

Iodum - its Vital Role in Hyperthyroidism

ABSTRACT: The element Iodine is obtained by leaching the ashes of burned seaweed, principally. It was first proven by Hahnemann and published in 1828 when he recorded 153 symptoms, as observed by himself. In 1829, Hartlaub and Trinks published a list of 516 symptoms mainly taken from the literature of the day.



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From that modest start of 153 symptoms published in 1828, the remedy has been built up to over 700 recorded symptoms in Hahnemanns Chronic Diseases and Herings Guiding Symptoms has twenty-eight pages filled with symptoms of Iodine. There are 317 heavy barred symptoms, all of which, indicate a grade of symptoms that was brought out in a large percentage of the provers besides having been verified clinically.

Iodine is an important constituent in the manufacturing of Thyroid Hormone and therefore *Iodum*

produces a state similar to clinical hyperthyroidism. The metabolism is accelerated to a remarkable degree.

Dr Hering in his Guiding symptoms gives the pure symptoms of provings of *Iodum* which show how much *Iodum* pathogenesis resembles Hyperthyroidism.

Remarkable and continued increase of appetite. Suffers from hunger, must eat every few hours; gets anxious and worried if he does not eat; feels amel after eating. Eats too often and too much;



yet loses flesh all the while. Great longing for food, at about 1 am; can scarcely wait for his meals. Ravinous hunger, cannot be satisfied. Alternate canine hunger and want of appetite. Fasting causes pain in chest. Most symptoms are amel after eating.

Shortness of breath, palpitation and feeling of weakness on going up stairs.

Tightness of respiration; out of breath from least exercise.

Respiration, especially inspiration, difficult; constriction of throat prevents swallowing. Asthma, breathes heavily even when quiet.

Great praecordial anxiety, obliging constant change of position.

Sensation of weakness in heart.

Constant, heavy, oppressive pain, in region of heart.

Sharp, quick, piercing, and movable, but heavy, oppressive pain in region of heart. Sensation as if heart was squeezed together. Feeling as if heart was grasped by an iron hand.

PALPITATION OF HEART: Agg from least exertion; with faintness. Tumultuous, irregular or intermittent action of heart.

Cardiac action excessive. Exophthalmic goitre.

PULSE: Large, hard and accelerated, with orgasm of blood and beating in blood vessels; rapid, but weak and thread-like; small, very quick, irregular; weak, thread-like; accelerated, by every slight exertion. Extremely troublesome pulsations in larger arterial trunks.

Pulsation in arteries at every muscular effort.

Ebullition in chest and audible palpitation.

Gradual increase in size of neck, especially on right side, until it measured fourteen and a half inches over isthmus of thyroid body; soft and without any fluctuation. Goitre. Marked increase in thyroid glands, which had been already slightly enlarged; acute pain in gland upon pressure or on slightest movement of head. Non-lobulated tumour in anterior and median portion of neck as large as a child's head; rosy red color heavy in weight and of soft consistency; voice for past, two years slightly

rough, and respiration difficult, especially when he lies on back. Hypertrophy of two lobes of thyroid gland; tumour becoming more swollen and painful at each return of menses, which were irregular and painful.

Sensation of constriction in goitre.

GOITRE: Recent and soft; with marked hardness; hard and nodulated.

Gradual or rapid emaciation, almost to a skeleton. Atrophy of children, with inordinate appetite; restlessness, desires to change position continually; face yellow, or brownish and shrunken; copious and papescent stools; glands swollen and painless, especially mesenteric ones.

Marasmus with intolerable irritability, child will be approached by no one.

Scrofulosis with emaciation, in spite of necessity of eating every few hours; swelling and induration of glands.

AGGRAVATION: Warmth; wrapping up head; cannot bear hat on.

AMELIORATION: Cold air; washing in cold water.

MIND: Must keep in motion day and night, brain felt as if it was stirred up, felt as if going crazy. Restless, inclined to move about, not permitting to sit or sleep; though she could tear everything to pieces.

Fear of evil, with over carefulness.

Fear and anxiety, shuns even the doctor.

Irritability and sensitiveness.

Cross, with excessive nervous excitability.

Excessive kind of impatience, she is running about all the time and never sits down or sleeps at night. At night, especially when thinking of real or imaginary wrongs, heart palpitates "like lightning," pulsations felt also at pit of stomach and in petrous portion of temporal bone, being especially violent in latter locality; the violent palpitation and accompanying arterial excitement drives him out of bed; by use of cold baths and friction obtains temporary relief; at times terrible thoughts possess him, and he hardly dares go home for fear of doing some dreadful deed; on one occasion was seized with an almost irresistible impulse to murder a

woman who was acting as a guide for him, he having lost his way; these attacks of mania come on at most unexpected times; troubles all agg by quiet and meditation; must be constantly in action, in some laborious occupation. Mania.

MATERIA MEDICA OF IODUM

Dark haired individuals of dark eyes; pale, yellowish skin, especially face: perspire easily. Especially mornings; gums spongy, soft, bleed readily; restless eyes with dilated pupils; tremor of lids, muscles of face, hands; often glands are enlarged and hardened (scrofulosis, goiter, Basedow). Patients are very restless always busy with something; anxiety when resting; impatient, cranky irritable, sad, despondent.

Palpitation of heart from least exertion with anxiety. Perspiration. Dyspnoea and exhaustion. These patients often have haemorrhages and ulcers and facial acnes. Congestion and pulsation all over body; throbbing headache worse from warmth

and motion, better in open; vertigo and insomnia due to internal restlessness with fear of death and suicidal tendencies; fearful dreams.

Prominent is emaciation in spite of good appetite; these patients can hardly wait for their meals, are always hungry, eat greedily, feel better from it, but continue losing weight (marasmus); obesity is found very seldom among Iodum patients.

All secretions are acrid, salty and corroding, as in inflammation processes of eyes, coryza and cough. Characteristics for *Iodum* are: Irritation, inflammation and tissue destruction. Inclination to skin troubles (acne, furunculosis, pemphigus, roseola), to inflammatory process of mucous membranes, connective tissue, joints; pneumonia, asthma and tuberculosis. Aggravation from warmth, especially being in warm room, rest and moist-cold weather; better from walking around, motion, in the open, cool air and from eating to satiety.

continue.... 13th Sarla Sonawala Memorial...

We went to know more practical cases along with properly selected remedy-How to select the correct homoeopathic remedy. As usual lecture type of teaching we can read from book but in seminar clinical cases, how to approach, how to consider the peculiar character of the patient. -You people should teach us. Please teach us how to select proper potency according to the case, otherwise how to change the potency in case the patient is not improving. how to use rubrics he explained very well. And how to reach the correct homoeopathic MM are explained very well. Really I am felt I am very Lucky today, because I got a chance to attend this seminar. I met different, good homoeopath in India. Dr Farookh Masier is Best as usual

We went to know more details about potency?

-S R MURITHY NADAR

The afternoon session was not very interesting except for the case presented by Dr farokh Master. It was a very interesting case, showed an

evolution of remedy two. It has also made me aware that there many but we can make those out when we experience them in practice. The sessions by those like were very theoretical and explained only those thongs and were already done are given in book. It made us sleep. The relationship of connecting physical to like level of mind was well explained.

-Dr M ANNAPURNA

EDITOR: We have given a fair sampling of the reports... the good, the bad and the ugly. For me it is sufficient if we can give students and seniors, the enthusiasm to learn and practice Homoeopathy... and if we can have students coming again and again.. then we are going in the right direction. As one student told me that after she attended her last a seminar in Nasik, she vowed never again. Somehow she pushed myself to come here.... "And she told me," I am so glad I did... Thank you, thank you, thank you". As another told me, with suprise, we find no one loitering outside .. that is so suprising. These days colleges force us to attend many bigwig, heavy weight seminars, but we find no one inside!!