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## Evaluating the Efficacy of Homoeopathic Intervention in Hypothyroidism with Special Reference to Thyroidinum

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### ABSTRACT

Hypothyroidism is a common endocrine disorder characterized by means of reduced thyroid hormone production, often leading to various metabolic, cognitive, and systemic signs which include fatigue, weight gain, cold intolerance and menstrual irregularities. While conventional treatment ordinarily entails lifelong hormone substitute, an increasing number of patients are seeking alternative modalities like homoeopathy for safer and individualized care. The study emphasizes the ability of homoeopathy in enhancing thyroid function, reducing symptoms, and improving affected person best of existence. This examine explores the role of homoeopathy, focusing especially on the utility of the remedy Thyroidinum. Special focus is placed on its historic use, pharmacodynamics, homeopathic indications, and healing efficacy through literature overview and selected case observations.

Keywords: Hypothyroidism, Homoeopathy, Thyroidinum, Constitutional medicine, Sarcoid, Endocrine disorders

### 1. Introduction

Hypothyroidism affects hundreds of thousands global, predominantly women, and is generally controlled with levothyroxine in conventional mode of treatment. However, certain number of patients are looking for complementary and holistic treatments like homoeopathy, for reliving all the signs and symptoms. Homoeopathic remedies work on the principal of "like cures like" and are prescribed based totally on individualized signs rather than only pathology. Among the numerous treatments, Thyroidinum has won clinical relevance for its position in managing thyroid dysfunctions.

### 2. Material and Method

This paper is based totally on.

- Review of homoeopathic materia medica and repertories.
- Literature from peer-reviewed homoeopathic journals.
- Case studies and clinical observations from exercise.
- Comparative evaluation of allopathic versus homoeopathic treatments in coping with hypothyroidism.

### 3. Pathophysiology of Hypothyroidism

The thyroid gland is an endocrine gland located inside the neck, which secretes two hormones primarily Thyroxine (T<sub>4</sub>) and Triiodothyronine (T<sub>3</sub>), which regulates metabolism, thermogenesis, protein synthesis, and growth. Thyroid hormone secretion is managed through TSH (Thyroid Stimulating Hormone) secreted via the anterior pituitary, under the influence of TRH (Thyrotropin-Releasing Hormone) from the hypothalamus. Reduced thyroid hormone secretion causes elevation of TSH, which in the end causes following abnormalities-

- Reduction in basal metabolic rate (BMR)
- Bradycardia, lethargy, dry pores and skin, weight gain, depression
- Menstrual irregularities
- Accumulation of mucopolysaccharides in tissues (myxoedema)

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#### 4. Homoeopathic Approach

Homeopathy works on the principal Similia Similibus Curenter. Homeopathy treats patients holistically, addressing the root cause of the disease and treats by enhancing the body's self-healing capacity. Remedies are chosen based on a totality of symptoms which include mental, physical, and general symptoms of the patient. The medicine which produces similar symptoms while proving on healthy individual is prescribed by matching with patient symptoms.

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#### 5. Pathophysiology and Therapeutic Profile of Thyroidinum

##### 5.1. Source of Thyroidinum

Thyroidinum is a homoeopathic remedy prepared from the thyroid gland of the sheep (*Ovis aries*) hence it is called as sarcodes as it is produced from the healthy animal tissue. It is used in potentized form to correct functional deficiencies or dysregulations of the corresponding human tissue or organ system especially thyroid dysfunction. It Acts on the endocrine system and modulates the function of the thyroid gland in hypo-functioning states.

##### 5.2. Therapeutic action of Thyroidinum

- Metabolic action: Improves assimilation, increases energy levels, improves sluggish metabolism.
- Fat metabolism: Aids in weight control in obese hypothyroid individuals.
- Skin and mucosa: Useful in dryness, hair loss, eczema in hypothyroid instances.
- Mental sphere: Improves symptoms such as dullness, forgetfulness, low mood related to hypothyroid states.
- Menstrual regulation: Indicated in amenorrhoea or menorrhagia because of thyroid disorder.
- Endocrine system: Modulates the feature of the thyroid gland in hypo-functioning states..

##### 5.3. Homoeopathic Pathogenetic View

These reflect its utility in **similia principle** where symptoms it can produce in healthy individuals, it can cure in diseased persons.

In proving, Thyroidinum has produced symptoms like hypothyroidism:

- Exhaustion, mental depression, slow speech
- Chilliness, cold hands and feet
- Obesity with dry, scaly skin, Falling of hair
- Constipation and slow digestion
- Menstrual irregularities

##### 5.4. Potency and Dosage

- Often used in low trituration (e.g., **3x, 6x**) for organ support
- Higher potencies (e.g., **30C, 200C**) are chosen based on symptom similarity and vitality of the patient.
- May be administered intercurrently with a constitutional remedy, or as a specific in early or subclinical hypothyroid cases.

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#### 6. Discussion

Thyroidinum acts as a purposeful organ remedy and aids in instances in which thyroid dysfunction is imperative to pathology. Its use is greater effective whilst selected after a thorough case taking and in synergy with constitutional treatments. Individual susceptibility, miasmatic impact, and life-style factors are essential considerations. While homeopathy does not replace hormonal requirement in severe instances, it can complement.

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#### 7. Conclusion

Homeopathy, particularly Thyroidinum, shows promising action to control hypothyroidism. Proper choice is primarily based on totality and individualization can lead to symptomatic improvement and excellent reversal of hypothyroidism and resulting in permanent cure. Further managed research is warranted to establish their efficacy on a bigger scale.

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