

A case of Hypothyroidism with Eczema

Introduction

Dr. (Mrs).Jayashree Nanda, M.D. (Hom) Faculty, Department of FMT, Dr.A.C. Homoeopathic Medical College and Hospital, Bhubaneswar, Odisha has authored many scientific articles with evidence based studies Here presents a case of Hypothyroidism with Eczema

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A female aged 25 years presented the following complaints

Present Complaints

1. Eczema at the hair root of neck, itching followed by scaling & slight oozing since 6 months.
2. One ring worm patch at left side of neck with itching, < in contact of water and day time.
3. Attack of cold & fever at every change of weather, associated with headache & vomiting. There were five to six times fever annually.
4. Her weight gradually increases, with lazy feeling & weakness.
5. Swelling of thyroid gland marked since 3 months.

Personal History: Unmarried and Student.

Past history: Jaundice in childhood.

Family history

Father died of throat cancer, Mother had asthma and arthritis.

Treatment History

No treatment had taken.

Physical General

- Chilly patient, catches cold easily, wants to cover always.
- Desire - sweet & cold food,



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Plate I

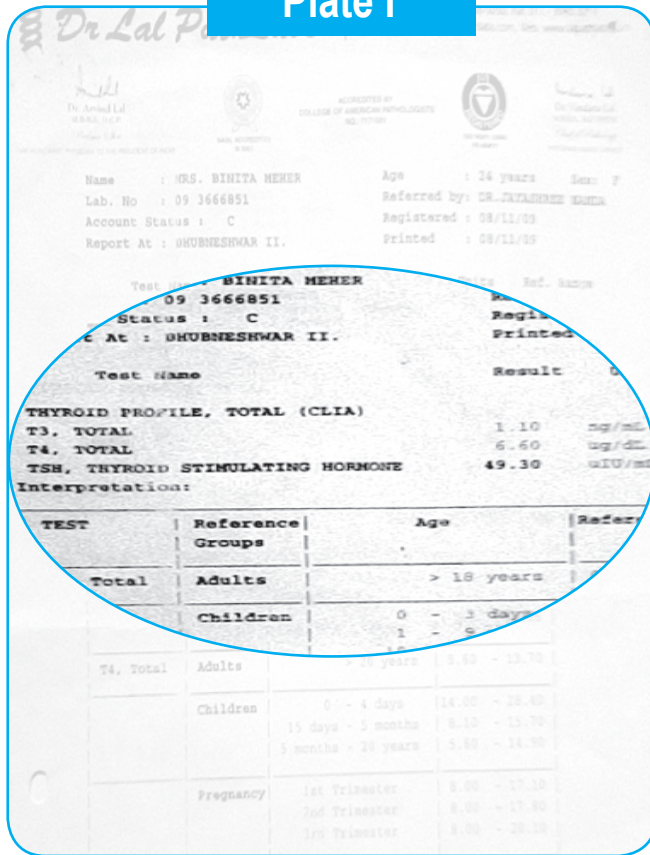
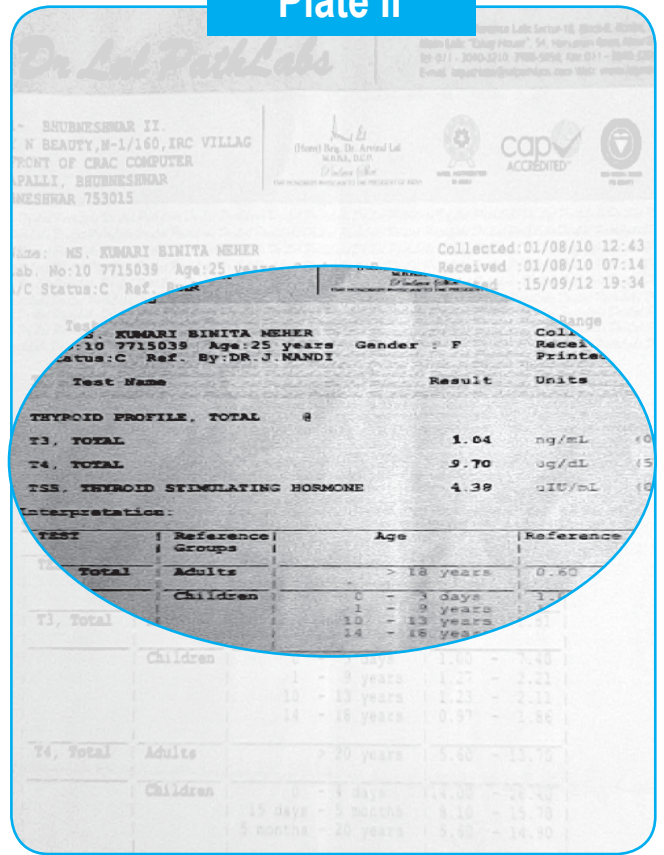


Plate II



- Aversion- Salt and sour things. Appetite.- Diminished
- Thirst- Thirst less and dry tongue,
- Stool - Watery and repeated worm infestation.
- Sleep- Sleeps late at night and wakes late.
- Perspiration – normal.

Menstrual history

Regular & Protracted for 7to 8 days. PMC- 7-8 / 28-30 days

Mental General

- Irritable,
- Expressive,
- Emotional,
- Concentration Difficult
- Weak Memory.

General examination

Anaemia- moderate, oedema- mild in legs, Pulse -64/min, B.P.

-92/66 mm of hg.

Lab Investigation

Hb%- 9.2gm%, D.C.:- N-42, L-48, E- 10, M-00

Thyroid Profile: On dated 08.11.2009 - (Refer Plate I)

- o T3, Total - 1.10 ng/ml (normal 0.60 -1.81)
- o T4, Total- 6.60ug/dl (normal 5.60-13.70)
- o TSH – 49.30 uIU/ml (normal0.35 -5.50)

Diagnosis

Hypothyroidism

First Prescription

06.11.2009

R/x

- Psorinum 0/1 & 0/2 in 30ml each, 8 doses each once daily
- Thyroidinum 3X , 2tablet twice daily

Follow Up 1

17.12.09

Eczema and Ring worm itching and spreading reduced. Fever once appeared in mild form and no vomiting. Delayed periods for nine days (which was regular & profuse before). Swelling of thyroid gland as before.

R/x

- Psorinum 0/3 & 0/4, 30 ml, 8doses each alternate morning for next one month
- Thyroidinum 3X , 2tablet twice daily

Follow Up 2

26.01.10

Delayed period, every 6 to 7 wks interval. But the eczema & ring worm completely disappeared. Thyroid swelling diminished gradually. No chilliness or fever. Stool clear & no constipation.

R/x

- Psorinum 0/7 to 0/10, in 30ml, 8doses each, alternate morning
- Thyroidinum 3X , 2tablet twice daily, for one month.

Follow Up 3

02.06.10

Delayed periods only 4 to 5 days. Thyroid swelling almost diminished. No fever & Memory loss gradually improved.

R/x

Psor. 0/11 & 0/12 in 30ml, 8doses each, alternate morning.

Follow Up 4

04. 08. 2010

No thyroid swelling, Regular periods. No itching eruptions & normal Thyroid Profile.

The blood test report on Dt..01.08.10. for Thyroid Profile

(Refer Plate II)

- o T3, Total- 1.04 ng/ml, (normal 0.60-1.81)
- o T4, Total- 9.70 ug/dl, (normal 5.60-13.70)
- o TSH - 4 .38 uIU/ml, (normal 0.35-5.50)

Discussion

The drug Psorinum derived on totality of symptoms administered in fifty millesimal scale potency rapidly restored the health in both eczema and Hypothyroidism

Selenium in Hashimoto's Disease

After Iodine, Selenium is the next most important mineral affecting thyroid function. Several studies have been conducted to establish role of Selenium as supplement, in thyroid related autoimmune disorders specially Hashimoto's disease.

Thyroid is the organ with the highest selenium content per gram of tissue because it expresses specific selenoproteins. Selenoproteins have important antioxidant activity, they remove oxygen free radicals generated during production of thyroid hormones.¹ Selenium supplementation in people with Hashimoto's Disease reduces antibodies levels (mainly thyroperoxidase antibody) and dosage of levothyroxine (LT4) & may provide other beneficial affects on mood and health related quality of life.²

The Recommended Dietary Allowance (RDA) of selenium is 55mcg per day. Brazilian nuts, Fish, Crabs , Egg , Bannana, Rice, Spinach, Cashew Nuts are rich in selenium.

Knowing the amazing role of selenium as supplement in Hashimoto's disease, we as homoeopaths can approach towards using homoeopathic remedy Selenium in these cases. No homoeopathic literature establishes a clear role of Selenium in Thyroid related disorders. Further proving & research work in this area should be encouraged to add new therapeutics to homoeopathic remedy Selenium.

References

1. Drutel A, Archambeaud F, Caron P. Selenium and the thyroid gland: more good news for clinicians. *Clin Endocrinol(Oxf)*. 2013 Feb;78(2):155-64.
2. Van Zuuren EJ, Albusta AY, Fedorowicz Z, Carter B, Pijl H. Selenium Supplementation for Hashimoto's Thyroiditis: Summary of a Cochrane Systematic Review. *Eur Thyroid J*. 2014 Mar;3(1):25-31.



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