

# Effectiveness of homoeopathic medicine in hypothyroidism related obesity case presentation

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## INTRODUCTION OF HYPOTHYROIDISM

Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormones (mainly T3 and T4), which regulate metabolism.

### Common symptoms:

- Fatigue
- Weight gain
- Cold intolerance
- Depression
- Constipation
- Dry skin

### Causes of Hypothyroidism

1. Autoimmune diseases (like Hashimoto's thyroiditis)
2. Iodine deficiency
3. Certain medications
4. Thyroid surgery or radiation
5. Congenital defects in infants
6. Obesity

Obesity is a condition characterized by excessive body fat that can impair health. It often results from a combination of:

- Overeating
- Lack of physical activity
- Genetics
- Hormonal imbalances (like thyroid issues)

### Relationship Between Hypothyroidism and Obesity

1. Metabolic slowdown: Hypothyroidism slows down the metabolism, which may lead to mild to moderate weight gain, often due to water and salt retention—not just fat gain.
2. Fatigue and inactivity: Tiredness caused by low thyroid hormone levels can reduce physical activity, contributing to weight gain or difficulty losing weight.
3. Hormonal imbalance: Thyroid hormones influence how the body uses energy. Low levels disrupt fat metabolism and may promote fat storage.
4. Obesity's effect on thyroid function:

### Obesity may also contribute to thyroid dysfunction:

It can lead to low-grade inflammation. Higher levels of leptin (a hormone from fat tissue) may interfere with thyroid function.

Increased reverse T3 (inactive thyroid hormone) can block active T3, worsening symptoms.

**CASE PRESENTATION**

Date :- 12/04/2023

Name of Patient :- XYZ

Age :- 24years

Sex :- Male

Religion :- Hindu

Nationality:- Indian

Marital status :- unmarried

Occupation:- student

Family members:- 4      Mother & Father      brother

Address:- Rajkot

**PRESENTING COMPLAINT**

Weight gain (100kgs)

**Physical generals:-**

- Appearance :- Fair & masculine individual
- Appetite :- Hungry
- Thirst :- No Thirst
- Desire:- delicious food
- Aversion:- Not specific
- Stool :- 1/0 D/N, Much straining to pass stool
- Urine :- 4-5/1 D/N
- Sleep :- sleeplessness with drowsiness
- Dreams:- Not specific
- Thermal reaction :- Ambithermal

**Mentals Generals:-**

- DELUSIONS – unpleasant
- LIGHT – desire for
- DELUSIONS – black – objects and people, sees
- FEAR – arrested; of being
- OBJECTIVE, reasonable
- Mind; delusions, imaginations; visions, has; beautiful: bell.
- Mind – bulimia
- Delusion enlarged, parts of body

**General Exanation:-**

- State:- Conscious
- General built & nutrition :- Obes
- Height :- 5 feet 7inches
- Weight:- 100 kgs
- Anaemia:- Absent
- Jaundice: Absent
- Cyanosis:- Absent
- Oedema: Absent
- Pulse:- 80/min
- B.P. :- 128/82 mm of Hg
- Temperature :- 98.6° F
- Respiratory rate:- 18/min Final Diagnosis

**TOTALITY OF SYMPTOMS AND RUBRICS :-**

- ✚ MIND DELUSIONS – unpleasant
- ✚ LIGHT – desire for
- ✚ DELUSIONS – black – objects and people, sees
- ✚ FEAR – arrested; of being
- ✚ OBJECTIVE, reasonable
- ✚ Mind; delusions, imaginations; visions, has; beautiful
- ✚ Mind – bulimia
- ✚ Delusion enlarged, parts of body

Remedies	ΣSym	ΣDeg	Symptoms
bell.	7	11	1, 2, 3, 5, 6, 7, 8
op.	4	6	1, 2, 3, 5
stram.	4	6	1, 2, 3, 7
cann-i.	4	5	1, 3, 5, 7
nat-m.	3	3	1, 7, 8
plat.	3	3	1, 2, 8
ruta	3	3	6, 7, 8
calc.	2	5	1, 7
merc.	2	4	1, 8
sep.	2	4	1, 8
acon.	2	3	3, 7
carb-v.	2	3	1, 3

**SELECTION OF POTENCY:-HIGH PRESCRIPTION:-R<sub>x</sub>**

Rx **Belladonna 0/1** Early Morning empty stomach for 3month.(liquid dilution)

**Follow up**

➤ Date 12/07/2024

Losses 3kg weight. Belladonna 0/1 for 3month (early morning empty stomach)

Normal TFT

➤ Date 13/08/2024

Losses 6kgs weight

Normal TFT. Belladonna 0/2 for 3 months (early morning empty stomach)

➤ With in 12 months pt Losses 12 kgs of weight

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