

Original Research Article

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ROLE OF HOMOEOPATHIC MEDICINE *NATRUM MURIATICUM* IN CASES OF HYPOTHYROIDISM: A CASE SERIES

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Abstract

The most common thyroid condition affecting people worldwide is hypothyroidism. Thyroid disease is currently the second most prevalent endocrine condition in India, after diabetes mellitus. It is more common in women, and the risk rises with advancing age and in people who have a family history of thyroid issues. The primary goal of the allopathic medical system is to give patients thyroid hormone for the duration of their lives. For hypothyroidism, homoeopathy is the most effective holistic treatment. We report 3 cases of Hypothyroidism where Homoeopathy has proved its efficacy. The hypothyroidism diagnosis was validated by the TSH data. Following case assessment, Natrium Muriaticum was recommended based on the entirety of the patient's symptoms. The clinical improvement and TSH readings obtained during the follow-up appointment served as official proof of the efficacy of homoeopathic medications in stimulating the thyroid gland to release hormones normally.

Keywords: Hypothyroidism, Natrum muriaticum, Homoeopathy

Introduction

Hypothyroidism is a condition in which there is insufficient synthesis and release of thyroid gland. Thyroid hormones regulate the metabolism of whole body. Iodine deficiency remains the most common cause of hypothyroidism worldwide.¹ Major regulators of several essential organ systems are thyroid hormones. Thus, it follows that all of the body's major organs are impacted when there is a deficiency in hormone synthesis. Many people seek medical attention months or years after the disease onset, as symptoms and indicators gradually worsen. Because hypothyroidism is frequently associated with autoimmunity, it is more common in the female population. Before signs of a major system involvement arise, the disease's early symptoms, such as dry, coarse skin and cold sensitivity, may go unnoticed.² Among its many manifestations, hypothyroidism frequently involves the central nervous system. It can cause significant muscular pain as well as numerous effects on the central and peripheral nervous systems.³

Case-1

Case Study: The reported case is 22 years old, female, Hindu, vegetarian, Housewife, Residing in rural area and belonging to a middle socio-economic family, who came to our OPD (2090) of 20/08/2023 with the complaint of

1. Pain in throat.
2. Changeable appetite.
3. Irritability and anger.
4. Thinning of hair.
5. Angry and Confused minded.
6. High Thyroid stimulating Hormone (TSH) level in Thyroid Function test (TFT) report (Figure 1).

Treatment History – She took allopathic treatment since 4 years, but only temporary relief was obtained.

Family History – Mother have history of Hypothyroidism, Father and all siblings are healthy.

Patient as whole:-

Appetite- Changeable, sometimes 4 chapati/ meal or sometimes 2chapati/meal and 2 Meals/Day.

Desire – Salty things and spicy food.

Thirst- Thirsty, drinks 3-4 Liters / day.

Stool- once a day, satisfactory, hard solid.

Urine- Pale yellow, non-offensive. Can't pass urine in front of others.

Perspiration- Specially on nose. Oily face.

Thermal reaction- Hot.

Mentals– Angry. Absent minded, Forgetful.

General examination: Patient was apparently healthy looking. Anaemia/pallor - Absent, facies- absent, cyanosis- absent, deformity-absent, oedema - absent, skin- dry, cachexia/ emaciation-absent, weight – 48 kg, SpO2- 98%, temperature – Afebrile, height – 166cm, built – ectomorphic, blood pressure- 120/80 mm Hg, respiratory rate - 18/ min, tongue – clean, pulse 78/min.

Local examination: No any swelling noticed on throat.

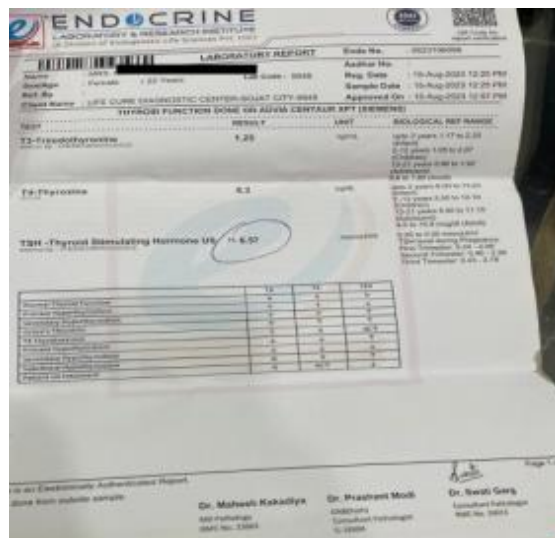


Figure1 : Pre Treatment

Table 1: Evaluation and Miasmatic Analysis of symptoms.

Symptoms	Evaluation	Miasmatic analysis ⁴
Absent Minded	+3	Psora
Anger	+3	Syphilitic
Confused	+3	Psora
Cracked Lips	+2	Syphilitic
Salt Desire	+3	Sycotic-syphilitic

The screenshot displays a mobile application interface. The top section, titled 'List of Symptoms', shows a list of symptoms with checkboxes: FACE, CRACKED lips, upper lip, ...; MIND, ABSENT, MINDED (unobserving), ...; MIND, ANGER, irascibility, ...; MIND, CONFUSION of mind, ...; STOMACH, APPETITE, changeable; STOMACH, DESIRES, salt things; STOMACH, THIRST, ...; and THROAT, PAIN, ... The bottom section, titled 'Result of repertorization', shows a table with 8 symptoms listed on the left and 17 remedies (Natr, Phos, Calc, Nitr, Caust, Lach, Sulph, Verat, Merc, Rhus, Arg, Bell, Coc, Con, Sep, Sil, Acon) listed on the top. The table cells contain numerical values representing the repertorization results.

8 symptom(s)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Name of remedy	Natr	Phos	Calc	Nitr	Caust	Lach	Sulph	Verat	Merc	Rhus	Arg	Bell	Coc	Con	Sep	Sil	Acon
Symp. covered	8	7	7	7	6	6	6	6	5	5	5	6	6	5	5	5	5
Totality	20	15	14	13	13	13	13	13	12	13	12	12	11	11	12	12	11
1. FACE, CRACKED lips,...	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
2. MIND, ABSENT, MIND..	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
3. MIND, ANGER, irascib..	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
4. MIND, CONFUSION of..	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
5. STOMACH, APPETIT..	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
6. STOMACH, DESIRES, ..	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
7. STOMACH, THIRST, ...	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
8. THROAT, PAIN, ...	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11

Figure 2: Repertorization Sheet

Case Processing:-

Repertorisation: - In this case General symptoms were marked so this case was repertorised with the help of Synthesis repertory from RADAR 10.0 version. (Figure 1)

Selection of potency and dose:- Natrum Mur 1M was given in single dose along with Placebo / TDS for 1Month.

General Management –Avoid packed food, outside food. Try to manage stress.

Table 2:- Follow Ups during treatment.

Date	Change in symptoms	Prescription	Justification ⁵
05/08/2023	Same symptom present but severity decreased.	Nihilinum 1M stat dose. Placebo 30 TDS x 15 Days	Slight relief so not to disturb action of medicine according to Kent's observation.
20/08/2023	No pain in throat, Appetite good. No irritability, anger reduced.	Nihilinum 10M Stat dose. Placebo 30 TDS x 35 Days	Amelioration in complaints. As per Kent's observation not to disturb action of remedy.
25/09/2023	Pain in throat reappeared with decrease in appetite.	Natrum mur 10 M stat dose. Placebo 30 TDS x 40 Days	Reappearance of older symptoms. As per Kent same medicine in higher potency as prescribed.
15/10/2023	All the Symptoms relieved. General wellbeing.	Nihilinum CM Stat dose. Placebo 30 TDS x 45 Days	Relief in all complaints, no new complaints. As per Kent's observation, not to disturb action of medicine.
30/11/2023	Almost all symptoms Subside. General well being. Advised to get done TFT.	Nihilinum 1M stat dose Rubrum 30 TDS x 20 Days	No Symptoms so Rubrum 30 was prescribed.
20/12/2023	Normal level of TSH.(Figure 3)	Rubrum 30 BD x 7 Days	TFT Report was normal so Rubrum 30 prescribed.



Figure 3: Post treatment

Case-2

Case Study: The reported case is 28 years old, female, Hindu, vegetarian, Housewife, Residing in Urban area and belonging to a middle socio-economic family, who came to our OPD (1850) of 06/02/2023 with the complaint of

1. Pain in throat, change in voice noticed by patient.
2. Changeable appetite, mostly diminished.
3. Irritability and anger.
4. Silent Grief.
5. High Thyroid stimulating Hormone (TSH) level in Thyroid Function test (TFT) report (Figure 4).

Treatment History – She took allopathic treatment since 8 years, but only temporary relief was obtained. TSH level rise as soon as allopathic medicine withdrawal.

Family History – Mother and elder sister have history of Hypothyroidism, Father is healthy.

Patient as whole:-

Appetite- Changeable, sometimes 4 chapati/ meal or sometimes 2 chapati/meal and 2 Meals/Day.

Desire – Salty things and spicy food.

Thirst- Thirsty, drinks 3-4 Liters / day.

Stool- once a day, satisfactory, hard solid.

Urine- Pale yellow, non-offensive.

Perspiration- Not specific.

Thermal reaction- Hot.

Mentals– Angry ailments from grief. Silent grief. Aversion to company. Desire to live alone.

Weeping and tearful mood.

Sleep/Dreams- Disturbed due to Over thinking. Dreams of daily routine.

General examination: Patient was apparently healthy looking. Anaemia/pallor - Absent, facies- absent, cyanosis- absent, deformity-absent, oedema - absent, skin- dry, cachexia/ emaciation-absent, weight – 60 kg, SpO2- 98%, temperature – Afebrile, height – 166cm, built – ectomorphic, blood pressure- 130/80 mm Hg, respiratory rate - 18/ min, tongue – Mapped. pulse 82/min.

Local examination: No any Growth or swelling noticed on throat.



Figure 4: Pre treatment

Table 3: Evaluation and Miasmatic Analysis of symptoms.

Symptoms	Evaluation	Miasmatic analysis ⁴
Tearful mood	+3	Psora-Sycotic
Absent Minded	+3	Psora
Anger	+3	Syphilitic
Silent grief	+3	Syco –Syphilitic
Mapped tongue	+3	Syphilitic
Salt Desire	+3	Sycotic-syphilitic
Aversion to company	+3	Syco-Syphilitic

List of Symptoms

12/9/23 anonymous

☐ MIND, ABSENT, MINDED (unobserving), ...

☐ MIND, COMPANY, aversion to, presence of others, agg.

☐ MIND, CONSOLATION (kind words), agg., ...

☐ MIND, GRIEF, ailments, from

☐ MIND, GRIEF, silent, ...

☐ MIND, WEEPING, tearful mood, ...

☐ STOMACH, APPETITE, changeable

☐ STOMACH, DESIRES, salt things

☐ STOMACH, THIRST, ...

☐ THROAT, PAIN, ...

Result of repertorization

Name of remedy	Nat m	Ig	Phos	Calc	Bell	Quart	Lach	Muc	Went	Lic	Merc	Nat s	Plat	Silp	Sp
Symp. covered	10	7	8	7	6	7	8	7	8	7	7	7	7	7	6
Totally	27	19	17	15	13	13	14	15	13	14	14	14	14	14	14
1. MIND, ABSENT, MIND.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
2. MIND, COMPANY, ave.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
3. MIND, CONSOLATIO.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
4. MIND, GRIEF, ailment.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
5. MIND, GRIEF, silent, ...	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
6. MIND, WEEPING, tear.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
7. STOMACH, APPETIT.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
8. STOMACH, DESIRES.	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
9. STOMACH, THIRST, ...	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
10. THROAT, PAIN, ...	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I

Figure 5: Repertorization sheet

Case Processing:-

Repertorisation: - In this case General symptoms were marked so this case was repertorised with the help of Synthesis repertory from RADAR 10.0 version. (Figure -5)

Selection of potency and dose:- Natrum Mur 1M was given in single dose along with Placebo 30/ TDS for 1Month.

General Management –Avoid packed food, outside food. Try to manage stress.

Table 4:- Follow Ups during treatment.

Date	Change in symptoms	Prescription	Justification ⁵
21/02/2023	Irritability decrease. Sleep improve. Some present but severity decreased.	Nihilinum 1M stat dose. Placebo 30 TDS x 15 Days	Complaints better than before.As per Kent's observation , not to disturb action of medicine.
08/03/2023	No pain in throat, Appetite good. No irritability, anger reduced.	Nihilinum 10M Stat dose. Placebo 30 TDS x 35 Days	Relief in all complaints, no new complaints. As per Kent's observation , not to disturb action of medicine.

14/04/2023	All symptoms relieved.	Nehilinum 50M stat dose. Placebo 30 TDS x 40 Days	Symptoms relieved so Placebo was given.
24/04/2023	All the Symptoms relieved. General well being.	Nehilinum CM Stat dose. Placebo 30 TDS x 45 Days	Complaints better than before.As per Kent's observation , not to disturb action of medicine.
09/05/2023	Almost all symptoms Subside. General wellbeing. Advised to get done TFT.	Nihilinum 1M stat dose Rubrum30 TDS x 20 Days	No Symptoms so Rubrum 30 was prescribed.
30/06/2023	Normal level of TSH.(Figure 6)	Rubrum 30 BD x 7 Days	TFT Report was normal so Rubrum 30 prescribed.

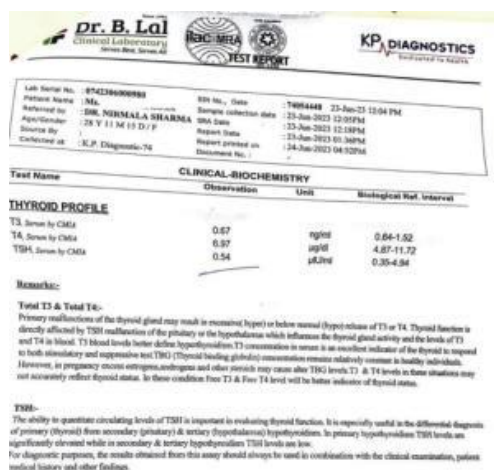


Figure 6: Post treatment

Case-3

Case Study: The reported case is 42 years old, female, Hindu, vegetarian, Housewife, Residing in Urban area and belonging to a lower socio-economic family, who came to our OPD (3001) on 10/11/2023 with the following complaints since 3 months:

- 1.Weakness <night
- 2.Vertigo < morning

3. Constipation with difficult stool

4. High Thyroid stimulating Hormone (TSH) level in Thyroid Function test (TFT) report (Figure 7).

Treatment History – She took allopathic treatment for weakness and constipation since 1 month but complaints were not relieved.

Family History – Mother has history of Diabetes Mellitus and younger sister have history of Hypothyroidism, Father is suffering from asthma.

Patient as whole:-

Appetite- 3 chapati/ meal , 2 Meals/Day, satisfactory.

Desire – Fruits.

Thirst- Thirstless, drinks 1 Litre / day.

Stool- once a day, constipation with difficult to pass.

Urine- D3-4N0-1, Pale yellow, non-offensive.

Perspiration- Profuse , non offensive , non staining.

Thermal reaction- Hot.

Mentals– Patient was reserved and not expressing herself. Attendants confirmed that whenever she weeps and if someone tries to console then she gets more lacrimose. She had hurried nature and does everything in great hurry.

Sleep/Dreams- 7-8 hours / day , sound and refreshing with no specific dreams.

General examination: Patient was apparently healthy looking. Anaemia/pallor - Absent, facies- absent, cyanosis- absent, deformity-absent, oedema - absent, skin- dry, cachexia/emaciation-present, weight – 54 kg, SpO₂- 98%, temperature – Afebrile, height – 166cm, built – ectomorphic, blood pressure- 132/82 mm Hg, respiratory rate - 14/ min, tongue – Clear ,Pulse-83/min.

Local examination: No Growth or swelling noticed around throat.



Figure 7: Pre treatment

Table 5: Evaluation and Miasmatic Analysis of symptoms.

Symptoms	Evaluation	Miasmatic analysis ⁴
Weeping < consolation	+3	Sycotic
Hurried	+3	Psora
Desire for fruits	+2	Psora
Thirstlessness	+2	Sycotic
Constipation with difficult stool	+2	Psora
Weakness < night	+3	Syco –Syphilitic
Perspiration profuse	+2	Psora
Vertigo < morning	+1	Sycotic

Case Processing:-

Repertorisation: - In this case General symptoms were marked so this case was repertorised with the help of Synthesis repertory from RADAR 10.0 version. (Figure - 8)

Figure 8: Repertorization sheet

Selection of potency and dose:- Natrum Mur 200 single dose along with Placebo 30 /TDS was for 15 days.

General Management – Eat green leafy vegetables , drink plenty of water.

Table 6:- Follow Ups during treatment.

Date	Change in symptoms	Prescription	Justification ⁵
24/11/2023	Relief in constipation. Relief in vertigo.	Nehilinum 1M Stat dose. Placebo 30 TDS x 7 Days	Slight relief so not to disturb action of medicine according to Kent's observation.
1/12/2023	Relief in constipation. No episode of vertigo. Weakness slightly decreased	Nihilinum 1M stat dose. Placebo 30 TDS x 15 Days	Amelioration in complaints. As per Kent's observation not to disturb action of remedy.
15/12/2023	Weakness persisting . 2 episodes of vertigo in 1 week.	Natrum mur 1 M Stat dose. Placebo 30 TDS x 15 Days	Reappearance of older symptoms.As per Kent same medicine in higher potency as prescribed.
30/12/2023	Relief in constipation , weakness. No episode of vertigo.	Nehilinum 50M stat dose. Placebo 30 TDS x 10 Days	Relief in all complaints, no new complaints. As per Kent's observation , not to disturb action of medicine.
10/01/2024	All the Symptoms relieved.	Nehilinum CM Stat dose. Placebo 30 TDS x 10 Days	Relief in all complaints and placebo was given as per Kent's observation.
20/01/2024	Normal level of TSH.(Figure 9)	Rubrum 30 BD x 15 Days	TFT Report was normal so Rubrum 30 prescribed.

 PRECISION PATH LAB T-12, Shree Path, Panchsarovar, (near HBT KTD Bldg) Phone : +91-181-2786 117, 2549 22 52-52 www.precisionpathlab.com				
CLINICAL HISTORY Lab No: 100296204002 Reg No: 886657 Patient Name: [REDACTED] Age/Sex: 42 YRS : F Comments: Referred by: DR. NETA SHARMA Collected On: 10-Jan-24 10:26 AM Received On: 10-Jan-24 12:05 PM Reported On: 19-Jan-24 09:50PM Requested On: 19-Jan-24 18:25 PM				
IMMUNOLOGY				
Test Name	Observed Value Status Unit Bio Ref Interval			
THYROID PROFILE (STATIM)				
T3, Serum by CMIA	100.9		ng/dL	59-159
T4, Serum by CMIA	94.97		ug/dL	4.87-11.72
TSH, Serum by vCIMA	2.65		uIU/mL	0.26-4.94
The results are generated using standard assay kit. ERM				
Level of evidence	SS	SI	SI	
	2023/11	2023/11	2023/11	
Ref. Period	01/01/2023 - 31/03/2023	01/04/2023 - 31/03/2024	01/04/2024 - 31/03/2025	
1st Version	01/01/2023	01/04/2023	01/04/2024	
2nd Version	01/01/2023	01/04/2023	01/04/2024	
***** End of Report *****				
Doctor's Signature: [Signature] Dr. Anandhok Agarwal T-12, Shree Path, Panchsarovar HBT KTD Bldg B-12, Reg No - 28962				
The result has been Agreed (Signature)				
				

Figure 9 : Post treatment

Discussion and Conclusion

In homoeopathy, the illness is treated by efficiently stimulating the thyroid gland's function, which acts on the body's immune level rather than by replacing the shortfall. When treating thyroid problems with traditional allopathic methods, a lifetime supplement regimen is required. Even if the patient's history, symptoms, and current TSH level are taken into account while determining the dosage for this lifelong levothyroxin therapy, there are several adverse reactions linked to it.

A study published in peer review journal - A prospective randomized clinical study was conducted as single group, experimental, pre and post study devoid of control. On the basis of detailed case history and repertorization, group of remedies were founded (Nat. mur, Calc. carb, Lycopodium, Ignatia amara) This study concludes that Natrum Muriaticum 1M was effective in the management of hypothyroidism.⁶

The results of this case series demonstrated the effectiveness of natrum muriaticum in treating patients with primary hypothyroidism.

However, since this is a single case series, further carefully thought-out research may be pursued for objective confirmation. in order for it to be advantageous in practical practice.

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