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**KAKASAHEB MHASKE HOMOEOPATHIC MEDICAL  
COLLEGE & HOSPITAL & POST GRADUATE INSTITUTE**  
NAGAPUR, AHMEDNAGAR - 414 111 (M.S.)

College & Fax : 0241 - 2415382, (Office) 2779358 (Principal) Mob : 9226593830  
E-mail : principalkmhmc@gmail.com, kmhmc@hotmail.com, WEB : www.kmhmc.org.in

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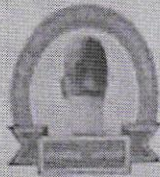
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**Part III 5**

**Research Work :-**

Sr no	Name of Student	UG /PG/ Teacher	Research Title
1	Dr Bhoj Nilima Dinesh	Teacher	"THE THERAPEUTIC ROLE OF RHUS TOX IN MANAGEMENT OF HERPIX SIMPLEX VIRUS INFECTION : A PROSPECTIVE CASE SERIES STUDY".  "A PROSPECTIVE, OPEN - LABEL CLINICAL STUDY OF THE EFFICACY OF CALCAREA GROUP REMEDIES IN OBESITY".
2	Dr Pathak Nivedita N.	Teacher	"HOMOEOPATHIC TREATMENT OF HYPOTHYROIDISM SPECIAL EMPHASIS ON INDIVIDUALIZATION:A CASE REPORT"

**PRINCIPAL**  
**Kakasaheb Mhaske Homoeopathic  
Medical College, Hospital & Post.  
Graduate Institute, Ahmednagar**



**HOMOEOPATHIC TREATMENT OF HYPOTHYROIDISM  
 SPECIAL EMPHESIS ON INDIVIDUALIZATION : A CASE REPORT**

**INTRODUCTION:** Hypothyroidism is the most common thyroid dysfunction that affects people globally. At present, thyroid disease forms the second most common endocrine disorder in India next only to diabetes mellitus. It occurs more in females, and the risk increases with age and those with a family history of thyroid problem. The main aim of homeopathic system of medicine is to provide thyroid hormone for the rest of life of the patient. Homeopathy is the best holistic therapy for hypothyroidism. The aim of homeopathic treatment in this case study is to stimulate the body's homeostatic mechanisms. In order to achieve this, we have to give the right stimulus at the right time on the basis of individualization. Individualizing approach is more useful in solving cases of hypothyroidism application of this approach is highlighted in this case study. Thus homeopathy should be the first choice for hypothyroidism as it acts quickly and effectively bringing the disease from its roots.

**GESTURE**

- Frequent shivering, especially over a narrow strip of a breast or whole & increased in heat.
- "Powers & heat"
- Hyperaesthesia, cold.
- Looking down with the chin.
- Frequent, small sneezing.
- Frequent nose running, the nose cold, which runs outwards or upwards & moist mucus.
- Inflamed in cold, the disease constitutional nature.
- The cold state is a prostration, is protracted & repeated attacks.
- Affects the work of the surface - the central and R.M.T.
- Irritable, nervous, sleep and perspiration.
- Cannot see feelings of depression without help of drugs - Characteristic, the same disposition is common.

**FACE**

- Heavy persons.
- Greasy.
- Withdrawn.
- Pink, puffly face to robust flagellating.
- Dry looking wrinkled (Due to heat depletion).
- Greasy, shiny sweat.
- Oily, shiny as if greasy.
- Old looking.

**CASE SUMMARY:** We report a case of 33 year old female presented with enlarged thyroid gland with throat pain occasionally, and irregular menses treated effectively with homeopathic medicines without any conventional supplement. The TSH report confirmed the diagnosis of hypothyroidism. After case taking, *Natrum Muraticum 200 C* was prescribed on the basis of totality of symptoms and more on Emphasis on individualizing characteristics. Physical general symptoms of patient, TSH reports during follow up visit and the symptomatic improvement provided documentary evidence about the effectiveness of homeopathic medicines to stimulate thyroid gland to produce normal production of hormones.

*The Effects of*  
**Hypothyroidism**  
 ON YOUR BODY

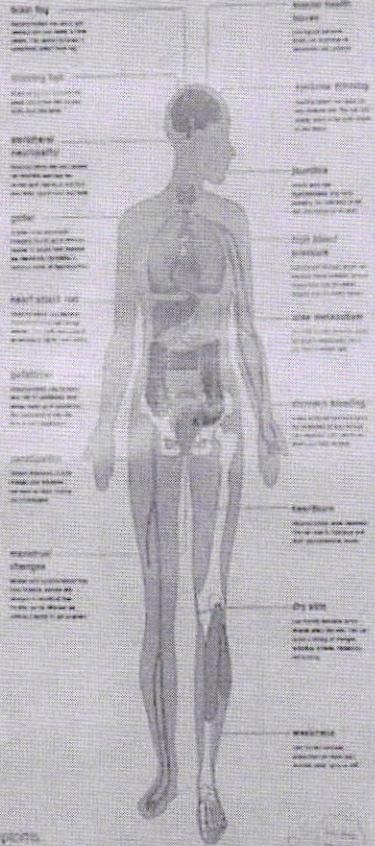
The thyroid gland is a butterfly-shaped gland in your neck. The gland produces hormones that control your body's energy level. When you have hypothyroidism, your thyroid gland doesn't produce enough thyroid hormone. This can affect many of the systems in your body.

A female presented with enlargement of thyroid gland and swelling throves on degeneration with throat pain occasionally since 2 years. She had amenorrhea for 6 months. She also has hair fall, acne and oily face. She was under thyroid hormone supplement on daily basis for 1 year but when the thyroid profile showed normal results, she stopped the supplement on her own without any expert opinion. Subsequently her presenting complaints appeared and she came to consultation at the GPD case taking done.

**Common Symptoms of Hypothyroidism in Women**

- Fatigue
- Weight gain
- Hair loss
- Dry skin
- Depression
- Constipation
- Cold intolerance
- Muscle aches
- Hoarseness
- Heavy menstrual periods
- Hair thinning
- Dry eyes
- Protruding tongue

On local examination she had Grade 3 swelling thyroid swelling visible without hyperaesthesia neck. Diagnosis was confirmed by and TSH reports; TSH report showed high value of 265.90  $\mu$ U/ml. Considering the above symptoms, homeopathic medicine was selected and it was confirmed by systematic repertorization in *synopsis repertory* using *Boenigk*.



**CONCLUSION:** In Homeopathy, we treat the disease not by supplementing the deficiency, but by the stimulation of function of thyroid gland on the body effectively, it acts on the body at the level of immunity. In case of conventional allopathic treatment, thyroid dysfunction entails a lifelong regimen of supplements. There are many adverse reactions associated with the lifelong levothyroxin therapy even though the dosage is determined and regulated by patient's history, symptoms and current TSH level.

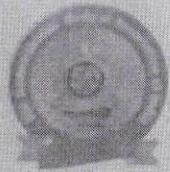
1st dose of medicine, TSH levels tend to reduce and subsequently with further doses established hormonal balance in a short span of time. Subsequently her thyroid swelling reduced, her menses became regular, her anxiety reduced, acne and hair fall improved. The case was followed up for 1 year to ensure the stability of the general improvement of the patient.

**KEYWORDS:** Hypothyroidism, Case report, Homeopathy, Totality of symptoms.



Name of Author: Dr. Nivedita Nandkumar Patil - M.D.(Hom.), Ph.D.(Sch.)  
 Department of Organon of Medicine and Homoeopathic Philosophy  
 Guru Mishri Homoeopathic Medical College and Hospital  
 Shriangon, Tq. Badnapur, Jalna, Maharashtra 431202  
 Mail ID: niveditapatil91@gmail.com | Mobile No: 8999051880, 9923629171

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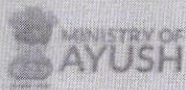
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This is to certify that Dr. Nivedita Nandakumar Pathak  
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