

**NATIONAL ICR SYMPOSIUM ON HOMOEOPATHIC
APPROACH IN THYROID DISORDERS, FEBRUARY 2020**

GUIDE:
Dr. Vijay Lokhande
CASE NAME: Vijay - 1

Name of the Patient: Mrs. R. V.

Date: 05-08-2018

Age: 33 Years

Sex: F

Occupation: Lecturer

Education: PhD.

Diagnosis: ??

Location	Sensation	Modality	Accompaniments
Endocrine system Thyroid gland Since 1 year Progress: Rapid	Constantly reducing weight+++, Trembling of body+++ Increased appetite+++ Disturbed sleep, Occasionally vertigo+, Weakness+++		Easily becomes angry Easily becomes irritable Intolerable Depressed feeling (negative thinking) Shouting on husband

	27/7/17	22/4/17	6/7/17	2/9/17	6/10/17	18/11/17	7/04/18	6/6/18
T3	175.7	2.08	177.8	124.4	110.6	103.7	134.0	1.03
T4	14.25*	13.40*	13.75*	8.49	6.78	7.48	8.78	9.99
TSH	0.008*	0.02*	0.009*	6.23*	24.82*	13.90*	3.34	9.91*

Along with above symptoms, patient became very irritable and angry on trifles on her husband. She had also irritability on her mother in law and father in law, but keeps quiet due to respect of them. Her mood was changing frequently. She was feeling depressed. Her negative thinking was increased more (such as she will get accident, when goes outside of the home; her son will fall down, he will get injured). She had also very bad dreams (such as somebody was kidnapped her, she was dead or somebody is died) with fear and profuse perspiration (even in speedy fan). She was not feeling happy and feeling very dull with loss of energy. Her performance about daily routine work was reduced (she was able to do 10% only with great effort) she had bodyache with joint pain and vertigo when upstairs. She have thoughts like, "why I am getting weakness? Why I am not able to work?" So she asked to doctor, he said, "because of your delivery, because of breast feeding, you getting weakness." She is getting 1 Kg weight loss in 4 days. She lost 18 Kg weight loss.

A 33 years old female patient is born and brought up from Nanded. Her father was accountant previously but now doing transport business. Her mother is housewife. She has two elder sisters who are married and one younger brother, who is doing business with father. Mother is short tempered and irritable in nature but it never effect on patient. Father is strict in nature but maintain free environment in family.

She was very ambitious since childhood. Her elder sister is HSC, middle sister is graduated, her younger brother only SSC but She wanted to do something more for her family. She decided to make proud feeling to her father and make famous name of her family in society with respect and prestige and good reputation. She is very serious about her good name i.e. she is taking care of her name and fame since childhood. She was merit student since childhood, so her father is ready to give her education as she want. While

doing study and discussion, she was participating very actively and makes understanding clear of everybody. So her friends telling her that she should be lecturer in future. She did very hard work and struggle in her life for her aim. She studied day and night to complete her aim as a doctorate (Ph.D.). She is awarded as a Ph.D. and feeling proud on herself. She was completed her M.Com and Ph.D. and doing permanent job as a senior lecturer before marriage.

After marriage of few months there were family disputes among patient's husband and brother in law. They were frequently quarrels and fights between them for financial issues. She never had seen such horrible scene in her past, and she was shocked, because there were harmonious environment at her father's home. But still she took everything in a positive way. She never wanted to involve in all these issues but still she involved for giving support to her mother in law and maintain friendly relationship because MIL needs emotional support and she should not feel alone. Because of all these issues, patient was in lots of stress; she was very anxious and fearful. Her BIL was separated before marriage of patient but still he interfere in their family and controlling patient's husband, FIL and MIL. Patient was very unhappy about all what was happened after marriage.

Later on she got pregnant and then delivery and small child, so she left the job but again she joined few months before as a junior lecturer on temporary basis in a very positive way.

She has 12 year experience in teaching field and her future plan is to become permanent in job. She is also ambitious in this job. She expects good performance from her child also. She does not expect much more in her life. She is not greedy. She expects harmony in her life and it should be maintained. She expects everybody should happy in her family.

Family History:

- Father: Hypertension and Diabetes-Type II
- Mother: Hypertension and Diabetes-Type II
- Elder sister (second): Hypothyroidism
- Bother: Haemorrhoids

Past History:

- Typhoid: not remember
- Pneumonia: 11 years of age

Obstetric history:

Pregnancy: 4; Abortion- 3; Delivery: 1

Menstrual History:

Menses: Irregular, dorsal backache and lower abdominal pain during menses, medium clots, menses are dark red (brown)

Physical Generals:

Appetite: Increased, hunger agg (Due to hyperthyroidism)

Thirst: Thirstless

Urine: Normal

Stool: Unsatisfactory stool

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Perspiration: profuse, scalp and forehead; no stain, non-offensive

Thermal: Hot (Due to hyperthyroidism) otherwise chilly

Sleep: disturbed, sensitive to noise

Dreams: Nil; craving: spicy food; Aversion: Nil Food aggravation: Nil

FOLLOW UP:

Date	Complaints	Advice	Action
05-08-18			A
02-09-18	Trembling reduced-50% better. Weakness-40-50% better. Weight gain.		B
07-10-18	Acidity-vomiting, severe headache, weakness-increased, Weight gain-54 to 60. Trembling-much better. Irritability due to acute viral infection with multiple joint pain. 21/09/2018: T3:119 (60 - 200), T4: 9.3 (4.5 - 12), TSH: 3.36 (0.3 - 5.5)		C
21-10-18	C/o Joint pain and stiffness-SQ		D
01-11-18			E
18-11-18			F
16-12-18	Overall better. Now take Tab. Methimez-2.5 mg-OD-alternate day	Tab. Methimez-5mg - OD - alternate day since 1 month	G
06-01-19	Weight gain 19/12/2018: T3: 0.81 (0.60 - 1.81), T4: 8.40 (5.01 - 12.45), TSH: 2.62 (0.35 - 5.50)	Now Stop Tab. Methimez-2.5 mg	H
03-02-19	Weight = 60 Kg (2 Kg reduced) 1/2/19: T3: 1.44, T4: 11.0, TSH 3.37	Stopped Tab. Methimez-2.5 mg	I
17-03-19			J
31-03-19	Wt = 63 Kg, 20/03/2019: T3: 1.11 (0.60 - 1.81), T4: 8.40 (5.01 - 12.45), TSH: 2.62 (0.35 - 5.50)		K
02-06-19	27/05/2019: T3: 1.14 (0.60 - 1.81), T4: 8.30 (5.01 - 12.45), TSH: 3.51 (0.35 - 5.50)		L
15-09-19	Single Corn on foot		M
01-12-19			N

Testimony of the patient:

When I was suffering from various symptoms such as constant weight loss (1 kg reduction of weight in every 4 days), blackish discoloration of face, profuse perspiration, trembling of body, vertigo, acidity, headache, after investigations I got diagnosed as hyperthyroidism in a very severe form on 21st June 2017. Later on I got some relief after Allopathic treatment but the symptoms reappeared recurrently, where there was no hope for permanent cure.

Later on one doctor introduced me to Dr. Lokhande Vijay for Homoeopathic treatment. Initially I was hesitant about homoeopathy thinking that it is lengthy process & time taking treatment, but finally I started homoeopathic treatment on 5th August 2018. My Allopathic medicines were stopped after 4 months of homoeopathic treatment. My health condition is much improved after homoeopathy.

On 21st January 2019, my investigations were much better followed by normal further reports. Now I am completely free of both Allopathic & Homoeopathic medications without any physical complaint.