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ORIGINAL ARTICLE

Hypothyroidism: Screening, Diagnosis and Electrohomeopathic or Spagyric Approach of Treatment

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ABSTRACT

The thyroid is a small, butterfly- shaped gland located at the front of human neck. It is a part of endocrine system and controls many functions by producing and releasing two hormones that are secreted into the blood: thyroxine (T-4) and triiodothyronine (T-3). These hormones are necessary for all the cells in body to work normally. About one in 20 people has some kind of thyroid disorder, which may be temporary or permanent. Hypothyroidism happens when the thyroid gland does not make enough thyroid hormone. In present paper hypothyroidism is treated by Electrohomeopathic medicines which are nontoxic with ero side effect. We have treated three patients for six months. All the patients are free from hypothyroidism.

Key word: *Thyroid, spagyric remedy, TSH, T-3, T-4*

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INTRODUCTION

The thyroid gland is an endocrine gland in human neck. It makes two hormones that are secreted into the blood: thyroxine (T-4) and triiodothyronine (T-3). These hormones are necessary for all the cells in body to work normally.

Thyroid disorders are very common and tend mainly to occur in women, although anybody-men, teenagers, children, and babies, too – can be affected. About one in 20 people has some kind of thyroid disorder, which may be temporary or permanent.

Thyroid gland lies in front of neck in a position just below Adam's apple. It is made up of two lobes- the right lobe and the left lobe, each about the size of a plum cut in half and these two lobes are joined by a small bridge of the thyroid tissue called the isthmus. The two lobes lie on either side of windpipe. The thyroid makes two hormones that it secretes into the bloodstream. One is called thyroxine; this hormone contains four atoms of iodine and is often called T-4. The other is called T-3. In the cells and tissues of the body, the T-4 is converted to T-3. It is the T-3, derived from T-4 or secreted as T-3 from the thyroid gland, which is biologically active and influences the activity of all the cells and tissues of the body.

The T-4, or rather the T-3 derived from it, and the T-3 secreted directly by the thyroid gland influence the metabolism of body cells. In other words, it regulates the speed with which body cells work. If too much of the thyroid hormones are secreted, the body cells work faster than normal and have hyperthyroidism (overactive thyroid). If people become hyperthyroid because of too much secretion of the hormones from the thyroid gland, the increased activity of body cells or body organs may lead, for example, to a

quickening of your heart rate or increased activity of your intestine so that you have frequent bowel motions or even diarrhora.
On the other hand, if too little of the thyroid hormones are produced, the cells and organs of body slow down. This is known as hypothyroidism (under active thyroid). If person become hypothyroid, person's heart rate, for example, may be slower than normal and person's intestine may work sluggishly, so person become constipated.
Hypothyroidism happens when the thyroid gland does not make enough thyroid hormone. This condition also called underactive thyroid. Hypothyroidism may not cause noticeable symptoms in its early stages. Overtime, hypothyroidism that is not treated can lead to other health problems, such as high cholesterol and heart problems.

SYMPTOMS

The symptoms of hypothyroidism depend on the severity of the condition. Problems tend to develop slowly, often over several years.
At first, you may barely notice the symptoms of hypothyroidism, such as fatigue and weight gain or they are just part of getting older. But as metabolism continues to slow, may develop more-obvious problems.
Hypothyroidism symptoms may include003A

- Tiredness.
- More sensitivity to cold.
- Constipation.
- Dry skin.
- Weight gain.
- Puffy face.
- Hoarse voice.
- Coarse hair and slin.
- Muscle weakness.
- Muscle aches, tenderness and stiffness.
- Menstrual cycles that are heavier than usual or irregular.
- Thinning hair.
- Slowed heart rate, also called bradycardia.
- Depression.
- Memory problems.

HYPOTHYROIDISM IN INFANTS

Anyone can get hypothyroidism, including infants. Most babies born without a thyroid gland or with a gland that does not work correctly do not have symptoms right away. But if hypothyroidism is not diagnosed and treated, symptoms start to appear.
They may include:

FEEDING PROBLEMS

- Poor growth
- Poor weight gain
- Yellowing of the skin and the whites of the eyes, a condition called jaundice
- Constipation
- Poor muscle tone
- Dry skin
- Hoarse crying
- Enlarged tongue
- A soft swelling or bulge near the belly button, a condition called umbilical hernia

When hypothyroidism in infants is not treated, even mild cases can lead to severe physical and mental development problems.

HYPOTHYROIDISM IN CHILDREN AND TEENS

In general, children and teens with hypothyroidism have symptoms similar to those in adults. But they also may have:

- Poor growth that leads to short stature
- Delayed development of permanent teeth
- Delayed puberty
- Poor mental development

CAUSES

The thyroid is a small, butterfly- shaped gland located at the base of the neck, just below the Adom's apple. The thyroid gland makes two main hormones: thyroxine (T-4) and tri iodo thyronine (T-3). These harmones affects every cell in the body. They support the rate at which the body uses fats and carbohydrates. They help control body temperature. They have an effect on the heart rate. And they help control how much protein the body makes.

Hypothyroidism happens when the thyroid gland does not make enough hormones. Conditions or problems that can lead to hypothyroidism include:

AUTOIMMUNE DISEASE

The most common cause of hypothyroidism ia an autoimmune disease called Hashimoto's disease. Autoimmune diseases happen when the immune system makes antibodies that attack healthy tissues. Sometimes that process involves the thyroid gland and affects its ability to make hormones.

THYROID SURGERY

Surgery to remove all or part of thyroid gland can lower the gland's ability to make thyroid hormones or stop it completely.

RADIATION THERAPY

Radiation used to treat cancers of the head and neck can affect the thyroid gland and lead to hypothyroidism.

THYROIDITIS

Thyroiditis happens when the thyroid gland becomes inflamed. This may be due to an infection. Or it can result from an autoimmune disorder or another medical condition affecting the thyroid. Thyroiditis can trigger the thyroid to release all of its stored thyroid hormones at once. That cause a spike in thyroid activity, a condition called hyperthyroidism. Afterward, the thyroid becomes underactive.

MEDICINE

A number of medicines may lead to hypothyroidism. One such medicine is lithium, which is used to treat some psychiatric disorders.

Less often, hypothyroidism may be caused by:

PROBLEMS PRESENT AT BIRTH

Some babies are born with a thyroid gland that does not work correctly. Others are born with no thyroid gland. In most cases, the reason the thyroid gland did not develop properly is not clear. But some children have an inherited form of a thyroid disorder. Often, infants born with hypothyroidism do not have noticeable symptoms at first. That'sone reason why most states require new born thyroid screening.

PITUITARY DISORDER

A relative rare cause of hypothyroidism is the failure of the pituitary gland to make enough thyroid stimulating hormone (TSH). This is usually because of a noncancerous tumor of the pituitary gland.

PREGNANCY

Some people develop hypothyroidism during or after pregnancy. If hypothyroidism happens during pregnancy and isn't treated, it raises the risk of pregnancy loss, premature delivery and preeclampsia. Preeclampsia causes a significant rise in blood pressure during the last three months of pregnancy. Hypothyroidism also can seriously affect the developing fatus.

NON-ENOUGH IODINE

The thyroid gland needs the mineral iodine to make thyroid hormones. Iodine is found mainly in sea food, sea weed, plants grown in iodine-rich soil and iodized salts. Too little iodine can lead to hypothyroidism. To much iodine can make hypothyroidism worse in people who already have the condition. In some parts of the world, it's common for people not to get enough iodine in their diets. The addition of iodine to table salt has almost eliminated this problem in the USA.

FACTORS RISK

Although anyone can develop hypothyroidism, you are at an increased risk if you:

- Are a woman
- Have a family history of thyroid disease
- Have an autoimmune disease, such as Type-1 diabetes or celiac disease
- Have received treatment for hyperthyroidism
- Received radiation to your neck or upper chest
- Have had thyroid surgery

COMPLICATIONS

Hypothyroidism that is not treated can lead to other health problems, including:

GOITER

Hypothyroidism may cause the thyroid gland to become larger. This condition is called a goiter. A large goiter may cause problems with swallowing or breathing.

HEART PROBLEMS

Hypothyroidism can lead to a higher risk of heart disease and heart failure. That's many because people with under –active thyroid tend to develop high level of low- density lipoprotein (LDL) cholesterol – the "Bad "cholesterol.

PERIPHERAL NEUROPATHY

Hypothyroidism that goes without treatment for a long time can damage the peripheral nerves. These are the nerves that carry information from the brain and spinal cord to the rest of the body. Peripheral neuropathy may cause pain, numbness and tingling in the arms and legs.

INFERTILITY

Low level of thyroid hormone can interfere with ovulation, which can limit fertility. Some of the causes of hypothyroidism, such as autoimmune disorders, also can harm fertility.

BIRTH DEFECTS

Babies born to people with untreated thyroid disease may have a higher risk of birth defects compared with babies born to mothers who do not have thyroid disease.

Infants with hypothyroidism present at the birth that goes untreated are at risk of serious physical and mental development problems. But if the condition is diagnosed within the first few months of life, the chances of typical development are excellent.

MYXEDEMA COMA

This rare, life – threatening condition can happen when hypothyroidism goes without treatment for a long time. A myxedema coma may be triggered by sedatives, infaction or other stress on the body. Its symptoms include intense cold intolerance and drowsiness, followed by an extreme lack of energy and then unconsciousness. Myxedena coma requires emergency medical treatment.

DIAGNOSIS

The symptoms of hypothyroidism can be different from person to person. And they often, look like symptoms of other health problems. Because of that, a diagnosis of hypothyroidism does not rely on symptoms alone. It is usually based on the results of blood tests.

The first blood test typically done to diagnose hypothyroidism measures the level of Thyroid Stimulating Hormone (TSH) in the blood. If it's high, the test is done again, along with a blood test for the thyroid hormone T-4. If the results show that TSH is high and T-4 is low, then the diagnosis is hypothyroidism. In some cases, the thyroid hormone T-3 may be measured as well.

If the second test shows high TSH but T-4 and T-3 are in the standard range, then the diagnosis is a condition called subclinical hypothyroidism. It usually does not cause any noticeable symptoms.

TSH tests also play an important role in managing hypothyroidism overtime. They help your health care provider find and maintain the right dosage of medication for you.

Electrohomeopathy or Spagyric Approach Towards any Elementsis in its Principle for Treating the Root Cause (Vitiation of Blood or Lymph or Both is the Cause of Disease)

Spagyric medicines are having Palliatives as well as curative in action without any adverse effect as it follows, its dose in minimum quantity as a remedy and action is like weak nuclear forces acting in cells. And the remedies were purely herbal extracts having phytochemicals.

DOSE:

S-2 + S-3 + S-10	3rd Dilution	TDS
S-3 + Ven-1 + L-1	3rd Dilution	TDS
GE	3rd Dilution	TDS

Components of remedies are;

SCROFOLOSO NO. 2 (S-2)

Plants	Parts
Cochlearia officinalis	5
Hydrastis Canadensis	15
Nasturtiom officinale	25
Scrofularia nodosa	25
Smilex medica	15
Tusslago farfara	20
Veronica officinalis	5
Matricaria chamomilla	10
Lycopod clavatum	5

SCROFOLOSO NO. 3 (S-3)

Plant	Part
Cochlearia officinalis	25
Hydrastis Canadensis	25
Nasturtiom officinale	5
Scrofularia nodosa	20
Smilex medica	15
Tusslago farfara	5
Veronica officinalis	5
Matricaria chamomilla	10
Rheum palmatum	5

SCROFOLOSO NO. 10 (S-10)

Plants	Parts
Aesculus hippocastanum	10
Catraria islandica	10

Cinchona succirubra	10
Cochlaria officinalis	10
Hydrastis Canadensis	10
Nasturtium officinalis	10
Sambucus nigra	10
Similex medica	10
Tussilago farfara	10
Veronica officinalis	10
Salix alba	10
Scrofularia nodosa	10
Berberis vulgaris	10

LINFATICOS-1 (L-1)

Plan	**Part**
Erythraea centaurium	10
Humulus lupulus	20
Pulmonaria officinalis	10
Menyanthes trifoliate	20
Oxalic acetosella	10
Simaruba amara	10
Echinacea angustifolia	10
Fucus vesiculosis	20

VENERIOS-1 (Ven-1)

Plant	**Part**
Althaea officinalis	10
Betula alba	5
Myrtus communis	10
Eucalyptus globules	5
Populus tremuloides	10
Rosa canina	10
Solonum dulcamara	5
Steffensia elongate	30
Tilia europaea	5
Veronica officinalis	10
Vibumum opulus	10
Smilex medica	20
Vinca minor	5
Thuja occidentalis	10
Clematis recta	10
Canabis sativa	20

GREEN ELECTRICITY

Plants	**Parts**
Alhaea officinalis	10
Conium maculatum	10
Ervum lens	20
Hamamellis virginica	20
Phytolacca decandra	10
Populus alba	25
Populus tremuloides aspen	25
Sambucus nigra	10

S-2

This is first choice of all types of glands like slivary, intestinal viliis, spleen, pancreas thyroid etc.

S-3

It is differed from S-1, due to change of one plant i.e. Strychnosnux vomica is changed with Rheum palmatum. This change produces separate sphere of action. This plant concern to superficinal parts of the glands. So, every type of inflammatory and catarrhal infection of the all types of glands can be cared with this remedy.

S-10

It is indicated in heartburn, hyperacidity, gastritis, oesophagitis, gastro-entritis, duodenitis, cholera, dysentery, hysteria, appendicitis, allergic rhinitis, hay fever and cold, sinusitis, flu, nervous constipation, dyspepsia, flatulence, rheumatic pain, epileopsy, plague, migraine, neuralgia, the pain associate with kidney,dermatitis, erysipelas, Hodgkin.s disease, spleen induration, prolapsed of rectum, rectitis, leucorrhoea, indurated glands, backache, joint pain, photophobia, gall stones, synergetic relaxing that acts to strengthen and calm the nervous system.

L-1

This is helpful in physiological disorder of mouth to anal canal. Specific for cleaning of bowels, also helpful in repairing of degenerative changes of intestine enhance the digestive system.

GE

It is negative in quality and acts on nerves of the veins, venous heamorrhage, varicose veins, chronic wounds of all kind also. Its reliever congestion and pain due to it. It is useful in chronic inflammatory conditions of muscles and joints, arthritis, gout, abscesses, boils, wounds and ulcers, skin disease, weeping eczema, sinusitis, infected disease, cystitis.

It is also indicated in suppurating and gangrenous destruction of tissues, especially bones, carries of teeth corns, condyloma on skinand mucous membrane. It is useful in right sided of heart and organic hreart diseases. It minimizes excessive reaction of Blue Electricity. It is applied on positive part of the body.

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