

Homoeopathic Thyroidinum 3X & Thyroidinum 6X- An Adjuvant in the Treatment of Hypothyroidism a Single Blind Cross Over Study

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Abstract

Introduction: Hypothyroidism is a metabolic issue coming about because of lacking emission of thyroid hormones for a more extended period or infrequently from opposition of the fringe tissues with the impact of thyroid hormones.

Aim: To compare the role of homoeopathic medicine Thyroidinum 3X and Thyroidinum 6X as an adjuvant, in managing the cases of Hypothyroidism.

Study Design: This is the prospective, single blind, randomized, cross over comparative trial.

Method: In this study Patients presenting complaints of Hypothyroidism was taken up on the basis of their clinical symptoms and clinical findings. Patients complaints were noted with helping tool Zulewski’s score.

Intervention: Thyroidinum 3X & Thyroidinum 6X was given along with allopathic medicine Levothyroxine 100 mcg in a cross over pattern.

Results: Statistical analysis of paired t test in Group A (Thyroidinum 3X) shows that homoeopathic medicine Thyroidinum 3X is effective in reducing Zulewski’s score in hypothyroidism. Statistical analysis of paired t test in Group B (Thyroidinum 6X) shows that homoeopathic medicine Thyroidinum 6X is effective in reducing Zulewski’s score in hypothyroidism. Statistical analysis of independent t-test for both groups in Zulewski’s score shows equal variance assumed, mean=4.4284 (SD= 3.39) in Group A (Thyroidinum 3X) in comparison to mean=3.57 (SD=2.29) in Group B (Thyroidinum 6X) shows significant difference (0.00) between Group A

(Thyroidinum 3X) and B (Thyroidinum 6X) in. Thus, rejecting the null hypothesis, homoeopathic medicine Thyroidinum 6X shows significant difference in lowering the Zulewski's score in comparison to Thyroidinum 3X.

Keywords: Hypothyroidism, Zulewski's score, Randomized comparative trial, Thyroidinum 6X, Thyroidinum 3X

Introduction

Hypothyroidism is a metabolic issue coming from about because of deficient emission of thyroid hormones for a more extended period or once in a while from opposition of the peripheral tissues with the impacts of thyroid hormones.¹ The commonness of hypothyroidism in India is 11% contrasted and 2% in UK and 4.6% in USA. Contrasted and waterfront refers to (Mumbai, Goa and Chennai) city found inland (Delhi, Ahmadabad, Bangalore and Hyderabad) have a higher commonness (11.7% vs. 9.5%).² The commonness of hypothyroidism has expanded to 5:100 with high female prevalence. It record as a significant hazard in pregnancy and barrenness. Gestational hypothyroidism is estimated as 13.13% in India.³ On the off chance that is untreated or abused gestational hypothyroidism causes psychological, debilitated scholarly, and neural imperfection of new conceived. Consider-ation deficiency and hyperactive condition are regular in youngsters, who were destined to hypothyroid mother.⁴

Thyroid hormones have impact over Oestrogen and androgen digestion. This is clear by the historical backdrop of postponed menses, menstrual abnormalities, anovulatory cycles, unsuccessful labor and fruitlessness in hypothyroid patient.⁵ About 57% instance of barrenness, the significant hazard factor behind that is hypothyroidism.⁶ Hypothyroidism is around 8 to multiples times more uncommon in male that is on the grounds that 80% of hypothyroidism is brought about via immune

system malady and immune system ailment are more normal in women.⁷

Thyroid illness is visit in more established individual, and the side effects of hypothyroidism for example, sleepiness, weakness, absence of fixation or dry skin can be fundamentally the same as grievance related to aging.⁸

Justification for Study

Some past researches have shown effect of Thyroidinum 3X along with Levothyroxin in Hypothyroidism.⁹

Present examination is pointed in comparing the homoeopathic Thyroidinum 3X and Thyroidinum 6X in cases of hypothyroidism. Dr. J.H. Clarke reported various cases treated with Thyroidinum.¹⁰

Indian homoeopath Dr S.K. Ghosh has also reported various improvements from Thyroidinum.¹¹ SBL Recommended Thyroidinum 3X-6X for managing the cases of hypothyroidism.¹²

Aim

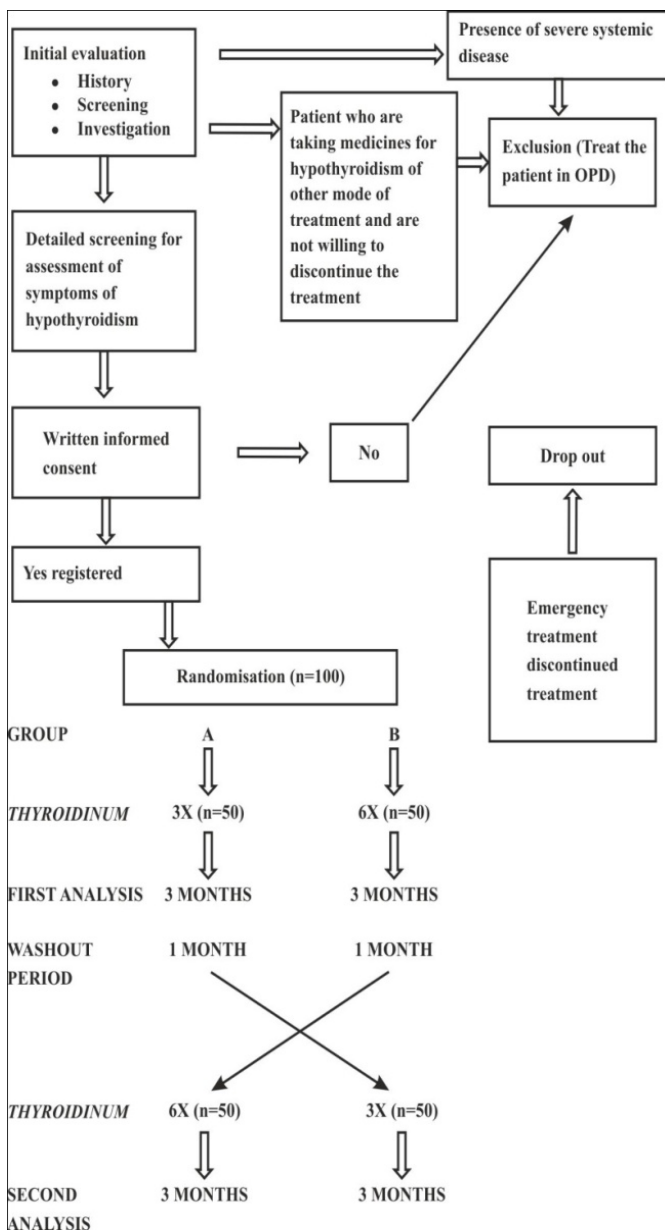
To compare the role of homoeopathic medicine Thyroidinum 3X and Thyroidinum 6X as an adjuvant, in managing the cases of Hypothyroidism.

Objectives

- To assess improvement in clinical feature of hypothyroidism cases with Homoeopathic medicine Thyroidinum 3X & Thyroidinum 6X as an adjuvant by using Zulewski's score.
- To compare the effect of Homoeopathic medicine Thyroidinum 3X & Thyroidinum 6X as an adjuvant on clinical features of hypothyroidism by using Zulewski's score.

Study Design

This is the prospective, single blind, randomised, cross over comparative trial.



Method

In this study Patients presenting complaints of Hypothyroidism was taken up on the basis of their clinical symptoms and clinical findings. Patients complaints were noted with helping tool Zulewski’s score.

Study Setting

The present study was undertaken at M.N. Homoeopathic Medical College, and Research Institute, Bikaner. The examinations were taken from the OPD/IPD.

Study Duration

The study was undertaken for a period of 12 months and the study was conducted on two groups. First 2 months for preparation of trial. For a period of 3 months Thyroidinum 3X was given to group A and Thyroidinum 6X was given to group B. After that investigation and analysis was done. There was washout Period for one month for both groups. After cross over, Thyroidinum 6X was given to group A and Thyroidinum 3X was given to group B for a period of 3 months. Then investigation and analysis was done for 3 months.

Inclusion criteria

- 15-55 year of age and both sex.
- Patient giving consent for the study.
- Under levothyroxine 100mcg intake.
- TSH level less than 23 IU/ml.

Exclusion criteria

- Hypothyroidism associated with PCOD, DM and Hypertension.
- Hypothyroidism in pregnancy.

Intervention

Thyroidinum 3X & Thyroidinum 6X was given along with allopathic medicine Levothyroxine 100 mcg in a cross over pattern.

Follow up

Patients enrolled in the study would be required to pay visit every month. At least 3 Follow ups of the patient finally assessed the case.

In the event no recognized improvement after satisfactory redundancy of medication, we were search for any obstacle(s) for fix and steps might to be taken to eliminate what many would consideration. On the off chance that no reaction, allude the case for suitable clinical consideration.

Assessment Criteria

The treatment efficacy viability was evaluated clinically on the basis of improvement in all the signs and symptoms which were appointed with self-gradation and by use of Zulewski's score.

Statistical Technique and Data analysis

Before treatment- [mean± SE_m]

After treatment- [mean± SE_m]

The information was taken by utilizing SPSS programming and Excel.

The measurable procedure- 'Independent t-test' and 'Paired t-test' were used.

- Independent t-test was utilized to think about two treatment gathering.
- Paired t-test was utilized to evaluate the before and after scores in each patient.

Statistical Technique and Data Analysis

The statistical technique used was 'Paired t-test' and 'Independent t-test'. Combined t-test was utilized to survey the when scores in every patient. Autonomous t-test was utilized to look at impact between medicine Thyroidinum 3X & Thyroidinum 6X.

Results

Statistical analysis of paired t test in Group A (Thyroidinum 3X) shows that homoeopathic medicine Thyroidinum 3X is effective in reducing Zulewski's score in hypothyroidism.

Statistical analysis of paired t test in Group B (Thyroidinum 6X) shows that homoeopathic medicine Thyroidinum 6X is effective in reducing Zulewski's score in hypothyroidism.

Statistical analysis of independent t-test for both groups in Zulewski's score shows equal variance assumed, mean=4.4284 (SD= 3.39) in Group A (Thyroidinum 3X) in comparison to mean=3.57 (SD=2.29) in Group B

(Thyroidinum 6X) shows significant difference (0.00) between Group A (Thyroidinum 3X) and B (Thyroidinum 6X) in. Thus, rejecting the null hypothesis, homoeopathic medicine Thyroidinum 6X shows significant difference in lowering the Zulewski's score in comparison to Thyroidinum 3X.

Statistical analysis of paired t test in Group A (Thyroidinum 6X) shows that homoeopathic medicine Thyroidinum 6X are effective in reducing Zulewski's score in hypothyroidism.

Statistical analysis of paired t test in Group B (Thyroidinum 3X) shows that homoeopathic medicine are effective in reducing Zulewski's score in hypothyroidism.

Statistical analysis of independent t-test for both group in Zulewski's score shows equal variance assumed, mean=3.02 (SD= 2.47) in Group A (Thyroidinum 6X) in comparison to mean=2.76 (SD=1.57) in Group B (Thyroidinum 3X) shows significant difference (0.00) between Group A (Thyroidinum 6X) and B (Thyroidinum 3X) in. Thus, rejecting the null hypothesis, homoeopathic medicine Thyroidinum 3X & Thyroidinum 6X shows significant difference in lowering the Zulewski's score.

Discussion

The study showed maximum 62 patients of Hypothyroidism in age group 31-45 year and 32 patients in age group 46-60 years age group between 45-55 year, and 6 patients in the age group below 30 years. Gesing A. mention in his article "The Thyroid gland and the aging process" that the prevalence of subclinical hypothyroidism increase with aging and ranges from 3 to 16% in individuals aged 60 years and older.¹³ Leng O & Razvi S. Suggest from current evidence that threshold for treating mild subclinical hypothyroidism in older people should be high.¹⁴ Hintze et.al., investigated the prevalence of thyroid disorders in 446 (403 female, 63 male) subjects over the age of 60 years.¹⁵ Bembem et al in their study concluded

that a high prevalence of newly diagnosed subclinical hypothyroidism in both elderly male and female patients.¹⁶ In our examination, the site was in the provincial and urban zone, in this manner living space rate of Hypothyroidism in urban region was 72% whereas the rate in rural was 28%. We found that in urban region that there are patients of stress and having stationary way of life quicken, elevate the cases of Hypothyroidism and discovered less in rural territories since they having more physical action related work. Lal RB et.al., in their investigation, endeavor has been made to consider the range of the iodine lack issue in a sub Himalayan hyperendemic area. Iodine inadequacy has been found to improve the condition like foetus removal, still birth, higher new born child mortality, neonatal compound hypothyroidism, innate inconsistencies, hindered development, hypothyroidism, endemic goitre and endemic cretinism.¹⁷ Gopalkrishnan A. et.al., in their investigation found that inland urban communities demonstrated a higher pervasiveness of hypothyroidism as compared to coastal cities.¹⁸ In this study out of 100 cases, maximum incidence of socio eco. status showed 67% cases from middle, 24% cases from lower and 09% cases from high socio-eco. background. Socioeconomic level is important factor in Hypothyroidism, which is based on lifestyle and dietary habits, though most of the patients come from nearby villages but these villages are almost urbanized being close to the city and the lifestyle of the people in those areas closely resembles to these living in the urban area.¹⁹ Increased total energy intake, soya protein, tofu, intake, red meat, fat, gluten found in bread, pasta and rice potentially increase the risk of symptomatic Hypothyroidism; vegetables particularly broccoli and cauliflower, food in package, frozen food, coffee, alcohol and excess fiber diet potentially decreases the risk of

symptomatic Hypothyroidism.²⁰ Sharma R. et.al., concluded in their study that dietary micronutrients play an important role in the synthesis of thyroid hormones. Iodine remains the cornerstone with increasing focus on other nutrients like selenium and zinc.²¹ Kuroki R et.al., propose that an extreme low calorie diet treatment diminished his weight and enhance the insulin-resistant state. These impact were trailed by astounding improvement of the Acanthosis nigricans preceding the adjustment of the hypothyroidism. This affirm that Acanthosis nigricans might be predominantly credited to insulin opposition instead hypothyroidism per se.²² Occupational Increased incidence of hypothyroidism was seen 53%, in housewives, 20% in students, 18% in teachers and 2-4% in others. Volzke H et.al., conclude that female with occupational exposure to ionizing radiation had more often AITD (Associated with autoimmune thyroid diseases) than non exposed female.²³ At the end of the study, group A (Thyroidinum 3X) 12% cases showed marked improvement, 14% cases moderate improvement 19% cases mild improvement, Not significant 5% and status quo 0% cases were recorded and Group B (Thyroidinum 6X) 24% cases showed marked improvement 16% cases moderate improvement, 10% cases mild improvement Not significant 0% and status quo 0% were recorded. After transver study, Group A (Thyroidinum 6X) shows 13% marked improvement, 19% moderate improvement 08% instances of mellow improvement, Not noteworthy 10% and status quo 0% And Group B (Thyroidinum 3X) 12% marked improvement, 17% moderate improvement, 13% instances of gentle improvement, Not significant 5% and status quo 3%. Kiruthiga S presumed that Thyroidinum 3X rush healing process in essential hypothyroidism. No unfriendly impact were recorded when homo-eopathic remedy Thyroidinum 3X was given alongside allopathic

levothyroxine. It is closed from the percentage of symptomatic relief (50% to 90%) that the Thyroidinum 3X is a lot of valuable in the treating the manifestations of hypothyroidism.²⁴

Conclusion

This was a prospective, single visually impaired, randomised, transver relative preliminary with positive outcomes and these outcomes need further approvals by directing huge clinical preliminaries. From the above outcome and perceptions it is inferred that Thyroidinum 3X and Thyroidinum 6X rush the remedial cycle of hypothyroidism. No antagonistic impact were recorded when homoeopathic medication Thyroidinum 3X and Thyroidinum 6X was given alongside allopathic medicine Levothyroxine. It is closed from the level of suggestive alleviation that Thyroidinum 3X and Thyroidinum 6X much valuable in treating the manifestations of hypothyroidism. Along these line, this investigation help in improving clinical act of homoeopathic doctor.

A twofold visually impaired, enormous sample size and a more extended investigation term can be made arrangement for such examinations. A superior insights can be applied for speculations of the outcomes.

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