

Efficacy of Homoeopathic Thyroidinum 3x in Hypothyroidism in Both Sexes between Age Group 20 to 40 Years

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Abstract: Hypothyroidism is most prominent issue among females in India. The risk increases with age and for those with a family history of thyroid problems. In modern medicine there is no effective treatment, either giving lifelong medicine. A prospective randomized clinical study was carried out at OPD of MHF'S HMC, and hospital Sangamner. Cases were followed up to every months and assessment was done three months. This study includes that THYROIDINUM 3X was effective in the management of hypothyroidism. A clinical study was conducted to assess the role of homoeopathic remedy Thyroidinum 3X in the treatment of Hypothyroidism. **Objectives:** Lack of thyroxin hormone in reproductive age group affects the health and healthy future of entire society. There is no cure available for Hypothyroidism but it is controllable. This study is aimed at arriving to a viable homoeopathic solution by using the remedy Thyroidinum 3X which is considered as a specific supplement for Hypothyroidism. **Results:** The use of homoeopathic remedy Thyroidinum 3X has beneficial effects. Remarkable weight loss and symptomatic relief was obtained with Thyroidinum 3X. **Conclusion:** From the above results and observations it is concluded that Thyroidinum 3X hastens the curative process in primary Hypothyroidism. No adverse effects were recorded when homoeopathic remedy Thyroidinum 3X was given. It is concluded from the percentage of symptomatic relief (45% to 85%) that Thyroidinum 3X is much useful in treating the symptoms of Hypothyroidism.

Keywords: hypothyroidism, obesity, thyroidinum 3x

1. Introduction

Hypothyroidism is a hypo metabolic state resulting from inadequate secretion of thyroid hormones for a longer period or rarely from resistance of the peripheral tissues to the effects of thyroid Hormones.

- ✚ Hypothyroidism accounts a major risk factor in 53.7% cases of Infertility.
- ✚ In 1981 Dr. George Murray (who was a pioneer in the treatment of Endocrine disorder) used the extraction of sheep's thyroid gland as hypodermal injections for the treatment of Myxoedema. This method was called as "Thyroid feeding".
- ✚ Thyroid hormones have influence over oestrogen and androgen metabolism. This is evident by the history of delayed puberty, menstrual irregularities, miscarriage and infertility in hypothyroid individuals.

Thyroidinum 3X

Indications

Thyroid produces anemia, emaciation, muscular weakness, sweating, headache, nervous tremor of face and limbs, tingling sensations, paralysis. Heart rate increased, exophthalmos and dilation of pupils. In myxedema and cretinism its effects are striking. Rheumatoid arthritis. Infantile wasting. Rickets. Delayed union of fractures. In half grain doses twice a day over a considerable period said to be effective in undescended testicle in boys. Thyroid exercises a general regulating influence over the mechanism of the organs of nutrition,

growth and development. Thyroid weakness causes decided craving for large amount of sweets.

2. Materials and Methods

Study setup

Study is conducted at MHF's Homoeopathic Medical College Sangamner.

Subjects

All Cases of Primary Hypothyroidism with THYROIDINUM 3X

Inclusion Criteria

20 to 40yrs of age and both sex

Primary Hypothyroidism with unknown cause.

Diagnosed in last 1 -2 years

TSH levels are less than 10IU/ml.

Exclusion criteria

Diabetes mellitus and Hypertension.

Duration

6 months.

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Study parameter

Serum TSH levels.

Study procedure

All diagnosed cases of Primary Hypothyroidism were enrolled with homeopathic remedy Thyroidinum 3X was given twice daily. For all the 10 cases T3, T4, TSH levels were checked. They were belonging to various parts of India.

Mean age and Male, Female ratio of both the groups were slightly differed from each other.

MALE: FEMALE RATIO= 4:6

The outcome of the study

As stated earlier, cases were experiencing the symptoms of Hypothyroidism even with normal TSH levels, Symptomatic relief, weight loss and changes in TSH levels were considered as by giving Thyroidinum 3X. The Thyroidinum 3X. dose is mainly based on the TSH levels and symptom severity of the patient. No adverse effects were recorded during the treatment of hypothyroidism with homeopathic remedy Thyroidinum3X. Decrease of TSH levels indicate the improved functions of thyroid gland. Also fatigue & depression recover. There were steady and remarkable weight loss achieved in study group with the help of Thyroidinum 3X.

Parameter	Thyroidinum 3X	Weight loss	1kg to 5kgs.
Symptomatic relief	50% to 90%	Reduction in serum TSH	100% (n=15)

A minimum of 1kg to 5kgs weight loss achieved with Thyroidinum 3X.. It indicates that the regulation of thyroid hormones.

Obesity has significant impact over the serum TSH levels. Similarly weight loss gives immense benefit to a hypothyroid individual in reducing symptoms. Lower the doses higher the chances of cure.

3. Conclusion

From the above results and observations it is concluded that Thyroidinum 3X hastens the curative process in primary Hypothyroidism. No adverse effects were recorded when homeopathic remedy Thyroidinum 3X was given. It is concluded from the percentage of symptomatic relief (50% to 90%) that Thyroidinum 3X is much useful in treating the symptoms of Hypothyroidism.

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Conflict of interest

The authors declare they have no conflict of interest.

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