

Homeopathy for Underactive Thyroid and Thyroid Hair Loss

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Description

The thyroid is a little gland that is situated anterior to the trachea between the suprasternal notch and the cricoid cartilage. It has two lobes that are joined by an isthmus. The average thyroid weighs 12 to 20 grams, has a soft consistency, and is quite vascular. One of the most prevalent endocrinological conditions worldwide, hypothyroidism is a condition when the thyroid gland does not generate enough thyroid hormone [1].

The most prevalent autoimmune condition that affects a specific organ is Hashimoto's thyroiditis (HT). It causes the thyroid gland to be destroyed. Approximately 42 million Indians, on average, have thyroid illness from a variety of sources. According to a cross-sectional population survey, 46.3% of people with thyroid dysfunction had an elevated anti-Thyroid peroxidase antibody (anti-TPO Ab) titer. The survey was conducted among residents of the coastal region of central Kerala in south India. As a result of excessive iodine consumption, particularly in coastal areas, HT is the main cause of hypothyroidism in the areas of the world where iodine is abundant. The majority of the time, the level of circulating antibodies determines the HT diagnosis. Anti-Thyroglobulin antibody, lower echogenicity is found in thyroid sonography, Hurthle cells are seen in FNAC smears, and Anti-Thyroid Peroxidase antibody all contribute to roughly 90% of the sensitivity to diagnose autoimmune thyroiditis. Lymphocytic infiltration causes thyroid follicular destruction in HT, which causes the thyroid gland to atrophy and fibrose and gradually lose its ability to function. When the male to female ratio was 1:10, women were more affected. Levothyroxine, when taken at the recommended amount, is a component of conventional therapy that aids in the conversion of T4 to T3. However, overdosing on supplements might result in morbid consequences like arrhythmias and osteoporosis [2,3].

Homeopathic treatment provides relief for uncomfortable signs and symptoms as well as assists the body stimulate the thyroid gland to overcome hypothyroidism. Iodum, Bromium, Thyroidinum, Spongia, and other homeopathic medications are some that aid in improving thyroid functions. Alternative medicine Subclinical hypothyroidism may be treated with thyroidinum, and patients may avoid developing overt hypothyroidism. An exploratory randomised control study in homeopathy found a statistically significant decrease in serum TSH and Anti-TPO values after homeopathic intervention, indicating that the drug has the potential to treat both subclinical and overt hypothyroidism as well as possibly halting its progression.

Common symptoms of thyroid dysfunction include fatigue, sleepiness, dry skin, dry hair, menorrhagia, and weight gain. Less common symptoms include constipation, hoarseness, carpal tunnel syndrome, alopecia, depression, infertility, bradycardia, and dermal myxoedema. Women are more likely than men to have thyroid problems. Although the majority of hypothyroidism

cases are not clinically visible, it is still important to keep a high index of suspicion to avoid missing the diagnosis when middle-aged women present with vague symptoms including fatigue, weight gain, depression, or carpal tunnel syndrome. TSH, T3, and T4 levels in the serum are used to diagnose hypothyroidism. When Hashimoto's thyroiditis is suspected, thyroid auto-antibodies such anti-thyroglobulin and anti-thyroid peroxidase (anti-TPO) are examined [4].

When treating hypothyroidism, homeopathy has a lot of options. One of the most prevalent long-term, progressive endocrinological illnesses that can have serious side effects if undiagnosed or ignored is hypothyroidism. The standard medical approach controls symptoms. But over time, even while taking a regular dose of thyroid medication, hypothyroidism symptoms and physical dysfunctions including irregular menstruation, weight gain, and mood swings persist. Homeopathy treats hypothyroidism without causing any negative side effects, and the drugs are chosen based on the patient's physical, mental, and other characteristics. Homeopathy is a personalised form of medicine since it regards every case as unique because the severity of the symptoms and emotional disturbances might vary from case to case. Therefore, Homeopathy based on the principle of 'Similia similibus curantur' means "Likes Cure Likes" [5].

Conflicts of Interest

The authors declare no conflict of interest.

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