

## THE POWER OF HOMOEOPATHIC MEDICINES FOR THYROID DISEASES

\*<sup>1</sup>Suman Shukla, <sup>2</sup>Dr. Rekha Juneja and <sup>3</sup>Dr. Jaspinder Kaur

<sup>1</sup>P.G. Scholar (2020-2021) Deptt. of Materia Medica, Sri Ganganagar Homeopathic Medical College Hospital & Research Institute. Tantiya University, Rajasthan.

<sup>2</sup>M.D. (Hom.) Professor Department of Materia Medica, Sri Ganganagar Homoeopathic Medical College Hospital & Research Institute. Tantiya University.

<sup>3</sup>BHMS, MD. (Hom), Associate Professor, Sri Ganganagar Homoeopathic Medical College Hospital & Research Institute. Tantiya University.

Article Received on  
03 March 2024,

Revised on 24 March 2024,  
Accepted on 14 April 2024

DOI: 10.20959/wjpr20249-32045



\*Corresponding Author

**Suman Shukla**

P.G. Scholar (2020-2021)

Deptt. of Materia Medica,

Sri Ganganagar

Homeopathic Medical

College Hospital &

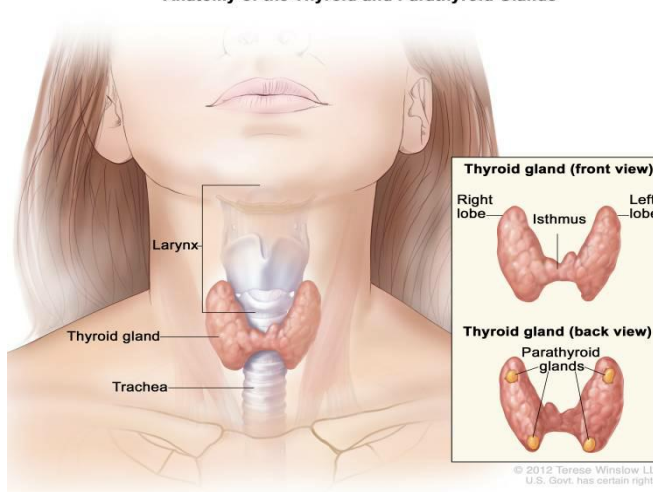
Research Institute. Tantiya

University, Rajasthan.

### ABSTRACT

Thyroid diseases are the commonest endocrine disorders in the world. In India too, there is a significant burden of thyroid diseases. According to a projection from various studies on thyroid disease, it has been estimated that about 42 million people in India suffer from thyroid diseases. This article is an approach to understand various thyroid diseases and holistic approach of various homoeopathic medicines in management of thyroid diseases.

Anatomy of the Thyroid and Parathyroid Glands



**KEYWORDS:** Thyroid diseases, homoeopathic medicines, holistic approach.

## INTRODUCTION

Thyroid is a hormone secreting gland that is crucial for the regulation of all the metabolic activities in our body. When the thyroid gland over-functions or under-functions, thyroid dysfunction occurs. Thyroid diseases have become increasingly common in today's fast-paced and stressful world. From hypothyroidism to hyperthyroidism, goiter these conditions can have a significant impact on one's overall well-being. It a group of medical conditions that affect the normal functioning of the thyroid gland. The thyroid gland, located at the base of the neck, is responsible for producing hormones that regulate metabolism and growth. There are several types of thyroid diseases, each presenting with unique symptoms and treatment approaches.

The thyroid is a butterfly-shaped gland that is located in the front of the neck just above the trachea; it weighs approximately 15 to 20 g in the adult human. The thyroid produces and releases into the circulation at least two potent hormones, thyroxine (T<sub>4</sub>) and triiodothyronine (T<sub>3</sub>), that influence basal metabolic processes or enhance oxygen consumption in nearly all body tissues. Thyroid hormones also influence linear growth; brain function, including intelligence and memory; neural development; dentition; and bone development.

### The Thyroid Hormone

The thyroid hormone is well known for controlling metabolism, growth, and many other bodily functions. The thyroid gland, anterior pituitary gland, and hypothalamus comprise a self-regulatory circuit called the hypothalamic-pituitary-thyroid axis. The main hormones produced by the thyroid gland are thyroxine or tetraiodothyronine (T<sub>4</sub>) and triiodothyronine (T<sub>3</sub>). Thyrotropin-releasing hormone (TRH) from the hypothalamus, thyroid-stimulating hormone (TSH) from the anterior pituitary gland, and T<sub>4</sub> work in synchronous harmony to maintain proper feedback mechanisms and homeostasis.

### The physiological effects of thyroid hormones are listed below

- Increases the basal metabolic rate.
- Stimulate the metabolism of carbohydrate.
- Anabolism of proteins. Thyroid hormones can also induce catabolism of proteins in high doses.
- Permissive effect on catecholamines.
- In children, thyroid hormones act synergistically with growth hormone to stimulate bone growth.

- The impact of thyroid hormone on CNS is important. During the prenatal period, it is needed for the maturation of the brain. In adults, it can affect mood. Hyperthyroidism can lead to hyperexcitability and irritability. Hypothyroidism can cause impaired memory, slowed speech, and sleepiness.
- Thyroid hormone affects fertility, ovulation, and menstruation.

## **TYPES OF THYROID DISESES**

**Hypothyroidism** Hypothyroidism results from the thyroid gland producing an insufficient amount of thyroid hormone. It can develop from problems within the thyroid gland, pituitary gland, or hypothalamus. Symptoms of hypothyroidism can include: Fatigue, Poor concentration or feeling mentally "foggy", Dry skin, Constipation, Feeling cold, Fluid retention, Muscle and joint aches, Depression, Prolonged or excessive menstrual bleeding in women.

### **Hyperthyroidism**

Hyperthyroidism describes excessive production of thyroid hormone, a less common condition than hypothyroidism. Symptoms of hypothyroidism usually relate to increased metabolism. In mild cases, there may not be apparent symptoms.

Symptoms and signs of hyperthyroidism can include: Tremor, Nervousness, Fast heart rate, Fatigue, Intolerance for heat, Increase in bowel movements, Increased sweating, Concentration problems, Unintentional weight loss.

### **Goiter**

- A goiter simply describes enlargement of the thyroid gland, regardless of cause. A goiter may be associated with hypothyroidism, hyperthyroidism, or normal thyroid function. Symptoms are Hoarseness of voice, Coughing, a feeling of tightness in the throat, Swallowing difficulties, Breathing difficulties.

### **Thyroid nodules**

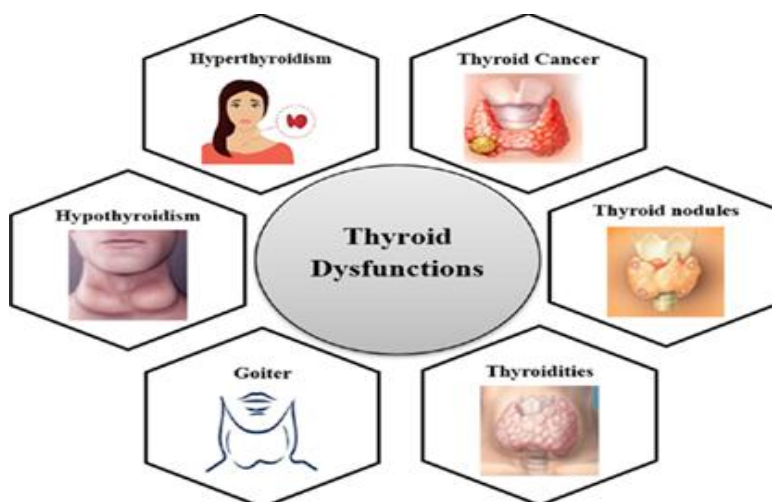
Nodules are lumps or abnormal masses within the thyroid. Nodules can be caused by benign cysts, benign tumors, or, less commonly, by cancers of the thyroid. Nodules may be single or multiple and can vary in size. If nodules are excessively large, they may cause symptoms related to compression of nearby structures.

- **Thyroiditis**

It is generally caused by an attack on the thyroid, resulting in inflammation and damage to the thyroid cells. This disease is often considered a malfunction of the immune system. Antibodies that attack the thyroid are what causes most types of thyroiditis. Symptoms are fatigue, Frequent bowel movements Heat intolerance, Increased appetite, Increased sweating, Irregular menstrual periods, Irritability, Muscle cramps, Nervousness, restlessness, Palpitations, Weight loss.

**Thyroid cancer**

Thyroid cancer is far more common among adult women than men or youth. About 2/3 of cases occur in people under age 55. There are different kinds of thyroid cancer, depending upon the specific cell type within the thyroid that has become cancerous. Most cases of thyroid cancer have a good prognosis and high survival rates, especially when diagnosed in its early stages.



**Signs & Symptoms of Thyroid Diseases**

**1. Weight Gain**

One of the surest signs of thyroid problems is sudden weight gain. We are talking something like a ten kgs increase in weight in a span of two to three months. A sluggish thyroid gland reduces the body's capacity to metabolize fat and hence leads to worrisome weight gain.

**2. High Cholesterol Levels**

Women who have imbalanced thyroid hormone levels suffer from high cholesterol. Since thyroid hormones are responsible for metabolism, an imbalance wreaks havoc on heart health due to high cholesterol levels.

### **3. Cold and Hot**

Those who have a thyroid gland functioning below normal will find the weather colder than it is. Those ladies who have an overactive thyroid will feel hotter than others because of more heat generation in the body.

### **4. Bloating**

An underactive thyroid gland is responsible for retaining fluid in the body and leading to bloating. Fluid retention is a sure sign of thyroid disease.

### **5. Hair Loss**

Acute thyroid issues, whether hyperthyroidism or hypothyroidism, can result in hair loss to varying degrees. This symptom is not one you'll see in the early stages, but prolonged and untreated thyroid problems can result in severe loss of hair.

### **6. Palpitations**

Racing heartbeats or palpitations are a symptom of the functioning of an imbalanced thyroid gland. This is because elevated thyroid hormones tend to make the body go into an overdrive mode leading to stressing the heart and increasing the heartbeats.

### **7. Menstrual Issues**

Women who suffer from improper functioning of the thyroid gland either have excessive and prolonged or scanty menstrual flow. This is one of the important symptoms of thyroid in women.

### **8. Muscle Ache**

Muscular pains form an important part of thyroid malfunctioning. These are due to the intense muscular fatigue that wonky thyroid hormones can cause.

### **9. Poor Mental Agility**

High levels or low levels of thyroid hormones are a significant drawback. They can leave the person feeling sluggish with poor concentration. If left untreated over a period, they can even cause feelings of depression.

### **10. Nervousness and Tremors**

An overactive thyroid gland can lead to nervousness and tremors in the person suffering from it. This is something of a whiplash effect because of elevated hormone levels.

## 11. Altered Bowel Movement

When the thyroid gland is not functioning optimally, the person suffers from changed stool patterns. Those who suffer from hypothyroidism usually have constipation, and those who have hyperthyroidism suffer from loose stools.

## 12. Disturbed Sleep Patterns

Since the thyroid gland is responsible for brain activity and metabolism, sleep patterns change considerably when there is an imbalance in thyroid hormones. Insomnia or too much sluggishness even after restful sleep should trigger your concern.

### Who's at risk ?

Starting from age and gender, there are various factors that can up your risk of thyroid disorder.

**Gender:** Women are more likely to be affected by thyroid disorder than men. Studies suggest that the risk of the female population is about five to eight times more than men.

**Genetic predisposition:** Family history of thyroid diseases is also a potential risk factor to develop thyroid diseases.

**Medical conditions:** People with diabetes (high blood sugar levels) are more likely to be vulnerable to thyroid disorders. Other health conditions that can make you fall in the high risk group include anaemia, lupus, rheumatoid arthritis, so on and so forth.

**Age:** People above 60, especially women, are more likely to be affected by thyroid disorders.

**Medicines:** Drugs high in iodine can also increase your chances of thyroid disorders.

## DIAGNOSIS AND TESTS

**Thyroid-stimulating hormone (TSH)** is produced in the pituitary gland and regulates the balance of thyroid hormones — including T4 and T3 — in the bloodstream. Most of the time, thyroid hormone deficiency (hypothyroidism) is associated with an elevated TSH level, while thyroid hormone excess (hyperthyroidism) is associated with a low TSH level. Normal TSH range for an adult: 0.40 - 4.50 mIU/mL.

**Thyroxine (T4)** tests for hypothyroidism and hyperthyroidism, and used to monitor treatment of thyroid disorders. Low T4 is seen with hypothyroidism, whereas high T4 levels may

indicate hyperthyroidism. Normal T4 range for an adult: 5.0 – 11.0 ug/dL (micrograms per deciliter of blood).

**Triiodothyronine T3** It tests help diagnose hyperthyroidism or to show the severity of hyperthyroidism. Low T3 levels can be observed in hypothyroidism, but more often this test is useful in the diagnosis and management of hyperthyroidism, where T3 levels are elevated. Normal T3 range: 100 - 200 ng/dL (nanograms per deciliter of blood).

**Thyroid antibodies:** These tests help identify different types of autoimmune thyroid conditions. Common thyroid antibody tests include microsomal antibodies (also known as thyroid peroxidase antibodies or TPO antibodies), thyroglobulin antibodies (also known as TG antibodies), and thyroid receptor antibodies (includes thyroid stimulating immunoglobulins [TSI] and thyroid blocking immunoglobulins [TBI]).

**Calcitonin:** This test is used to diagnose C-cell hyperplasia and medullary thyroid cancer, both of which are rare thyroid disorders.

**Thyroglobulin:** This test is used to diagnose thyroiditis (thyroid inflammation) and to monitor treatment of thyroid cancer.

## HOMOEOPATHIC MANAGEMENT

- **Individualized Approach:** Homeopathic treatment is tailored to a person's unique symptoms, ensuring personalized care that goes beyond a one-size-fits-all approach.
- **No Side Effects:** Homeopathic medicines are highly diluted, making them safe and gentle, without the risk of adverse effects commonly associated with conventional medications.
- **Holistic Healing:** Homeopathy addresses physical, mental, and emotional imbalances, providing comprehensive and long-lasting relief by targeting the root cause of the disease.
- **Natural and Non-Invasive:** By utilizing substances derived from nature, homeopathy promotes natural healing without the need for invasive procedures or the use of synthetic chemicals.

## HOMOEOPATHIC MEDICINES

**Natrum Muriaticum** Great liability to take cold. The prolonged taking of excessive salt causes profound nutritive changes to take place in the system, and there arises not only the symptoms of salt retention as evidenced by dropsies and oedema, but also an alteration in the



blood causing a condition of anaemia and leucocytosis. Coldness. Menses irregular; Great weakness and weariness. Great dryness of mucus membranes from lips to anus; constipation.

**Calcarea Carbonica** Disposed to grow fat, corpulent, unwieldy tendency to obesity. Coldness: general; of single parts in youth. Girls who are fleshy, plethoric, being the keynote of its action, swelling of glands, scrofulous and rachitic conditions generally offer numerous opportunities for the exhibition of Calcarea. Pituitary and thyroid dysfunction. Persons of scrofulous type, who take cold easily. Great sensitiveness to 15 cold. Difficult swallowing. Painless hoarseness; worse in the morning. Great debility. Sensation as if the throat were contractile once swallowing.

**Pulsatilla** Adapted to persons of indecisive, slow, phlegmatic temperament; Woman inclined to be fleshy, with scanty and protracted menstruation. Great dryness of mouth in the morning, thirstlessness. Tongue dry; covered with tenacious mucous. Great dryness of throat in the morning. Bromium Stony, hard, scrofulous or swelling of glands, especially on lower jaw and throat (thyroid, sub maxillary, parotid, testes). Hoarseness coming on from being overheated. Hard goitre. The glands are stony with a cancerous tendency.

**Spongia** Swelling and induration of glands; goitre. Thyroid gland swollen even with chin with suffocation at night. Violent pain and grasping respiration; awakened suddenly after midnight with suffocation and great anxiety. Swollen glands. Thyroid gland swollen. Stitches and dryness. Hoarseness.

**Thyroidinum** Thyroid produces anaemia, emaciation, muscular weakness, sweating and headache, nervous tremor of face and limbs, tingling sensations, paralysis. Excessive obesity. Great weakness and hungry, marked sensitiveness to cold. Hypothyroidism after acute diseases. Easy fatigue, weak pulse, cold hands and feet, low blood pressure, 16 chilliness and sensitive to cold. Palpitation from least exertion. Throat- dry, congested, raw, burning.

**Thuja:** People experience hair loss and weight gain. It also helps with anxiety and depression associated with the thyroid. It helps regulate hormone levels and improve the immune system.

**Iodum** Persons of scrofulous diathesis, with dark or black hair and eyes; a low cachectic condition, with profuse debility. Great weakness. Hypertrophy and induration of glandular



tissues. Palpitation, worse from least exertion. Sluggish vital reaction. Weakness and loss of breath. Thyroid enlarged. Great weakness during menses. Menstrual irregularities.

**Sepia Officinalis** - The patients requiring this medicine are very **weak**, have a **pale yellow face**, and extremely sensitive to cold. They feel cold even in a warm room. This medicine can help in treating **menstrual complaints** in patients with hypothyroidism where menses are too early and are heavy. The patient feels as if the pelvic organs will come out through the vulva, therefore always sit cross-legged. The use of Sepia is also recommended for women with **low libido** (decreased sexual desire). The medicine is effective in treating **constipation** in hypothyroid patients. The patients requiring this medicine complain of very hard and difficult stool that is passed as small balls with excessive pain that continues for a long time after passing stool.

**Ferrum Phosphoricum** - It is often used for people with hyperthyroidism who experience racing thoughts, irritability, and palpitations. This remedy helps reduce inflammation in the body and regulate the immune system, which can relieve some symptoms of hyperthyroidism.

**Lycopodium** - This remedy is frequently recommended for individuals experiencing symptoms of hypothyroidism, such as hair loss, constipation, weight gain, and cold intolerance. Lycopodium may also help improve energy levels and boost self-confidence.

**Graphites** - Graphites is mainly recommended for those patients with hypothyroidism who are very obese and over-sensitive to cold. It can also be administered to treat persistent constipation where the stool is hard and passes with great difficulty in lumps. There is a feeling of fullness in the abdomen due to gas. Persons requiring this medicine are very depressed, sad and start crying without any reason. Skin complaints, prominently dry rough skin, can be wonderfully managed with this medicine.

**Phytolacca**: Another best homoeopathic medicine for thyroid, Phytolacca is used for people with hypothyroidism who experience neck pain and tender nodules. It also helps with weight gain and constipation. This remedy helps reduce inflammation in the thyroid gland and regulate metabolism.

## CONCLUSION

Thyroid diseases have become increasingly prevalent in modern society, affecting millions of people worldwide. It has become increasingly common in today's fast-paced and stressful

world. As individuals seek alternative methods to augment their conventional treatment for thyroid diseases, homeopathic medicines offer a holistic approach that takes into account the interconnectedness of the body, mind, and emotions. Homeopathy views each individual as a unique entity, considering their physical, mental, and emotional attributes while treating any ailment. This holistic approach focuses on restoring balance and stimulating the body's innate healing ability.

## REFERENCES

1. Demers L.M., Spencer C. ALaboratory support for the diagnosis and monitoring of thyroid disease. Laboratory Medicine Practice Guidelines. National Academy of Clinical Biochemistry. *Thyroid*, 2003; 13: 1-126.
2. Serum TSH, T4 and thyroid antibodies in the United States population (1988 to 1994): National Health and Nutrition Examination Survey (NHANES III).
3. <https://www.webmd.com/women/understanding-thyroid-problems-basics>
4. Demers LM, Spencer CA. In press. Laboratory support for the diagnosis and monitoring of thyroid disease. Laboratory Medicine Practice Guidelines. National Academy of Clinical Biochemistry. *Thyroid*
5. <https://www.hexahealth.com/blog/homeopathic-medicine-for-thyroid>
6. R k manchanda homoeopathic perspective on thyroid disorders on march 15,2010.<https://hpathy.com/scientific-research/homeopathic-perspective-of-thyroiddisorders/> 8.
7. Article progressive health- homoeopathy in thyroid disorder.<https://hpathy.com/scientificresearch/homeopathic-perspective-of-thyroid-disorders/> 9.
8. Soumyabrata dogra, pratima mandal response of hypothyroidism to homeopathic treatment.