

Homoeopathic constitutional treatment of hypothyroidism: a review.

Tratamiento constitucional homeopático del hipotiroidismo: una revisión.

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ABSTRACT

Background- Homoeopathic constitutional treatment is a method to identify the constitution of an individual and prescribing the patient considering as a whole irrespective of names of the diseases and organs affected. It is mainly based on the totality of all mental and physical make up. It is based on the principle of Homeopathy “*similia similibus curanter*”. **Aim and objective:** The aim is to review and summarize and the available articles on the homoeopathic constitutional treatment of hypothyroidism and hypothyroidism in general. **Material and Methods:** Research carried out from all available literature books and database such as PubMed, Google Scholar and Cochrane Library using Mesh Terms: “constitution and homeopathy”, “constitutional treatment of hypothyroidism” and “hypothyroidism”. **Conclusion:** The study suggested that Homoeopathic Constitutional treatment is effective and has an important role in treating thyroid disorder such as hypothyroidism.

Keywords: Individualization, Constitutional treatment, Homoeopathy, Constitution, Hypothyroidism.

RESUMEN

Antecedentes: el tratamiento constitucional homeopático es un método para identificar la constitución de un individuo y prescribir al paciente considerando su conjunto, independientemente de los nombres de las enfermedades y órganos afectados. Se basa principalmente en la totalidad de toda la estructura física y mental. Se basa en el principio de la Homeopatía “*similia similibus curanter*”. **Finalidad y objetivo:** El objetivo es revisar y resumir los artículos disponibles sobre el tratamiento constitucional homeopático del hipotiroidismo y del hipotiroidismo en general. **Material y Métodos:** Investigación realizada a partir de todos los libros de literatura y bases de datos disponibles como PubMed, Google Scholar y Cochrane Library utilizando términos Mesh: “constitución y homeopatía”, “tratamiento constitucional del hipotiroidismo” e “hipotiroidismo”. **Conclusión:** El estudio sugirió que el tratamiento constitucional homeopático es eficaz y tiene un papel importante en el tratamiento de trastornos de la tiroides como el hipotiroidismo.

Palabras clave: Individualización, Tratamiento constitucional, Homeopatía, Constitución, Hipotiroidismo.

INTRODUCTION

Constitutional diagnosis means the identification of the constitution of an individual. It covers the level of susceptibility, the tendencies, the behavior patterns and the underlying miasms. So, constitutional remedy is used as preventive, curative and prophylaxis ^[1]. Homeopathic system of Medicine, is the practice of medicine that embraces a holistic, natural approach to the treatment of the sick ^[2]. Master Samuel Hahnemann has explained regarding chronic diseases in aphorism number 78-81 in Organon of Medicine 6th edition. The term "CONSTITUTION" is derived from the Latin word "CONSTITUERE" which means to set up, establish or make up, to appoint to give being to. Dr. Hahnemann gives a fair importance of the constitution in aphorism 5 of 6th edition of organon of medicine. In the German text, Dr. Hahnemann used the term "beschaffenheit" when translated to English as 'Constitution'. In 6th edition of Organon of medicine Hahnemann explains about constitution and is related in aphorisms 5, 102, 117, 138 ^[3].

ORIGIN OF THE CONCEPT

In history Aristotle (384 BC- 322 BC) was the first person who grouped individuals under different headings. He classified human beings on the basis of Size, Built and Nature in his essay on "Physiognomy"

Hippocrates (460 BC- 377 BC) says that each and every individual has his nature that cannot be changed in his "Natura Medicatrix"^[4].

Types of Constitution:

Dr. Von Grauvogl classified constitution into 3 types-

Carbo-nitrogenoid constitution

Oxygenoid constitution

Hydrogenoid constitution

The carbo-nitrogenoid constitution is characterized by insufficient oxygenation and the general symptoms are breathlessness, short breath, frequent pulse, constipation or diarrhea, flatulence, urinary troubles. Patients are irritable and impatient, vertigo, gouty swelling, hypochondriasis, dullness et.

The oxygenoid constitution likes to eat fats and carbohydrates, and are underweight. Such type of patients is worse before storms and during windy weather, better by rain or snow.

The hydrogenoid constitution patients are recognized by its modalities. They feel worse in cold or damp weather or when living near water ^[5].

CONCEPTS OF CONSTITUTION IN HOMOEOPATHY ACCORDING TO STALWARTS

Stuart Close defines constitution as "that aggregate of hereditary characters, influenced more or less by the environment which determines the individual's reaction, successful or unsuccessful, to the stress of environment" ^[6].

Dr. KENT says "The perceptible ailment that follows a disorder in the man's vital power is called physical constitution" [7].

According to Philip M. Bailey, Constitutional prescribing means selecting the remedy which covers the totality of the patient's symptoms (both physical and mental) at a given time [8]. When it comes to constitution, Dr. M.L Dhawale says that everyone has a unique characteristic that gives them their personality, which is partly affected by genes and environmental factors throughout their lives [9].

AIM AND OBJECTIVE

To summarize and review the available articles on the effectiveness of homeopathic constitutional treatment of Hypothyroidism. And the objective is to know the clinical evidences and the importance of constitutional treatment in the field of homeopathic system of medicine.

PREVIOUS RESEARCHES AND ARTICLES

Gaitonde DY *et al.* 2014, In this article hypothyroidism is clearly defined and their consequences if not treated like hypertension dyslipidaemia, infertility, cognitive impairment, and neuromuscular dysfunction. The prevalence of hypothyroidism increases with age and are more seen in females than in males. Hypothyroidism occurs as a result of primary gland (thyroid gland) failure or insufficient thyroid gland stimulation by the hypothalamus or pituitary gland. Hypothyroidism may be subtle and are nonspecific especially in older persons. The diagnosis is done with laboratory assessment of thyroid function specifically serum thyroid-stimulating hormone test. Patients with TSH value more than 10 mIU/l and those elevated thyroid peroxidase antibody titres are considered for therapy. This includes oral replacement of synthetic levothyroxine and require lifelong. This article gave two flow charts on how to evaluate hypothyroidism and conventional treatment of primary hypothyroidism. And table 1 and table 2 presenting common symptoms and clinical signs of hypothyroidism [10].

Luca chiovato *et al.* 2019, According to this article hypothyroidism affects 5% of the general population and another 5% of undiagnosed and 99% of the diagnosed case are of primary hypothyroidism. Hashimoto's disease is the common cause of thyroid failure in iodine sufficient area. Hypothyroidism is biochemically diagnosed by serum thyroid stimulating hormone (TSH) concentrations above normal range and serum thyroxine concentration below the normal range. Common symptoms of hypothyroidism include weight gain mild to moderate, fatigue, poor concentration, depression and menstrual irregularities. While untreated or under-treated hypothyroidism include cardiovascular disease and increased mortality. Levothyroxine has long been the specific medicine for treating hypothyroidism and is one of most widely prescribed medicines. This article summarises the history and discusses the future regarding optimal treatment in regard to prevalence of hypothyroidism in the community, optimisation of the levothyroxine substitution dose, proper duration of treatment, and identification of patients who may benefit from combination therapy with levothyroxine plus levotriiodothyronine [11]

William J. Hueston 2001, According to this article up to 0.5% of the population of the United States are affected by thyroid disease and prevalence is higher in women who are elderly. Thyroid hormone replacement being the appropriate management of hypothyroidism the thyroid stimulating hormone should be monitored six to eight weeks after any dosage changes. Once a stable dosage is achieved it is not necessary to be monitored annually except in older patients. In some patients who have mood or memory problems the addition of triiodothyronine (T3) in a low dosage after full replacement of thyroxine (T4) using levothyroxine may be beneficial. Subclinical hypothyroidism management remains controversial as the physicians should weigh the benefits of replacement against problems that can accompany the excessive use of levothyroxine. This article has 4 tables describing causes of hypothyroidism, common signs and symptoms of hypothyroidism, laboratory values in hypothyroidism, drugs potentially altering thyroid hormone replacement requirements respectively and one flow chart on treatment of hypothyroidism ^[12]

Bijay Vaidya, Simon H S Pearce 2008, In this article the authors discuss the current approaches in the management of hypothyroidism. Authors also describe briefly on the causes, clinical presentation, how to diagnose, whom to treat, how to treat, challenges of levothyroxine replacement, treatment of known case of hypothyroidism in older patients with ischaemic heart disease (IHD), hypothyroidism in pregnancy, current controversies and lastly on when should general practitioners refer the patient. The authors summarised the article into following points- newly diagnosed hypothyroidism under 60 years without ischaemic heart disease can start on a full replacement dose of levothyroxine, levothyroxine replacement dose is related to body weight, elderly person with ischaemic heart disease should start with small dose of levothyroxine and increases gradually, there is no evidence so far, the benefit in using levothyroxine with triiodothyronine together over levothyroxine alone ^[13].

Dr. Dhanya G Nair 2020, In this article the author presents a case report of hypothyroidism treated with individualized Homoeopathic constitutional medicine alone without the use of any mother tincture or biochemic medicines. 34 years women known case of hypothyroidism presenting with weakness, wandering pain in almost all joints, appetite reduced and anterior part of neck swelling. Patient gave the treatment history of hormonal therapy but discontinued after few days. After proper case taking and considering all the above symptoms and rubrics. Repertoration was done using RADAR 10.0 (Synthesis repertory) and the medicine Natrum muriaticum was given as her constitutional remedy considering her mental, physical general and particular symptoms. Thyroid function test revealed TSH value of 15.39 μ U/ml and T4 of 8.2 μ g/dl at the starting of treatment. Treatment was started on 16/6/2015 and regular follow up were taken last follow up being on 1/12/2015. Thyroid function test was done again on 5/2/2016 which revealed TSH as 2.74 μ U/ml and T4 as 7.53 μ g/dl. Again on 13/3/2018 after 2 years gap thyroid function test was done on patient's own will which shows TSH to be 1.42 μ U/ml. This study shows that there is no recurrence of the condition which is fully cured with Homoeopathic constitutional remedy ^[14]

Dr. Shweta, Dr Parul Singh 2021, In this article the authors present a case report of sub-clinical hypothyroidism treated with Homoeopathic constitutional remedy. Here authors briefly explain what is hypothyroidism their aetiology and the drugs that causes hypothyroidism. 48 years married female with TSH of 7.72

uIU/mL presenting with history of weight gain, weakness, lethargy, reduced appetite, constipation, hair fall and depression. After proper case taking considering mental physical symptoms family history, reportorial analysis was done and Lachesis was found to be the constitutional remedy. Lachesis 200 single dose was prescribed with placebo and regular follow up were taken. Thyroid stimulating hormone TSH before treatment and after treatment were compared which shows TSH 7.72uIU/mL at the beginning of the treatment and TSH 0.419 uIU/mL at the end of the treatment. This study shows hypothyroidism is cured with Homoeopathic constitutional treatment^[15]

Dr. Anuradha Singh, Dr. Hanuman Ram, Dr. Navita Bagdi, Dr. Prasoon Choudhary 2020, In this article the authors report a case of primary hypothyroidism which is fully managed by Homoeopathic medicine. Authors briefly gave the background on hypothyroidism and the use of Zulewski's Clinical Score in confirming the diagnosis of Primary Hypothyroidism. The use of relationship of medicine and complimentary medicine were explained through this case. After proper case taking on the basis of totality of characteristic symptoms and analysis by repertorization constitutional medicine Ignatia Amara 1M was prescribed along with placebo and then followed by complimentary remedy Natrum muriaticum in 30 200 and 1M respectively. Outcome assessment by Modified Naranjo Criteria score was done at the end of the study. Zulewski's Clinical Score before and after treatment were compared. Thyroid function test before during and after treatment were done which is reduced to TSH value of 3.57uIU/ml from TSH value 11.80uIU/ml. So, this case provides the clinical evidence in the treatment of primary hypothyroidism by individualised Homoeopathic constitutional medicine as well as the importance of Relationship of Remedies in homoeopathy^[16]

Dr. Shamim Alam 2020, Here in this article the author focuses on various Endocrine disorder and their Homoeopathic management. According to the author endocrine disorder is a vital issue in the modern era and plays an important role in maintaining physiological and vital events which makes a smooth relationship between mind and body. Homoeopathic medicines are capable to penetrating the Hypothalamo-pituitary axis due to their infinitesimal light isotopic forms. Author also gave brief explanation on classification of endocrinal disorder, tips on how to become a good clinical endocrinologist, concept of Homoeopathy, aetiological concept as per Homoeopathy and approach towards endocrine disorder, management towards it, diet and regimen and lastly the importance of investigation. Therapeutics indication in various common endocrine disorders such as in infantile hypothyroidism, simple Non-Toxic Goitre, Cushing's Syndrome ^[17]

Dr. Mrugank N. Meghani 2022, In this study author is trying to assess the efficacy of Homoeopathic medicine in Thyroid Disorder. Any disturbance in Hypothalamo-pituitary-thyroid axis may lead to thyroid disorder. Therapeutics of thyrotoxicosis such as Iodum, Calcarea-Iod, Lapis Album, Fucus Vesiculosus, Thyroidinum and their indication were given. A case of hyperthyroidism was successfully treated by Homoeopathic constitution medicine with the use of intercurrent remedy. Iodum was prescribed as a constitutional medicine and Thyroidinum as an intercurrent remedy helps to cure the case completely. Hence it is proved that Homoeopathic treatment has the capacity to stimulate the body's homeostatic mechanisms. For this to happen Individualised Homoeopathic constitutional remedy should be prescribed after proper case taking^[18]

CONCLUSION

This review clearly explained what is hypothyroidism their causes and their clinical presentation its treatment in conventional medicine and their drawbacks in long run. And there is clear evidence that homeopathic constitutional treatment is effective and useful in treating a number of thyroid disorders mostly Hypothyroidism which have the capacity to cure fully and improve the quality of life.

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