

A Case Study of Hypothyroidism Treated with Argentum Iodatum

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Abstract: Hypothyroidism is a common endocrine disorder characterized by decreased thyroid hormone production, leading to a wide spectrum of systemic and psychological manifestations. This case study presents a patient with significantly elevated thyroid-stimulating hormone (TSH) levels -12.6 mIU/L, treatment with Thyronorm 62.5 mcg was being undertaken, yet prominent symptoms including drowsiness, heat intolerance, profuse perspiration, and marked mental features such as anticipatory anxiety, hurried behavior, and fears were persisting. A homoeopathic approach was adopted based on the totality of symptoms. Argentum Iodatum 30 was selected considering its affinity for glandular disturbances, metabolic imbalance, and characteristic mental restlessness. Following individualized treatment, significant improvement was observed in both physical and mental parameters, suggesting its potential role in managing hypothyroid states with strong constitutional expression.

Keywords: Hypothyroidism, primary hypothyroidism, thyroid hormone disorder, elevated TSH, constitutional prescribing, Argentum Iodatum, anxiety, homoeopathic treatment, case study

1. Introduction

Hypothyroidism is a chronic endocrine disorder requiring long-term management. While hormone replacement therapy effectively normalizes biochemical parameters, many patients continue to experience persistent symptoms affecting their quality of life.

Homoeopathy offers a holistic approach by addressing the constitutional state of the patient, focusing on mental, emotional, and physical generals. This case highlights the role of individualized homoeopathic prescribing in improving systemic balance and patient well-being in hypothyroidism.

2. Literature Review

Argentum Iodatum is a well-recognized remedy in homoeopathic materia medica, particularly indicated in glandular enlargements, metabolic disturbances, and chronic degenerative conditions.

It is especially useful in:

- Disorders of endocrine and glandular systems
- Patients with restlessness, hurried nature, and anticipatory anxiety
- Conditions associated with heat, weakness, and progressive tissue changes
- Individuals with marked mental activity and nervous excitability

3. Methodology

A single-case study design was adopted. A detailed case-taking was conducted, emphasizing mental generals, physical symptoms, and characteristic desires. The patient was already

on Thyronorm 62.5 mcg. Homoeopathic treatment was initiated based on totality of symptoms.

Prescription:

Argentum Iodatum 30, 1 dram dissolved in 100 ml water; 7 ml administered twice daily for one week.

Extracts of the Case

- TSH 12.6 mIU/L,
- Drowsiness and heaviness of eyes
- Wrinkled skin
- Heat intolerance with profuse perspiration
- Cannot tolerate hunger
- Desires: salt, tea, ice cream, tomato

Physical symptoms

- Skin dry, even though perspiration is profuse
- Eyes feel heavy
- Drowsiness

Mental Generals:

- Anxiety before starting anything new, from anticipation
- Fear of high places
- Fear of crowds
- Cannot stay in closed rooms
- Hurried nature; reaches much before time
- Strong sense of responsibility- either completes work fully or avoids starting
- Irritability and anger
- Desire for company

4. Result

Following administration of Argentum Iodatum within one month:

Volume 15 Issue 5, May 2026

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

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- TSH was 7.2 (from previous levels of 12.6)
- Marked reduction in drowsiness and lethargy
- Improvement in mental clarity and alertness
- Decrease in anticipatory anxiety and restlessness
- Better tolerance to routine activities
- Reduction in excessive perspiration
- Overall improvement in energy levels and sense of well-being

Action Taken: Argentum iod 31 was prescribed in water doses by dissolving 1 dram of the medicine in 100ml water and giving 7ml twice a day for a week. Thyronorm dosage reduced from 62.5mcg to 50mcg

Second Follow-Up: TSH reduced to 5.8. no other apparent complaints.

5. Discussion

The case illustrates the importance of addressing both endocrine imbalance and constitutional characteristics in hypothyroidism. Despite conventional treatment, the persistence of symptoms indicated the need for a deeper acting remedy.

Argentum Iodatum was selected based on characteristic mental and physical symptoms. Some marked symptoms of iodium were seen and some marked symptoms of argentum were seen. The improvement observed suggests that the remedy acted at a constitutional level, influencing both physical metabolism and mental state.

6. Conclusion

Hypothyroidism demands an individualized and holistic therapeutic approach. This case demonstrates the effectiveness of Argentum Iodatum in managing hypothyroid patients with strong mental and physical generals. Homoeopathic treatment, when guided by totality of symptoms, can significantly enhance patient outcomes and quality of life in chronic endocrine disorders.

References

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