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CONSTITUTIONAL HOMEOPATHIC MANAGEMENT OF HYPOTHYROIDISM: A CASE REPORT FROM DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Hypothyroidism is a common endocrine disorder frequently associated with weight gain, fatigue, menstrual irregularities, hair fall, musculoskeletal complaints, and reduced quality of life. This case report presents a female IT professional suffering from hypothyroidism since 2017, initially diagnosed during pregnancy, associated with allergic rhinitis since childhood, weight gain, facial puffiness, hair fall, acne, musculoskeletal pains, and menstrual irregularities. Despite long-term Thyronorm therapy, she continued to experience constitutional and metabolic disturbances. Individualized constitutional homeopathic treatment based on the totality of symptoms resulted in improvement in energy levels, reduction in weight, regularization of menses, reduction of allergic episodes, improved emotional stability, and restoration of overall well-being. Sustained remission was maintained for more than six months, demonstrating a significant clinical transformation achieved at Dr Batra's Homeopathy Clinic.

Keywords

Hypothyroidism, Allergic Rhinitis, Weight Gain, Acne, Homeopathy, Constitutional Treatment, Thyroid Disorders

Introduction

Hypothyroidism is a chronic endocrine disorder resulting from inadequate thyroid hormone production. It commonly manifests with fatigue, weight gain, puffiness, menstrual disturbances, hair fall, musculoskeletal pain, constipation, depression, and cognitive slowing.

Women often develop thyroid dysfunction during pregnancy or the postpartum period due to hormonal and immunological changes. Associated allergic disorders, metabolic disturbances, and emotional stress can further complicate disease progression.

Homeopathy adopts an individualized constitutional approach, considering mental characteristics, physical generals, endocrine dysfunction, and associated pathology to stimulate restoration of health.

This report describes successful constitutional management of hypothyroidism associated with allergic rhinitis, obesity tendency, acne, and hormonal imbalance.

Case Profile

Age: Female Adult

Occupation: IT Professional

Marital Status: Married

Residence: Bangalore

Children: Two

Chief Complaints

Hypothyroidism Since 2017

- Diagnosed during first pregnancy
- Started on Eltroxin
- Stopped after delivery
- Restarted Thyronorm 50 mcg during second pregnancy
- Persistent symptoms despite medication

Associated Complaints

- Weight gain
- Puffiness of face
- General weakness
- Hair fall
- Facial acne
- Fatigue
- Reduced activity levels

Musculoskeletal Complaints — Right Shoulder Pain

- Extending to right arm
- Boring type pain
- Worse on exertion
- Better by pressure

Ankle Pain

- Worse on prolonged standing

Allergic Rhinitis Since Childhood

- Sneezing
- Dust allergy

- Cold aggravation
- Recurrent upper respiratory complaints

History of Present Illness

The patient remained asymptomatic until her first pregnancy when hypothyroidism was diagnosed during routine investigations in 2017.

She was started on thyroid replacement therapy which was discontinued after delivery. During her second pregnancy, thyroid dysfunction recurred and Thyronorm 50 mcg was restarted.

Over the subsequent years she experienced progressive weight gain, puffiness of the face, weakness, hair fall, acne eruptions, and musculoskeletal pains.

The patient was particularly concerned about:

- Inability to reduce weight
- Persistent fatigue
- Hair fall
- Facial acne
- Recurrent allergic episodes

Past History

No major systemic illness. No surgical history.

Family History

Not significant for thyroid disease. One brother.

Investigations — 18 May 2025

Investigation	Result
Hb	12.8 g/dL
HbA1c	4.6%
Total Cholesterol	157 mg/dL
Triglycerides	156 mg/dL
HDL	27 mg/dL
LDL	113 mg/dL
TSH	9.6 µIU/ml ↑
IgE	1540 IU/ml ↑

Personal History

Parameter	Findings
Appetite	Normal
Desire	Spicy food, Chicken

Aversion	Sweets, Mutton, Smell of dried fish
Thirst	Decreased
Thermals	Chilly
Sleep	Unrefreshing
Menses	Irregular
Perspiration	Normal
Bathing	Hot water
Preference	AC

Detailed Mental Generals

The patient grew up in a close-knit family and remained particularly attached to her mother. From childhood she was shy but gradually became more extroverted with age.

She described herself as ambitious, perfectionistic, punctual, and highly responsible regarding work commitments. She enjoyed her profession and constantly pursued career growth.

Emotionally she preferred company and disliked isolation. During stressful situations she experienced anxiety and negative thoughts, although she consciously tried to replace them with positive thinking.

Conflicts with her husband affected her deeply. Initially she became angry, later felt sad, and eventually normalized emotionally. She was particularly sensitive when loved ones became ill.

Major life stressors included:

- Work-related stress
- Balancing career and family
- Childcare responsibilities
- Marital disagreements

Characteristic Mental Symptoms

- Desire for company
- Ambitious
- Fastidious
- Perfectionist
- Punctual
- Sensitive to relationships
- Anxiety from stress
- Negative thoughts with effort to overcome them
- Emotional dependence on family
- Anger followed by sadness

Clinical Diagnosis

Primary Diagnosis: Hypothyroidism

Associated Diagnoses:

- Allergic Rhinitis
- Obesity / Weight Gain
- Acne Vulgaris

Homeopathic Analysis

Mental Generals:

- Desire for company
- Ambitious
- Fastidious
- Perfectionist
- Sensitive emotionally
- Anxiety from stress
- Pessimistic tendencies

Physical Generals:

- Chilly patient
- Desire spicy food
- Desire chicken
- Aversion sweets
- Decreased thirst
- Unrefreshing sleep

Particular Symptoms:

- Hypothyroidism
- Weight gain
- Facial puffiness
- Hair fall
- Acne
- Dust allergy
- Sneezing
- Shoulder pain
- Ankle pain

Totality of Symptoms

1. Mind – Desire for company
2. Mind – Ambitious
3. Mind – Fastidious
4. Mind – Pessimistic thoughts

5. Generalities – Chilly patient
6. Generalities – Desire spicy food
7. Generalities – Aversion sweets
8. Generalities – Decreased thirst
9. Nose – Allergic rhinitis
10. Skin – Acne
11. Hair – Hair fall
12. Endocrine – Hypothyroidism
13. Generalities – Weight gain

Remedies	Aus.	Rux.v.	Ara.	Caust.	Sulph.	Nat-m.	Phos.	Lyc.	Calc.	Sep.	Al.	Arg-n.	Aur.	Carc.	Graph.	Kali.c.	Nit-ac.	Kali.p.	Aur-m-n.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	11	10	10	10	10	10	9	9	9	8	8	8	8	8	7	7	7	7	7
Intensity	17	22	19	19	18	16	22	17	15	15	14	12	12	10	17	15	13	12	11
Result	11/17	10/22	10/19	10/19	10/18	10/16	9/22	9/17	9/15	8/15	8/14	8/12	8/12	8/10	7/17	7/15	7/13	7/12	7/11
Clipboard 1																			
MIND - PESSIMIST	1	2	1	1		2			1	1		1	1				2	1	1
MIND - AMBITION - increased	1	3	1	2	2	1	1	1	1	1	1	1	1	1	1	1			2
MIND - COMPANY - desire for	2	2	3	1	1	1	4	3	2	2	1	3	1	1		3	1	2	1
MIND - FASTIDIOUS	1	2	3	2	1	2	1	1	1	1	1	1	1	2	2	2		1	2
GENERAL - FOOD and DRINKS - sweets - aversion	1	1	2	2	2	1	2	2	1		1	2		1	3	2	1		
GENERAL - FOOD and DRINKS - spices - desire	2	2	1	1	3	1	3	1		1		1	1	2			1	1	3
GENERAL - FOOD and DRINKS - chicken - desire	1	1		1	1	1	2						1	2				1	
GENERAL - HEAT - lack of vital heat	2	3	2	3	2	2	3	2	3	2	3	2	2		3	3	3	3	2
GENERAL - COLD - agg.	2	3	3	3	2	2	2	3	3	2	3	1	2	1	3	3	3	3	
GENERAL - DUST - agg.	1		1		1			1	1		1								
FACE - ERUPTIONS - acne	3	3	2	3	3	3	3	3	2	4	3		3	1	3	1	2		1

Figure 1: Repertorization sheet showing rubrics and remedy scores

Remedy Selection

Constitutional Remedy — Pulsatilla 200C

Selected based on:

- Desire for company
- Emotional dependence
- Fastidious nature
- Ambitious disposition
- Desire spicy food
- Aversion sweets
- Allergic tendency
- Acne
- Hormonal disturbances

Acute Remedy — Nux Vomica

Selected for:

- Chilly constitution
- Digestive sensitivity
- Spicy food desire
- Cold aggravation

Intercurrent Remedy — Arsenicum Album

Selected because of:

- Desire for company
- Anxiety tendencies
- Ambition
- Chilly patient
- Skin complaints
- Allergic tendencies

Differential Remedies Considered

Pulsatilla — Selected due to emotional dependence, hormonal imbalance, company desire, and constitutional correspondence.

Thyroidinum — Considered because of thyroid dysfunction but lacked complete constitutional similarity.

Calcarea Carbonica — Considered because of weight gain and endocrine involvement but mental and physical generals were not sufficiently characteristic.

Miasmatic Assessment

Symptom	Psora	Sycosis
Allergic Rhinitis	✓	
Acne	✓	
Weight Gain		✓
Thyroid Dysfunction		✓
Warts		✓
Hormonal Disturbance		✓

Predominant Miasm: Psoro-Sycotic

Follow-Up Summary

Date	Progress
Oct 2025	Felt active, no tiredness, concerned about weight. Regular exercise advised.

Dec 2025	No fatigue. Rhinitis episodes reduced. Anger towards husband expressed during stress.
Jan 2026	Menses regular. Physical generals improved.
Feb 2026	Active and energetic. Mild sneezing only after cold exposure.
Mar 2026	Weight reduction observed. Emotionally stable. Warts appeared over neck.
Apr 2026	Significant weight loss. No tiredness. Regular physical activity.
May 2026	Stable energy levels. No fatigue. Mild exertional back pain only.
Jun 2026	Work stress increased. Exercise irregular. Mild tiredness reappeared but overall health remained improved.



Figure 2: Thyroid function laboratory reports — before and after treatment

Transformation Table

Parameter	Before Treatment	After Treatment
Fatigue	Persistent	Absent
Facial Puffiness	Present	Markedly Reduced
Weight Gain	Progressive	Weight Reduction Achieved
Hair Fall	Active	Improved
Acne	Persistent	Reduced
Allergic Rhinitis	Frequent	Markedly Reduced
Sneezing	Recurrent	Occasional
Menses	Irregular	Regular
Energy Levels	Low	Active

Emotional Stability	Disturbed	Stable
Work Efficiency	Reduced	Improved

Discussion

This case highlights successful constitutional management of hypothyroidism associated with allergic rhinitis and hormonal imbalance. The onset of thyroid dysfunction during pregnancy suggested an endocrine susceptibility triggered by hormonal changes.

The constitutional picture was dominated by company desire, ambition, perfectionism, emotional sensitivity, desire for spicy food, aversion to sweets, chilly constitution, and allergic tendencies. These symptoms guided remedy selection more strongly than the thyroid pathology itself.

Improvement followed a favorable pattern. Energy levels improved first, followed by reduction in fatigue, regularization of menses, improvement in allergic symptoms, and gradual reduction in weight. Emotional stability improved considerably, allowing the patient to cope better with work and family responsibilities.

The associated allergic rhinitis, acne, and hair fall also showed parallel improvement, suggesting a constitutional rather than purely symptomatic response.

The emergence of mild symptoms during periods of occupational stress further highlighted the role of maintaining causes in chronic endocrine disorders.

Conclusion

This case demonstrates successful constitutional homeopathic management of hypothyroidism associated with allergic rhinitis, acne, hair fall, weight gain, and hormonal imbalance. Significant improvement was achieved in energy levels, menstrual regularity, allergic symptoms, emotional health, and metabolic function. Sustained remission was maintained for more than six months with marked enhancement in quality of life. The case documents a noteworthy clinical transformation achieved at Dr Batra's Homeopathy Clinic.

Learning from the Case

- Pregnancy may act as a trigger for latent thyroid dysfunction.
- Constitutional prescribing often improves associated endocrine, allergic, and emotional symptoms simultaneously.
- Lifestyle modification and dietary correction play a crucial supportive role.
- Work stress can act as a maintaining cause in chronic endocrine disorders.
- Long-term improvement requires constitutional and holistic management.

HRQL (Health Related Quality of Life)

Before treatment, the patient experienced fatigue, weight gain, emotional instability, menstrual irregularity, and recurrent allergic complaints affecting daily productivity and confidence. Following treatment, she reported improved energy, better emotional balance, regular menstrual cycles, reduced allergy symptoms, increased activity levels, and enhanced ability to focus on work and family responsibilities.