Role Of Individualized Homoeopathic Remedy Natrum Carbonicum in The Management of Autoimmune Hypothyroidism: A Case Study

Dr. Jigar Shah[1], Dr. Ami Manjmundar[2]
[1]*Professor, Department of Surgery, Smt. Malini Kishore Sanghvi Homoeopathic Medical College, Karjan, Vadodara, Gujarat*
[2]*PhD Guide, Shree Guru Govind University, Godhra, Gujarat*

***Abstract*—Autoimmune hypothyroidism (Hashimoto's thyroiditis) is a chronic endocrine disorder caused by autoimmune destruction of thyroid tissue, resulting in reduced thyroid hormone secretion. Conventional management requires lifelong levothyroxine therapy, while homoeopathy aims to address the underlying miasmatic and constitutional disturbances. This case report presents a 34-year-old male with autoimmune hypothyroidism managed through individualized homoeopathic therapy with Natrum carbonicum and Thuja occidentalis. Gradual tapering and withdrawal of Eltroxin were reported over two years, with sustained clinical and biochemical improvement. This single case describes the observed clinical course; it cannot establish treatment efficacy or causation.**

***Index Terms*—Autoimmune hypothyroidism, case study, homoeopathy, Natrum carbonicum, thyroid function.**

I. INTRODUCTION

Autoimmune hypothyroidism, also known as Hashimoto's thyroiditis, is one of the most prevalent endocrine disorders worldwide. It results from immune-mediated destruction of thyroid follicles, leading to progressive thyroid failure. The global prevalence is estimated between 1–2% of the population, with a female predominance. Conventional management primarily focuses on hormone replacement through levothyroxine, which restores hormone levels but does not address the underlying autoimmune pathology.

Homoeopathy emphasizes individualized treatment based on totality of symptoms, miasmatic background, and constitutional makeup. The present case describes individualized homoeopathic management with Natrum carbonicum in a patient with autoimmune hypothyroidism.

II. MATERIALS AND METHODS

A single case of a 34-year-old male diagnosed with autoimmune hypothyroidism was studied at Shreeji Homoeopathic Clinic, Vadodara. Detailed case taking was conducted following Hahnemannian principles, emphasizing mental, physical, and general symptoms. Laboratory investigations including T3, T4, TSH, and Anti-TPO antibody levels were recorded periodically. Remedy selection was based on repertorial totality, constitutional features, and miasmatic background. Follow-up was maintained over two years, during which changes in clinical presentation and biochemical parameters were observed.

III. CASE PRESENTATION

The patient, a 34-year-old male engineer, presented on 18/10/2019 with persistent tiredness, heaviness of body, weight gain, swelling, weakness, forgetfulness, and memory disturbance since 2013. He had been taking Eltroxin 100 µg daily for several years. Mental and emotional symptoms included suppressed anger, fear of stage performance, fear of deep water and height, perfectionism, anxiety about health and job, and a reserved personality. He also reported decreased sexual desire and irritability with suppressed expression of anger. Physical generals included craving for sweets, aversion to milk and bitter food, offensive perspiration of palms and soles, and disturbed sleep. Family history revealed hypothyroidism in his mother and hypertension in his

father, which the original case assessment interpreted as suggesting sycotic miasmatic dominance.

IV. DIAGNOSIS

Based on the clinical presentation and laboratory findings reported in the case, the diagnosis was primary autoimmune hypothyroidism. Initial laboratory reports showed elevated TSH (14.69 µIU/ml) and Anti-TPO antibodies (213 IU/ml). The case was evaluated by the authors as a low-susceptibility, sycotic-dominant chronic condition.

V. TREATMENT PLAN AND PRESCRIPTION

Repertorial analysis revealed remedies such as Phosphorus, Pulsatilla, Sepia, Lycopodium, and Natrum carbonicum. Based on the totality of symptoms, constitutional makeup, and miasmatic background, Natrum carbonicum was selected as the constitutional remedy. Natrum carbonicum 30C was prescribed once daily at bedtime, along with Thuja occidentalis 1M as an anti-sycotic intercurrent remedy. Placebo (Saccharum lactis) was administered as supportive therapy. Eltroxin dosage was gradually tapered based on follow-up reports.

VI. RESULTS

Over a period of two years, the patient demonstrated reported clinical and biochemical improvement. Within six months, the TSH level reduced from 14.69 µIU/ml to 6.06 µIU/ml, and further to 3.12 µIU/ml after two years. Anti-TPO antibody levels declined from 213 IU/ml to 105.3 IU/ml. The Eltroxin dosage was reduced from 100 µg to 75 µg, then to 25 µg, and eventually discontinued. Physical improvement included reduction in tiredness, better sleep, and improved memory. Mentally, the patient reported increased confidence, reduced stage fright, and a more balanced emotional state. Body weight decreased from 100 kg to 87 kg. The case report states that the patient remained stable without recurrence of symptoms or need for hormonal replacement for more than six months following cessation of Eltroxin.

VII. DISCUSSION

This case describes individualized homoeopathic management in autoimmune hypothyroidism. The prescription of Natrum carbonicum was guided by the totality of symptoms, including suppressed anger, perfectionism, fear, sensitivity, and physical generals such as aversion to milk and craving for sweets. The intercurrent use of Thuja occidentalis was intended by the authors to address the underlying sycotic miasmatic burden. The authors interpret the reported reduction in TSH and Anti-TPO antibody levels, together with discontinuation of Eltroxin, as suggesting possible modulation of autoimmune activity and stabilization of thyroid function. However, a single uncontrolled case cannot determine whether these changes were caused by the homoeopathic intervention. The report does not provide sufficient information to exclude other explanations, assess long-term outcomes, or establish safety. Controlled studies are needed to evaluate these observations.

VIII. CONCLUSION

The case report describes clinical and biochemical improvement in a patient with autoimmune hypothyroidism during individualized homoeopathic treatment with Natrum carbonicum and Thuja occidentalis, alongside gradual tapering and discontinuation of Eltroxin. The observations are hypothesis-generating and do not establish treatment efficacy. Further controlled studies with appropriate medical monitoring are required to evaluate the role, if any, of homoeopathy in autoimmune thyroid disease.

REFERENCES

[1] J. T. Kent, *Lectures on Homoeopathic Philosophy*. New Delhi, India: B. Jain Publishers, 2002.

[2] S. Hahnemann, *Organon of Medicine*, 6th ed. New Delhi, India: B. Jain Publishers, 2004.

[3] W. Boericke, *Pocket Manual of Homoeopathic Materia Medica*. New Delhi, India: B. Jain Publishers, 2018.

[4] H. A. Roberts, *The Principles and Art of Cure by Homoeopathy*. New Delhi, India: B. Jain Publishers, 2003.

[5] V. Fatourechi, "Hashimoto's thyroiditis: Clinical features and diagnosis," *UpToDate*, 2024.

[6] A. R. Khuda-Bukhsh and S. Pathak, "Homeopathic medicines in the management of thyroid disorders: A review," *Indian Journal of Research in Homoeopathy*, vol. 11, no. 3, pp. 147–153, 2017.