

Effectiveness of Natrum Muriaticum 1M on Reduction of TSH Level in Females between Age Group 35 to 55 Years

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Abstract

Hypothyroidism is a current issue in Southern parts of India, which has been identified today as a prevalent disease among adult population of India. [1]. For many decades even modern physicians were trying hard to find scope in thyroid dysfunctions. A prospective randomized clinical study was conducted as *Single group, experimental, pre and post study devoid of control*. The study was carried out at the OPDs of Sarada Krishna Homoeopathic Medical College & Hospital. Cases were followed up to six months and assessment was done once in 3 months. This study concludes that Natrum Muriaticum 1M was effective in the management of hypothyroidism.

Introduction

Hypothyroidism is a clinical syndrome caused by insufficient circulating levels of thyroid hormones below that required to meet physiologic demands. Thyroid hormones play dual roles in development as well as maintaining sufficient whole –body metabolism. Consequently, insufficiency of thyroid hormones typically results in distinct clinical syndromes in adults and children. Given the diverse physiological roles of thyroid hormones in adults the clinical consequences of thyroid hormone deficiency are equally varied. Decreased whole – body metabolism results in a reduced basal metabolic rate leading to weight gain. Furthermore, decreased body temperature can manifest as intolerance to cold environmental temperatures. The heart may display bradycardia due to deficient sympathetic stimulation. CNS effects include mental slowing, lethargy, and listlessness. Skin of patients with hypothyroidism is typically dry and hair loss manifests from brittle hair. Reduced GI motility may lead to constipation. For a complex reason, deficiency in thyroid hormones causes deposition of mucopoly saccharides in a variety of connective tissues. Mucopoly saccharides are long chains of sugar residues that retain water and thus form a gel – like material. Clinically apparent deposition of mucopoly saccharides occurs in the skin and vocal cords. Deposition in dermis results in a condition known as *Myxedema* that looks like generalized edema but does not pit (hence a non-pitting edema). Deposition in the vocal cords can cause hoarseness. Certain etiologies may result in goiter of the neck although the pathogenesis of this is etiology – specific.