



MANAGEMENT OF CASES OF HYPOTHYROIDISM WITH SYNTHESIS REPERTORY 9.1

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ABSTRACT

Hypothyroidism is an endocrine disorder in which production of thyroid hormone is insufficient or the effectiveness of hormone decreases. This research is mainly focused on management of hypothyroidism cases using synthesis repertory 9.1 to find group of homoeopathic medicine by utilizing available rubrics. Synthesis Repertory is a printed version of RADAR computer program. **Aim & Objective:** To find out, the group of homoeopathic medicines from Synthesis Repertory 9.1 in the management of hypothyroidism. To ascertain, the efficacy of homoeopathic medicine in the treatment and the management of hypothyroidism with the help of Synthesis Repertory 9.1. **Research Hypothesis:** Null Hypothesis: No significant changes in parameters of hypothyroidism patient. It shows no effectiveness in management of hypothyroidism by homoeopathy with synthesis repertory 9.1 Alternate Hypothesis: There is a significant change in the parameters of hypothyroidism patient show effectiveness in management by Homoeopathy with synthesis repertory 9.1. **Methodology:** Study Design: Experimental research design by using Pre-test & Post-test method Sample size: 100 patients Data Collection Method: Random sampling method from OPD of Shree Swaminarayan Homoeopathic College. **Result:** Hypothyroidism more prevalent in female patient with menses irregularities with weight gain in common symptoms. Mean S.Tsh decrease from 13.9828 mIU/L to 6.6978 mIU/L. The study finds lycopodium clavatum, Natrum muraticum, Calcarea carbonicum, silicea as most commonly prescribed homoeopathic medicine. **Conclusion:** Homoeopathy is effective in management of Hypothyroidism with Synthesis Repertory 9.1.

KEYWORDS : Hypothyroidism, Synthesis Repertory, Homoeopathy.

INTRODUCTION

Hypothyroidism is an endocrine disorder in which production of thyroid hormone is insufficient or the effectiveness of hormone decreases (Nicki R Colledge, 2010). In conventional medicine, they treat hypothyroidism with hormonal replacement therapy, while homoeopathy shows a holistic approach to treat the person as a whole by finding root level cause. It covers all alteration of vital force presented by person itself. Homoeopathy gives a single similimum homoeopathic medicine finding out for the person with the help of homoeopathic Repertory.

Classification

Hypothyroidism is mainly classified into 4 types:

1. Primary Hypothyroidism: when the concentration of Thyroid-Stimulating Hormone (TSH) is above the reference range and free thyroxin concentrations are below the reference range.
2. Central Hypothyroidism
 - Secondary Hypothyroidism is due to underproduction of TSH by the pituitary gland.
 - Tertiary Hypothyroidism results from hypothalamus disorder.
3. Subclinical Hypothyroidism arises as Early form of thyroid gland failure when T4 level is still normal.
4. Congenital Hypothyroidism is defined as a partial or complete loss of function of the thyroid gland (hypothyroidism) that affects infants from birth. (John E. Hall, 2021)

Prevalence Rate: 4 to 5% in developed countries. More common in female than male with an occurrence ratio of 9:1. (Welfare, 2022) (Kumar P, 2022)

Etiology of Hypothyroidism

- o Iodine deficiency
- o Excessive iodine intake lead to increase Anti thyroid peroxidase (anti-TPO) which lead to autoimmune hypothyroidism.
- o Exposure to radiation therapy.
- o Certain disease like celiac disease, Diabetes and some

auto immune disease increase the chance to develop hypothyroidism. (Policeni, 2023)

Clinical Features

- o Anxiety depression, Brain fog, Memory issue, thought process decrease
- o Extreme weakness with tiredness, fatigue
- o Weight gain
- o Hair fall
- o Sensitive to cold
- o Slow heart rate
- o Constipation
- o Menstrual Irregularities
- o Muscular weakness with stiffness
- o Joint pain
- o Peripheral Neuropathy
- o Severe case puffiness and swelling around hands, feet and face (Nicki R Colledge, 2010)

Synthesis Repertory 9.1.

Synthesis Repertory developed by Dr. Frederik Schroyens & derived from Kent's Repertory. It is the printed version of RADAR (Rapid Aid to Drug Aimed Research) computer programme. It is also an enlarged version of sixth American edition of Kent's Repertory. (Schroyens, 2010)

Common rubric we found in Synthesis Repertory 9.1 for hypothyroidism are below

- o GENERAL – HYPOTHYROIDISM
- o GENERAL – SLUGGISHNESS
- o EXTERNAL THROAT – THYROID GLAND COMPLAINT OF
- o MIND – FORGETFUL
- o SKIN – DRY
- o HEAD – HAIR – FALLING
- o RECTUM – CONSTIPATION
- o GENERAL – PAIN – MUSCLE
- o FEMALE GENITALIA/SEX – MENSES – IRREGULAR

AIM & OBJECTIVE

To find, out the group of homoeopathic medicines from Synthesis Repertory 9.1 in management of hypothyroidism.

To ascertain, the efficacy of homoeopathic medicine in the treatment and management of hypothyroidism with the help of Synthesis Repertory 9.1.

Research Hypothesis

Null Hypothesis: No significant changes observed in parameters of hypothyroidism. It shows no effectiveness in management of hypothyroidism by homoeopathy with synthesis repertory 9.1.

Alternate Hypothesis: There is a significant change in the parameters of hypothyroidism seen. It shows effectiveness in management by Homoeopathy with synthesis repertory 9.1.

METHODOLOGY

Study Design: Experimental research Design by using Pre – test & Post – test method

Sample size: 100 patients

Data Collection Method: Random sampling method from hidden for review process

Inclusion Criteria

- Age group of patients: 18 to 49 years.
- Patients from both genders were included for study.
- Patient suffering from hypothyroidism classified as ICD – 10 Code E03.9 with 75% of symptoms at least, were selected for study.
- Patient from various socio-economic data.
- Patient with recent diagnosis of Hypothyroidism with no prior medication for Hypothyroidism
- Patient complying with regular follow ups.

Exclusion Criteria

- Patient suffering from any life-threatening illness.
- Patient not willing to participate in study.
- All the cases that did not fulfill the case definition.
- Patient without written consent.
- Patient with recent diagnosis of Hypothyroidism but on medication for Hypothyroidism

RESULT

The outcome of study was done by Mental & physical wellness study at every months with follow up of S.Tsh report were done at every 3rd month for comparative study of data to show any remarkable changes in patient.

- A total of 100 patients participated in the study: 94 females and 6 males.

Table 01: Distribution of Case According to Age Group

Age	No of Patient
11-20	06
21-30	42
31-40	44
41-50	08

- Distribution of case according to Family History: In the study 63 Patient show positive family history while 37 patients had no any positive family history.
- A review of study presenting the most common symptoms in 100 Patients

Table 02: Presentation of Sign & Symptoms of Patients

Sign & Symptoms of Patient	No of Patient
Weight Gain	66
Skin Dryness	59
Sensitive to cold	42
Menstrual Irregularity	72
Depression	52
Hair fall	47
Headache	42
Voice Hoarseness	63
Fatigue	78
Muscular Weakness	33

- Frequency Distribution of Individualized Homoeopathic Medicines in Clinical Case.

Table 03: Distribution of Case According Homoeopathic Medicines.

Homoeopathic Medicine Name	No of Case
Lycopodium Clavatum	24
Natrum Muriaticum	21
Calcarea Carbonica	18
Silicea	17
Opium	3
Ignatia Amara	2
Graphities	1
Sepia	5
Conium maculatum	1
Acid Nitricum	2
Brayonia Alba	2
Causticum	3
Mercurius Solubilis	1

- We observed a significant difference in the mean Serum TSH levels mean before and after the administration of the indicated homoeopathic medicine (paired t-test). Before homoeopathic treatment S.Tsh mean is 13.9828 microIU/ml which decrease to 6.7968 microIU/ml after homoeopathic treatment.
- Following the administration of the homoeopathic simillimum, selected via repertorization using the Synthesis Repertory 9.1, the following results were observed among 100 patients.

Table 04: Status of Patient After Homoeopathic Treatment

Status of Patients after administration of homoeopathic medicine	No of Patients
Under Control	50
Improved	46
No Improvement	04

DISCUSSION

It is randomized control study. We took 100 cases in which 94 patients is female and 06 patient is male. As shown in the table High number of patients seen in between age group of 21- 30 (42%) & 31-40 (44%) while lowest number of patients seen in age group of 11-20 (06%) & 41-50 (08%). In this study 67% of patient show a positive family history of hypothyroidism. Most common symptoms found in study is Fatigue, Menstrual Irregularities & weight gain. Most common prescribed homoeopathic medicines are Lycopodium clavatum, Natrum muriaticum, Calcarea Carbonicum, Silicea. Before prescribing homoeopathic medicine, the S.tsh Mean was 13.9828 microIU/ml which decreased to 6.7968 microIU/ml. In study, 50 patients were under control while 46 patients showed improvement. No improvement seen in 04 patients.

CONCLUSION

Homoeopathic medicines are effective in management of hypothyroidism which are selected via repertorization through synthesis repertory 9.1. It gives group of most simillimum homoeopathic medicines that are commonly prescribed in management of hypothyroidism.

Conflict of Interest

Not Available

Financial Support

Not available

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