous.
- Consolation, agg.

She was given *Veratrum-album* 1 M with improvement in her swelling and weakness. She has reduced 4 to 5 kgs weight in 4 months. She is still under my treatment.