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To Evaluate The Effect Of Homoeopathicmedicine In Management Of Hypothyroidism As An Add Therapy In Adult Population A Randomised Control Trial.

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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 for Hypothyroidism. Homoeopathy based on the principle of individualization, offers a unique therapeutic approach to managing this condition.

Objectives: This study aims to evaluate the effect of homeopathic medicines in the management of hypothyroidism.

Methods: This study was conducted with 30 cases of Hypothyroidism, selected through random sampling from the OPD/IPD of a Dhanvantari Homoeopathic Medical College and Hospital & Research Centre, peripheral OPDs. 15 cases were treated with individualized homeopathic medicines based on their presenting symptoms, mental general, and physical general symptoms. The medicines were given based on case-taking, repertorization, and systemic examination. The outcome was assessed based on symptomatic relief, TSH level and overall improvement in well-being and 15 cases were treated with individualized homeopathic medicines along with standardized treatment The outcome was assessed based on symptomatic relief and overall improvement in well-being.RESULT**:** Out of 30 cases, in 15 cases we prescribed individualized homeopathic medicines along with standardized medicines, out of which 13 cases were improved and 2 cases were not improved. We prescribed individualized homeopathic medicines based on patients' general symptoms, physical symptoms, constitution, temperaments, habits etc. Proper history was taken. In 15 cases, we prescribed standardized medicines, out of which 8 cases were improved & 7 cases were not improved.

In standardized treatment, patients are treated randomly depending upon the current symptoms of the patient. Symptoms such as weight gain, palpitations, swelling over body cure and recurrently appear. Their thyroid reports also fluctuate, there is a difference between TSH levels, before treatment and afterward.

The positive response in the majority of cases highlights the potential effectiveness of individualized homeopathic treatment in Hypothyroidism management. CONCLUSION: This study suggests that

individualized homeopathic treatment plays a beneficial role in managing Hypothyroidism. However, further large–scale studies with randomized control trials are recommended to establish the efficacy and reproducibility of these findings. Both individualized homeopathic medicine and standardized medicines have their merits in managing hypothyroidism.

Individualized homeopathic medicines provide a comprehensive long-term approach that not only alleviates thyroid symptoms but also works to restore balance in the body's overall health, potentially leading to more sustained relief and prevention of future episodes. Standardized medicines, primarily levothyroxine, remain the cornerstone of treatment for hypothyroidism. Through extensive research and clinical practice, it has been demonstrated that levothyroxine effectively normalizes thyroid hormone levels, improving metabolic function and overall well-being in patients. The individualized dosing and monitoring of thyroid-stimulating hormone (TSH) levels ensure optimal therapeutic outcomes, reducing symptoms such as fatigue, weight gain, and depression. While allopathic medication, accurate dosing, and regular follow-ups are critical for maintaining long-term effectiveness. KEYWORDS: Hypothyroidism, Homoeopathic Individualized remedies, Standardized medicines, Randomized Control Trial.

I. INTRODUCTION

Definition- Hypothyroidism is traditionally defined as deficient thyroidal production of thyroid hormones. The term primary hypothyroidism indicates decreased thyroidal secretion of thyroid hormone by factors affecting the thyroid gland itself; the fall in serum concentration of thyroid hormone causes an increase in secretion of TSH results in TSH concentrations.

Prevelance-It is estimated that approximately 200 million people worldwide were diagnosed with thyroid disease.2 According to the survey, the prevalence of overt hyperthyroidism in areas with sufficient iodine ranges from 0.2% to 1.3%, while the prevalence of hypothyroidism ranges from 1% to 2%.3 Moreover, the proportion of palpable thyroid nodules in the general population accounts for 4% to 7%.4In overt hypothyroidism, TSH is elevated and free thyroxine (ft4) is low accurate diagnosis of this condition in the elderly may be challenging due to several factors including a relative paucity of referable symptoms, confounding findings that may be related to co-morbid disorders, changes in thyroid hormone levels that may be related to non-thyroidal illness, and upward shifts in TSH levels that may occur with normal aging.

Rationale of study: Hypothyroidism is a common endocrine disorder characterized by an underactive thyroid gland, resulting in insufficient production of thyroid hormones. These hormones are critical for regulating metabolism, energy balance, and overall physiological functions. The global prevalence of hypothyroidism continues to rise, affecting individuals across all age groups, but it is particularly common among women and the elderly. Despite its frequency, hypothyroidism often goes undiagnosed or is detected late due to the non-specific nature of its symptoms, such as fatigue, weight gain, cold intolerance, and depression. Undiagnosed or poorly managed hypothyroidism can lead to severe complications, including cardiovascular disease, infertility, cognitive decline, and in extreme cases, myxedema coma. Conventional treatment for hypothyroidism mainly relies on lifelong hormone replacement therapy (levothyroxine). While effective for many, some patients continue to experience symptoms despite "normal" thyroid levels while homeopathy offers individualized medicines based on the characteristic symptoms of patients

Standardized treatment of Hypothyroidism:

The thyroid gland produces T4 and T3 utilizing iodide obtained either from dietary sources or from the metabolism of thyroid hormones and other iodinated compounds. About 100 µg of iodide is required daily to generate sufficient quantities of thyroid hormone. 8 This has stimulated interest in "combination therapy" with both levothyroxine and liothyronine.9

Therapeutic homeopathic medicines for hypothyroidism:

Sepia Officinalis:

Used when the patient presents with the following symptoms.

Weak, slightly yellow appearance

A tendency to faint, especially when in cold temperatures

CalcareaCarbonica

This popular homeopathic medicine is useful when patients present with the following symptoms of Hypothyroidism And Hyperthyroidism.

Fat, flabby, fair person

Increased intolerance to cold

Excessive sweating, especially in the head10

Lycopodium Clavatum:
Useful in patients who present with these symptoms:
Physically weakened
Increased irritability
Lachesis Mutus:
This homeopathic remedy Lachesis Mutus is very useful in these symptoms to treat symptoms of thyroid gland problems.11

MATERIALS AND METHODS

1. Study Design: A Randomized Control Trial Study
2. Study Setting: Dhanvantari Homoeopathic Medical College and Hospital & Research Centre,
3. Study Population: Male and female population.
4. Sample Size: 30 cases
5. A.Inclusion Criteria:
1. Patients suffering from hypothyroidism according to diagnostic criteria.
2. Patients of both sexes.
3. Patients of adult age groups- 25 to 65 years of age

B. Exclusion Criteria:
1. Patients who are not willing to give consent.
2. Pregnant or Lactating Women
3 Patients with Severe Systemic Diseases
4Patients on Immuno suppressive or Steroidal Medications

C. Withdrawal Criteria:
1. Lost to follow up.
2. Not consensual.

Data Analysis Plan and Methods: History was taken from the patient, parents, and from physician's observation. A general physical exam will be conducted to know the health status and rule out symptoms in cases.

Selection of Potency: Potency is selected based on symptom severity and susceptibility and sensitivity of the patient.

The most common selected potency was 200.

Repetition Schedule: Repetition is done in every case according to the symptom severity of the patient.

Statistical Techniques and Data Analysis:

Student's test was used to determine the utility of Homoeopathic medicines in the improvement of cases having hypothyroidism. Paired't' test was used to test statistically the change in the severity of symptoms of hypothyroidism in the

Ethical issues, if any:

Ethical clearance was obtained from the ethical committee of the institute

OBSERVATIONS & RESULTS: -

Charts/Figures/Diagrams

Figure 1: - Homoeopathy And Standardized Treatment In Cases Of Hypothyroidism Improved And Not Improved

	IMPROVED	NOT IMPROVED
HOMOEOPATHIC MEDICINES	13	2
STANDARIZED MEDICINES	10	5

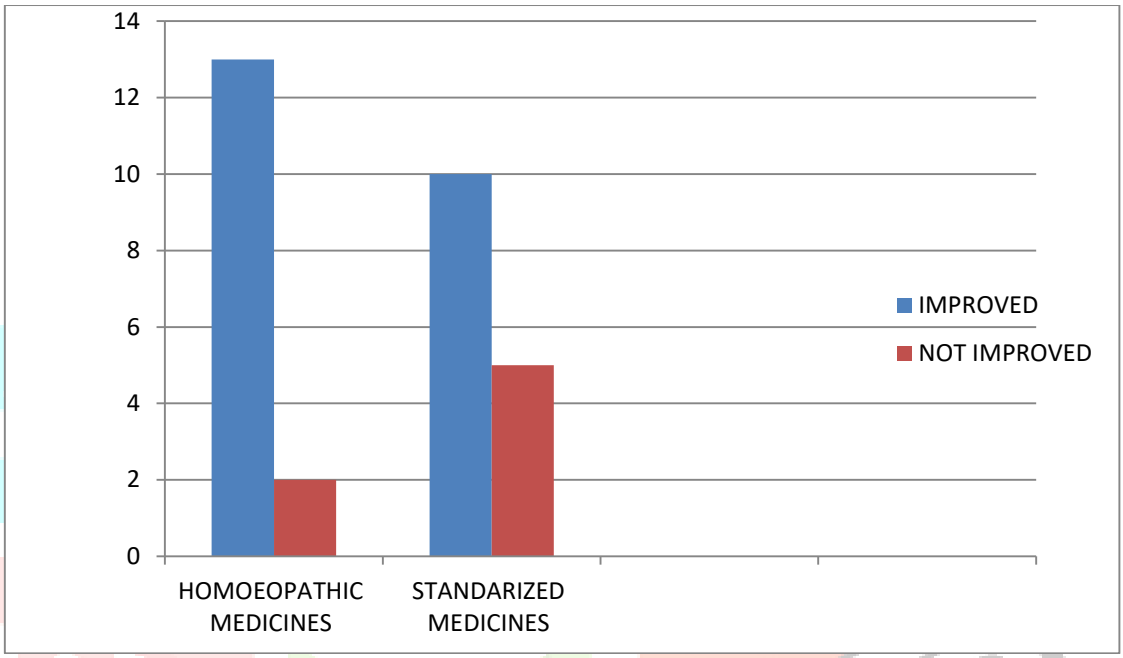


Figure 2: MARRITAL STATUS

MARRITAL STATUS	
MARRIED	26
UNMARRIED	4

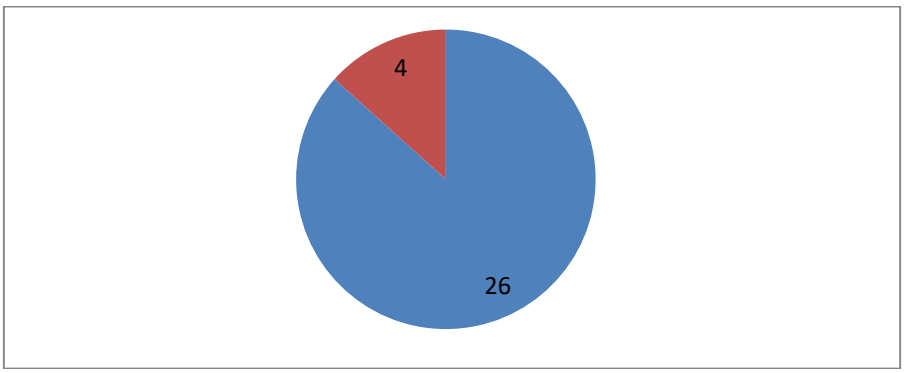


Figure 3 – Age group distribution in case study

AGE GROUP	
0-20	5
21- 30	1
31-40	5
41-50	12
51-60	7

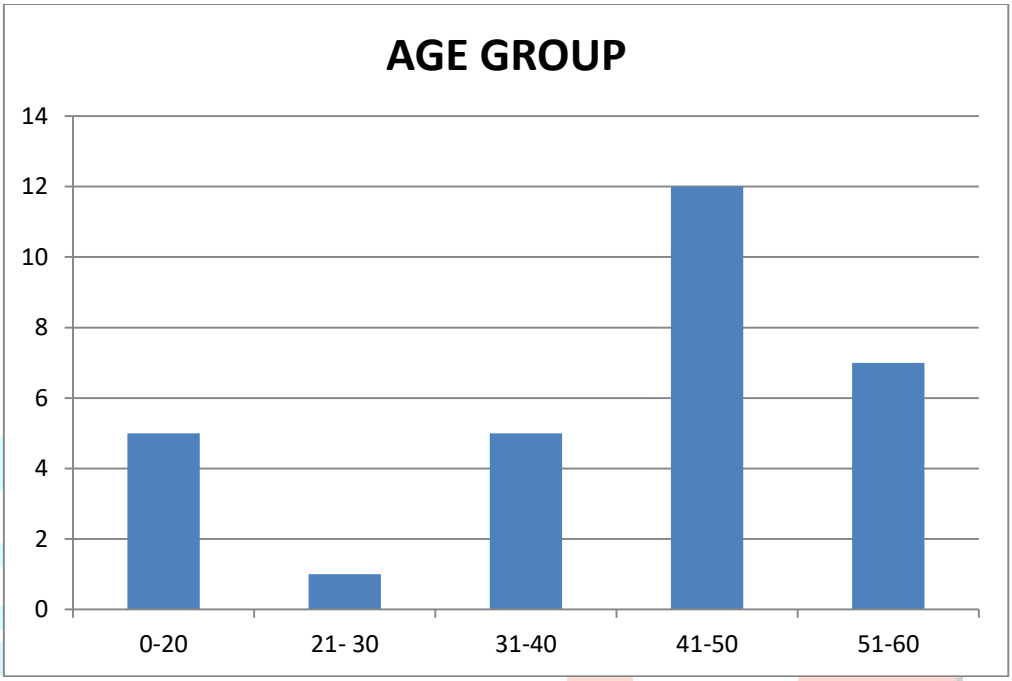
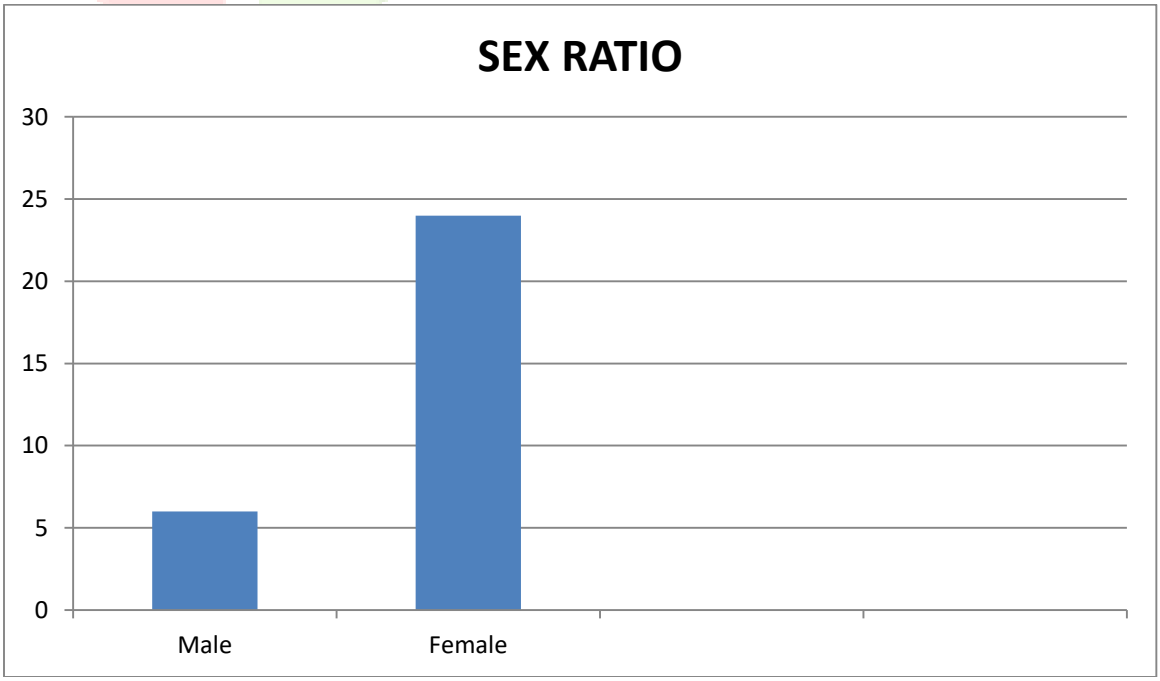


Figure 3 –SEX RATIO

Sex ratio	
Male	6
Female	24



Statistical Analysis:

Students t - test was applied for statistical analysis.

Total of 30 patients (7 Males and 23 Females) were observed and t - test was applied. the change in the intensity of TSH Levels scored with the Randomized control trial , assess the improvement of the patients.

Calculated value of t (2.176) was greater than table value of t The calculated *t* exceeds the critical value (2.176 > 2.920), so the means are significantly different.[12]

Therefore, we conclude that severity of symptoms in hypothyroid be reduced by the use of homoeopathic medicines. Hence it concludes that homoeopathy plays a major role in improving the complaints of the patients having hypothyroidism.

Discussion:

The randomized control study on the role of individualized homeopathic medicine in the treatment of Hypothyroidism demonstrated significant positive outcomes. Out of 30 patients,23 showed improvement in their Hypothyroidism symptoms, indicating a high response rate to individualized homeopathic treatment. However, 7 patients did not experience noticeable improvement. These findings suggest that individualized homeopathic medicine may be an effective approach for managing TSH levels. Further research with larger sample sizes and controlled trials is recommended to validate these results and explore the factors influencing treatment outcomes.[13]

Distribution Of Cases Improved/Not Improved-

This study shows a maximum number of cases improved in the treatment of individualized and standardized treatment of hypothyroidism.

Out of 30 cases, 23 cases show improvement and 7 cases show no improvement. Due to some miasmatic blockage and an increase in symptoms, patients have not improved.

Distribution Of Cases Improved By Homoeopathic Treatment-

This study shows a maximum number of cases improved in treatment of individualized treatment of hypothyroidism.

Out of 15 cases, 13 cases show improvement and 2 cases not improved. These cases show improvement by individualized treatment, but to some miasmatic blockage, recurrence of symptoms is seen.

Distribution Of Cases Improved ByStanderdised Treatment –

In standardized treatment, a maximum number of case shows improvement in hypothyroidism.

Hypothyroidism can be effectively managed and significantly improved with standardized treatment.

Improvement is seen with – fatigue reduction, weight stabilization, mood improvement, and dryness.

Distribution Of Cases By Mariatal Status –

In hypothyroidism married females more affected than unmarried because of –

Weight gain and hormonal imbalance. Married women may sick more regular medical care ,especially during pregnancy .

Distribution Of Case Of Age Group –

Hypothyroidism is more common in the 41 to 50 age group, especially in women.

Because – hormonal fluctuation around this age can affect thyroid function, autoimmune risk increases with age, cumulative stress and lifestyle factors.

Distribution Of Case According To Sex –

Menstruation, pregnancy, childbirth, and menopause cause constant hormonal changes that can impact thyroid function.

HOMOEOPATHIC MANAGEMENT –

A remedy is selected based on the individual's entire symptoms picture, not just thyroid levels. This includes – personality, mental emotional state, physical symptoms, family history**.**

CONCLUSION

Both individualized homeopathic medicine and standardized medicines have their merits in managing hypothyroidism.
Individualized homeopathic medicine provides a comprehensive long-term approach that not only alleviates thyroid symptoms but also works to restore balance in the body's overall health, potentially leading to more sustained relief and prevention of future episodes.14
Allopathic medicines, primarily levothyroxine, remain the cornerstone of treatment for hypothyroidism. Through extensive research and clinical practice, it has been demonstrated that levothyroxine effectively normalizes thyroid hormone levels, improving metabolic function and overall well-being in patients. The individualized dosing and monitoring of thyroid-stimulating hormone (TSH) levels ensure optimal therapeutic outcomes, reducing symptoms such as fatigue, weight gain, and depression. While allopathic medication, accurate dosing, and regular follow-ups are critical for maintaining long-term effectiveness. The thyroid gland plays a critical role in regulating the body's metabolism, growth, and development through the secretion of thyroid hormones (T3 and T4)15

Conflict of Interest: None

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