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THYROID DISORDER AND HOMOEOPATHY

INTRODUCTION

Thyroid is one of the endocrine gland situated in the midline and base of the neck. The gland produces thyroid hormones that are essential for maintaining harmony of various body functions. When the quantity of secretion of these hormones reduced or increased called thyroid disorder.

Excessive secretion of thyroid hormones in the body is called as hyperthyroidism. The common symptoms include weight loss despite normal or increased appetite, Palpitations, heat intolerance with excessive perspiration, insomnia, and increased bowel movements, light or absent menstrual periods in case of woman.

Hypothyroidism is a condition in which the thyroid gland fails to produce enough thyroid hormone.

The symptoms are weight gain with weakness, cold intolerance, constipation, depression, joint or muscle pain, thin, brittle fingernails, hair, and heavy menstruation.

**The precipitating factors:**

- History of radiation to the head, neck, or chest, especially in infancy or childhood.
- Family history of thyroid disease.
- History of other autoimmune diseases.
- Emotional stress.
- In Pregnancy thyroid hormone level may be low but it is very natural. This is because the immune system, of which thyroid is a part, is depressed in pregnancy in order to protect the developing fetus. After pregnancy hormone level may be high, tends to get better after a few weeks. (First hyperthyroid followed by hypothyroid).

**Thyroid disorder and homoeopathy**

Hormones have a vital bearing on the health of the whole constitution. Individual as a whole is affected in disorders of thyroid glands. This is analogous to the well known homoeopathic doctrine that in a disease, individual as a whole is affected not only his parts. Hence individual as a whole needs to be treated. Homoeopathy therefore has a definite role and wide possibilities in treatment of thyroid disorders. A homoeopathic remedy works at a deeper level to bring deviations of immunity back to normalcy and to restore the harmony of the body.

GUIDELINES FOR PATIENTS:

1. *Reduction* in *thyroxin* tablets should be gradually.
2. Sudden stoppage of thyroxin is not advisable.
3. Continue the Homoeopathic treatment, if chosen, until, cure is achieved.

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**Issued by: The Sachiv Bamra Arogya Kendra, 17/28, Jyoti Park Gurgaon.**  
Telephone: 0124-4076475

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