

- Coming back to office from client calls at 4-4:30. Leaving office- No fixed time; anytime between 7-8 pm
 - Evening tea: rarely
 - Dinner: around 9-9:30 pm-Jowar roti-1, curry, small amount of dal rice.
 - Sleeps around 11-11.30 (no exercise)
 - Financial responsibility: currently savings, No loan yet but planning to have.
- **Chief complaint:**
1. Central -Since last august-Suddenly observed stiffing in hands and legs. Pain while movement
 - Went to family physician. Doctor asked for some tests including thyroid and vitamins
 - Here it is observed that T3, T4, and TSH all 3 values are below the expected values.
 - Also vitamin-D deficiency
 - Slight weight loss was also observed.
 - Doctor concluded that stiffing in hands and legs was due to vitamin-D deficiency. Given the tablets for month of vit-D, Later it is not observed.
 - Here we have been asked to consult Dr. AJ (Endocrinologist) for thyroid report.
 - Having strange report of all 3 values low asked to test the same again.
 - Same result again
 - Asked Pituitary MRI-MRI reports are normal
 - Started with tablet Thyronorm 75.
 - After 15 days, again did test and TSH started coming normal
 - After 3 months started with Thyronorm 88 mg, same is continuing (No symptoms, no other pain is observed related to this)
 2. Acidity problem-Since childhood
It leads to serve headache sometimes followed by vomiting kind of feeling
Mainly observed when lack of sleep, disturbances in meal schedules.
Need a proper sleep
Sometimes while traveling will have Rantac, Pan-D to avoid the same
It's really unbearable, Most of the time it is observed pain is in half side
 3. Other complaints:
 - Observing small acnes on body, including back, hands, shoulder.
 - Did treatments with 2 dermatologists but no luck.
 - It becomes more reddish sometimes and very irritating, itchy
 4. Now a days observing hair fall very little.

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

GUIDE:
Dr. Sunil Bhalinge
CASE NAME: SDB - 2

ASSOCIATED COMPLAINTS

NO.	LOCATION	SENSATION	MODALITIES	CONCOMITTANT
1.	G.I.T Since childhood D-Few hours F-Once a month Head Right or left	Nausea Acidity Vomiting WITH Pain 3 unbearable	<sleep loss3 <irregular food timing2 <summer2 Rx- Rantac/PanD	
2.	SKIN BACK,HANDS,SHOULDERS Scalp (Recent)	Acne-red, itchy Hair fall		IRRITATION

PAST HISTORY-NIL

FAMILY HISTORY- FA-HTN , MO-ACIDITY

PHYSICALS GENERALS-

Perspiration - Average Appetite- Good Craving - Sweets3, coffee
Stool-Normal Urine- Normal Sleep - Not sound Dreams: Nil
< Sleep loss, < Sun2 / Summer2 = Headache /Acidity

THERMALS-

	FAN	AC	COVERING	WOLLENS	BATH
SUMMER	FULL	-	-	-	WARM
RAINS	FULL	-	-	-	WARM
WINTER	FULL	-	THIN	-	WARM

C2H3

ON EXAMINTION- HEIGHT- 5'11" WEIGHT 76KG PULSE 74 BP-120/80

TONGUE-central coated

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

GUIDE:
Dr. Sunil Bhalinge
CASE NAME: SDB - 2

INVESTIGATIONS- MRI (contrast enhanced MRI of brain and pituitary) NAD

	3/8/15	5/8/15	2/9/15	7/11/15	19/3/16	12/11/16
VITD	14.2					
T3	52.43 (70-204)					
T4	2.74 (4.8-11.7)					
TSH	0.01 (0.45-4.5)	0.01	9.02 HIGH	5.75	1.5 (0.4-4.5)	1.7
FT3		1.15	2.51	2.55	1.95 (1.4-4.4)	2.5
FT4		0.55 LOW	0.70	0.87	0.99 (0.8-1.8)	1.16
TPO				Negative		
HB	16.7					
FBS	84					
SR.CREAT	1.08					
CALCIUM	8.36					
CPK	91					
TESTOSTERONE	865					
PROLACTIN	27					
CORTISOL	9.79		8.18			12.8
FSH	2.3 (1.4-15.4)					
LH	5.49 (1.2-7.8)					
Weight			76.4 kg	77 kg	75 kg	75.3 kg
Thyronorm			75 mg	88 mg	88 mg	88 mg

CASE INTERVIEW -DATED-8/10/16-

REFER SCREENING AND WRITTEN HISTORYS UBMITTED.

LIFESPACE-

Patient's family consists of Father(56yrs),mother 46 years ,brother (24 yrs) and wife(28 yrs). He described relations good with all. His father is friendly, helpful. Mother and brother are calm people.

Since Jan 2015, at work he was only responsible person and had lot of work at hand. He said he never gets tired by any amount of work but if he is exposed to sun during travels he gets acidity and headaches. Promotions make him happy. He works in hospitality industry and he likes meeting new people and learning new things. He does not take work related problems to heart. He denied having work related anxiety. He presented a picture of Confidence.

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

GUIDE:
Dr. Sunil Bhalinge
CASE NAME: SDB - 2

He had difficulties initially in his career when his educational visit to London was delayed by 6 months.

Wife is his childhood friend so it was love cum arranged marriage. He described wife as short tempered, impatient, anger <contradiction. He denied any effects of this on him as he knows her since long time. He got married in April 2015 and his complaints started in July 2015.

FOLLOW UPS- CRITERIA-

1. MOOD-IRRITATION
2. ENERGY LEVELS/SLEEP
3. MSS -PAINS/STIFFNESS
4. O/E-WEIGHT/PULSE/BP
5. ACNE/HAIRFALL
6. ACIDITY/HEADACHES
7. INVESTIGATIONS-TSH,FT3,FT4,CORTISOL
8. THYRONORM

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

GUIDE:
Dr. Sunil Bhalinge
CASE NAME: SDB - 2

FOLLOWUP:

Date	1	2	3	4	5	6	INV.	Rx	NEW S/S	ACTION
08-10-16										A
22-11-16		G		75	Hair fall+ +	Headache on/off	FT3-2.51 N, FT4-1.16 N, TSH- 1.7 N, CORTISOL -12.83	75		B
24-12-16		G		77	SQ	++ <sleep loss2	T3 81, T4 3.6, TSH 1.7			C
27-01-17				77		+1-2 /WEEK			Hyperacidity	D
04-03-17				76			FT3 3.65, FT4 - 1.74, TSH 0.013	75/50	REFLUX PHARYNGITIS	E
15-04-17				P-76/MIN		>/>			>3	F
20-05-17				76		2-3/MONTH	FT3-2.1, FT4-0.7, TSH 5.6 (0.4 - 4.5)		INCREASED	G
24-06-17				76, P 64/MIN		BILIOUSNESS YESTERDAY			>3	H
29-07-17				75.5			FT3-2.2, FT4 - 1.04, TSH - 4.06	50		I
02-09-17		S L E E P + +		75		OCC				J
09-10-17				76		THRICE	FT3-2.09, FT4 - 1.01, TSH - 2.1	50/25		K
04-11-17				76.5		+				L

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

GUIDE:
Dr. Sunil Bhalinge
CASE NAME: SDB - 2

06-01-18				80			FT3 2.3, FT4 - 1.01, TSH 3.2	50	++	M
23-02-18				78			FT3 2.5, FT4 - 1.09, TSH - 1.5	25	++	N
07-04-18		G		78						O
2MONTHS NO TREATMENT										
24-07-18	-	G	0	80	0	0	FT3 2.9, FT4 - 0.9, TSH 2.9	25/12.5		P
15-12-18			L E G/ H E E L S ++				FT3/FT4-N, TSH - 3.4 / 2.3	12.5		Q
12-03-19	No Allopathic Rx since 1 month- (FEB 2019) →						T3, T4, TSH-WNL - WT -78KG, HEEL PAIN SQ			R
15-06-19							FT32.8, FT4 1.0, TSH 1.6, URIC ACID 6.4			S
13-07-19	78KG, HEEL PAIN SQ						FT3-3.26, FT4-1.28, TSH 0.04 LOW			T
Oct-19	NO Rx SINCE 15/8/2019 was better						FT3-2.9, FT4 - 0.8, TSH - 5.3			U
16-11-19	HEEL PAIN relapse						SQ FT3-2.5, FT4-0.9, TSH 3.8			V