

# Scope of Fifty Millesimal Potency in Case of Hypothyroidism Via Zulewsky's Clinical Score - A Case Report

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**Abstract:** *Hypothyroidism happens when the thyroid gland doesn't make enough of thyroid hormones. This condition is called underactive thyroid. Hypothyroidism may not cause noticeable symptoms in its early stages. But with the progress of the disease, it can hamper the whole system of the body. Background: Hypothyroidism is a hypo metabolic state resulting from inadequate secretion of thyroid hormones characterized by a general reduction in metabolic function that manifest as slowing of physical and mental activity. The main line of conventional system of medicine is to provide thyroid hormone for the rest of life of patient. Besides some adverse effects, the treatment cost of the therapy impels the patients to seek alternative therapy.*

**Keywords:** fifty millesimal, hypothyroidism, Zulewsky's clinical score, potency selection

## 1. Introduction

Endocrine disorders are common among Indian population out of which thyroid disorders represents an important subset of these endocrine disorders. (1) Hypothyroidism is one of the most common endocrinopathy worldwide, and its incidence is increasing rapidly. (2) Hypothyroidism is a condition in which the thyroid gland is unable to make adequate amounts of thyroid hormone to meet the requirement of peripheral tissues. Primary hypothyroidism is characterized by failure of the thyroid gland itself; a fall in serum concentration of thyroid hormones causes an increased secretion and elevation of TSH concentrations. (3) The prevalence of hypothyroidism in India is 11%, compared with only 2% in the UK and 4 - 6 % in the USA. Among the adult population in India, the prevalence is 3.9% in women; the prevalence is even higher, at 11.4%, when compared with men, in whom the prevalence is 6.2%. (2) Prevalence of hypothyroidism in the reproductive age group is 2 - 4 % (5) Primary thyroid gland failure can occur as result of chronic autoimmune thyroiditis, radioactive iodine treatment, or any thyroid surgery. Other causes include drug adverse effects like amiodarone and lithium. (6)

Hypothyroidism may result in a myriad of clinical signs and symptoms. Symptoms commonly associated with hypothyroidism are often nonspecific. These include weight gain, fatigue, poor concentrations, depression, diffuse muscle pain, and menstrual irregularities. Symptoms with high specificity for hypothyroidism include constipation, cold intolerance, dry skin, proximal muscle weakness, and a hair loss. Hypothyroidism can be easily detected by assessing TSH levels in the blood. A slight increase in TSH levels with normal T3 and T4 indicates subclinical hypothyroidism, whereas high TSH levels accompanied by low T3 and T4 levels indicates clinical hypothyroidism. (5) Untreated hypothyroidism may lead to serious

cardiovascular and neurological complications. (9) It may also leads to complications such as mentals problems, peripheral neuropathy, myxoedema and infertility. (3) The gold - standard treatment for primary hypothyroidism is thyroid hormones replacement therapy with Levothyroxine. (10) The treatment dosage of thyroid hormone is gradually titrated upwards until an individual displays normal physiological concentrations of free thyroxine (FT4) and TSH in the serum. (11)

Differential diagnosis of primary hypothyroidism on the basis of clinical presentation due to the subtle signs and symptoms includes Euthyroid sick syndrome, Goitre, myxoedema coma, anaemia subacute thyroiditis, iodine deficiency, Addison disease, chronic fatigue syndrome, depression, erectile dysfunction, infertility. (12)

## A Case Report with history of presenting illness

Patient named as Mrs S.40 years female came to the opd, gradually developed increase in weight for 2 years and hoarseness of voice in the last 1 year which was aggravated by morning and eating and better by drinking warm water.

**History of presenting complaints** - Patient was apparently well before 2 years when she gradually developing gain in weight despite being eating in moderate amount. Earlier her weight was 60 kg now its 90 kg with disproportion distribution of fat on thighs and hands. Along with that she also develops hoarseness of voice without any indisposition and it persisted with no relief from any medication. Patient was born and brought up in middle class family, where she was youngest of all her three siblings (2 brother, 1 sister). She has done her tenth, as she is engaged in romantic relationship with her now husband. At that time, she wants to study but could not study or job at all. She was having a conflict with the in laws. She was over burdened with work

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at home, even during her pregnancy, she was physical abused by her in law; all her educational certificates had been burnt out. As a result, she developed suppression anger, unable to share her feelings, fear, long concentrated grief and wants to be alone.

**Past history - Jaundice - 10 years back** - Took allopathic medication

**Family history** - Mother - hypothyroidism

**Physical generals**

The physical generalities where thirst for cold water, desire salty foods. Stool was irregular, (constipated stools) hard. All other physical generals were within normal limits.

**Totality of symptom -**

- Extreme sympathy for suffering of other
- Grief
- Sadness
- Constipated stool
- Weight increase
- Dry skin, Coarse skin, cold skin
- Slowness of movements

**Analysis of symptoms**

Common symptoms	Uncommon symptoms
Dryness of skin	Slowness of movements
Cold skin	Extreme sympathy for suffering of other
Coarse skin	Grief
Constipation	Sadness
Weight increase	

**Evaluation of symptom**

**(a) Mental symptoms**

- Extreme sympathy for suffering of other
- Grief
- Sadness

**(b) Physical symptom**

- Constipated stool
- Weight increase
- Slowness of movements

**(c) Particulars**

Dry skin, Coarse skin, cold skin

**Selection of Remedy**

Selection of remedy was based on repertorization of the case giving more importance on the mental as well as physical general symptoms than particular symptoms using Synthesis Repertory, version 9.0 of RADAR software. The repertorization chart is shown in [Figure1]. As the given case is presented with well marked mentals and physical generals hence, we selected causticum as remedy of choice.

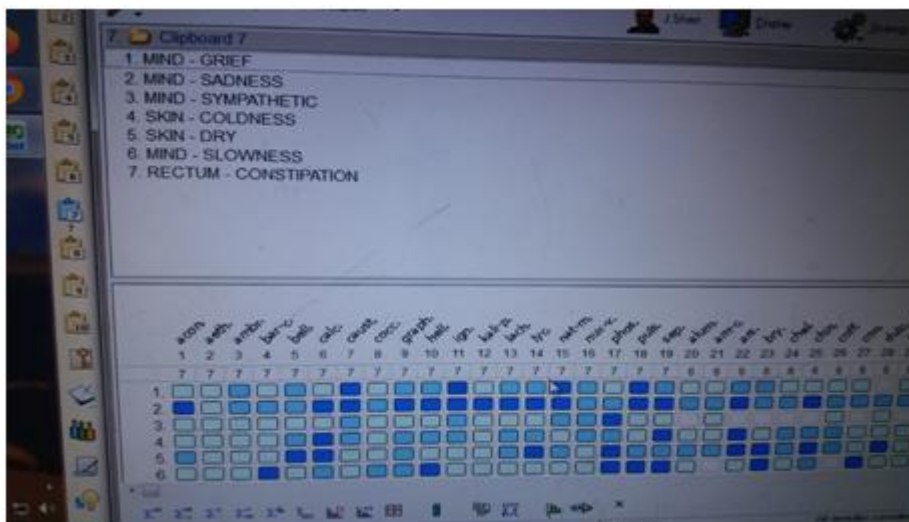


Figure 1: Investigation

**Thyroid Profile Test (TFT)**

- 1) Before T/t (15.9.2021) - FT3 - 115 ng/dl, FT4 - 8.45ug/dl, TSH - 5.3uIU/ml (Fig 2)
- 2) After T/t (15.2.2022) - FT3 - 112ng/dl, FT4 - 8.25ug/dl, TSH - 3.2uIU/ml (Fig 3)

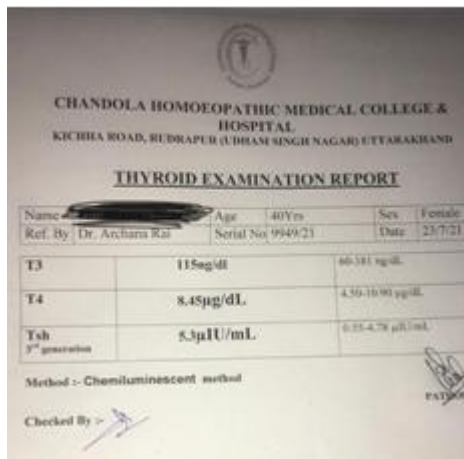


Figure 3: Before

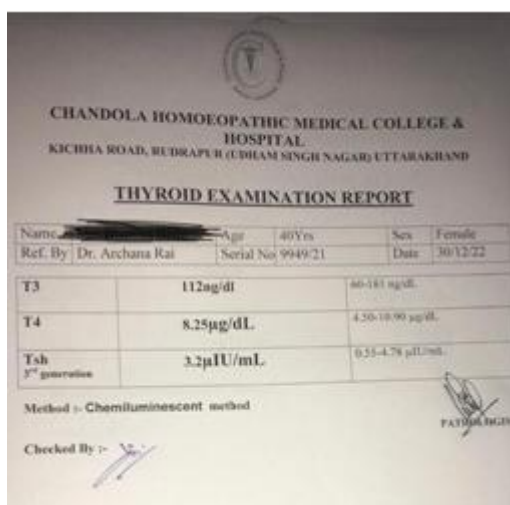


Figure 3: After

Zulewski’s Clinical Score for Hypothyroidism

S. No.	Symptoms		Baseline	After 6 months
1.	Diminished sweating	Sweating in the warm room or a hot summer day	0	0
2.	Hoarseness	Speaking voice, singing voice	1	1
3.	Paraesthesia	Subjective sensation, sensation of tingling, pricking noticed by patient	1	0
4.	Dry skin	Dryness of skin noticed spontaneously, requiring treatment	0	0
5.	Constipation	Bowel habit, use of laxative	1	1
6.	Impairment of hearing	Progressive impairment of hearing	0	0
7.	Weight increase	Recorded weight increase, tightness of clothes	1	1
<b>Physical signs</b>				
1.	Slow movements	Observe patient removing his clothes, working speed	1	1
2.	Delayed ankle relaxation time	Observe the relaxation of the reflex	1	1
3.	Coarse skin	Examine hands, forearm, elbows for roughness and thickness of skin	1	1
4.	Per orbital puffiness	This should obscure the curve of the malar bone	0	0
5.	Cold skin	Compare temperature of hands with examiner	1	0
<b>Sum of all symptoms and signs present</b>			<b>8</b>	<b>6</b>

Interpretation– Hypothyroidism – intermediate hypothyroidism

14. Level of T3, T4 & TSH Follow up chart

Level	Baseline value	After 6 months of treatment
T 4	8.45µg/ dl	8.25µg/dl
T 3	115ng/ dl	112ng/dl
T S H	5.3µIU/ml	3.2µIU/ml

Timeline according to symptoms

Date	Sign and symptoms	Prescription
23.7.2021	Hoarseness of voice - not improved, unsatisfactory stool – not improved. Slight reduction of weight, mentally feeling better. Appetite - better, Zulwesky's score was 8 and TSH level - 5.3 $\mu$ IU/ml	Causticum 0/1
20.8.2021	Hoarseness of voice - not better Parasthesia – better Constipation – again appeared Cold skin –better Weight gain – not improved Mentally able to handle her emotions.	Causticum 0/2
15.9.2021	Hoarseness of voice - not better Parasthesia – better Constipation – again appeared Cold skin –better Weight gain – not improved Slowness of movements – slight better	Causticum 0/3
27.10.2021	Hoarseness of voice - not better Parasthesia – better Constipation – again appeared Cold skin –better Weight gain – not improved	Causticum 0/4
26.11.2021	Hoarseness of voice - not better Parasthesia – much better Constipation – again appeared Cold skin – better. Weight gain – not improved	Causticum 0/5
30.12.2021	Hoarseness of voice - not better Paraesthesia – absent Constipation – again appeared Cold skin –absent Weight gain – not improved Appetite - better Mentally alert and active Zulwesky's score - 6 now, Tsh –3.2 $\mu$ IU/ml.	Causticum 0/6

## 2. Discussion

Hypothyroidism can be accompanied by a range of clinical manifestations, negatively impacting health status. The mainstay of conventional system of medicine is based on lifelong treatment with thyroid hormones artificially on a daily basis which is not only costly but cumbersome too. Not too many people of our country can afford such an expensive treatment where use of homoeopathic remedies comes as an optional treatment but it's truly based upon the effectivity rate.

In this case report Causticum was selected as a similimum on the totality of characteristics symptoms. Treatment started with 0/1 was prescribed on 23 July 2021 and it was increased as per the requirement of case and according to principles of homoeopathy upto 0/6 dose. During the follow - up period up to three month of treatment there was no improvement in hoarseness of voice but paraesthesia started getting better after giving 0/2. As we get better response in paraesthesia but no significant decrease in weight was seen. Then as we raised the potency to 0/4 to 0/6. Then we advised her to go for her thyroid profile along with review Of Zulewsky's score. At the starting of treatment Zulewsky's score reduced to 5 in 6 months of treatment. Her TSH values were decreased this time from previous levels and comes within normal limit.

## 3. Conclusion

This case report has shown the utility of homoeopathic medicines in cases of hypothyroidism. By using fifty millesimal scale of potency with homoeopathic medications we can improve the quality of life of patient with ease and comfort.

### Consent

Patients consent was taken to publish without revealing her identity.

### Acknowledgements

With a profound sense of gratitude, the author expresses their sincere respect to patient who actively participated in

this case report & for keeping patience throughout the follow - up.

### Conflict of Interest of Each Author/Contributor

The authors declare that they have no competing interest.

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