

# A case of Hypothyroidism with Arthralgia

## Introduction

Prof.Dr.R.Samaran, is leading academician and Clinician . He is the HOD-Organon of Medicine & Homoeopathic Philosophy, Martin Homoeopathy Medical College & Hospital, Coimbatore. He had his graduation and post graduation from Father Muller's Homoeopathy Medical College . He presents a case of Hypothyroidism with reactive arthritis

## Prof.Dr.R.Samaran

A 55 years aged female patient consulted for complaints of pain in extremities and general weakness.

### Chief Complaint

Patient came with the complaints of drawing pain in all the fingers only when doing work and drawing pain in both knee joints aggravated during exertion for the past 10 months on and off. She also complained of weakness in the morning on getting up for the past 4 years. Not taken any medication.

### Past History

Chickungunya 11 years back. No other significant history

### Family History

- Mother: Rheumatoid arthritis, Hypothyroid,
- Father : Hypertension
- Elder sister: Hypothyroid

### Personal History

- Cravings: Sweets
- Intolerance: Tea cause gastric disturbance
- Thermal state: Chilly patient

### Mental general

Anger from contradiction, Likes to be alone-doesn't like to converse with people, Doesn't like consolation, Doesn't like to do her work, but



**Prof.Dr.R.Samaran**

### Prof.Dr.R.Samaran M.D (Hom), PhD Scholar

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Plate I

**REVA'S** Reva's Medicchem  
Lab & X-Ray (ECG attached)

Corporate office: [CIN : U85110MH2000PLC273882] Thyrocare, D-37/3, TTC MIDC, Turbhe, New Mumbai - 400070  
Ph: 022 - 26962000 / 4125 2525 | Fax: 2768 2409 | Email: info@thyrocare.com | Website: www.thyrocare.com

NAME : MRS. MARAGATHAM (56Y/F)  
REF. BY : SELF  
TEST ASKED: RFAC, T3, T4, TSH

SAMPLE COLLECTED AT : 1  
79A RAJAWADI COMPLEX, SATYI MAIN ROAD,  
GANDHAPURAM, COIMBATORE - 541012

Test Name	Values	Units	Reference Range
Cholesterol	178	mg/dl	125 - 200
Triglycerides	165	mg/dl	20- 160
Total Triiodothyronine (T3)	1.08	ng/dl	0.846 - 2.02
Total Thyroxine (T4)	6.4	µg/dl	5.13 - 14.06
Thyroid Stimulating Hormone (Tsh)	28.8	µIU/ml	0.370 - 4.870
RHEMATOID FACTOR	NEGATIVE [-8]	iu/ml	<8

Comments : SUGGESTING THYRONORMALCY  
Please correlate with clinical conditions.

Method :  
T3 - Competitive Chemi Luminescent Immuno Assay  
T4 - Competitive Chemi Luminescent Immuno Assay  
TSH - ULTRA SENSITIVE SANDWICH CHEMI LUMINESCENT IMMUNO ASSAY

Reference ranges for TSH  
Winter : 0.10 - 2.50  
Summer : 0.20 - 3.00  
Postmenstrual : 0.30 - 3.00

Checked by: N. P. D. B.

Plate II

**Thyrocare**  
World's largest thyroid testing laboratory  
ACCREDITED NETWORKED LABORATORY

Corporate office: [CIN : U85110MH2000PLC273882] Thyrocare, D-37/3, TTC MIDC, Turbhe, New Mumbai - 400070  
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TEST NAME	TECHNOLOGY	VALUE	UNITS	REFERENCE RANGE
TOTAL TRIIODOTHYRONINE (T3)	C.L.I.A	166	ng/dl	60 - 200
TOTAL THYROXINE (T4)	C.L.I.A	11.1	µg/dl	4.5 - 12.0
THYROID STIMULATING HORMONE (TSH)	C.L.I.A	3.64	µIU/ml	0.30 - 5.5

Comments : SUGGESTING THYRONORMALCY  
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does it for the sake of doing it.

**Physical general**

Cravings: Sweets

Intolerance: Tea causes gastric complaints,

Thermal: Chilly

**Characteristic particulars**

Drawing pain in fingers, < by movement, Drawing pain in knee joint, Morning weakness, Hypothyroid

**Life Space Investigation**

Patient is a homemaker hails from middleclass family, has two children. She is a irritable personality. She doesn't like to be in company, because peoples always irritate her by their expectations which make her irritable, so she prefers to be alone. She gets angry when someone contradicts her, she said this is also one reason for preferring to be alone. When she is upset she doesn't like any one speaking with her. She said she was doing household chores daily for the family for years together, which she doesn't like, she feels irritated with it, because there is no option of being free.

**General Physical Examination**

Patient is oriented with time , place and person.

There are no signs of pallor, cyanosis, clubbing, jaundice, lymphadenopathy, edema.

**Vital Signs**

Pulse – 76/minute Blood pressure – 126/80 mm of Hg

Respiratory rate – 18/minute Temperature – A febrile

**Local Examination**

Extremities: NAD

Systemic Examinations: NAD

**Investigation Done: On 01.11.2014**

TSH: 28.8 µIU/ml Rheumatoid factor: Negative <8 iu/ml

Clinical diagnosis: Arthralgia & Hypothyroidism

**First Prescription**

24-10-14

- 1) Rhus Toxicodendron – 1M ( 1 dose) stat
- 2) SL pills - 3-3 – 3 PC x 1 week

## Follow Ups

Date	Symptom changes	Prescription
01-11-14	Drawing pain >1 , Weakness same.Generals good Investigation Done: On 01.11.2014[PLATE I] TSH: 28.8 µIU/ml.Rheumatoid factor: Negative <8 iu/ml	1.Sepia 1M – 2 doses HS Weekly 2.SL pills 3-3-3 PC x 2 weeks
18-11-14	Drawing pain and weakness same Generals good	1.Sepia 1M – 2 doses HS Weekly 2.SL pills 3-3-3 PC x 2 weeks
02-12-14	Abdominal pain, loose stools, Appetite decreased, Drawing pain and weakness increased with irritability for the past 2 days. Ailments from fish.	1.Nux Vomica-30 1 doses stat 2.Nux Vomica-30 3-3-3 AC (asked to stop on improvement) 3. SL pills 3-3-3 PC x 1 week
09-12-14	No abdominal pain,No loose stools,Appetite normal,No irritability,Drawing pain and weakness better.Generals good(she was better by 04-12-14,but continued Nux vom-30 till 05-12-14)	1.SL powder – 2doses HS Weekly 2.SL pills 3-3-3 PC x 2 weeks
26-12-14	Drawing pain and weakness same Generals good	1.Sepia 1M – 2 doses HS Weekly 2.SL pills 3-3-3 PC x 2 weeks
16-01-15	Drawing pain and weakness same Generals good	1.Sepia 1M – 8 doses[Tuesday & Friday] HS 2.SL pills 3-3-3 PC x 1 Month
21-02-15	Drawing pain >2 , Weakness > Generals good.	1.SL powder–4 doses [ Wed & Sat ] HS 2.SL pills 3-3-3 PC x 2 weeks
03-03-15	Drawing pain and weakness same Generals good	1.Sepia 1M – 8 doses [Tuesday & Friday] HS 2.SL pills 3-3-3 PC x 1 Month
08-04-15	No pain, No weakness, Anger and irritability decreased. Generals good.Advised to take Thyroid profile	1.SL powder-4 doses [Wednesday & Saturday] HS 2.SL pills 3-3-3 PC x 2 weeks
10-06-15	No complaints, she feels contentment in her life. Anger & irritability marked reduced.(Patient reported nearly after one and half month later for the review) Investigation Done: On 07.06.2015[PLATE II]:TSH: 03.64 µIU/ml	No prescription

## Discussion

In the above case of Arthralgia & Hypothyroid the first prescription Rhus Toxicodendron-1M was prescribed based on the presenting complaints. Patient was asked to take Thyroid profile and Rheumatoid factor. In the first review her thyroid profile was positive for Hypothyroidism. After repertorisation Sepia, Rhus Toxicodendron , Natrum Muriaticum, Nux Vomica, Phosphorus covered most of the symptoms.Sepia in 1M potency was selected as the constitutional remedy.One prominent Mental general which helped in finalizing Sepia was- Doesn't like to do her work,but do it for the sake of doing it, the rubric selected was "Mind- Undertaking thing opposed to his intention".In every review along with the particulars ,changes in the mentals were considered.In the third review there was an acute com-

plaint which was relieved by Nux Vomica 30 in repeated doses.Sepia 1M was repeated as and when required.After six months her Arthralgia and Hypothyroidism was completely cured. The most important change was observed in mentals, her anger and irritability was markedly decreased. She does her work happily.Patient said now she interacts with others freely and she feels contentment in her life.At present also she is healthy and her Thyroid values are normal.

This shows the effectiveness of Homoeopathy in endocrine disorders like Hypothyroidism which requires lifelong intake of medicine in conventional system.It also proves the adage that "Homoeopathy treats the patient, not the disease", by giving a holistic cure in both physical and mental spheres, so that individuals can reach their higher purpose and contentment through Homoeopathy.