

## Review Article

# Pediatric Hypothyroidism and Its Homeopathic Management

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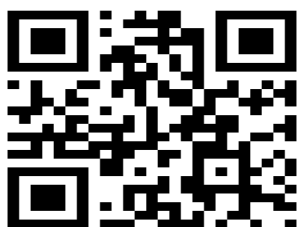
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### ABSTRACT

Pediatric hypothyroidism is a common endocrine disease. It is a condition where thyroid gland not producing enough thyroid hormone. Prevalence is higher in Indian children. Study was done in Mumbai on the thyroid disorder shows that 79% of Indian children's having incidence of hypothyroidism. Its direct effect on physical growth and mental retardation.

Homeopathic medicine plays an important in management of hypothyroidism. Homeopathic medicine act on dynamic level and it stimulate or boost immunity of individual.

**Keywords:** Hypothyroidism, pediatric age, homeopathic management



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### INTRODUCTION

When adequate thyroid hormone is not released by the thyroid gland this condition is called hypothyroidism. It is a stage when thyroid gland not work properly or thyroid hormone not proper released by the pituitary gland or hypothalamus.

Hypothyroidism is result of defect in: - 1. The hypothalamic- pituitary- axis (i.e., central hypothyroidism), 2. Thyroid gland (i.e. primary hypothyroidism), 3. Thyroxine (peripheral sensitivity)

Hypothyroidism is because of less secretion of thyroid hormone for longer time. This stage become hypometabolism. Long standing untreated hypothyroidism has major complication like obesity, growth retardation, and delay in puberty, pituitary hyperplasia, asymptomatic pericardial effusion, and hepatomegaly.

### Classification

1. Primary hypothyroidism – unable to release or produce thyroid hormone because of defect in thyroid gland. It is because of iodine deficiency.
2. Secondary hypothyroidism – here is insufficient production of TSH because

of defect in hypothalamo- pituitary axis. It results in decrease stimulation to thyroid gland and less production of T<sub>3</sub>, T<sub>4</sub>. It seen in pituitary and hypothalamic diseases.

3. Congenital hypothyroidism – thyroid gland does not develop properly from birth

### Etiology of hypothyroidism

A. Primary hypothyroidism including goiter  
Acquired hypothyroidism causes: - Hashimoto's thyroiditis, Iodine deficiency disorder, Goitrogens exposure, Anti -thyroid drug treatment by mother

Congenital hypothyroidism causes: - utilization defect or Iodine transport, Defect in thyroid hormonogenesis

B. Primary hypothyroidism including atrophic gland

Acquired hypothyroidism causes: - 1. Atrophic thyroiditis, 2. post-ablative hypothyroidism (radioiodine therapy, surgery)

Congenital hypothyroidism causes: - 1. Thyroid agenesis, 2. Thyroid dysplasia

C. Short-term primary hypothyroidism is because of after thyroiditis –silent, subacute or post-partum thyroiditis.

D. Central hypothyroidism

Acquired hypothyroidism causes: - hypothalamic diseases or Pituitary diseases (tumor, hemorrhage, granulomatous diseases).

Congenital is defect in TSH receptor or TSH deficiency.

E. Resistance to action of thyroid hormone

#### **Evaluation of congenital hypothyroidism**

History of maternal thyroid disease or anti thyroid medication

Family history of hypothyroidism

Resistance in iodine deficient area.

#### **Clinical features**

Infant

sluggish with prolong physiological jaundice  
meconium ileus

Umbilical hernia

Feeding difficulties

Dry scaly skin

Large tongue

Unless diagnosed and treated early, irreversible neurological impairment

Severe hypothyroidism in infancy causes cretinism

Constipation

Hoarse cry

pallor

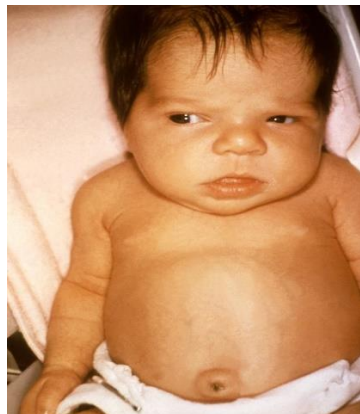
Somnolence.

Delay in teething.

Open posterior fontanels.

Physical and mental mildstone.

If persistent untreated hypothyroidism result in linear growth, dwarfism and delay in close fontanels



#### **Childhood or juvenile**

We can see combination of infantile or adult hypothyroidism

Retarded linear growth

Delayed puberty

Delayed skeletal maturation.

Poor intellectual performance.

Edematous face

Myopathy and pseudo hypertrophy

Weight gain (obesity)

#### **Diagnosis**

##### **Thyroid function screening**

Test of thyroid hormone that is the levels of serum thyroid-stimulating hormone (TSH), and thyroxine (T4).

Hypothyroidism is diagnosed, when TSH level increased and T4 level decreased from normal levels. Hypothyroidism severity depend on the level of TSH and T4. Subclinical hypothyroidism is a condition when TSH level increased and T4 level is normal level.

##### **Study of Anti-thyroid antibody level**

In the autoimmune hypothyroidism anti-thyroglobulin and anti-thyroperoxidase levels are increased. In Graves' disease we can found anti bodies.

##### **Thyroid ultrasound**

Ultrasound helps to find out any swelling or nodule on thyroid gland. But Pediatric endocrinologist avoid ultrasound because of exposure of radiation. They advise for FNA (fine needle aspiration)

##### **Nuclear medicine uptake and scan**

This test is helpful in diagnosis of absorption of iodine by the thyroid tissue in your child. It is also help in new-born baby thyroid tissue location in congenital hypothyroidism.

##### **Complication**

Birth defect

Goiter

Heart problems.

Mental health issues, depression.

Myxoedema.

Peripheral neuropathy.

cretinism

##### **Following are some risk factors for congenital hypothyroidism:**

In some chromosomal disorders like Down syndrome, turner syndrome and Williams syndrome.

In an autoimmune disorder like type

Idiabetic, hormonal deficiencies (i.e. pseudo-hypoparathyroidism)

Hereditary or genetic condition.

The thyroid gland has injured.

Prematurely born babies whose pituitary and thyroid gland have not yet develop properly.

### **Homoeopathic Approach-**

Homoeopathy is science which are based on “similia similibus curenter.” it means “Like Cures Like”. Aim of homeopathic medicine is to stimulate inner self mechanism or vital energy. Thus, homoeopathy has better option to cure disease because treatment is based on the individualistic approach. In homeopathy we give importance to mind while considering health. Body and mind both are interconnected to each other. Dr Kent says about mind, that is first affection in humans mind then proceed in mind to physical body. According to homeopathy any disease is because of derangement of vital force. Homeopathic medicine act on vital force and vital force itself power to cure disease. So, concept of homeopathic treatment is based on constitution of individual.

Homeopathy treat individual not the disease. According to homeopathy, origin of any disease is from derange vital force or mental distress or defected emotion or frustration.

Homeopathic point of view, hypothyroidism is an autoimmune disease. Function of thyroid gland is to regulate organs of nutrition, growth and development. Homeopathic medicine stimulates the pituitary gland and thyroid gland to reactivate the hormone secretion in normal or regulate limits. Exact similimum and constitutional remedy can cure hypothyroidism. Tools of homeopathy is proper case taking and find out accurate similimum on the basis of characteristic symptom and totality of symptom. So many homeopathic medicines have good sphere of action on thyroid gland. In thyroid diseases mostly mineral group indicated like arums, calcarias, barytas, iodums, kali's, mercurials, magnesium's, phosphorus, sulphur etc.

Yet we can be prescribed on the basis of constitutional or totality of symptom.

**Some rubrics which are given in repertories.**

**Murphy repertory**

- Gland- thyroid
- Gland- thyroid- children in
- Gland- thyroid- coldness in region
- Gland- thyroid- cretinism
- Gland- thyroid- cyst thyroid
- Gland- thyroid- distension sensation
- Gland- thyroid- enlargement
- Gland- thyroid- goitre
- Gland- thyroid- goitre- asthma cause
- Gland- thyroid- goitre-exophthalmos
- Gland- thyroid- goitre- hard
- Gland- thyroid- goitre- large irregular
- Gland- thyroid- goitre-left side
- Gland- thyroid- goitre- painful.
- Gland- thyroid- goitre- painless
- Gland- thyroid- goitre- puberty
- Gland- thyroid- goitre- right side
- Gland- thyroid- hardness
- Gland- thyroid- hypertrophy
- Gland- thyroid- hypothyroid
- Gland- thyroid- itching
- Gland- thyroid-swelling
- Gland- thyroid- thickened thyroid

### **Homeopathic therapeutics which are used for hypothyroidism**

In our homeopathy so many remedies which are useful in hypothyroidism

#### **CALCARIA CARBONICUM**

Fat, fair, flabby constitution with much perspiration on head.

Thermal- Chilly

Chief action is on impaired nutrition, skin, and bone.

A tired state, mental or physical, due to over work

Act on Pituitary and thyroid dysfunction.

Children's who grow fatty, flabby, large head, belly fat, and pale skin with chalky look.

Children's craves eggs, eat indigestible things.

#### **CALCARIA IODATE**

It is well indicated remedy for hypothyroidism at the age of puberty.

Flabby children with affect to colds.

It helps in the treatment of scrofulous affections like enlarged glands.

Discharges profuse and yellow

Profuse sweat.

#### **KALIUM CARBONICUM**

Characteristic of all kali group is soft pulse, coldness.

tendency to obesity with dark hair  
Thermally- Chilly.  
In kali group dropsical and paretic tendencies and look like fleshy aged people  
Left side Hypothyroidism.  
Tendency to dropsy.  
Tubercular diathesis.  
Children's want to play everything, but want to stick their toys.  
Child who tend to be very structured, refined, and look very self-assured  
Obstinate children  
Wants Company for play, and aversion to being alone.  
constantly holding mother hand and Clinging to mother

#### THYROIDINUM

Thyroid hormone or thyroidinum produces emaciation, sweating, anaemia, muscular weakness, nervous tremor of face and limbs, numbness,  
Increased heart rate, dilation of pupils, exophthalmos.  
Used full in myxoedema and cretinism.  
Function of thyroid gland is to regulate the mechanism of the organs of nutrition, growth and development.  
Arrested development in children.  
Improves the memory.  
Goitre.  
Excessive obesity.  
Thermal- Chilly,  
Hypothyroidism after acute diseases like weakness. easy fatigue, weak pulse,  
Tendency to faint, chilliness, sensitive to cold.  
Palpitations, cold hands and feet

#### SPONGIA TOSTA

It indicated remedy for tubercular diathesis.  
Fair complexion, lax fibre; swollen glands.  
After slight exertion body exhaustion  
Swollen thyroid gland.  
Dryness and Stitches  
Stinging and Burning.  
Sore throat aggravate after eating sweet things.  
Tickling causes cough.  
Clears throat constantly.

#### GRAPHITIS- (Black Lead)

Thermal- Chilly,  
Mainly used in case of hypothyroidism with obesity and chilliness.

Tendency to skin affection and constipation.  
Constipation with large, difficult, knotty stool.

Depressed, sad, music makes her weep.

Hoarseness, coryza, cough

#### LYCOPODIUM

Lycopodium have some evidence of urinary or digestive disturbance will be found.

Grauvogel's carbo-nitrogenoid constitution with non-eliminative lithæmic.

Left sided.

It is indicated in slow developing of child, loss of the digestive powers, and functional power weakening, where the function of the liver is seriously disturbed.

Atony. Malnutrition.

temperaments mild, lymphatic constitution, and catarrhal tendencies;

Where the skin shows yellowish spots, earthy complexion, uric acid diathesis, etc; also precocious, weakly children.

Thermally -hot

#### CONCLUSION

Homeopathic constitutional medicine can help in treatment of paediatric hypothyroidism and can helps in preventing paediatric complication. Homoeopathic remedy helps in regulating in hormonal or psychological problem of hypothyroidism in paediatrics.it also helps you to lose weight by improving digestion and metabolism. Hence, we conclude that homeopathic medicine are effective in treatment of paediatric hypothyroidism.

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