



Hypothyroidism & Thyroidinum :- A Systematic Review

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ABSTRACT

Introduction:-

Hypothyroidism is a disorder in which the thyroid gland produces insufficient amounts of specific hormones. In the early stages of hypothyroidism, there may be no visible symptoms. Untreated hypothyroidism can lead to a variety of health issues over time, including obesity, joint discomfort, infertility, and heart disease. Thyroid nodules are seen in 1% of men and 5% of women, according to epidemiological research, and their frequency increases with age and in iodine-deficient populations

Method and Material –

The comprehensive search of literature was conducted from June 2021 followed by search databases from Google Scholar, Pub-med, web of science, conference proceeding. Search keywords like Homeopathy/Homoeopathy, Hypothyroidism, thyroidinum, clinical trials were used.

Results and Discussion –

This review highlights the details of 22 research article published by various researchers across the globe. Information was gathered from various preclinical studies, Original Articles, RCTs and Non RCTs were considered for this review. Articles were assessed on the bases of conclusion of the authors

Conclusion –

This study shows that the thyroidinum and Individual Homoeopathic remedies are effective in the treatment of Hypothyroidism but still the data available is less so we need further studies in respect to prove the efficacy of thyroidinum in thyroid cases.

Keywords – Homeopathy, Thyroid, Hypothyroidism, Thyroidinum, Clinical trials.

Introduction:-

As we all know, the medical world is full of health issues, and one of the most hotly debated topics right now is thyroid. Hypothyroidism is a disorder in which the thyroid gland produces insufficient amounts of specific hormones. In the early stages of hypothyroidism, there may be no visible symptoms. Untreated hypothyroidism can lead to a variety of health issues over time, including obesity, joint discomfort, infertility, and heart disease. **Thyroid nodules are seen in 1% of men and 5% of women**, according to epidemiological research, and their frequency increases with age and in iodine-deficient populations. At initially, hypothyroidism symptoms such as fatigue and weight gain may go unnoticed. You may also blame them on becoming older. However, as your metabolism slows, you may experience more evident symptoms. Fatigue, increased sensitivity to cold, constipation, and other hypothyroidism indications and symptoms include: Skin that is dry, gaining weight, Face puffy, Hoarseness, Muscle wasting, A high level of cholesterol in the blood, Aches, soreness, and rigidity in the muscles In your joints, you may have pain, stiffness, or swelling. A menstrual period that is heavier or irregular than usual. Hair thinning, Heart rate slowed, Depression, Memory problems, Thyroid gland enlargement (goiter). Hormonal treatment, which has been used for some years in modern medicine, can be used to treat this. Homoeopathy is a scientific system founded on the principle "similia similibus curantur," which means "let likes be cured by likes." It takes an individualistic approach to treating patients and treats them as a whole, free of sickness. Homeopathy is one of the most popular and effective supplementary and alternative medicine treatments. Although precise data on the usage of homoeopathy in thyroid patients isn't available, surveys of general practitioners suggest that a considerable number of patients may seek further guidance from homoeopaths. The goal of this systematic review was to see if the homoeopathic medicine Thyroidinum had a therapeutic effect on the thyroid because no systematic review of the evidence for homoeopathic treatment techniques for hypothyroidism had been done before.

Thyroidinum is a *homoeopathic drug* that targets the thyroid gland. A Sarcodes is a type of bacteria. (Trituration of a sheep or calf's fresh thyroid gland.) Attenuation of a gland extract in liquid form.) Thyroid has a tight relationship with the HEART, and it also has a general regulating effect on the

mechanism of the nourishment organs: growth and development. It has an impact on the central nervous system, the skin, and the left side of the body. A condition characterized by puffiness and obesity. Feels exhausted and unwell, has a high level of weariness, and wishes to lie down. Nervous tremors, fainting bouts, and tremors of the face and limbs The sensation is stabbing, splitting, and grasping. Choking. Rapid weight loss. Goitre. Tingling. Cretinism and myxoedema with hair loss. Children's development is disrupted. Weakness in children. In boys, there is an undescended testicle. Thyroid disease generates a strong need for big amounts of sugar. Fracture union is delayed in acromegaly. TETANY has a bad cold. Instantly. Hystero-epilepsy. As if a brisk breeze is blowing across the body. Rheumatoid arthritis is a type of arthritis that affects the joints. Oedema. Tumors of the mammary gland. Blood pressure is low.

Objectives

The objective of this review was to evaluate the efficacy and effectiveness of homeopathic medicine Thyroidinum in hypothyroidism.

Material and Methods:-

The comprehensive search of literature was conducted from June 2021 followed by search databases from Google Scholar, Pub-med, Web of science, conference proceeding. Search keywords like Homeopathy/Homoeopathy, Hypothyroidism, Thyroidinum, clinical studies/trials. The search was limited with English language of publication (excluding non-peer-reviewed journals). All the references were screened on the availability of Full text article and data was extracted. Research article highlighting effectiveness of Homeopathic medicine in cases of Hypothyroidism through RCT, Non RCT, Clinical trails, various case studies were included in this Review paper. Conclusion drawn from various research papers are mentioned in Table no 1.

Selection of Criteria

Inclusion Criteria

- Hypothyroidism with Homeopathic Intervention only.
- Both the Genders above the age group of 18.
- Articles based on Homeopathic Intervention and Thyroid for the last 20 yrs.
- Strictly English language articles
- Only full text original articles were included in this Review.

Exclusion Criteria:-

- Studies on thyroid based on other therapies.
- Abstract only
- In vivo/in vitro studies.
- Thyroid with other systemic illness.

Summary of Table No 1

Sr.No	Author Name	Title	Intervention	Result
1	J.M.Schmidt	Does a homeopathic ultramolecular dilution of Thyroidinum 30cH affect the rate of body weight reduction in fasting patients? A randomised placebo-controlled double-blind clinical trial	Randomised Controlled Trial. One group is on Thyroidinum and Group B is on Placebo	Patients receiving Thyroidinum had less weight reduction on day 2 after treatment than those receiving placebo. Yet, since no significant differences were found
2.	V.Satish kumar	Effectiveness of Natrum Muriaticum 1M on Reduction of TSH Level in Females between Age Group 35 to 55 Years	Homeopathic Remedy Nat muriaticum 1M	Study concludes that Natrum Muriaticum 1M was effective in the management of hypothyroidism.
3.	Tapas Kundu	Weaning of L-thyroxine in Hypothyroid Patients Using Homeopathic Medicines as an Add on Therapy: A Single Centred Retrospective Observational Study	Group A (receiving homeopathic medicines along with hormone replacement therapy) and Group B (receiving only homeopathic medicines)	Homeopathic medicine employed as primary therapy or adjunct to the conventional medicines can reduce the drug dependency and reduce the dosage of Lthyroxine.
4.	Ruma Debbarma	An open-label randomized pragmatic exploratory pilot trial to compare the effectiveness of	to compare the effectiveness of EA 200cH against individualized homeopathy	Both treatments seemed to be equally effective

		<i>Echinacea angustifolia</i> 200cH against individualized homoeopathic medicines in hypothyroidism		
5.	Kiruthiga S	Homoeopathic thyroidinum 3x-an adjuvant in the treatment of hypothyroidism	Thyroidinum 3X was introduced as an adjuvant (supportive therapy) along with synthetic Levothyroxine.	The combined therapy of homoeopathic remedy Thyroidinum 3X and Levothyroxine has beneficial effects. Remarkable weight loss and symptomatic relief was obtained with Thyroidinum 3X.
6.	Dr. Anwat Sangita	Efficacy of Homoeopathic Thyroidinum 3x in Hypothyroidism in Both Sexes between Age Group 20 to 40 Years	Homoeopathic Remedy THYROIDINUM 3X was used	The use of homoeopathic remedy Thyroidinum 3X has beneficial effects.
7.	Prajakta Ghare	A Clinical Study to See the Effect of Thyroidinum, a Homoeopathic Preparation on Thyroid Peroxidase Antibody in Subclinical Hypothyroidism of Age Group between 18-70 Years	Homoeopathic Thyroidinum was used	It concluded that Thyroidinum 3X has effect on anti TPO Ab titres and prevents progression to overt hypothyroidism
8.	V.Sathish Kumar	Homoeopathy for Anti- Thyroid Peroxidase Antibody Titer in Hashimoto's Thyroiditis- a Clinical Study	Individualized Homoeopathic Remedy	Individualized homoeopathic medicine was found effective in reducing the level of anti- TPO Ab titer in the treatment of Hypothyroidism

The above table shows the various researches by the authors across the globe which highlighted us above the effectiveness of the use of Homoeopathic medicines in cases of thyroid and found the treatment was effective and it also reduces the use of adjuvant treatment and marked weight loss, reduces obesity, reduced hair fall in the patients.

Table 2 : Characteristics symptoms of thyroidinum related to thyroid from different Materia Medica.

Sr.No	Name of book of Author	Characterstics of Thyroidinum
1.	Materia Medica by John Henry Clarke	Swelling of throat compelling her to loosen her clothes. Menses after an absence of four months returned excessively. Much left ovarian pain and tenderness. Thyroid very slightly enlarged.
2.	Allen's keynotes and characterstics by H.C. Allen	Gained a stone in weight. Lost weight enormously (may cases of myxedema). Rapid gain of flesh and strength. Anemia and debility.
3.	Keynotes of Homoeopathic Materia Medica by Dr. Adolph von Lippe	Rickets Cretinism Muscular weakness Easy fatigue Palpitation from least exertion
4.	Homoeopathic Materia Medica by William Boericke, M.D	Thyroid produces anemia, emaciation, muscular weakness, sweating, headache, nervous tremor of face and limbs, tingling sensations, heart rate increased. Thyroid weakness causes decided craving for large amount of sweets.
5.	Materia Medica Of Homoeopathic Medicines By Dr.S.R.Phatak	A state of puffiness and obesity. Feels Tired and sick, easy fatigue, wants to lie down, rapid emaciation, Goitre, Tingling, Myxoedema, with loss of hair and cretinism

Results:-

Search results

We retrieved 22 studies from the different databases and internet site searches. After manually removing 02 duplicate studies. After review independently screened 20 articles out of which 12 studies were excluded & 08 studies were included in current review by applying selection criteria (Figure 1). The primary reasons for excluding studies were as follows: only abstract articles, in vivo & vitro studies, Case studies & other languages & not original studies. Ultimately eight studies were included in the current review.

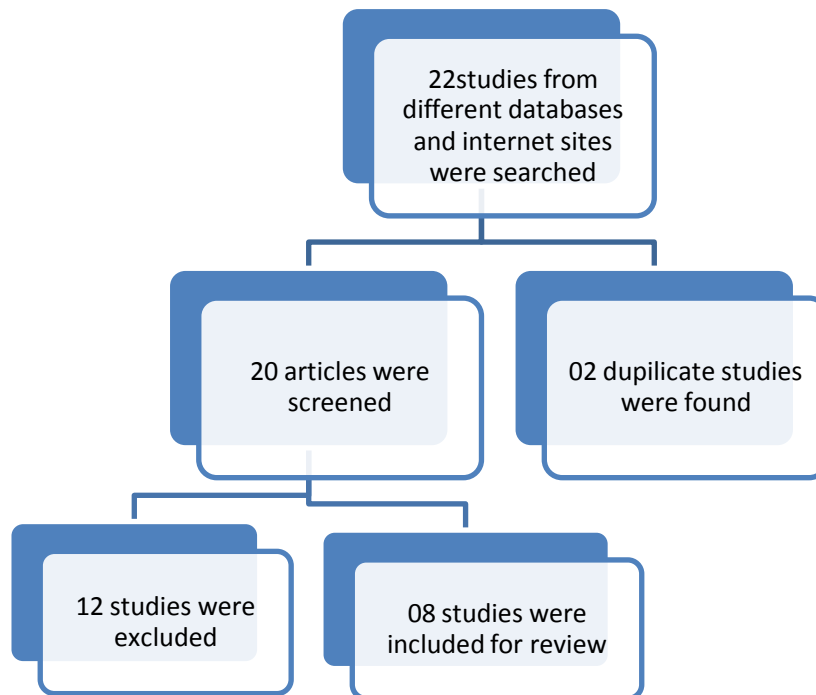


Figure 1:-Flow chart of the studies included in this review.

Discussion and Conclusion:-The main objective of the study was to see the effectiveness of Homoeopathic medicines in the cases of Thyroid. For this we retrieved 22 research papers out of which only 08 papers were included in this which shows the efficacy of Homoeopathy medicines in the treatment of thyroid cases and the most effectiveness seen by the Homoeopathy bio-chemic medicine Thyroidinum 3X has shown very good results in the treatment of Hypothyroidism which reduced the obesity, weight loss hair fall and helps in the fatigueness of patients. The only limitation was that we have very less no of researches and data is less available so for proving its efficacy we need more data and need more researches on this conducted through a large no of population by RCTs & Non RCTs. So that we Concluded that Homoeopathy has a major role in treating the thyroid cases and showing its effectiveness in further studies.

Conflict of interest –

Author declares no any conflict of interest

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