

A QUARTERLY HOMOEOPATHY NEWS BULLETIN

# HOMOEODINSIGHT

THIS BULLETIN IS BASED ON  
“SCOPE OF HOMOEOPATHY IN ENDOCRINE DISORDERS”

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# CONTENTS

Sr. No.	EDITORIAL	Page No.
1	Managing Editor Message	2
2	Editorial Message	2
<b>SUBJECTIVE</b>		
3	It Doesn't Hurt, It's Just a Growth Spurt By Rajput Moni	3
4	Homoeopathic Approach in Management of Prolactinoma By Harsh Tilwani	6
5	Homoeopathy in Hormonal Imbalance By Govada Surya Teja	9
6	Scope of Homoeopathy in The Treatment of Diseases of Adrenal Glands By Dr. Amol Pramodrao Pathak & Dr. Vibhuti Amol Pathak	14
7	Addison's Disease and Homoeopathy" By Nikita Jotva	19
8	Conditions that Can affect The Endocrine System By Dr.Nayana D. Patel	23
9	Endocrine Disorder and their Homoeopathic Management	26
10	By Dr. Kosmika Makwana	
11	Efficacy Of Homoeopathy In Hyperthyroidism By Zeel Sojitra	29
12	<b>HOMOEOPATHIC MATERIA MEDICA</b>	
13	Diabetes Mellitus Management With Homoeopathic Mother tincture And Life Style Modification By Shyam Kamleshbhai Barmeda	32
	Role of Sarcodes in Endocrine Disorder By Savaliya Shreena H.	36
<b>ORGANON OF MEDICINE</b>		
14	Miasm & Polycystic Ovarian Syndrome (Pcos): By Dr. Tongbram Somibala Devi	40
<b>CASE STUDY</b>		
15	Homoeopathic Management in Case of Hypothyroidism: A Case Report By Agrawal Isha Dilipbhai	46
16	<b>CROSSWORD</b>	51
17	<b>QUIZ</b>	53
<b>ACTIVITIES AT PIHR</b>		
18	Curricular and Extra Curricular	54
19	Educational Field Visit	56
20	Achievement	57
21	Hospital Activities	60
22	Different Cells Activities	61



## Managing Editor's Message



**Dr. B. P. Panda**  
Principal &  
Professor - Department of  
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Being a part of our quarterly Bulletin "Homoeinsight" makes me feel honoured and fortunate. The institute's cocurricular, extracurricular, and academic activities are reflected in the bulletin. I feel proud to share that this bulletin is going to publish after our Parul University achieved the quality bench mark of A+ + grade with CGPA 3.55 by NAAC (National Assessment and Accreditation Council), Bangalore. The issue editor of this issue Dr. Dipika Sindha Madam has chosen the topic "Scope of Homoeopathy in Endocrine disorders" as theme. The endocrine gland secretes hormones which controls different activities of our body as a controlling system. In conventional medicine Hormonal Replacement Therapy is only the option in line of treatment for endocrine disorders where as in homoeopathy tapering reduction of hormone dose can be done by administering suitable homoeopathic medicine and health can be regain without side effect.

The editor madam has also included different activities conducted by social responsive cell, event department and events of our attached hospital. Along with faculties the articles of students are also published. Hope the readers will enjoy reading this mirror of our institution.

"Today a reader, tomorrow a leader." – Margaret Fuller

## Editorial Message



**Dr. Dipika Sindha**  
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Endocrine diseases have a considerable impact on public health because they may cause long-term disability, alteration of the quality-of-life of the affected patients, and are the fifth leading cause of death. Sedentary life style, stress, lack of exercise that contributes to increase the cases of obesity and hormonal imbalance. The title of the issue is based on hormonal imbalance and consequences of it that makes the topic as "**SCOPE OF HOMOEOPATHY IN ENDOCRINE DISORDERS**". In endocrine disorder, Homoeopathic Medicine acts to stimulate the gland when there is deficient secretion, where secretion is more than normal and it helps to maintain the normal secretion. On the basis of totality of an individual, similimum or anti-miasmatic treatments is much helpful & it acts as a preventive as well as curative purpose. This issue "Scope of Homoeopathy in Endocrine Disorders" summarized Homoeopathy in Hormonal Imbalance, different Conditions that can affect the Endocrine System, Homoeopathy in Hyperthyroidism, Scope of Homoeopathy in the treatment of diseases of Adrenal Glands, It Doesn't Hurt, It's Just a Growth Spurt that emphasis on homoeopathic approach on Puberty, Homoeopathic Management in Gestational Diabetes Mellitus ,Homoeopathic Medicine In Osteoporosis, Homoeopathic Approach In Management Of Prolactinoma , Role Of Homoeopathic Medicine in Cushing's Syndrome, Addison's Disease And Homoeopathy, Homoeopathic Medicines In Menopausal Problems, Diabetes Mellitus Management With Homoeopathic Mother tincture And Life Style Modification, Role Of Sarcodes In Endocrine Disorder, Miasmatic view on Polycystic Ovarian Syndrome (Pcos), A Case Report of Hypothyroidism ,Case Report Of Polycystic Ovarian Disease, Case Report Of Diabetes Mellitus, also added book review of Homoeopathic Therapeutics The Classical Therapeutic Hints By Samuel Lilienthal for therapeutic book. Lastly crossword and quiz are brainstorming for readers. I am thankful to our Principal Dr. Bibhu Prasad Panda sir for giving me opportunity as an issue editor. We are happy that many students and faculties have participated with enthusiasm with their submissions. We are thankful to all for their support and overwhelming response. We assure to serve the best for development of homoeopathy. Enjoy the reading.

With Regards,



# IT DOESN'T HURT, IT'S JUST A GROWTH SPURT

## BY RAJPUT MONI

**ABSTRACT:** - Puberty is a stage of development through which children going in the progress during the second decade of life adolescent, so during this phase there are some changes that occur like several physical, hormonal and emotional changes will occur

**KEYWORDS:** Puberty, endocrinology, delayed puberty, precocious puberty, amenorrhoea, menorrhagia, dysmenorrhoea.

### INTRODUCTION: Endocrine system

Structures or glands that secrete hormones causing bodily functions, including the onset of puberty. The pituitary gland controls the body's growth and the level of water in the body. Hormone. A chemical messenger that is made by an endocrine gland and carried in the blood to its target tissue or organ.<sup>[1]</sup>

### Hormones Involve in Puberty

Gonadotropin - releasing hormone or GnRH for short. When GnRH reaches the pituitary gland, this gland releases into the bloodstream two more puberty hormones: luteinizing hormone (LH for short) and follicle- stimulating hormone (FSH for short)<sup>[1]</sup>

#### • Puberty Hormones in Males

FSH and LH travel through the blood and give the testes the signal to begin the production of testosterone and sperm. Testosterone is the

hormone that causes most of the changes in a male's body during puberty. Sperm cells must be produced for men to reproduce<sup>[1]</sup>

#### • Puberty Hormones in Females

FSH and LH target the ovaries, which contain eggs that have been there since birth. The hormones stimulate the ovaries to begin producing another hormone called oestrogen. Estrogens, along with FSH and LH, cause a girl's body to mature and prepare her for pregnancy.<sup>[1]</sup>

### Effects of Puberty

#### • Physical changes in males.

An increase in size and weight (growth), broadening of the shoulders, growth of facial and body hair, voice deepens, sexual organs become larger and the penis is able to become erect. Sperm are produced.<sup>[1]</sup>

#### • Physical changes in females

Increase in size (growth), change of body shape, including the formation of breasts and the widening of the hips, both in preparation for childbearing. Body hair grows around the genitals and under the arms. The menstrual cycle begins, involving ovulation.<sup>[1]</sup>

#### • Emotional changes in males and females

These include mood swings, anxiety, intense sexual feelings, and changes in relationships with others.<sup>[1]</sup>

Tanner stage	I	II	III	IV	V
<b>Female</b>					
Breast	Pre-adolescent	Elevation of breast and papilla as a small mound	Further enlargement of breast and areola with no separation of contours	Projection of areola and papilla to form mound above breast	Mature stage. Projection of papilla with recession of areola to contour of breast
Pubic hair	None	Sparse, long and straight	Darker, coarse and curled hair	Darker, coarse and curled hair but covering smaller area than in adult. No spread to medial surface of thighs	Dark, coarse and curled hair extending to inner thighs
<b>Male</b>					
Genitalia	Pre-adolescent	Growth of testes and scrotum. Skin on scrotum reddens and becomes wrinkled	Growth of penis and further growth of testes and scrotum. Skin of scrotum becomes darker and more wrinkled	Further growth in length and width of penis, testes and scrotum	Penis, testes and scrotum of adult size
Pubic hair	None	Sparse, long and straight	Darker, coarse and curled hair	Darker, coarse and curled hair but covering smaller area than in adult	Dark, coarse and curled hair extending toward umbilicus

[1]

## Common disorder in puberty

1. Precocious puberty: - here the early development of any secondary sexual characters before the age of 9 years in a boy and 6-8 year of age in a girl<sup>[1]</sup>
2. Delayed puberty: - in girls, when breast don't develop by the age of 13 or menstrual period do not begin by age of 16. In boys, when puberty does not develop by 14 years of age<sup>[1]</sup>
3. Menstrual abnormality.
  - Amenorrhoea :- absence of menses
  - Menorrhagia :- heavy irregular or scanty menses
  - Dysmenorrhoea :- painful menses<sup>[1]</sup>

## CAUSES OF DELAYED PUBERTY

### Hypergonadotropic hypogonadism<sup>[2]</sup>

- Gonadal dysgenesis, 45 XO
- Pure gonadal dysgenesis 46 XX, 46 XY
- Ovarian failure 46 XX.

### Hypogonadotropic hypogonadism<sup>[2]</sup>

- Constitutional delay
- Chronic illness, malnutrition
- Primary hypothyroidism
- Isolated gonadotropin deficiency (Kallmann's syndrome)
- Intracranial lesions - tumours: craniopharyngioma, pituitary adenomas.

### Eugonadism<sup>[2]</sup>

- Anatomical causes
- Mullerian agenesis
- Imperforate hymen
- Transverse vaginal septum

- Androgen insensitivity syndrome<sup>[2]</sup>

## CAUSES OF PRECOCIOUS PUBERTY<sup>[2]</sup>

1. GnRH dependent-80% (complete, central, isosexual or true)
    - Constitutional-most common
    - Juvenile primary hypothyroidism
    - CNS lesions (30%): tumour, trauma, infection (tuberculosis, encephalitis)
- Incomplete
- Premature thelarche
  - Premature puberche
  - Premature menarche
2. GnRH independent (precocious puberty of peripheral origin) (excess oestrogen or androgen)

## Ovary

- Granulosa cell tumor
- Theca cell tumour Leydig cell tumour
- Chorionic epithelioma
- Androblastom
- McCune-Albright syndrome

## Adrenal

- Hyperplasia
- Tumour

## Liver

- Hepatoblastoma

## Iatrogenic

- 1) Oestrogen or androgen intake

## HOMOEOPATHIC MANAGEMENT

### 1. Pulsatilla

- The girl often weeps while stating her symptoms.
- Mild, timid, emotional and tearful, craves sympathy.
- Menstrual trouble from wetting the feet just before menses.
- Delayed first menstruation.
- Diarrhoea during or after menses.
- Menses unduly delayed and do not start at proper age.<sup>[3]</sup>

### 2. Natrum mur

- Nat. Mur. Is needed by those chlorotic girls who have a greasy skin, a greenish, yellowish complexion; who menstruate only once in two or three months.
- Difficulty in appearance of first menses. Headache before, during, and after catamenia.
- Leucorrhœa, with headache, disposition to diarrhœa, colic, and mucous evacuations.
- Acrid (greenish) leucorrhœa (increased discharge when walking), with yellow colour of face.
- Consolation aggravates.
- Irritable
- ill effects of grief, fright, anger<sup>[3]</sup>

### 3. Kali-c.

- Delayed menses in young girls, with chest symptoms or ascites.
- Difficult first menses. Tendency to tuberculosis.
- Menses early, profuse or too late, pale and scanty, Violent backache, relieved by sitting and pressure.

- Anxiety with fear when alone, very irritable, weeps much.<sup>[4]</sup>

#### 4. **Senecio aureus**

- Menses retarded, suppressed. Functional amenorrhoea of young girls with backache.
- Anæmic dysmenorrhœa with urinary disturbances.
- Premature and too profuse menses.<sup>[4]</sup>

#### 5. **Kali – phos**

- Prostration. Weak and tired. Especially adapted to the young. Extreme lassitude and depression. Headache of students, and those worn out by fatigue. Breathe offensive, fetid.
- Menstruation too late or too scanty in pale, irritable, sensitive, lachrymose females.
- Delayed menses with depression.
- Anxiety, nervous dread, lethargy.<sup>[5]</sup>

#### 6. **Lycopodium**

- Female - Constipation from puberty. Amenorrhoea with non-development of breast, a girl reaches age of 15 to 18 without starting of menses.
- Delayed menses with undeveloped mammae at puberty.
- Menses suppressed for a month.
- Male – dropsically swelling of genital organs.
- Excoriation between scrotum and thigh.
- Flow of prostatic fluid without an erection.<sup>[5]</sup>

#### **Reportorial approach:**

##### 1. **Repertory of HMM by J.T.KENT**

- Chest – milk – non pregnant women – at puberty (Pulsatilla)
- Genitalia – female – leucorrhœa – girls little (Merc, sepia, pulsatilla, calc)
- Genitalia – female – metrorrhagia – puberty at (Helon)<sup>[6]</sup>

##### 2. **Synthesis : repertorium homoeopathicum syntheticum**

- Generals – puberty – complaints develop at (Carc, pulsatilla)
- Generals – puberty – delayed puberty (Bar-c, cal-p, rhod)
- Female genitalia / sex – sexual- girls, in young (Orig, plat)

- Mind – mood – changeable – anxiety, with (Propr)
- Mind – mood – changeable – menses – before (Cham, Luna)
- Face – eruption – acne – puberty at (Hep-s, podo)<sup>[7]</sup>

#### **CONCLUSION:**

Puberty or adolescent is normal stage of life in every boy or girl. It is not an abnormal or pathological condition but there is flushing of hormones at puberty. Homoeopathic remedies act well in puberty and adolescent stage and has great scope in dealing with condition arising during puberty.

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# HOMOEOPATHIC APPROACH IN MANAGEMENT OF PROLACTINOMA - BY HARSH TILWANI

**ABSTRACT:** Prolactinoma is an endocrine disorder in which benign tumor forms in the pituitary gland. It is the most common type of pituitary gland tumor. This tumor causes the pituitary gland to make too much of a hormone called prolactin. The prognosis for this condition generally depends upon the size of tumor hence can be treated with Homoeopathy in relevant cases with individualization.

**KEYWORDS-**Pituitary tumour, Hormonal imbalance, Homoeopathic treatment.

**INTRODUCTION :** A prolactinoma is a noncancerous (benign) pituitary tumor that produces a hormone called prolactin. The major effect of a prolactinoma is decreased levels of some sex hormones - namely, estrogen & testosterone.

## Causes

Prolactinoma is one type of tumor that develops in the pituitary gland. The cause of prolactinoma is usually unknown. The pituitary gland is a small bean-shaped gland located at the base of your brain. Despite its small size, the pituitary gland has an effect on nearly every part of your body. Its hormones help control important functions such as growth, metabolism, blood pressure & reproduction. A prolactinoma causes the pituitary gland to make too much of a hormone called prolactin. This results in a decreased level of some sex hormones — namely, estrogen and testosterone. [7]

## Pathophysiology

- Prolactinoma arises from lactotrophs, which are secretory cells of anterior pituitary lobe and are normally involved in secretion of prolactin hormone.
- The increase in amount of lactotrophs produces excess amount of prolactin causing hyperprolactinemia.
- Hyperprolactinemia causes symptoms such as amenorrhoea / oligomenorrhoea & galactorrhea in females & impotence in males. Hyperprolactinemia also causes

infertility, decreased libido & osteoporosis in both sexes.

- As prolactinoma increase in size, it causes mass effect. The most common mass effect include headache and defect in peripheral vision (bitemporal hemianopsia).[3][7]

## Symptoms

A prolactinoma might not cause any signs or symptoms. However, too much prolactin in your blood (hyperprolactinemia) can cause symptoms. So can pressure on surrounding tissues from a large tumor.

Because too much prolactin can disrupt the reproductive system (hypogonadism), some of the signs and symptoms of a prolactinoma are specific to females or males.

- In females causes:
  - Irregular menstrual periods or No periods.
  - Milky discharge from the breasts
  - Painful intercourse
  - Acne
- In males causes:
  - Erectile dysfunction
  - Decreased body and facial hair
  - Smaller muscles
  - Enlarged breasts
- In both females and males, prolactinoma can cause:
  - Infertility
  - Weak and brittle bones that break easily (osteoporosis)
  - Loss of interest in sexual activity [2][3][7]

## Risk factors

More prolactinomas occur in females than males. Rarely, an inherited disorder such as multiple endocrine neoplasia, type 1 — a disorder that causes tumors in hormone-producing glands may increase the risk of a prolactinoma.[3][7]

**Complications** of prolactinoma may include:

- Infertility.
- Osteoporosis.
- Pregnancy complications.
- Vision loss.
- Low levels of other pituitary glands hormones [3]



## **HOMOEOPATHIC MANAGEMENT :**

Homoeopathy today is a rapidly growing system and is being practiced all over the world. Its strength lies in its evident effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels.[9]

**CONIUM MACULATUM** – Conium maculatum is another excellent remedy for prolactinoma with nausea and vomiting. The person feels a sensation as if a foreign body was under the skull. A scorched feeling on top of head. Sensation of a lump in right half of brain. One side of head is numb and cold. Tumors after injury. There is vertigo on turning the eyes, when lying down or turning over in bed. Gait difficult, which is staggering. There is sudden loss of strength while walking. Ill effects of repressed sexual desire.[4][5][6][9]

**HELLEBORUS NIGER** – Helleborus is excellent for prolactinoma with confusion. Headache ends in vomiting. The person rolls the head constantly with moaning. He bores his head into pillow for relief. Involuntary sighing. Indifference to pleasures. The person feels that electric shock passes through the brain. Low states of vitality.[4][5][6][9]

**THUJA OCCIDENTALIS** – Thuja occ is another effective remedy for prolactinoma with severe headache. The person feels pain as if pierced by a nail, better head backwards. Sweat on forehead and arms. Dullness of mind. Thinks his blood is dirty or poisoned. The patient is emotional, sensitive, and irritable. The person desires acid and salty food. Warty growths.[4][5][6][9]

**CALCAREA CARBONICUM** – Calcarea carbonicum is one of the best remedies for prolactinoma with headache and vertigo on turning the head. It is constitutional remedy. The person feels confusion as if the head were too full. He also experiences stitching pain in the skull. Complaints worse from cold and wet weather. There is icy coldness in and on the head, especially right side. Much perspiration on the head, which wets the pillow. Calcarea carb is suitable for fat, flabby persons, susceptible to cold. They have a special craving for eggs and indigestible things like dirt, chalk, coal, pencil etc.[4][5][6][9]

**KALI IODIDE** – Kali iodide is best for prolactinoma a syphilitic history. Glands enlarged and indurated. There is bilateral violent headache, as if screwed through the sides of the head, worse warmth and pressure. Hard painful lumps on cranium with headache. Pain is tense over eyes and root of nose. Brain feels enlarged. Pain in scalp as if ulcerated. Hair changes colour and falls off. In females: Dysmenorrhoea and leucorrhoea .corrosive like meat washing.[4][5][6][9]

## **CONCLUSION:**

Prolactinoma a benign tumor which arise in pituitary gland having symptoms associated with high prolactin levels in males and females which can be well treated with Homoeopathic medicines to stabilize prolactin levels. Once surgically removed there is every chance of its regrowth. Hence even after surgical intervention there is chances of it recurring again and again. Hence, if found early then Homeopathic treatment is the best method of treatment for it to cure preventing further recurrence.

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# HOMOEOPATHY IN HORMONAL IMBALANCE

## BY GOVADA SURYA TEJA

**ABSTRACT:** Hormonal imbalances are one of the most common reasons people see a homoeopath. Homoeopathic approach is to look at the underlying issue and treat the person holistically – addressing mental, emotional and physical symptoms. <sup>(1)</sup>

**KEYWORDS:** Hormonal imbalances, Homoeopathy

**INTRODUCTION :** Hormonal imbalances are one of the most common reasons people see a homoeopath. Homoeopathic approach is to look at the underlying issue and treat the person holistically – addressing mental, emotional and physical symptoms.

Homoeopathy scores a point of advantage as this system has a relationship between the drugs and the personality patterns of the patients. With the knowledge of endocrinology, we learn about the hormones of different ductless glands and their influence over the mental & biological makeup of the individual. Different glands have different functions, but they seem to act mutually. Very often the disordered functions of one gland with hypo or hyper functions put us out of track in the selection of a totality-based similar drug. But the study of the case does indicate it as simillimum. <sup>(1)</sup>

### Hormonal imbalance

Hormones are chemical messengers of our body and are produced by endocrine glands- adrenals, thyroid, pancreas and ovaries or testes. Hormones, travel through the bloodstream to tissues & organs and control most of our body's major processes, including metabolism and reproduction.

Sometimes hormones get out of balance. Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream. Even tiny changes can have serious

effects in our whole body and metabolic functions.

In women, hormonal imbalance may happen before or after the periods, during pregnancy, or during menopause. The body may only produce high levels of estrogen, or it may produce high levels of estrogen and low levels of another hormone, such as testosterone or progesterone. Homoeopathy scores a point of advantage as this system has a relationship between the drugs and the personality patterns of the patients. With the knowledge of endocrinology, we learn about the hormones of different ductless glands and their influence over the mental & biological makeup of the individual. Different glands have different functions but they seem to act synergistically. Very often the disordered functions of one gland with hypo or hyper functions put us out of track in the selection of a totality-based similar drug. But the study of the case does indicate it as simillimum. When the word "hormones" is uttered, visions of raging menopausal women come to mind for most. That's so sad. Hormonal changes affect everyone from birth to death, yet we seem to have a very negative association with that word. <sup>(2)</sup>

### Most common symptoms of Hormonal imbalance

1. **Persistent weight gain** Yes, there are lifestyle, diet, and physical activity components to maintaining a healthy weight, but that isn't the end of the story. Many women have underlying hormonal imbalances that make it difficult to maintain a healthy weight. Unaddressed or emerging insulin resistance is one of the most common; small changes in diet — such as eliminating processed foods, sugars, and wheat — are steps in the right direction.

2. **Belly fat and loss of muscle mass**—When your endocrine system is under stress there is an underproduction of certain hormones and an overproduction of others (mainly cortisol). This makes your body store fat for future use, making an increase in belly fat a clue to adrenal fatigue.
3. **Low libido** --One of the most noticeable symptoms of hormonal imbalance is low libido, which starts with disturbed sleep. Without quality sleep our sex hormone production can diminish.
4. **Fatigue**--Can't make it past mid-morning without some sort of pick-me-up? How about that mid-afternoon crash? It is not normal to feel sluggish, scattered or mentally foggy. Easy dietary changes, such as eliminating wheat and most grains, will help stabilize your blood sugar.
5. **Anxiety, irritability, and depression**—Not feeling like yourself? This isn't the time for pharmaceuticals. Anxiety and depression are clues that you have an imbalance, toxicity, are overworked, stressed out, and most likely aren't nourishing your body the way it needs. Listen to your inner voice and take the actions necessary to meet your needs.
6. **Insomnia and prosleep patterns**—This starts the cycle of physical stress and increases cortisol levels, which directly causes many hormonal imbalances. There is not one area of your life that insomnia doesn't touch.
7. **Sweating** --For many women, night sweats and hot flashes are the first uncomfortable sign that something is amiss. This isn't the time to start hormone replacement therapy but begin a food journal by jotting down what you eat and drink, how you feel physically, and any emotions that come up after. Many times, our emotions are the trigger that increases internal temperature. The next time you

feel the flashes coming on, stop and think about the thoughts swirling around in your mind.

8. **Digestion problems**—Gas, bloating and slow digestion are common hormonal problems that are not usually associated with hormonal imbalances, but may be associated with eating bad foods, not chewing your food, and eating too much. When you do not have optimal digestion, your body is starving because of poor nutrient extraction.
9. **Cravings** --After eating way more than you should have, or having gone through half a bottle of wine, do you look back and ask yourself why? Common causes of cravings and excess eating are adrenal fatigue, insulin resistance, and other hormonal imbalances. Again, minimizing sugars, alcohol, dairy and wheat — although difficult — not only will help control cravings, but your digestive issues as well.<sup>(3)</sup>

### **Hormonal imbalance in males**

Hormone imbalance (mainly testosterone) in males results in major complaints of erectile dysfunction, infertility, low sex drive, breast development (gynecomastia), depression, loss of muscle strength, decreased bone density, falling of hair and lowered energy levels.<sup>(4)</sup>

### **Hormonal imbalance resulting from thyroid gland dysfunction**

Thyroid gland mainly controls the metabolic functions of the body. Hormones produced by the thyroid gland are TSH, T3 and T4. Imbalance of these hormones results in either of the two conditions – hypothyroidism (underactive thyroid) or hyperthyroidism (hyperactive thyroid). Hypothyroidism mainly results in slowing of all bodily metabolic functions. While in hyperthyroidism, the metabolic functions are accelerated. The symptoms of hypothyroidism are weight gain, chilly feeling, constipation, heavy periods among women, feeling of fatigue and

slowness/sluggishness. The symptoms of hyperthyroidism include heated feeling, weight loss, hand tremors, restlessness, irritable mood, tiredness, palpitations, shortness of breath, diarrhea, scanty periods in women and protruding eyeballs. <sup>(5)</sup>

### **How can homeopathy help with hormonal imbalance in women?**

Homeopathic treatment is individualized. There are no specific medicines for estrogen dominance, low progesterone or Hormone Replacement Therapy (HRT) in homeopathy.

Homeopathy works in a different way, addressing issues holistically. Hormone imbalance also causes many changes in the emotional plane. Hormones can change our mood and behavior. There will be some additional stress may also occur due to weight gain, skin problems like acne or facial hair.

Homeopathy treats the person having a hormonal imbalance. Homeopathy addresses both emotional & physical issues. There are many remedies in homeopathy matches with the symptom picture of persons with hormonal imbalance.

For example, Sepia – Symptom picture of sepia is too late and scanty, irregular; early and profuse menses with sharp clutching pains. Vagina painful, especially on coition. Headache in terrible shocks during the period, with scanty flow. Hot flushes with palpitation.

These are the symptoms of hormone imbalance but to prescribe Sepia the emotional picture and other physical peculiarities of the person should match. Sepia suited for a woman who is Indifferent to those loved best. She has aversion to her occupation, to family. Irritable; easily offended. Dreads to be alone. Very sad. Weeps when telling symptoms. Miserly. Anxious toward evening; indolent. We can see many Sepia symptoms in women during perimenopause.

Another example is Pulsatilla- Symptom picture of Pulsatilla is tardy menses. Late, scanty, thick, dark, clotted, changeable, intermittent menses. Chilliness, nausea, downward pressure, painful,

flow intermits. Leucorrhea acrid, burning, creamy. Pain in back; tired feeling. Diarrhea during or after menses. The emotional picture is of a very sensitive person who weeps easily, Likes sympathy. Morbid dread of the opposite sex. Religious melancholy. Given to extremes of pleasure and pain. Highly emotional. Generally Worse, from heat, rich fat food, after eating and better in the open air.

There are many remedies matching hormonal imbalance in homeopathy. Homeopathy works by stimulating the healing power. To produce the healing stimuli, the remedy should cover the holistic picture of the person having the hormonal imbalance. <sup>(6)</sup>

### **HOMOEOPATHIC REMEDIES :**

- **Pulsatilla:** This homeopathic remedy for hormonal imbalance is for women who are mild, sensitive, and weep very easily during the perimenopause stage. These women might whine when unhappy and are very depressed and sad. The women who need this medication prefer company, companionship, and support. She is often uncomfortable and warm in hot rooms especially while experiencing hot flashes. Pulsatilla also helpful in cases of insomnia and empty nest syndrome, a syndrome when children leave home. This often coincides with the change in a woman's life. Pulsatilla is immensely helpful for hormonal imbalance including during the menstrual cycle and peri-menopause phase.
- **Cimicifuga:** This homeopathic treatment is recommended for those women who suffer from severe headaches during perimenopause. The headaches are characterized by pain on the right side of the neck, which often extends to the right shoulder. Actearacemosais also helpful in women who feel disappointed and trapped



in their lives. Some women who have a feeling of being caged and surrounded by dark clouds also benefit from this. It is a perfect remedy for many women who experience hormonal changes at the menopausal stage of their lives.

- **Sepia:** This homeopathic remedy for hormonal imbalance is especially helpful for perimenopause and hormonal imbalances. This is helpful in women who feel exhausted and chilly. Sometimes a woman might develop an aversion to her family members especially the children and does not want to care for them. Homeopathic remedy Sepia is known to help women overcome these feelings, enables them to reestablish stability and balances hormones. Some women also get a feeling that their inside is bearing out and get a sensation that their uterus and Vagina might fall. This feeling and sensation are eliminated by sepia. Sepia is also helpful for the hot flashes, dryness, vaginal irritation, and moodiness during this phase of their life.
- **Lachesis** This is indicated in the perimenopausal and menopausal symptoms like night sweats and hot flashes. This homeopathic remedy is capable to provide a relief from the occipital headaches associated with the changing hormones in females. Women who need Lachesis might be witty, loquacious, nasty, crabby, and complain about the body pains which are more significant on the left side, like the left ovary discomfort. Lachesis also relieves in insomnia and depression related with the hormonal swings in females
- **Ignatia:** Ignatia is another medicine for PMS. Mood swings, emotional imbalance, depression, sadness and weeping before menses.

- **Conium mac** Conium is recommended as the most remarkable Homeopathic medicines for PMS due to hormone imbalance where breast pain, swelling and tenderness are the main issues arising before periods.
- **Agnus castus** Agnus Castus is the most effective among Homeopathic medicines for hormone imbalance in men with complete impotency. The erections are totally absent with relaxed, flaccid genitals. Aversion to sex may also be noted in such cases
- **Caladium:** Caladium is selected when erections are absent, but sexual desire is present. Depression and sadness with erectile dysfunction
- **Lycopodium:** Lycopodium is prescribed when erections are weak, with premature ejaculation
- **Nuphar luteum** Nuphar Luteum is one of the most useful Homeopathic medicines for hormone imbalance in men where sexual desire is completely lost. This is usually accompanied by involuntary emissions during stool and urination.
- **Acid phos** Acid Phos is very effective among Homeopathic medicines for hormone imbalance where it leads to hair loss from the scalp, whiskers and genitals in men. Weakness and fatigue are also predominately present in such cases.
- **Selenium** Selenium shows the most remarkable results in hair fall from whiskers, moustache and genitals when accompanied by erectile dysfunction. The erections are weak and feeble. Involuntary seminal discharges during stool, urine or sleep are also well marked.
- **Calcarea carb** Calcarea Carb is a good remedy for hypothyroidism due to hormonal imbalance. Weight gain and sensitivity to cold air is well marked. In

women who complain of heavy and prolonged periods from thyroid hormone imbalance, the condition can be managed well with Calcarea Carb. Constipation is another complaint in hypothyroid persons who need prescription of Calcarea Carb as the effective option among Homeopathic medicines for hormone imbalance.

- **Iodum:**Hyperthyroidism due to hormonal imbalance. Iodum is selected in case of major weight loss despite eating well. Along with losing flesh, the person complains of heated sensation in body, restlessness, nervousness, and anxiety. Accelerated pulse rate and weakness. Palpitations from light exertion
- **Natrum muraticum** Natrum Mur is recommended in persons of depressed, nervous, and irritable nature suffering from thyroid hormone imbalance. Weight loss, emaciation – markedly on the neck, is a major concern. Weakness, increased heart rate and palpitations from emotional imbalance or exertion are yet other symptoms that appear along with weight loss. Natrum Mur is equally effective in regulating the menstrual cycle disturbed by thyroid hormone imbalance in women.<sup>(7)</sup>

**CONCLUSION:** Treatment of endocrine disease is not as easy as it used to be. Our polluted environment makes endocrine health more and more difficult to maintain. Our world is contaminated with synthetic chemicals and toxins (xenobiotics) that mimic our hormones, interfere with their normal functioning, and infiltrate our tissues in excessive concentrations. But as far as

homoeopathic system is concerned, homoeopathic mode of dealing mainly recognizes such complicating factors since their impact makes a difference in the selection of a remedy and in the overall treatment of the case. And treating the patient constitutionally in a holistic manner with homoeopathic medicines will surely cures any of the endocrinal disorders.

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# SCOPE OF HOMOEOPATHY IN THE TREATMENT OF DISEASES OF ADRENAL GLANDS

## BY DR. AMOL PRAMODRAO PATHAK & DR. VIBHUTI AMOL PATHAK

### ABSTRACT:

In this article the authors have tried to explain the commonly encountered disease conditions related to adrenal glands and the scope of homoeopathic medicines in their management.

**KEYWORDS:** Adrenal glands, Hormones, Mineralocorticoids, Glucocorticoids, Addison's disease, Cushing's syndrome.

**Abbreviations.Sr. – Serum ACTH – Adrenocorticotrophic hormone, CRH Corticotropin releasing hormone.**

### INTRODUCTION:

Adrenal glands are one of the most important endocrinal gland in human body. The secretions of adrenal glands help in regulating water electrolyte balance as well as in regulating the stress response of body. It helps to overcome the life threatening situation and thus helps in sustaining life. This gland is richly supplied with blood and thus is prone to damages, destructions and degeneration as well. It has been noticed that by the time the diseases of adrenal glands become clinically evident almost 90% of the adrenal gland is already damaged. Hence it is very important to get acquainted with various factors associated with this gland such as its normal anatomy, physiology, common etiological factors, pathological changes occurring in the gland, clinical features and scope of homoeopathy in its treatment.

### Anatomy and physiology of adrenal glands

There are two adrenal glands present in human body. The adrenal glands are located on postero medial surface of kidneys. The adrenal gland weighs around 6 - 8 gm in weight. The glands are supplied by branches of renal artery, aorta, inferior phrenic artery and intercostal arteries. On the cross section of adrenal gland we can see outermost structure known as adrenal cortex and inner on adrenal medulla. Both these structures perform an important endocrinal function. The adrenal cortex releases important hormones such as glucocorticoids, mineralocorticoids as well as adrenal androgens whereas adrenal medulla secretes Catecholamines Ex. adrenalin and nor adrenalin. The cells of adrenal cortex are arranged three different layers. The outermost layer is called as Zona glomerulosa which secretes mineralocorticoid hormone ex. Aldosterone, middle layer is known as Zona fasciculata which secrete glucocorticoid hormone ex. Cortisol and innermost layer is called Zona reticularis which secrete adrenal androgens<sup>(4)</sup>.

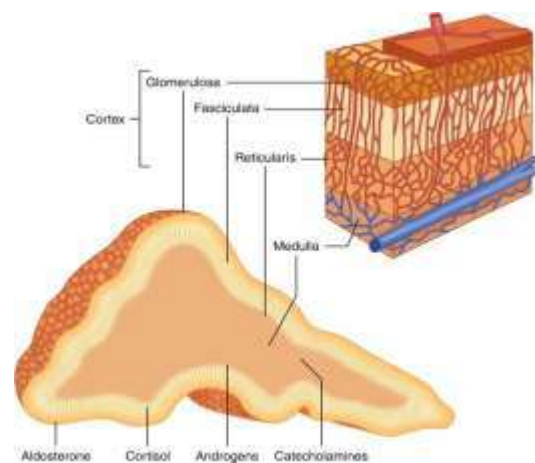


Fig. 1 Cross section of adrenal gland

## Functions of adrenal glands

- 1) They help in regulating water and electrolyte balance of the body
- 2) They help in regulating stress response of the body
- 3) They help in regulating Secondary sexual characteristics in female
- 4) They help in regulating glucose metabolism of body

## Regulation of secretion of adrenal hormones

- 1) The secretion of adrenal hormones is regulated by negative feedback mechanism.
- 2) The secretion of adrenal hormones is under the control of ACTH secreted by Pituitary gland and CRH secreted by Hypothalamus.

## Common diseases of adrenal glands :

Hypo as well as Hyper functioning of adrenal gland result into clinically evident disease. Hypo functioning of adrenal gland could be primary or secondary.

### Addison's disease:

It is also called as Primary adrenocortical insufficiency. In this condition the adrenal gland fails to secrete sufficient amount of hormones. Even if it is a rare condition, one must remember that this disease can occur at any age and is seen in both sexes. It has been noticed that 90% of the adrenal gland has to be destroyed before insufficiency appears.

### Etiology

- 1) Autoimmune destruction by anti-adrenal antibody
- 2) Destruction by cytotoxic T lymphocytes
- 3) Polyglandular autoimmune syndrome
- 4) Chronic granulomatous infection like TB, histoplasmosis

- 5) Viral infections like cytomegalovirus, Cryptococcus
- 6) Miscellaneous causes like adrenal hemorrhage, tumor metastasis, amyloidosis, sarcoidosis
- 7) Adrenal hemorrhage can occur as a consequence of anticoagulant therapy, snakebite etc.

## Clinical features

- 1) The patient complains of slow onset of fatigue, weakness, cutaneous pigmentation, mucosal pigmentation.
- 2) The patient complains of anorexia, nausea, vomiting, weight loss, giddiness, postural hypotension
- 3) Hyperpigmentation is noticed at pressure points, skin creases, under surface of tongue, gingival lines etc.
- 4) Postural drop of blood pressure is also common in patients. It occurs due to loss of reactivity to circulating vasoconstrictors, decrease in intra vascular fluid, lack of aldosterone mediated sodium, water reabsorption.
- 5) In about 99% patients suffering from Addison's disease, asthenia is a common finding.
- 6) The patient complains of diarrhea, abdominal pain, weight loss, personality changes such as irritability, restlessness.
- 7) The female patient complains of loss of axillary hairs, pubic hairs and decrease in libido.
- 8) Occasionally cardiac arrhythmia, hypercalcemia, acute psychosis can be seen.
- 9) Severe depletion in levels of adrenal hormones in a patient suffering from sepsis, acute hypotension, and severe stress can

turn up into life threatening medical emergency.

### Diagnosis:

Various laboratory tests needs to be advised for confirming the diagnosis some of them are as follows...

- 1) Sr. electrolytes
- 2) Eosinophil count
- 3) Insulin tolerance test
- 4) IV ACTH stimulation test followed by measurement of sr. cortisol levels.

### Cushing's syndrome:

It is a clinical condition occurring because of chronic exposure to excess of glucocorticoids. This disease was described by Harvey Cushing in 1932, hence the name Cushing's syndrome. The incidence of ACTH dependent Cushing's syndrome is about 80% - 85%.

### Etiology

- 1) Iatrogenic Cushing's syndrome is caused due to long term use of exogenous glucocorticoids.
- 2) Endogenous Cushing's syndrome can be ACTH dependent or ACTH independent. ACTH dependent Cushing's syndrome is also known as Cushing's diseases.
- 3) Ectopic ACTH syndrome, it can occur in cases of small cell lung carcinoma, Ca pancreas, CA thymus, Ca thyroid, Ca breast, CA cervix, Ca colon etc.
- 4) Ectopic CRH syndrome
- 5) Adrenal adenoma
- 6) Adrenal carcinoma
- 7) Primary pigmented nodular hyperplasia
- 8) Macro nodular adrenal hyperplasia

### Clinical features:

- 1) The patient presents with centripetal obesity
- 2) Hirsutism
- 3) Plethora of face
- 4) Red purple striae on abdomen
- 5) Bruisability of skin
- 6) Proximal muscular weakness
- 7) Psychiatric disturbances
- 8) Osteoporosis
- 9) Menstrual irregularity
- 10) Glucose intolerance
- 11) Overt diabetes mellitus, hypertension is seen in 75% of cases. Hypertension owes to increased cardiac output, activation of renin angiotensin mechanism, increased hepatic production of angiotensinogen, decreased activity of vasodilator nitric oxide.
- 12) In children growth retardation, delayed puberty is seen.

### Diagnosis:

- 1) Increased levels of Sr. Cortisol levels confirms the diagnosis of Cushing's syndrome.
- 2) Ct scan of chest, abdomen can be advised to rule out causes of ectopic ACTH production
- 3) MRI of brain can be advised to rule out ACTH dependent Cushing's syndrome<sup>(3)</sup>

### Homoeopathic repertorization by using Homoeopathic medical repertory of Robin Murphy

#### Repertorial approach foAddison's disease:

#### A) Homoeopathic medical repertory Chapter: Clinical

#### Rubric:

Addison's disease: Total number of remedies mentioned ....

**CALC, NAT-M, IOD, SIL, Adrenal, Ars, Bell, Arg. n, Ars**



***Ferr-i, Kali-c, Sep, Nitac, Spig, Sulph, Tub***).

### Homoeopathic Therapeutics:

- 1) Calcarea carbonica:** It is indicated in fat, flabby, forty, perspiring, cold and damp subjects. It is indicated after ill effects of alcohol, loss of vital fluid, excessive venery, masturbation, strain, over lifting, suppressed sweat, suppressed eruption, suppressed menses, suppressed fright and egotism. It is indicated in pituitary as well as thyroid dysfunction. The patient is aggravated by cold air, exertion, dentition, pressure of clothes, milk etc. and ameliorated by dry climate, lying on painful side, rubbing, scratching etc. The patient has craving for indigestible things, eggs, ice cream, salt, sweet and aversion to meat, milk, fat etc. All discharges of the patient are sour. The patient passes dark brown urine which has a strong odor and which is milky and bloody. Any type of mental excitement causes her menses to return. Patient is sleepless due to rush of ideas. Many complains of the patient are associated with vertigo.
- 2) Iodum:** The affected gland first get swollen, hard, and heavy and then begin to dwindle. The patient is weak and rapidly loses flesh even with good appetite. The patient feels always too hot, greatly debilitated. All the secretions of patient are hot, acrid, watery, persistent or salty. The discharges causes acute catarrh of mucus membrane, vascular degeneration. This medicine is indicated in wasting diseases of scrofulous patients with glandular

enlargement. Mentally the patient is cross and irritable, violent and forgetful. The patient has protruded eyeballs, profuse lachrimation, metallic taste in mouth, halitosis, constriction in throat, difficulty in swallowing, goiter. It is indicated in hepatosplenomegaly, pancreatic affections.

- 3) Natrum muriaticum:** It acts on mid, heart, liver and spleen. It is indicated in edema, anemia, leukocytosis, the patient is thin, thirsty, poorly nourished. Hopelessness, awkwardness, emaciation, is present. There is dryness of mucus membrane, production of thick, white, watery, acrid discharges. There is tendency to take cold, weakness, exhaustion, weeping tendency. The patient is oversensitive. There is twitching in muscles, exact periodicity of complains, consolation aggravation. Sadness without cause, reserved patient easily angered, wants to be alone to cry, cheerfulness and sadness alternates. The patient dwells on past memories. The patient is absent minded, revengeful, scattered in thoughts. An idea clings to him and he becomes sleepless. The patient has desire for salt, bitter things. The patient is thirsty, drinks large quantity of water, and passes dry hard stool, involuntary urine.
- 4) Silicea:** It produces defective nutrition, imperfect assimilation. It affects nerves, bones, cartilages and glands. The abdomen is hot, hard and distended. The legs are wasted, it is indicated in stubborn babies. The patient is sensitive to noise, pain, cold and wants plenty of warm clothing. The patient if

fair, have clear complexion, localized, violent, sticking pains. The patient lacks vital heat. Hysteria and paralysis are caused by hard work. The mind and body are prostrated. There is restlessness, fidgety, locomotor ataxia which is progressive. The patient is intolerant of alcoholic stimulants, it is suitable after bad effects of vaccination, every injury festers, and offensive discharges. The patient is aggravated by cold air, draft, damp, uncovering. The patient is faint hearted, have fixed ideas, sensitive, weepy, obstinate, lacking in self-confidence, has disgust for life, is sad and hopeless, can't express himself correctly. The patient has aversion to cooked or warm food, meat, mother's milk. The patient like's ice cream, ice water etc. the patient has voracious appetite but it disappears on attempting to eat. It is indicated in liver abscess, constipation etc. the stool come out with difficulty and when partly expelled recedes again<sup>(2)</sup>.

## CONCLUSION:

The incidence of occurrence of diseases of adrenal glands is very rare. It has been noticed that the clinical picture of these diseases appear when almost more than

80% the gland gets destroyed. Thus the disease can't be diagnosed in the early stage. So once the diagnosis is finalized the patient is left with only two options of treatment which are lifelong replacement of adrenal hormones or surgical removal of the tumors. In such cases homoeopathic medicines can be prescribed as add on therapy to the patient which can help to curb the side effects of hormone replacement therapy as well as boosting immunity of person in order to fight with the infections occurring as a result of immunosuppression.

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# ADDISON'S DISEASE AND HOMOEOPATHY

## BY NIKITA JOTVA

**ABSTRACT:** Addison's disease results from insufficient secretion of adrenal hormones—cortisol, sometimes aldosterone and androgens (in females). It is a potential life-threatening disease if left untreated. The usual management for the condition is HRT (Hormonal Replacement Therapy), whereas Homoeopathy can offer a good relief to patient and in stimulating adrenals to improve the secretion of hormones

**KEYWORDS:** Addison's disease, Hyperpigmentation, weight loss, Homoeopathy

### ❖ Introduction:

Addison's disease is a form of primary adrenal insufficiency. When the body encounters with a stressful event, the cortisol deficiency can lead to life-threatening situation called "addisonian's crisis" characterized by low blood pressure, low glucose and high potassium levels which leads to condition of shock unresponsive to vasoconstrictors, whereas early diagnosis of the condition have a good prognosis.

**Prevalence:** Although Addison's disease is a rare condition affecting 5 out of 10,000 people in western countries. Prevalence in India is still unknown. [1]

### ❖ Causes: (In India)

1. Infectious diseases such as Tuberculosis, HIV-AIDS histoplasmosis (fungal infection)
2. Malignancies (lymphomas)
3. Infiltrations (amyloidosis, sarcoidosis)
4. Autoimmune disorders
5. Haemorrhage (septicaemia)[1]

### ❖ Clinical features:

Chronic state:

- 1) Hyperpigmentation of skin and mucous membranes (pressure

points, nails, nipples, gums, tongue)

- 2) Multiple black freckles on forehead, neck, arms and face.
- 3) GI symptoms –
  - Anorexia
  - Loss of weight
  - Nausea and vomiting
  - Constipation with intermittent diarrhoea
  - Craving for salts
  - Abdominal pain
- 4) CVS symptoms --
  - Postural hypotension (when standing up from sitting and lying down)
  - Faintness
  - Feeble heart sound
- 5) Muscular symptoms -
  - Malaise, weakness
  - Muscle cramps
- 6) Genitals-
  - Irregular menses in females
  - Amenorrhoea
  - Impotency
  - Loss of libido
  - Loss of pubic hairs in females
- 7) Other symptoms
  - Oliguria
  - Confusion
  - Stress
  - Dizziness
  - Drowsiness [2]

### Investigations:-

- 1) Blood tests will show:
  - a) Low sodium levels
  - b) Low cortisol levels
  - c) High potassium levels
  - d) High ACTH levels

- 2) Insulin test : Hypoglycemia
- 3) X-ray abdomen to check calcium deposition and any abnormalities of adrenal glands. [2]

**Management:** The usual management of the disease is replacement of glucocorticoids and mineralocorticoids and androgen replacement in some women can be beneficial. The etiology of the disease is sought and treated accordingly. [1]

#### **ROLE OF HOMOEOPATHY:**

Homoeopathy treats the person as a whole and restores the health. It focuses on the person as an individual as well as his pathological state. The homoeopathic similimum is selected by individualizing the patient and case analysis including physical constitution, mental constitution of the patient, underlying cause of the disease, pathological condition of the patient, presenting complaints, general symptoms, past medical history, life space, family history, miasmatic tendency and susceptibility.

If the disease pathology is not very advanced then homoeopathic remedies can be proven and can give a hope of cure, but even in incurable diseases along with the conventional medicines the quality of life can be greatly improved with homoeopathic medicines.

It can be given along with the conventional treatment with a strategic combination which can tide over the disease.

Therapeutic treatment in homoeopathy can be given, improvement can be seen at symptomatic level, although Addison's disease is a chronic disease hence the continuation of the homoeopathic treatment should also be for long time, although it is better than daily doses of steroid, dynamic medicines helps to reduce the level of daily need of hormonal supplements as they help the body to improve its own functions.

Patient starts experiencing relief from the symptoms such as improved appetite, stable blood pressure, less weakness and drowsiness along with sense of general wellbeing. However

hyperpigmentation of skin takes time to reduce.[10]

At last proper constitutional treatment helps to arrest the progress of the disease.

#### **Therapeutic approach:**

1. **Arsenic album:** Great prostration with rapid sinking of vital force, faintness, melancholic, irritability, Mental restlessness, anxiety about health, Fear of death, nausea, cannot bear smell or sight of food, vomiting, diarrhoea after drinking or eating, great thirst of cold water, excessive exhaustion after least exertion, rapid emaciation with cold sweat, skin dry and blue and wrinkled. [4]
2. **Adrenaline:** It has cured number of cases of Addison's disease and arrested others. The leading features of this are bronzing of skin, loss of strength, wasting, exceedingly rapid pulse, rises blood pressure by acting on the nerve endings and dilated vessels, sensation of constricted thoracic constriction along with anxiety and nausea and vomiting. Homoeopathic dose- 2X to 6X . Not repeated frequently. [5] [6]
3. **Natrum mur:** For the anaemic and cachectic persons, mental affections, great emaciation while living well, great liability to take cold, irritability, awkward, hasty-drops things due to nervous disability, Ill effects of anger, grief etc, excessive craving for salts, trembling, intermittent pulses, intermits while lying down, nausea, vomiting before after and during menses, fluttering of heart with a weak faint feeling < lying down, hair falls out when touched in nursing women. Better in open air. [5]
4. **Phosphorus:** Adapted to young tall, slender people of sanguine temperament, young people who grow rapidly and is inclined to stoop, anaemic, suited to old people with morning diarrhoea, nervous and weak people who

desires to be magnetized, great weakness and prostration with nervous debility, trembling of whole body, weakness and weariness, weak empty all gone sensation in the stomach and whole abdomen, food comes up as soon as reaches stomach, violent palpitations with anxiety, diarrhoea as soon as anything reaches rectum.[3] [4]

#### **Auxillary measures: (diet and regimen)**

A well balanced nutritious diet rich in fruits, vegetables, whole grains and proteins is necessary in Addison's disease such as milk, soy milk, kale, broccoli, yogurt etc.[8]

#### **Repertorial approach :-**

- 1) Boericke's repertory:  
**Generalities:ADDISON'S DISEASE:**Adren. , Ant-c,Arg-nit. , Ars. ,Ars-i. ,Calc-ars. , Iod. , Kreos. , Nat-m. , Phos. , Sulph. ,Sil. , Vanad. [5]
- 2) Kent's repertory:  
**Urinary organs – Kidneys – ADDISON'S DISEASE:** Ars.,Ars-i. , Calc. ,Ferr. , Iod. , Nat-m. , Phos. , Sulph. [7]

**Psychological view:** As a homoeopath, we see a person as a whole constituting mind and body. The mental state of the patient is as important as the physical/pathological state in a sick individual. According to a research, patients with Addison's disease have increased levels of anxiety and fear, they tend to overreact to a normal stressful stimuli, suffers from mild to moderate depression, avoids the stressors rather than managing them,has introvertive state and low social competence which hinders the physician-patient communication and ultimately results into less effectiveness of the treatment. [11]

It's prime duty of the physician to create a smooth communication with the patient and treat them, else the over-stress can lead to psycho-somatic diseases.

Natrummur and phosphorus are mainly indicated in such cases of Addison's disease.

**CONCLUSION:-**The conventional treatment of Addison's disease involves hormonal replacement therapy for lifetime which ultimately reduces the quality of life of the patient and whose doses varies according to the needs of patients as like in infections and increased stress etc. Whereas homoeopathic medicines helps to minimize the daily requirement for synthetic hormones and also patient feels better at a general level by the effect of homoeopathic medicines. As the homoeopathic similimumis taken by considering the person as a whole, the correlated mental distress and Addison's disease can be well managed by homoeopathic medicine. Although in the adrenal crisis homoeopathy has its limitations. Henceforth, by giving strategic treatment of conventional method and homoeopathic medicines, we can minimize the doses of daily hormonal replacement therapy and prevent complications of Addison's disease and the patient feels better at a general level physically and mentally both.

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**ABSTRACT:** This article deals with understanding of if the glands do not function properly and produce incorrect amounts of hormones, a person can develop certain disorders of the endocrine system.<sup>[2]</sup>

**KEY WORDS:** Hyperthyroidism, Hypothyroidism, Cushing syndrome, Acromegaly, Addison's disease, Osteoporosis, Diabetes, Polycystic ovary syndrome (PCOS), Hypogonadism

**INTRODUCTION:** The endocrine system is the name for the glands that produce hormones in a person's body. These glands include the thyroid gland, pituitary gland, and adrenal gland. The endocrine system produces hormones such as insulin, estrogen, testosterone, and adrenaline. Sometimes, hormone levels can be too high or too low. When this happens, it can have a number of effects on your health. The signs and symptoms depend on the hormone that's out of balance.<sup>[1][2]</sup>

### 1. Hyperthyroidism

Hyperthyroidism happens when your thyroid gland makes more thyroid hormone than necessary. This can be caused by a range of things, including autoimmune conditions.

Some common symptoms of hyperthyroidism include:

- fatigue
- nervousness
- weight loss
- diarrhoea
- issues tolerating heat
- fast heart rate
- trouble sleeping

Treatment depends on how severe the condition is, as well as its underlying cause. Options include medications, radioiodine therapy, or surgery. Graves 'disease is an autoimmune disorder and a common form of hyperthyroidism. In people with Graves 'disease, the immune system attacks the thyroid, which causes it to produce more thyroid hormone than usual.<sup>[1]</sup>

### 2. Hypothyroidism

Hypothyroidism occurs when your thyroid doesn't produce enough thyroid hormone. Similar to hyperthyroidism, it has many potential causes.

Some common symptoms of hypothyroidism include:

- fatigue
- weight gain
- constipation
- issues tolerating the cold
- dry skin and hair
- slow heart rate
- irregular periods
- fertility issues

Treatment for hypothyroidism involves supplementing your thyroid hormone with medication.<sup>[1]</sup>

### 3. Cushing syndrome

Cushing syndrome happens due to high levels of the hormone cortisol.

Common symptoms of Cushing syndrome include:

- weight gain
- fatty deposits in the face, midsection, or shoulders
- stretch marks, particularly on the arms, thighs, and abdomen

- slow healing of cuts, scrapes, and insect bites
- thin skin that bruises easily
- irregular periods
- decreased sex drive and fertility in males

Treatment depends on the cause of the condition and can include medications, radiation therapy, or surgery.<sup>[1]</sup>

#### 4. Addison's disease

Addison's disease happens when your adrenal glands don't produce enough cortisol or aldosterone. Some symptoms of Addison's disease include:

- fatigue
- weight loss
- abdominal pain
- low blood sugar
- nausea or vomiting
- diarrhoea
- irritability
- a craving for salt or salty foods
- irregular periods

Treatment for Addison's disease involves taking medications that help replace the hormones your body isn't producing enough of.<sup>[1]</sup>

#### 5. Diabetes

Diabetes refers to a condition in which your blood sugar levels aren't regulated within a certain range. People with diabetes have too much glucose in their blood (high blood sugar). There are two types of diabetes: type 1 diabetes and type 2 diabetes.

Some common symptoms of diabetes include:

- fatigue
- increased hunger or thirst
- frequent urge to urinate
- irritability
- frequent infections

Treatment for diabetes can include blood sugar monitoring, insulin therapy, and medications. Lifestyle changes, such as getting regular exercise and eating a balanced diet, can also help.<sup>[1]</sup>

#### 6. Polycystic ovary syndrome (PCOS)

This common condition is caused by unbalanced reproductive hormones in people with ovaries, which can create issues in the ovaries. Living with PCOS can mean that an egg may not be released every month, or may not develop as it should when it is released.

Some of the common symptoms of PCOS are:

- irregular periods
- fertility issues
- cysts that form on the ovaries
- acne
- hirsutism, which is an unusual amount of hair growth on the face or chin
- thinning hair
- weight gain
- skin tags

Treatment for PCOS focuses on easing the symptoms. Treatments include medications, like birth control and metformin, and lifestyle changes, such as focusing on nutrition and trying to reach a moderate weight if your doctor has recommended it.<sup>[1]</sup>

#### 7. Hypogonadism

A common condition, especially in older males and occasionally in females, hypogonadism is caused by a lowered production of the sex hormone testosterone. This can lead to lowered libido, as well as a variety of other symptoms, such as:

- erectile dysfunction in people with a penis
- reduced energy
- reduced muscle mass
- depressed mood
- increased irritability

Treatment for hypogonadism focuses on improved testosterone levels. Testosterone replacement therapy and lifestyle changes (such as working toward a moderate weight if your doctor has recommended it) are two popular methods.<sup>[1]</sup>

### **8. Osteoporosis**

Osteoporosis is an abnormal loss of bone mass and changes in bone tissue. It can be caused by a variety of issues, but two common causes are lowered estrogen levels in people with ovaries and lowered testosterone levels in people with testicles. These lowered hormone levels can be caused by age, as well as other diseases.

Osteoporosis doesn't always cause obvious symptoms. But some of the more common symptoms are bone fractures and injuries related to minor falls, lifting, and even coughing.

Treatment for osteoporosis focuses on slowing or stopping bone loss. Proper nutrition, exercise, and medications are three of the most common treatments.<sup>[1]</sup>

### **9. Acromegaly**

This rare disease is caused when the body makes too much growth hormone, which is mainly produced in the pituitary gland. Mostly diagnosed in middle-aged adults, it can cause organs, bones, cartilage, organs, and certain tissues to grow in size.

The common symptoms of acromegaly include:

- swollen nose
- swollen ears
- swollen hands and feet
- joint aches
- a deeper voice than usual
- an increase in sweating and body odour.<sup>[1]</sup>

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# ENDOCRINE DISORDER AND THEIR HOMOEOPATHIC MANAGEMENT - BY DR. KOSMIKA MAKWANA

**ABSTRACT:** Endocrine disorder acts as a vital issue in the modern era. Endocrine system plays an important role in human being for maintaining physiological as well as vital events, which makes a smooth relationship between body and mind. The disorder of such glands makes imbalance in both physically as well as mentally.

**KEYWORDS:** Endocrine disorder, Hormonal imbalance, Homoeopathy

**INTRODUCTION:** Endocrine words derives from Greek word, “Endon” means “Inside” and “crine” means “to separate”, Endocrinology means to study of endocrine gland of human body, hormones produce by them and their disorder. They produce and store hormones and release them as needed. When the body needs these substances, the bloodstream carries the proper types of hormones to specific targets. These targets may be organs, tissues, or cells. The Endocrine System uses Hormones to control the function of entire organs, growth and development, reproduction, and sexual characteristics.

The human being is the unit of Mind, body, spirit and these are correlated with each other, so if one of this is imbalance then whole body is affected to a greater or less degree. One of the key links between the mind and body is the relationship between the Nervous system and the Endocrine system. In the Nervous system disease on a psychological level will be reflected in the physical body and vice versa.

## **THE ENDOCRINE SYSTEM CONTROLS:**

1. Body energy levels and mood.
2. Reproduction.
3. Growth and development.
4. Internal balance of body systems, called homeostasis.
5. Responses to surroundings, stress and injury.

The fear and anxiety, whether real or imaginary, has an impact, not only on the nervous system but will also affect Endocrine system through hypothalamo-pituitary axis. The Endocrine system is one of the main system of body's for communicating, controlling & coordinating the body's work.

## **Endocrine Disorders**

1. Diabetes
2. Thyroid diseases
3. Metabolic disorders
4. Over or under production of hormones
5. Menopause
6. Osteoporosis
7. Hypertension
8. Cholesterol (lipid) disorders
9. Infertility
10. Lack of growth (short stature)
11. Cancers of the endocrine glands

## **The most common endocrine diseases and disorders.**

Diseases and disorders of the endocrine system can be grouped into several different areas. The major areas of endocrinology are described below.

### **DISEASES OF THYROID GLAND:**

INFANTILE HYPOTHYROIDISM (Cretinism)

- SIMPLE NON-TOXIC GOITRE
- NON-SUPPURATIVE ACUTE OR VIRAL THYROIDITIS

### **DISEASES OF PARATHYROID GLANDS**

- HYPER-PARATHYROIDISM:
- HYPO-PARATHYROIDISM (TETANY)

### **DISEASES OF SUPRA-RENAL GLANDS**

- ADDISON'S DISEASE
- CUSHING'S SYNDROME

## **APPROACH AND CONCEPT OF DISEASE IN HOMOEOPATHY**

“A healthy mind in healthy body” is motto of homeopathy and there by healthy society. Homoeopathy can give painless permanent cure by targeting the root of the illness. In the era of growing adverse drug reaction and lifestyle related illnesses, homoeopathy has a crucial role to play in the well-being of mankind.

The concept of disease in modern science and in homoeopathy is vastly different. Homoeopathy consider Health as “Balanced condition of mind and body- a state of well being” and Disease as “Abnormal altered state due to the dynamic derangement of vital force by the morbidic dynamic agent.

“Homoeopathy treats the patient, not the disease.” Hahnemann once said that there are no diseases, but sick people. Hence by sick,

Hahnemann meant sickness of the whole man, the internal man. Modern science deal with only ultimate's, they observe only result of disease, have no knowledge of real nature of man, they say nothing about man except in connection with his tissues; they characterized the changes in the tissues as disease. But homoeopathy perceives that there is something prior to them had been deranged and so makes them sick.

Homoeopathic medicines play an important role in immune modulation at the cellular level. Homoeopathic medicines due to their infinitesimal light isotopic forms are capable to penetrating the Hypothalamo-pituitary axis. Homoeopathy play an important role in endocrine disorder for curative as well as preventive purpose with the help of highly dynamised Homoeopathic medicine.

With the help of individualistic symptoms we choose the correct medicine which acts in constitutional level and makes the patient healthy in all sphere. Endocrine disorder are due to glandular dysfunctions or are influenced by glandular preparations, in these conditions constitutional medicine is much helpful.

According to Dr. Hahnemann dysfunction is due to miasm, so in such cases we must follow the miasmatic background, family history, milestone, past history of an individual which helps to select similimum. Maintaining cause is also play a vital role of these cases we must recognise it properly. Aetiological concept as per Homoeopathy Endocrine disorder is due to either excess or diminished secretion, resistance or hypersensitivity of gland as per modern science. But according to Homoeopathy.

Hahnemann clearly points out the essentials of considering the miasms while treating complex chronic maladies in his book "organon of medicine" in **aphorism 5, 78 to 82, 94 and 206 to 208**. Miasmatic analysis is integral part of homeopathic evaluation of every individual case of it chronic disease.

The main cause is Miasm- Psora/ Syphilis/ Sycosis. b. Constitutional defects. c. Hereditary tendency. d. Suppression of diseases. e. Maintaining cause. f. Psychological disturbances. Homoeopathic approach towards Endocrine disorder patients, any endocrine disorder is seen from the following angles.

1. Present complaints- Location/ Sensation/ Modality/ Concomitant.
2. History of the patients- Past/ Personal/ Family History.
3. Causation- Exciting/ Fundamental/ Maintaining cause.
4. Physical examination.
5. Clinical examination. 6. Investigation. 7. Treatments & Management.

### **MANAGEMENT OF ENDOCRINE DISORDER: HOMOEOPATHY**

1. Homoeopathic medicine helps to curative as well as preventive purpose in endocrine disorder.
2. Incase of strong family history or hereditary tendency of any endocrine disorder Homoeopathic constitutional or miasmatic medicine helps to root out the disease.
3. Causation play a important role for the treatment of such cases, if endocrine disorder due to emotional or mental disturbances and there are no obstacles than go through classical method i.e. totality of symptoms
4. If the endocrine disorder due to long history of suppression and there will be obstacle, at that time go with organ remedy along with nutritional guidelines and the use of herbal tincture as supports.
5. Homoeopathic medicine makes a person healthy in all aspects, if the person is mentally healthy then physical symptoms is also decrease day by day.
6. Homoeopathic medicine effects psychosomatic level.
7. Homoeopathic Medicine acts during Intra uterian life and helps to prevent hereditary dyscrasia & deformity, as for example- Sulphur which acts as a constitutional medicine & helps to born a healthy child when it to the pregnant Mother (Sec-285 FN)

### **DIET & REGIMEN IN SPECIAL CASES OF CHRONIC ILLNESS, RELATED TO ENDOCRINE DISORDER**

1. Those whose sexual powers are low (incase of Infertility) should limit themselves in eating young chicken & eggs.
2. Ladies with scanty menses (incase of PCOS, Amenorrhoea) must avoid cinnamon, cloves, amomum, pepper, ginger, bitter substances.7

3. Ideal and natural, harmless food in chronic disease. Good wheat-bread or rye-bread with cow's milk and fresh butter, little salt.

4. Avoided- Unhealthy localities, Marshy district, housed International Journal of Homoeopathic Sciences <http://www.homoeopathicjournal.com> ~ 35 ~ in cellars which causes obstacle to recovery. (Sec-77) [6]

5. In case of Goitre must avoid Goitrogens substances like cabbage, cauliflower and take Iodine food like- sea fish, sea salt, cod liver oil, milk etc. According to WHO Iodine requirements in adult 150 mcg & during pregnancy 250 mcg/day, which will prevent Goitre, cretinism, Neonatal hypothyroidism [8]

### **IMPORTANCE OF INVESTIGATION OF ENDOCRINAL DISORDER**

In Homoeopathic management investigations play an important role for the treatment of endocrine disorder, it is important to know the investigation due to following reasons.

1. To identify which glands are affected and determine whether there is excess or inadequate hormone secretion from the gland or an ectopic source. 2. To determine the precise cause of the abnormality. 3. To know whether the case is curable or incurable. 4. To know the plan of treatments. 5. To know the prognosis of the case. 6. To maintain proper diet and regimen. Therapeutics of Endocrinal Disorder According to H.A Roberts in his book

Homoeopathy acts in inner portion of the human being and correlate the body & mind. In endocrine disorder Homoeopathic medicine acts to stimulate the gland when there is deficient secretion & where secretion is much than resist it. Endocrinal disorder is basically hereditary or constitutional defects, in such cases

**CONCLUSION:** Homoeopathic medicine acts smoothly; and selection of medicine depends on the totality of an individual. Miasmatic background also be the cause of these type of disorder; so anti-miasmatic treatments is much helpful & it acts as a preventive as well as curative purpose. Along with Homoeopathic medicine, there must be necessary to maintain proper diet and regimen, physical exercise which helps to remove the deflected current.

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# EFFICACY OF HOMOEOPATHY IN HYPERTHYROIDISM BY ZEEL SOJITRA

## ABSTRACT:

Hyperthyroidism is also called overactive thyroid, overproduction of thyroid hormone by thyroid gland.

Hyperthyroidism can not cause severe symptom in early stage, but it can cause weight loss with increase appetite, Heat intolerance, palpitation and Irritability.

## KEYWORDS:

Enlarge thyroid gland, Hormone oversecretion, homoeopathic management

## INTRODUCTION:

Hyperthyroidism is defined as excessive synthesis and secretion of thyroid hormone by thyroid gland.

<sup>(1)</sup> When tissue are presented with excessive concentration of thyroid hormone it is called as thyrotoxicosis. <sup>(2)</sup>

## Cause of Hyperthyroidism

There are Different cause for presenting Hyperthyroidism.

Most common cause of Hyperthyroidism is Grave's Disease. Grave's Disease is an autoimmune disorder in which hyperthyroidism cause by thyroid stimulating antibodies. <sup>(7)</sup>

Other common cause of Hyperthyroidism is toxic multinodular goiter (Plummer Disease), toxic adenoma, postpartum thyroiditis, subcutaneous thyroiditis. <sup>(7)</sup>

Some cause related to other than thyroid gland are iodine induced hyperthyroidism, excessive TSH from ant. Pituitary, ectopic TSH secretion and Struma ovarii. <sup>(2)</sup>

## Sign and symptoms

Increase concentration of circulation thyroid hormone can cause different sign and symptoms.

Thyroid hormone overproduction most common symptoms are weight loss with a normal increase appetite, heat intolerance, palpitation, tremors and irritability <sup>(3)</sup>

Some of the sign and symptoms of Hyperthyroidism are specific in different body parts. <sup>(4)</sup>

### 1. Gastrointestinal Tract :

- Weight loss despite of
- Increase appetite
- Hyper defecation
- Diarrhea
- Vomiting

### Cardiorespiratory:

- palpitation
- Tachycardia
- Increase pulse pressure
- Dyspnea
- Cardiomyopathy

### • Neuromuscular

- Nervousness
- Irritability
- Tremor
- Periodic paralysis

### Dermatological

- Increase sweating
- Pruritis
- Alopecia
- Pretibial myxedema
- Pigmentation
- Digital clubbing

### Eye:

- Lid retraction
- Exophthalmus
- Excessive lachrymation

### Reproductive

- Male: Loss of libido  
Infertility  
Gynecomastia
- Female: Irregular menstruation

## Complications

If hyperthyroidism is not treated, it can cause some serious health problems, <sup>(8)</sup>

Heart failures



Vision loss

Thinning of bone or osteoporosis

Fertility problem in women

Complication in pregnancy such as premature birth, miscarriage.

## **HOMOEOPATHIC MANAGEMENT**

Homeopathic medicine stimulate the body's own healing response to disease, using specially prepared, highly diluted preparations. Homeopaths say they aim to treat the whole person, taking into account personality, lifestyle and hereditary factors, as well as the history of the disease.

### **1) IODUM:**

- Iodum is excellent remedy for thyroid disorder. Iodum individual is exceedingly thin, dark complexioned, with enlarged glands. Person has ravenous appetite but emaciates. Person feels better after eating. Great debility the slightest afford induces perspiration. All glandular swelling feels hard, enlarged then atrophy. Hot patient want cold surroundings. Restless, must be busy. Thyroid enlarged goiter with sensation of constriction and protruding eyeballs. Facial paralysis or epilepsy from suppression of goiter. <sup>(2, 5)</sup>

### **2) THYROIDINUM:**

-Thyroidinum is good remedy for hyperthyroidism with increased heart rate, exophthalmus and dilatation of pupils. Excessively obese patient. Easy fatigue, weak pulse, tendency to fainting, palpitation, cold hands and feet, low blood, chilliness. Dry, congestion, burning in throat, as of a splinter stuck across the throat. <sup>(2)</sup>

### **3) NATRUM MURIATICUM:**

-Natrum Mur. Indicated in hyperthyroidism and goitre with great emaciation. Suited to anaemic, thin, thirsty, and malnourished. Individual who emaciate even while eating well. Sensation of constriction of throat. Emaciation most notable in neck. Great

weakness and weariness. Weeping tendency alternating with laughter, feels worse from consolation. Ill effect of grief, fright, anger, etc. Craving for salt<sup>6</sup> Goitre with chronic sore throat. <sup>(2, 5, 6)</sup>

### **4) LYCOPUS VIRGINICUS:**

- Indicated in exophthalmic goitre with tumultuous action of heart. Pulse weak, irregular intermittent and rapid. Palpitation from nervous irritation. Protrusion of eyeball, supraorbital pain of eye. Exophthalmus from cardiac disease. Complaints worse by excitement and exertion. <sup>(2, 5)</sup>

### **5) FUCUS VESCULOSUS:**

- Fucus ves. Is tissue remedy of great power with Iodum. Thyroid enlargement in obese subject. Indicated in non toxic goitre and exophthalmic goitre. Dimness of vision. Digestion is improved and flatulence diminished. Obstinate constipation. Forehead feels as if compressed by iron ring. It should be given mother tincture. <sup>(2, 5)</sup>

### **6) CALCREA CARB:**

-calacrea carb indicated in Hyperthyroidism with difficult in swallowing, enlargement of gland and menstrual disturbance. Suited to fair, fatty, flabby individual who have tendency to talk cold easily. Profuse sweat especially overhead, gets tired easily. Glandular swelling below the jaw and neck. Thyroid dysfunction. Palpitation at night, after eating. Loss of appetite, but when he begins to eat, he relishes it. <sup>(5,6)</sup>

### **7) MERC. IOD.**

-Mer.iod. Indicated in goiter with difficulty in breathing. It has a strong affinity for gland of throat. Throat disorder with great swollen gland worse on right side. Suited to scrofulous and syphilitic patient, tendency to swelling and indurations of glands. Palpitation with dyspnea. Suffocation at night, cough aggravate at night and Aries

from tickling in larynx and from laughing.<sup>(2,5)</sup>

#### **8) NATRUM CARB. :**

-Natrum carb Indicated in goiter with hard swelling of thyroid gland. Suited to light haired people. Person of leucophlegmatic constitution with aversion to open air and mental or physical exercise. Physical restlessness. Swelling and induration of glands. Weak digestion and sour eructation. Palpitation from noise, ongoing upstairs and accompaniment of indigestion. Goitre with pain pressing throat painful when yawning and swallowing.<sup>(2,6)</sup>

#### **CONCLUSION:**

Hyperthyroidism is condition caused by excessive secretion of Thyroid hormone which cause enlargement of thyroid gland with generalized bodily symptoms. It is very well treated by Homoeopathic Remedies

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# DIABETES MELLITUS MANAGEMENT WITH HOMOEOPATHIC MOTHER TINCTURE AND LIFE STYLE MODIFICATION

## BY SHYAM KAMLESHBHAI BARMEDA

### ABSTRACT:

Homoeopathy, one of the most commonly employed alternative medicines globally, has a wide range of role in the management of diabetes. Homoeopathic mother tinctures plays an important role in the management of diabetes mellitus. Not only mother tinctures or medications are not enough for the proper management of diabetes mellitus, life style modification are also very much important in the management of diabetes mellitus. Some of the mother tincture are having good efficacy in the diabetes management. In this article efficacy of the homoeopathic mother tinctures with life style modification is given. [1]

**KEYWORDS:** Diabetes Mellitus, Homoeopathy, Homoeopathic Mother Tincture, Life Style Modification

**INTRODUCTION:** According to the World Health Organization (WHO), there are approximately 143 million people with diabetes worldwide, and this number is projected to rise to almost 300 million by 2025[2]. Diabetes Mellitus is a condition associated with disturbance in the metabolism of carbohydrate, fat and protein, coupled with relative or absolute insulin deficiency. Those who are Diabetic have an increased blood sugar. It was considered to be a rich man's disease till few years back; however, the recent surveys shows alarmingly increase in the incidence of Diabetes even in less affluent group of people. In the current global health scenario, diabetes mellitus (DM) is the most common endocrine disorder posing significant public health concern, producing substantial morbidity, mortality and long-term complications regardless of the latest advances in health care and management.[3]

Homeopathy has a positive role in early diagnosed cases through constitutional corrections. Many Homeopaths also uses Yoga and Naturopathy along with homeopathic remedies. If the blood sugar is very high the priority is to control the elevated blood sugar to save him from life threatening complications. There are homeopathic remedies, called organopathic remedies that could reduce the sugar. The commonly used one are, Syzygium Jambolanum, Gymnema sylvestre and Cephalandra Indica [4]

### Aetio-pathogenesis

Glucose tolerance is ability to maintain euglycemia, depends on 3 events that must occur in a tightly coordinated fashion: (1) stimulation of insulin secretion; (2) insulin-mediated suppression of endogenous (primarily hepatic) glucose production; and (3) insulin-mediated stimulation of glucose uptake by peripheral tissues.

Complete deficiency (> 90) of insulin secretion results in T1DM and minor role is played by insulin resistance in T1DM. Destruction of beta cells in T1DM is auto immune mediated. This auto immune mediated destruction is type of molecular mimicry to various antigen commonly expressed by beta cells and various environmental agents like viruses and animal proteins. Pathogenesis of T2DM includes both insulin resistance and an insulin secretory defect. Insulin resistance can be defined as: inability of insulin to exert its optimum metabolic effects. These metabolic effects are like lowering blood glucose, control of lipid metabolism and others. Liver, muscles and adipose tissue are three major organs through which insulin exerts its metabolic effects. [5]

### Clinical features

Age of onset in T1DM is bimodal first peak occurs at 5-7 years, second at 14 years of age. All most all T1DM are symptomatic at presentation due to its explosive nature of disease. Majority of patient present with polyuria, polydipsia, polyphagia and weight loss better known as osmotic symptoms.

Osmotic symptoms are responsible for fatigue, weakness, muscle cramps, blurred vision, nocturia and secondary enuresis. If osmotic symptoms are not given due attention, patient may land up in acute complication like diabetic ketosis or diabetic ketoacidosis. Diabetic ketoacidosis is usually associated with nausea, vomiting, pain abdomen, breathlessness, hypotension and obtundation and or loss of consciousness. T1DM may be associated with other autoimmune disorders due to their common autoimmune background like vitiligo, hypothyroidism, celiac disease and adrenal insufficiency.

Age of onset in T2DM is fourth decade and onwards which is a decade earlier than western counter parts. Signs of insulin resistance are commonly observed in these patients (Figure 3.2). T2DM is often less explosive and many times diagnosed during routine screening for preoperative surgical clearance. Osmotic symptoms with weight loss is the presenting manifestation in half of patients. Urinary tract and skin infection, non-healing wound are another well-known presenting manifestations of T2DM. Many are diagnosed during inter current illness, during this period, pre-diabetes also unmasked. Significant proportion of T2DM patients present with chronic complications of DM viz. pedal edema (nephropathy), visual disturbance (retinopathy) and burning feet (neuropathy). Presentation with chronic complication is usually due to delay in diagnosis.

## Use of Mother Tinctures

### 1. *Abroma Augusta*

Ravenous hunger, insatiable thirst, frequent and profuse micturition, obstinate constipation, indignant and forgetful disposition with rapidly growing extreme debility and pronounced emaciation, are characteristic symptoms of the *Abroma Augusta*.

*Abroma Augusta* Q is prepared from the moist leaves of the plant and contains 42.0%–46.0% v/v alcohol.[6] Rastogi et al. reported that *Abroma Augusta* has mild hypoglycaemic potential at doses of 50 µl, 75 µl and 0.1 ml/100 g. b.w. in alloxan-induced diabetics without stabilisation of blood glucose levels<sup>[7]</sup>.

### 2. *Cephalandra indica*

It treats the blood urea and manages the blood sugar levels. Diabetes patients who are suffering from the adverse effects of diabetes symptoms can take this medication for relief. However, it may take some time to show the relieving signs of diabetes symptoms. It acts as a detoxifier and relieves kidney ailments as well. Including detoxifying smoothies in your diet plan can boost the process of diabetes reversal.

*Cephalandra indica* Q is prepared from fresh pulp and leaves of the plant in 40.0% v/v alcohol. [6] Apart from *Syzygium jambolanum*, *Cephalandra indica* is also well used in inhibiting glycation-induced structural

modifications on protein albumin and their protective effect on human erythrocytes in vitro. The antiglycation potential of *Cephalandra indica* was manifested with reduced levels of fructosamines, protein carbonyls and bound glucose which are normally increased during albumin glycation.

### 3. *Syzygium jambolanum*

It is the most important remedy of universal fame in curing diabetes mellitus. It promptly diminishes the quantity of sugar and frequency of micturition. It also cures ulcers and carbuncles dependent on diabetes with high specific gravity in urine, with intense thirst, and debility. It also cures intense heat in upper parts of body, small and red blisters with itching, intense thirst with or without fever.

*Syzygium jambolanum* Q is prepared from coarse powder of seeds of the plant containing 82.0%–86.0% v/v alcohol [6]. *Syzygium jambolanum* has been screened for its antidiabetic potential in mother tincture and potentised dilutions. Maiti et al. had evaluated the effect of *Syzygium jambolanum* Q on carbohydrate and lipid metabolic disorders in Streptozotocin (STZ)-induced diabetics.[8,9] The results of the study indicated that *Syzygium jambolanum* Q treatment has a therapeutic effect on carbohydrate and lipid metabolic disorders and oxidative injuries in diabetic rats. *Syzygium jambolanum* Q has been found to decrease levels of blood glucose, triglycerides, total cholesterol, low-density lipoprotein cholesterol (LDLc), very low-density lipoprotein cholesterol (VLDLc), serum urea, serum creatinine, serum uric acid and serum albumin in diabetics. Another study elucidated the molecular mechanism of *Syzygium jambolanum* Q and its 6C and 30C potencies using a rat model of high fat and high fructose-induced Type 2 diabetes. *Syzygium jambolanum* Q and its 6C, 30C potencies exhibited antidiabetic effects, improving insulin levels and acting through activation of insulin signalling molecules

### 4. *Gymnema sylvestre*

*Gymnema sylvestre* Q is prepared from coarse powder of leaves of the plant containing 76.0%–80.0% v/v alcohol. [6] Kishore and



Singh reported that *Gymnema sylvestre* mother tincture, 6C and 30C preparations had potent antiglycation activity in vitro. The preparations were found to act by inhibiting AGEs formation, sorbitol accumulation and aldose reductase enzyme. [10] The same preparations were then evaluated for their role in attenuating diabetic nephropathy in STZ-induced diabetics in vivo.<sup>[11]</sup>

## 5. Uranium Nitricum

Many cases of diabetes have been relieved or cured by *Ur. Nit*, usually in the lower attenuations. In a case of diabetes insipidus of mine, in a young girl, *Ur. Nit* 30 gave more relief than any other remedy. Excessive thirst, polyuria, and dry tongue are the indications. Glycosuria is by no means an essential part of the indications for *Ur. Nit*.

Uranium nitricum stock solution is prepared from Uranium nitricum, yellow-coloured crystals with green fluorescence and contains 90% v/v alcohol.[6] Uranium nitricum 3X and 6X preparations were reported of showing hypoglycaemic activity at a dose of 15 µl/100 g body weight in alloxan-induced hyperglycaemic

### Life style modification

#### Weight Loss

Weight loss for the prevention of type 2 diabetes mellitus has shown to be an effective strategy as it has been found to improve insulin secretion and has been a suggested intervention for patients with diabetes who are overweight or obese

#### Physical Activity

Several studies have also determined that physical activity is crucial in preventing type 2 diabetes mellitus. A Finnish study called the Diabetes Prevention Study (DPS), which aimed to study the effects of lifestyle intervention as a method of preventing type 2 diabetes mellitus

#### Diet Modifications

In addition to increasing physical activity (see below), dietary changes have been shown to benefit weight loss and the prevention of type 2 diabetes mellitus. Dietary modifications are an important aspect of diabetes prevention

largely because they are associated with improved glycaemic control.

1. **Learn about carbohydrate counting and portion size**
2. **Make every meal well balanced.** As much as possible, plan for every meal to have a good mix of starches, fruits and vegetables, proteins, and fats
3. **Coordinate your meals and medications.** Too little food in proportion to your diabetes medications
4. **Avoid sugar-sweetened beverages.** Sugar-sweetened beverages tend to be high in calories

**Conclusion:** Diabetes mellitus is the lifestyle disorder, which should be treated with multiple approach, only medications are not only the way of treatment also lifestyle modification should be done to effectively manage the diabetes mellitus. Constitutional homeopathic medicines are found very beneficial along with the therapeutic medicine.

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# ROLE OF SARCODES IN ENDOCRINE DISORDER BY SAVALIYA SHREENA H.

**ABSTRACT:** Nowadays the diseases relating to endocrine system such as diabetes, hyperthyroidism, cretinism, hypertension, etc. is increasing day by day.

There are many medicines available in homoeopathy but other than these, there can be use of sarcodes which is prepared from healthy secretion of living organisms.

**KEYWORDS:** Sarcodes, Homoeopathy, Hormones, Endocrine disorder, Homoeopathic Treatment,

- Hormones secreted by major endocrine glands and Sarcodes prepared from :

## INTRODUCTION:

“Sarcodes” is the Greek word which means “fleshy”.

They are special group of homoeopathic drugs which have not been adequately utilized by homoeopathic physician.

They are prepared from natural products of tissue or secretions of animals or human bodies.<sup>(1)</sup>

HORMONES	ENDOCRINE GLANDS	SARCODES	SOURCE	PECULIARITY
1. Adrenalin, Epinephrine	Adrenal gland	Adrenalinum	Extract of adrenal gland	Hypertension, Diabetes mellitus, Addison's Disease
2. Cortisol	Adrenal cortex	Cortisone	Synthetic form of cortisone	Ulcerative colitis, Chronic Nephrosis
3. Estrogen	Ovary	Folliculinum	Oesterone synthetic form	Pre-menstrual Syndrome, Oral Contraceptive pill usage
4. Insulin	Pancreas	Insulinum	Pancreas	Diabetes mellitus
5. Estrogen Progesterone	Ovary	Oophorium	Ovarian extract of sheep/cow	Ovarian tumor, cyst, Menopausal syndrome
6. Testosterone	Testis	Orchitinum	Extract from testis of bull/ sheep	Oligospermia, sexual weakness
7. Parathormone	Parathyroid glands	Parathyroidinum	Extract of Parathyroid gland	Acts on bones, kidneys and GIT
8. GH, TSH, FSH, LH, Prolactin	Anterior Pituitary	Pituitarinum anteriorium	Extract of anterior pituitary	Acts on Nervous system, female reproductive system and mucous

				membrane
9. Oxytocin, Vasopressin	Posterior Pituitary	Pituitarium posterio- riorum	Extract of posterior pituitary	Acts on uterus, mammary glands, as antispasmodic
10. Thyroxine, T3, Calcitonin.	Thyroid gland	Thyroidinum	Fresh thyroid gland of sheep	Mainly for Hypothyroidism or Hyperthyroidism, Menstrual disorders

(1)

## A. THYROIDINUM

Constitution:

Patient may be thin, emaciated, obese, puffiness of face, acne and growth of hair on face.

Characteristic features:

1. History of allergy and metabolic disturbances.

1. Incomplicated cases where it is difficult to select proper medicine or where indicated remedies do not produce favourable reaction.
2. Faints easily on slight exertion.
3. Heavy ache over eyes.
4. Vertigo while waking up in the morning.
5. Angina pectoris and palpitation with trembling of hands.
6. Urticaria of unknown cause and psoriasis with itching but without eruptions.
7. Symptoms of diabetes from severe prolonged mental strain.
8. Aversion to mental work, concentration difficult.
10. Menopausal and lactation complaints.
11. All complaints aggravated during menstruation<sup>(1,2)</sup>

Potency and repetition:

In various clinical conditions 6C to 30C potency

It should not be given in feeble heart, high blood pressure and tubercular patient.

Higher potencies can be given to regulate menstrual flow if it is excessive.

Low doses in case of amenorrhoea. <sup>(1, 2)</sup>

Case Study:

- Dr. CLARKE – A school boy with fair complexion, very chilly, with cold, clammy hands and feet consulted for psoriasis.

He was prescribed Thyroidinum 3X and later 30 which completely cured him.<sup>(1)</sup>

- Dr. L.M.KHAN – A lady of 30 years of short height, heavy built, having numerous unwanted hairs and pimples on face, presented with severe migraine and high blood pressure since 3-4 years. Ravenous hunger, intense thirst for icy cold water, desire for ice cream of chocolate or coffee flavor, bowels constipated and body cold to touch were other features.

She had been under severe stress after her marriage due to dominating mother-in-law and alcoholic husband. She was given a dose Thyroidinum 30C and after that there was no further attack of migraine, her pimples reduced and blood pressure gradually became normal.<sup>(1)</sup>

Indications for prescription – history of severe stress, sycotic background, craving for icy cold things and body cold to touch. <sup>(1)</sup>

## B. INSULINUM

Characteristic features:

1. Unusual craving for sweets.
2. Boils and varicose ulceration.
3. Chronic diarrhoea and hepatitis.
4. Eczema with allergic manifestations.
5. Marasmatic child with diarrhoea. <sup>(1,2)</sup>



#### Dose and potency:

Recommended use of insulin is 3x to 30x or 30<sup>th</sup> potency and higher. <sup>(1)</sup>

If insulin is administered at suitable intervals in diabetes mellitus, the blood sugar is maintained at normal level and urine remains free of sugar. <sup>(2)</sup>

#### Case study:

- Dr. S K. Gosh –A female child of aged 2 years was suffering from recurrent diarrhoea with distended abdomen. She had vicarious appetite and unusual craving for sweets. Many medicines were tried but without perceptible success. She was prescribed Insulinum 30C which brought speedy recovery with improvement of built. <sup>(1)</sup>

### C. FOLLICULINUM

#### Constitution:

Suitable to those who have been abused sexually, physically or psychically.

Suitable to women abused with estrogen like prolonged use of birth control pills.

Suitable to women with variety of menstrual and other physical problems. <sup>(1)</sup>

#### Characteristic features:

- a. Adapted to women who put on weight without over-eating or have huge cravings especially before periods.
- b. Pre-menstrual syndrome like swollen and painful breasts, nausea and vomiting, depressed, mood swings.
- c. Irregularities of menses in every form and complaints aggravated before menses and ameliorated after menses.
- d. Leucorrhoea before menses with yellowish or brownish discharge.
- e. Fibroid uterus with metrorrhagia.
- f. Menopause – irregular cycles, hot flushes, dizziness and faintness,

abdominal heaviness, dryness of vagina, hypersensitive to noise, heat and touch.

- g. Alopecia in women and dry eczema before menses and during ovulation. <sup>(1,2)</sup>

#### Dose and potency:

Recommended to give one dose of Folliculinum only in 30C potency and repeated if necessary but only after 3 months are its action duration is of 3 months. <sup>(1)</sup>

If taken for too long or repeated at short intervals may produce adverse effects. <sup>(2)</sup>

#### Case study:

Dr. L.M. Khan – A 21 year old lady consulted for hot flushes, swelling of body especially breasts with heaviness before menses, leucorrhoea and dysmenorrhoea since 2-3 years. She had mood fluctuations, a feeling of excitement alternates with sadness. She had received homoeopathic treatment but without much relief. All these troubles started after marriage. She complained of being under constant supervision and Restriction by her mother-in-law, which guided the physician to prescribe a dose of Folliculinum 30, to be taken after menses. The following menses were free from pain and pre-menstrual symptoms were ameliorated. <sup>(1)</sup>

### D. ADRENALINUM

#### Characteristic features:

- a. Helps in combating diseases like hypertension, diabetes mellitus, Addison's disease, arteriosclerosis, etc.
- b. Ravenous hunger
- c. Expectoration of gelatinous mucus which is hard to detach.
- d. Ailments from overwork and stress.

- e. Slight rheumatic pains coming and going down to leg.
- f. Great sleepiness and drowsiness.
- g. Strong odor, hot, scalding urine and burning before and during urination.<sup>(1,2)</sup>

**Dose and Potency:**

Not to be dispense below 3x potency and for homoeopathic use, 2x to 6x attenuation.<sup>(1)</sup>

**Case study:**

Dr. George Vithouklas used Adrenalinum in cases with underlying stress and high blood pressure. There was throbbing paroxysmal headache, hot body, cold extremities, flushes face. In abnormal

production of Adrenalin caused by stress, the role of Adrenalinum with high potencies will be of great use.<sup>(1)</sup>

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# MIASM AND POLYCYSTIC OVARIAN SYNDROME (PCOS): BY DR. TONGBRAM SOMIBALA DEVI

**ABSTRACT:** Polycystic ovarian syndrome is a common multisystem endocrinopathy in women of reproductive age which is typified by oligo-ovulation or an-ovulation, signs of androgen excess and multiple small ovarian cysts<sup>(1)</sup>. In case of Polycystic Ovarian Syndrome, it is the miasm which initially brings about functional changes followed by involvement of structural change which leads to cystic changes. Polycystic Ovarian Syndrome, therefore, is the result of different types of miasms in the sick individual, which through neuro-hormonal pathway, leads to imbalance of hormones and formation of cysts. Therefore finding out miasm base upon sign and symptom, physical constitution, spiritual, emotional mind and etiology evolution according to detail past history, family history and personal history of each and every individual helpsto find out the most similimum individualized homoeopathic remedy to attain the total cure of the patient.

## KEYWORD:

Polycystic Ovarian Syndrome (PCOS), Miasm, Homoeopathy and Hormones.

## INTRODUCTION:

Polycystic ovarian syndrome (PCOS) is the most common endocrine pathology in females of reproductive worldwide. Stein and Leventhal initially described it in 1935.

An expected 5-10% ladies of childbearing age have PCOS. Amongst infertile women, about 20% infertility is attributed to an-ovulation caused by PCOS<sup>(2)</sup>. Genetic factors contribute less than 10% to disease susceptibility of polycystic ovarian syndrome<sup>(3)</sup>.

This syndrome has a major impact on the psychosocial health of a woman as it impairs femininity due to menstrual abnormalities, infertility, obesity, hirsutism, hair loss, and facial acne. Approximately 5-10% of the female population in developed countries is affected, while the prevalence in India is 9.13%<sup>(3)</sup>.

## DEFINITION:

Polycystic ovarian syndrome is a multisystem endocrinopathy with ovarian expression of metabolic disturbance and a wide spectrum of clinical features, such as hyper-androgenism and obesity along with metabolic disorders<sup>(2)</sup>.

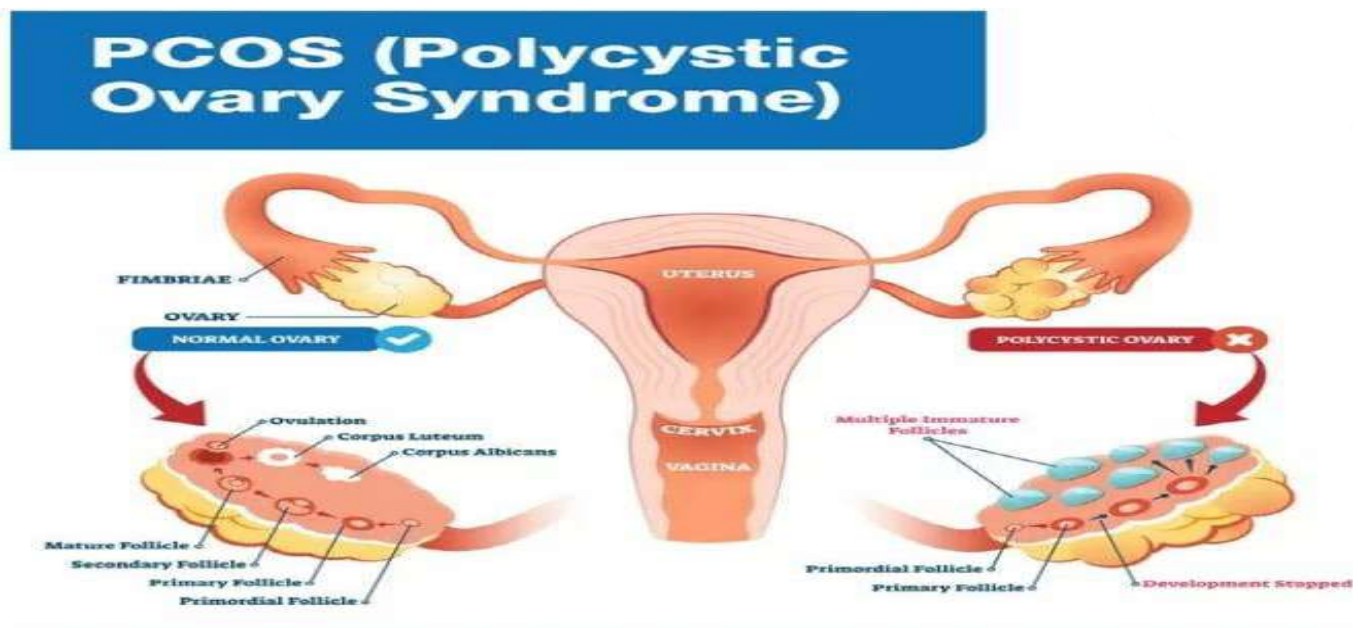


Figure no. 1<sup>(9)</sup>

## CLINICAL FEATURES

### Menstrual abnormalities

- Oligomenorrhea
- Amenorrhoea
- Episodic menometrorrhagia with anemia.

### Central Obesity:

- BMI >30kg/cm
- Waist line > 35"
- Infertility
- Hirsutism
- Acne
- Seborrhoea.
- Acanthosis nigricans Hair: characterized by the hyper androgenism, insulin, resistance and acanthosis nigricans.
- Increased first trimester miscarriage
- Androgenic alopecia
- Increased terminal (coarse) hair growth in midline structures (face, neck, and abdomen).

## LABORATORY INVESTIGATIONS

### A. Blood tests that should be done are:

- LH (measured on day 2-3 or any day if amenorrhic)
- FSH (measured on day 2-3 or any day if amenorrhic)
- TSH
- Prolactin
- Lipid Profile
- Fasting Insulin
- Glucose tolerance test
- DHEAS
- Total and free testosterone.

### B. Ultrasound diagnostic of PCOS.

- It confirms the enlarged ovaries, their size and increased stroma. Ovarian volume will be more than 10 mm<sup>3</sup>.
- It shows 12 or more small follicles each of 2–9 mm in size placed peripherally.
- It rules out ovarian tumor.
- It shows endometrial hyperplasia if present.<sup>(2)</sup>

## GENERAL MANAGEMENT

1. Lifestyle modification is the first line of treatment that improves psychological

outcomes, reproductive and metabolic features of the patient.

2. Regular exercise for loss of weight. it may be done by jogging, walking, yoga and swimming under the guidance of health expert. It restores the hormonal milieu considerably. Weight loss increases the secretion of the sex hormone binding globulin, reduces insulin level and testosterone level. BMI of < 27 should be maintained.
3. Intake of green leafy vegetables, fruits, proteins, low glycemic index food, low carbohydrate consumption and high intake of omega 3 polyunsaturated fatty acid food (n-3 PUFA).

### ACCORDING TO DR. HAHNEMAN:

**Aphorism no.78:** The true, natural, chronic diseases are those that arise from the chronic miasm. When left to themselves these disease go on increasing. Even the best mental and bodily dietetic conduct, they mount until the end of life.<sup>(4, 5, 7)</sup>

**Aphorism no.5:** The physician should ascertain the occasion and fundamental cause of a protected wasting sickness mostly rest upon a chronic miasm.

As the homoeopathic prescription is fully depend upon the individuality, investigation into the account of the patient takes a vital role they are mention below<sup>(4, 7)</sup>

1. Discernible body constitution.
2. Mental and emotional character.
3. Occupations.
4. Life style and habits.
5. Civic and domestic relationships.
6. Age.
7. Sexual function etc.

The chronic miasms giving rise to all forms of chronic disease are psora, syphilis, and sycosis. He mentioned the chronic latent psoric state as a 'sleeping' chronic disease which can be awakened by incidents and life circumstances like excessive hardships, laboring in swamps, bodily injuries,

and wounds, excess of cold or heat and even the unsatisfied hunger of poverty. But much more injurious and triggering the latent chronic state to the outbreak of chronic disease manifestations are emotional disturbance or incidents such as an unhappy marriage, remorseful conscience, change of fortune, sudden death of son or melancholy from disappointment in love. The incident is due to the life circumstances of the patient and the chronic state is due to the patient's constitutional

predisposition and the inherited pathological miasmatic tendencies<sup>(5)</sup>.

**Aphorism no. 6:** Unprejudiced observer perceives all the perceptible signs, bafallments and symptoms of the disease that represent the disease entirely which are:

1. Felt by the patient himself.
2. Perceived by those around him.
3. Observed by the physician.

**Miasmatic Background of Polycystic Ovarian Disease<sup>(6, 8)</sup>**

CLINICALS	PSORA	SYCOSIS	SYPHILITIC	TUBERCULAR
	Functional disturbance of ovaries and uterus. especially amenorrhea of functional origin	Inflammation and cystic degeneration of ovaries and fallopian tube etc. any tumor formation of ovaries and fallopian tube etc. Polycystic disease of the ovaries	Ulcerative and degenerative varieties of tumors are syphilitic.	Symptoms associated with bleeding disorders.
<b>Menses</b>	Bland, scanty, and too short and the flow is intermittent. Amenorrhea. Watery menses. Menses are slow in setting in after puberty and may appear one or more times and then cease for several months or even for a year before returning. Retarded, protracted menses and retarded menses of short duration. Fetid blood	Acrid, excoriating, with burning in the pudendum and flow is accompanied by pain. Menses has the odour of fish- brine, and the stain of the menstrual blood is difficult to wash off. Menses are abundant and painful	Profuse menstrual flow, which is acrid and offensive, and the menstrual blood have a metallic odour. Irregular periods in both quantity and frequency characterized by bone pain and lumbago..	Exhaustive, prolonged, and copious. Menses every 2 weeks. Profuse, bright red menses with lot of clots. Patient feels poorly a week before menstruation starts. Flow can also be pale but long lasting, often resulting in anaemia
<b>Discharges</b>	Bland and scanty	Acrid, painful, and with pruritis. Blood is offensive, clotted, and stringy, clots are large and	Acrid, putrid and offensive	Flow is watery and long lasting and rarely offensive. profuse and blood tinged or hemorrhagic can be



		dark. Profuse		associated with clots
<b>Pain</b>	Dysmenorrhoea especially at puberty with sharp pains	Spasmodic, colicky and paroxysmal pains	Menses are characterized by bone pains and lumbago	May not be painful but always exhaustive
<b>Infertility</b>	Impotency and sterility from lack of sexual desire, without any organic defect in the sexual parts.	Incapability to conceive due to various factors including hormone imbalance. Sterility and infertility result from pelvic inflammatory disease and other conditions such as endometriosis	Possible failure to discharge the ovum at ovulation resulting in infertility	Infertility results from prolonged menstrual bleeding
<b>Skin</b>	Pimples with dryness and scurfy scales	Hyper-pigmentation of the skin, and melanomas. Disturbed pigment metabolism, resulting in hyper-pigmentation in patches or diffused in different parts. Oily skin.	De-pigmentation of the skin	Easily bleeding skin
<b>Face</b>	Face has dry, itching pimple and simple acne	Face can be pale, bluish and dropsical.	Hard acne on the face.	Bloated appearance of face, especially after sleep.
<b>General manifestation</b>	Atrophy, ataxia, anaemia and anoxemia. Deficiency disorders. Hypo- immunity	Hypertrophy-growths and inco-ordination. Deposition, and/ or proliferation of cells/ tissues. Hyper- mental and physical.	Dystrophy, degeneration Destruction-physical and mental. Deformities and fragility.	Dystrophy with hemorrhage. Dissatisfaction. Depletion.
<b>Nourishment</b>	Does not assimilate well	Over nourishment	Disorganized digestion.	Patients crave the things which make them sick.
<b>Mental Manifestation</b>	<ul style="list-style-type: none"> <li>Anxious, alert, fearful and apprehensive.</li> <li>Philosophical</li> <li>irritability with anxiety</li> <li>Sadness</li> </ul>	<ul style="list-style-type: none"> <li>Suspicious and jealous.</li> <li>Arrogant</li> <li>Irritability explodes into anger.</li> <li>Moaning.</li> <li>Thoughtfulness</li> </ul>	<ul style="list-style-type: none"> <li>Destructive and melancholic.</li> <li>Closed mouted.</li> <li>Irritability with cruelty.</li> <li>Lamenting and</li> </ul>	<ul style="list-style-type: none"> <li>Changeable mood, thought, concentration and fearless.</li> <li>Indifferent and independent.</li> <li>Irritability with impatience.</li> <li>Unfulfilling of</li> </ul>

	<ul style="list-style-type: none"> <li>• Nervous</li> <li>• Thoughtful but no practical Sense</li> <li>• Lack of concentration and memory, weakness and weariness of life.</li> <li>• Has plenty of ideas but there are lots of loopholes in plan.</li> <li>• Psoric memory is very poor but the patient is very studious.</li> </ul>	<p>focused for their own personal benefits.</p> <ul style="list-style-type: none"> <li>• Inco-ordination in concentration and absent mindedness.</li> <li>• Mischievous</li> <li>• Tendency to exploit everything from life.</li> <li>• Rude, ill-mannered.</li> <li>• Mycosis is cunning and practical, fills up the loopholes and appears to hide from the actual site of the crime.</li> <li>• Active memory and record everything-journalist type.</li> </ul>	<p>madness.</p> <ul style="list-style-type: none"> <li>• Vanishing of thoughts.</li> <li>• Total destruction of concentration; forgetfulness and weak perception.</li> <li>• Hatred.</li> <li>• Loathing of life.</li> <li>• Sentimental and closed mouted.</li> <li>• Syphilis has inability to realize that if he is caught he will go to prison.</li> <li>• Do not remember recent happenings but retain remote incidents in chronological order.</li> </ul>	<p>life.</p> <ul style="list-style-type: none"> <li>• They are careless, intelligent and bright but make careless mistakes.</li> </ul>
<b>Pimples</b>	<ul style="list-style-type: none"> <li>• Dry itching pimples</li> <li>• Itching without pus or discharge.</li> </ul>	<ul style="list-style-type: none"> <li>• Small, reddish, flat, vesicular eruptions which do not heal fast.</li> <li>• Oily skin with pimples.</li> <li>• Hyperpigmentation or depigmentation occurs in patches.</li> </ul>	<ul style="list-style-type: none"> <li>• Hard acne</li> <li>• Ulcerative with pus and bloody.</li> </ul>	<ul style="list-style-type: none"> <li>• Pimples are small, painful and recurrent.</li> <li>• Pimples with easily bleeding.</li> </ul>

**CONCLUSION AND SUMMARY:** This study is an effort to make the readers understand the importance of miasm in PCOS which will help us to achieve possible miasmatic diagnosis that helps us to find out the anti-miasmatic homoeopathic remedy. It helps to balance hyperactivity of the glands, regulate hormonal balance, dissolve the cysts in the ovaries and enhance the normal functioning of ovaries thereby eliminating the need for hormone therapies and surgery.

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# HOMOEOPATHIC MANAGEMENT IN CASE OF HYPOTHYROIDISM: A CASE REPORT BY AGRAWAL ISHA DILIPBHAI

## ABSTRACT:

Thyroid disorders are very common, affecting 750 million people worldwide by recent World Health Organization (WHO) estimates, being possibly even more prevalent than diabetes. The drug of choice is thyroxine which the patient has to take throughout their life, this leads the patient to look for an alternative therapy. With the increasing reliance on alternative treatments there is need to formulate methods for the fast and reliable prescriptions. Homoeopathy has emerged as the trustworthy line of treatment in many of the chronic diseases. Many researches both clinical and preclinical have shown the plausibility of the evidence-based medicine.

**KEYWORDS:** Hypothyroidism, homoeopathic intervention, *Natrum Mur*

## INTRODUCTION:

Thyroid diseases are amongst the commonest endocrine disorders around the world including India. 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.

Early diagnosis and treatment remains the cornerstone of management. Hypothyroidism is caused by inadequate function of the gland itself (primary hypothyroidism) or by not enough stimulation by thyroid-stimulating hormone (central hypothyroidism). Primary hypothyroidism is more common than central hypothyroidism.

It can cause number of constitutional symptoms, such as increase weight, dry skin, menstrual irregularities, falling of hairs, cold intolerance, constipation, hoarseness of voice, coldness of skin, and generalised debility and fatigue. In children, hypothyroidism leads to

delays in development, which is called cretinism in severe cases.

The classical signs and symptoms of various grades of hypothyroidism can be estimated with clinical scores named as zulewski's score, this questionnaire helps in clinically monitoring the case. The outcome assessment is based on the criteria that lower the score the better the results.

Homoeopathy has proved its effectiveness in various clinical conditions including endrocrinological disorders. As homoeopathy, like other sciences, is attaining the plausibility as an evidence-based science, this case report will be adding on to the evidence basis to the science.<sup>(1)</sup>

## CASE PROFILE-

### Presenting complaints

- Present complaints and history of Presenting complaints-
- A 40 Years old female patient visited the OPD With the Complaints:
- Jerking sensation in both hands which is aggravated by warm and ameliorated by cold since 2 months.

### Associated complains:

- Stool : hard
- Appetite: decrease

### Past history :

- B.P. : since 1.5 year
- Hypothyroidism : since 5 years

### Family history:

- Maternal and paternal side all family members are keeping good health.

**Personal history:**

- Addiction : no any
- Occupation : housewife
- Diet : vegetarian
- Habits : not specific
- Martialstatus : married
- No. Of children :  
2 daughters  
1 boy

**Gynecological history**

- Menarche: 14 years
- Cycle : Regular
- Quantity: scanty. 2 days / month
- Consistency: fluid
- Colour : dark red

**Physical generals:**

- Appearance: fat , flabby, dark complexion
- Skin : dark , dry
- Appetite: decrease
- Thirst: 1 L / day
- Urine : 4 to 5 time / day
- Stool: constipated, alternate hard and soft
- Sleep : disturb due to anxiety
- Perspiration: Salty deposits after perspiration

**Mind:**

**Analysis and evaluation**

Symptoms	Intensity	Totality of symptoms
Aggravation by consolation	+++	Aggravation by consolation
Alternative mood	+++	Alternative mood
Weeping easily	+++	Weeping tearful mood
Angry on small things	+++	Anger ; trifles at
Anxiety about children	++	Anxiety about children
Anxiety for financial issues	+++	Anxiety about business
Appetite reduced	++	Diminished appetite
Stool; hard	++	Stool; hard
Perspiration	+	Salty deposits after perspiration
Disturbed sleep from anxiety	+++	Disturbed sleep from anxiety
Jerking sensation in hands	+++	Jerking sensation in hands
Aggravation by warm	+++	Aggravation: warm
Amelioration by cold	+++	Amelioration : cold

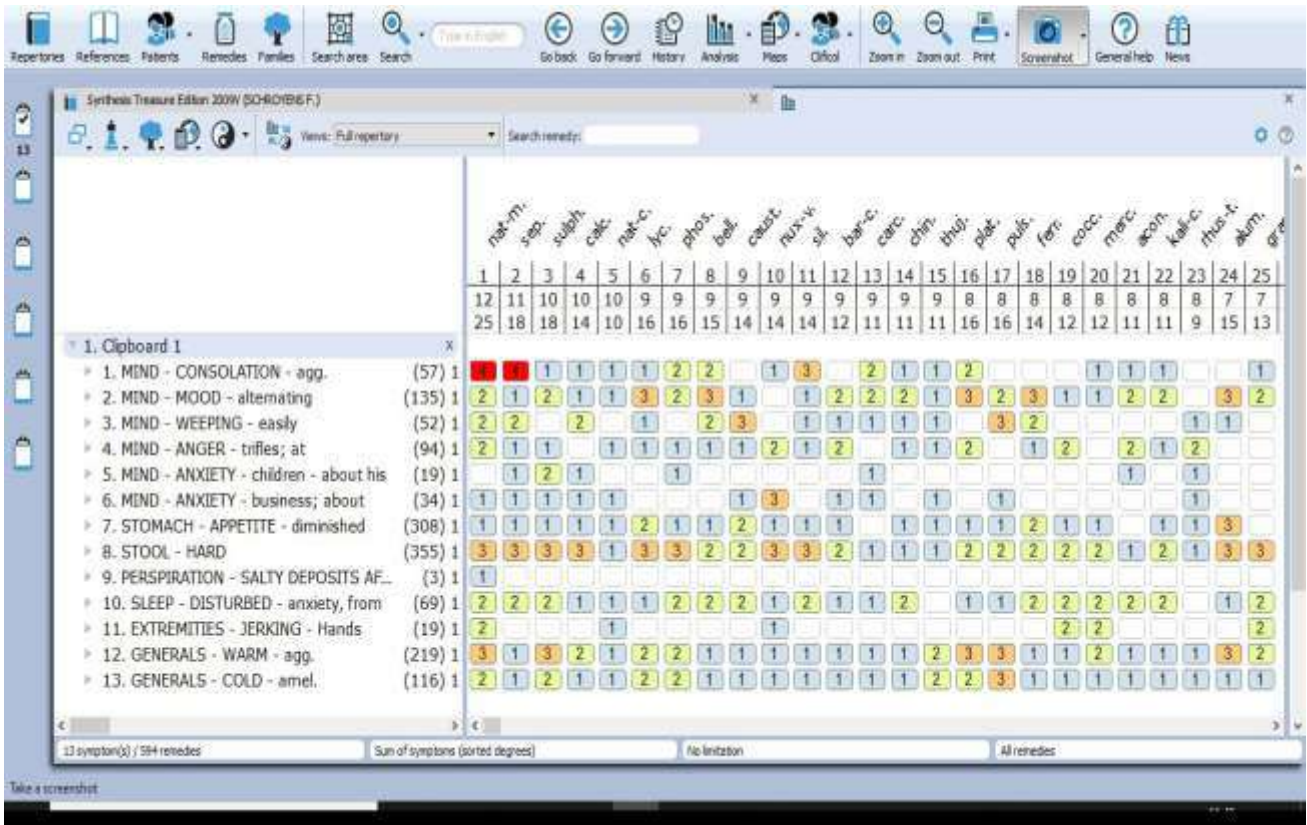
- Aggravation by consolation
- Anxiety about children
- Worried due to Financial issues
- Weeping easily
- Angry on small things
- Alternative mood

**Classification of symptoms:**

- Mental general:
  - Aggravation by consolation
  - Alternative mood
  - Weeping easily
  - Angry on small things
  - Anxiety about children
  - Financial issues
- Physical general:
  - Decrease appetite
  - Stool : hard
  - Disturbed sleep due to anxiety
  - Perspiration: salty deposits after perspiration
- Physical particular:
  - Jerking sensation in both hands
  - Aggravation by warm
  - Amelioration by cold

**Diagnosis:** hypothyroidism





**Discussion:**

After reportorial analysis group of medicine which were considered are-Nat.mur. , Sepia , Sulphur.

- **Nat. Mur.** : It covers the symptoms which is found in patients'scomplaints. Mental and physical complaints are match with medicine
- **Sepia** : It covers the symptoms which is found in patients's complaints, but there is not marked symptoms are present.
- **Pulsatilla** : It covers the symptoms which is found in patients's complaints, there is not marked symptoms are present.

**Selection of Remedy:**

After repertorization ,Nat. Mur was at highest rate with highest matching of symptoms. Hence Nat.Mur was selected based on totality and cross checking Materia Medica

Nat. Mur is suited to patient's symptoms as a whole. Mental symptoms such as consolation, weeping tendency are match. And physical symptoms are also match with the totality, so based on this Nat. Mur Is prescribed.

**Selection of dose and potency:** As per Organon of medicine on the basis of susceptibility of patient potency was selected.

**Repetition of the dose:** as per Organon of medicine repeat the dose as if required.

**Prescription :**

**Date:** 7/6/2022

- NATRUM MURIATICUM 200 single dose
- SL 30/TDS X 7 days.

**Follow up :**

Date	Symptoms	Prescription
22/6/22	Patient having the same complaints	Rx , Nat. Mur. 200 single dose SL 30/TDS X 7 days
7/7/22	Anxiety is slightly decrease Jerking of hand is still present	Rx, SL 30/TDS X 7 days
8/8/22	Anxiety is reduce Physical symptoms present	Rx, Nat. Mur. 200 single dose
7/9/22	Relieve in physical symptoms Jerking is slight present	Rx, SL 30/TDS X 7 days
8/10/22	Reduction in the physical and mental complaints	Rx, SL 30/TDS X 7 days
31/12/22	No further complaints are present	Rx, SL 30/TDS X 7 days

**Before:**

PATHOLOGY LABORATORY			
TEST REPORT			
Name	Birthdate	Regd. Dt	Acc. ID
: [REDACTED]	: [REDACTED]	: 7/6/2022	: [REDACTED]
Age/Sex : 40 years / female	Status : [REDACTED]	Coll. Dt. TM : 7/6/2022	
Refd. By : [REDACTED]	PassportNo: [REDACTED]	Recd. Dt. Tm : 7/6/2022	
Sample : Serum (Blood in plain)	Mobile : [REDACTED]	Report Dt. Tm : 7/6/2022	
IMMUNOLOGY			
Test Name	Result	Unit	Biological Ref. Interval
FT3 (FREE T3)	1.9	pg/mL	2.3 - 4.2
FT4 (FREE T4)	0.5	ng/dl	0.78 - 2.19
TSH	6.5		0.4 - 4.2

**After**

PATHOLOGY LABORATORY			
TEST REPORT			
Name	Birthdate	Regd. Dt	Acc. ID
: [REDACTED]	: [REDACTED]	: 31/12/2022	: [REDACTED]
Age/Sex : 40 years / female	Status : [REDACTED]	Coll. Dt. TM : 31/12/2022	
Refd. By : [REDACTED]	PassportNo: [REDACTED]	Recd. Dt. Tm : 31/12/2022	
Sample : Serum (Blood in plain)	Mobile : [REDACTED]	Report Dt. Tm : 31/12/2022	
IMMUNOLOGY			
Test Name	Result	Unit	Biological Ref. Interval
FT3 (FREE T3)	2.7	pg/mL	2.3 - 4.2
FT4 (FREE T4)	0.2	ng/dl	0.78 - 2.19
TSH	4.2		0.4 - 4.2

## CONCLUSION:

Homoeopathy is the unique system of medicine, which works on the principle of 'individualisation'. It treats the patient as a whole considering the physical, mental and social sphere of the patient which constitutes the totality of the symptoms because it is the only guiding tool to the patient's similimum. When similimum is given, homeopathy has great scope for hypothyroidism cases. This case is one of the evidence-based case report that shows effectiveness of homoeopathic treatment not only in relieving the symptoms of hypothyroidism, but also in bringing favorable changes in pathology

## REFERENCE:

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# PUZZLE

Created by :



**Yashoda Sadhu**  
4th Year



**Nimisha Mayavanshi**  
4th Year

## Questions

1. A remedy for dwarfish children & elders.
2. Stony, hard, scrofulous or tuberculous swelling of glands, especially on lower jaw & throat.
3. Emaciation of the body especially neck.
4. Diabetes in patient who had h/o suppressed gonorrhoea
5. Menses at regular time, always better during menses.
6. Cholera like symptoms at the commencement of menstruation
7. Hard goitre, in dark haired persons, feels > after eating
8. A remedy for diabetes, which has an A/F or after anaesthetics.
9. A remedy for “old sinners” with impotence & gleet
10. Specific remedy for diabetes in children.





# QUIZ

1. A remedy for those who are fat & sluggish, body large & fat, but legs too thin looks like pumpkin on a stick.
2. “Never been well since puberty” - A female remedy
3. Metrorrhagia in young widows,  
She is apprehensive & has fear of heights.
4. Two remedies for Inflamed, painful breasts, must hold them firmly when going up or down the stairs.

1. Ammonium Mariaticum
2. Pulsatilla
3. Argentum Nitricum
4. Lac can, Bryonia

ANSWER



# CURRICULAR & CO-CURRICULAR ACTIVITIES



Foundation Course as per guideline by NCH, New Delhi For 1st BHMS students  
27/02/2023



Participation of 1st year Faculties in CBDC programme organized by NCH at Ahmedabad  
14/02/2023



Expert lecture of Dr. Archit Joshi of Zydus Hospital as joint venture of Department of Practice of Medicine and Community Medicine  
04/02/2023



Department of Practice of Medicine organized educational field visit to Zydus Hospital, Akshar Chowk, Vadodara  
27/01/2023



Department of Practice of Medicine organized symposium for 4th BHMS students  
25/01/2023



Department of Community Medicine celebrated International year of Millets 2023,organised events like poster and slogan making, cooking innovative millet - 23/01/2023

# CURRICULAR & CO-CURRICULAR ACTIVITIES



Department of Physiology & Biochemistry organised workshop for 1st BHMS students  
28/12/2023



Department of Homoeopathic Pharmacy organized workshop for 1st BHMS students  
22/12/2022



Department of Materia Medica organized, workshop for the students of 2nd BHMS  
06/12/2022



Department of Case taking and Repertory organized Symposium for 4th BHMS students



Department of Anatomy organized a workshop for students of 1st yr. BHMS.  
08/12/2022



Department of Practice of Medicine has organized a workshop for students of 4TH BHMS students  
07/12/2023



# EDUCATIONAL FIELD VISIT



Department of Community Medicine organised  
education field visit at PHC, Waghodia,  
for 4th BHMS students  
16/12/2022



Under Foundation Course students of 1st BHMS  
Visited PHC at Rustampura  
10/03/2023

# ACHIEVEMENT AWARDS



Dr B P Panda sir received degree of Doctorate (PhD) in Homoeopathy from Parul University



Expert lecture taken by Dr. Jayshree Rathva at malaria branch district Panchmahal, Godhra 17/02/2023



Participation of Dr. Briyal Patel in NABH training program. 05/02/2023



Participation of Dr. Mamta Tapas in NABH training program. 05/02/2023



Participation of Dr. Alpesh Jaisawal in NABH training program. 05/02/2023



Participation Dr. Kamal Patidar in NABH training program. 05/02/2023



# ACHIEVEMENT AWARDS



Participation of Dr. Jayshree Rathwa, in international Homoeopathic Seminar organized at Ahmedabad 29/01/2023



Participation of Dr. B.P.Panda sir in the orientation and interactive meet of Homoeopathic principals organized by NCH



Participation of Dr. Mamta Tapas in workshop on "Scientific writing" at Dr. M. P. K. H. M. C. Homoeopathy University, Jaipur. 21/01/2023



Participation of Dr. Hasina Mhaishale in workshop on "Scientific writing" at Dr. M. P. K. H. M. C. Homoeopathy University, Jaipur. 21/01/2023



Participation of Dr. Amol Pathak in workshop on "Scientific writing" at Dr. M. P. K. H. M. C. Homoeopathy University, Jaipur. 21/01/2023



Felicitations of students who achieved the STSH award 12/01/2023

# ACHIEVEMENT AWARDS



Expert lecture delivered  
by Dr. Jayshree Rathva at  
Bhargava Homoeopathic Medical college, Dehmi  
29/12/2022



Participation of Dr. Jayshree Rathva in  
CME program organized  
by Dr. M. L. Dhawale P.G Institute Palghar.  
14/12/2022



Priyanka Yadav student of 4th BHMS of PIHR  
secured 1ST rank in 5000 m running event  
at an intercollege tournament  
and also got selected for AIU.  
13/12/2022



Participation of all teaching faculties –  
Workshop on orientation to research in Homoeopathy  
by Dr. Abhijit Dutta at Dr J. K. Patel memorial seminar hall  
11/03/2023



Participation of all teaching faculties  
– Workshop on orientation to research in Homoeopathy  
by Dr. Shubhmoy Ghosh at Dr J. K. Patel memorial seminar hall  
12/03/2023



# HOSPITAL ACTIVITIES



Health Camp organized by Parul Institute of Homoeopathy and Research Hospital & NSS unit of PIHR at Goraj Primary School  
20/02/2023



PIHRH in collaboration with Department of Practice of Medicine had organized Rheumatoid Arthritis awareness day for patients of PIHR Hospital.  
02/02/2023



Awareness program on NATIONAL LEPROSY DAY BY PIHRH in collaboration with department of Community Medicine and Social Responsive Cell  
30/01/2023



PIHRH in association with Lions Club Vadodara organized a Medical Health Check-up Camp at Shree Ram Mandir, Raghuveer Nagar, New Sama, Vadodara  
03/01/2023



Free Medical Health Check Up camp organized by Parul Institute of Homoeopathy and Research Hospital at Nutan Vidhyalaya, Subhanpura for Screening of Anaemia and BMI  
09/12/2023



Medical Health Check Up camp organized by Parul Institute of Homoeopathy & Research Hospital at Milk Cooperation society and Gram Panchayat of sui, Dist. Kheda  
14/03/2023



# DIFFERENT CELLS ACTIVITIES



Participation of Faculties and students of PIHR in Self-defence training workshop for girls safety organized by Women Development Cell, Parul University  
14/02/2023



Participation of students in poster competition on theme Gender equality at PIT, by Women Development Cell  
13/02/2023



Participation of NSS unit of PIHR in rally conducted by WHFS on the theme - Love Mother Earth  
11/02/2023



Celebration of Netaji Subhash Chandra Bose Jayanti at PIHR organized by event cell.  
23/01/2023



Celebration of National Youth Day by event cell  
12/01/2023



Celebration of "World Anticorruption Day" organized by the event cell  
09/12/2022

# DIFFERENT CELLS ACTIVITIES



Different cultural activity conducted by Women Development Cell on the occasion of International Women's day.



Participation of students in different activities in Annual Fest- DHOOM  
01/03/2023



On the occasion of World Kidney Day, PIHRH and Social Responsive Cell organized Awareness Programme among Patients  
10/03/2023



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