

Review Article

Hypothyroidism and its Homoeopathic Management: A Review Article

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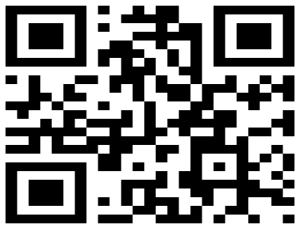
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ABSTRACT

Hypothyroidism is one of the most common endocrine disorders characterized by reduced production of thyroid hormones by the thyroid gland, resulting in a generalized slowing of metabolic processes. It affects multiple organ systems and is more prevalent in women than men. The condition may arise due to autoimmune disorders, iodine deficiency, thyroid surgery, medications, or congenital defects.

Common clinical manifestations include fatigue, weight gain, cold intolerance, constipation, dry skin, and menstrual irregularities. Diagnosis is usually based on thyroid function tests, particularly serum thyroid-stimulating hormone (TSH) and thyroxine (T4) levels. Conventional management involves hormone replacement therapy; however, homoeopathy offers a holistic and individualized approach that aims to stimulate the body's self-healing mechanism. Several remedies such as Thyroidinum, Calcarea carbonica, Natrum muriaticum, Sepia, and Graphites are frequently indicated based on symptom similarity. This review article discusses the etiology, clinical features, diagnosis, and homoeopathic management of hypothyroidism.

Keywords: Hypothyroidism, thyroid disorders, homoeopathy, endocrine diseases, individualized medicine.



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INTRODUCTION

Hypothyroidism is a metabolic disorder resulting from insufficient production of thyroid hormones, particularly thyroxine (T4) and triiodothyronine (T3), by the thyroid gland. These hormones regulate metabolism, growth, and development of various tissues in the body. When hormone production decreases, metabolic processes slow down, affecting multiple organ systems. The disease is commonly seen in middle-aged women and elderly individuals. In many countries, autoimmune thyroiditis, especially Hashimoto's thyroiditis, is the leading cause of hypothyroidism. Homoeopathy views disease as a dynamic

disturbance of the vital force and emphasizes individualized treatment. In hypothyroidism, remedies are selected based on the totality of symptoms rather than solely on laboratory findings.

Etiology

Hypothyroidism can be classified into primary and secondary forms depending on the underlying cause.

1. Primary Hypothyroidism

Primary hypothyroidism results from intrinsic disease of the thyroid gland. Common causes include:

Autoimmune thyroiditis (Hashimoto's disease)

Iodine deficiency

Thyroid surgery or radioactive iodine therapy

Thyroiditis

Drug-induced hypothyroidism (e.g., lithium, amiodarone)

2. Secondary Hypothyroidism

This occurs due to dysfunction of the pituitary gland or hypothalamus resulting in inadequate secretion of TSH.

3. Congenital Hypothyroidism

This may occur due to absence or defective development of the thyroid gland in newborns.

Clinical Features

Symptoms develop gradually and are mainly due to slowing of metabolic processes.

Common symptoms include:

Fatigue and lethargy

Cold intolerance

Weight gain

Dry skin and hair

Constipation

Depression

Hoarseness of voice

Menstrual irregularities in women

Bradycardia and reduced cardiac output

Long-standing untreated hypothyroidism may lead to complications such as infertility, peripheral neuropathy, and myxedema coma.

Diagnosis

Diagnosis of hypothyroidism is mainly based on laboratory investigations:

Serum TSH level (usually elevated in primary hypothyroidism)

Serum free T4 level (reduced)

Thyroid antibody tests (for autoimmune thyroiditis)

Thyroid function tests are considered the most reliable diagnostic tools.

Homoeopathic Management

Homoeopathy treats hypothyroidism based on individual symptomatology, constitutional factors, and miasmatic background. The goal is to restore balance in the endocrine system by stimulating the body's natural healing mechanism.

Important Homoeopathic Remedies

1. Thyroidinum

Derived from thyroid gland extract

Useful in obesity associated with hypothyroidism

Indicated in fatigue, chilliness, and sluggish metabolism

2. Calcarea Carbonica

Suitable for obese individuals with slow metabolism

Profuse perspiration, especially on the head

Cold, clammy skin and fatigue

3. Natrum Muriaticum

Indicated in hypothyroidism with depression and anemia

Dry skin, hair fall, and headaches

Reserved personality and emotional suppression

4. Sepia

Useful in women with hormonal imbalance

Menstrual irregularities and pelvic congestion

Indifference to family members

5. Graphites

Dry rough skin with cracks

Constipation and obesity

Useful in patients with sluggish metabolism

6. Lycopodium

Hypothyroidism with digestive disturbances

Bloating and right-sided complaints

General Homoeopathic Approach

Individualized constitutional prescription

Miasmatic evaluation

Lifestyle and dietary advice

Regular monitoring of thyroid function

DISCUSSION

Hypothyroidism is a multifactorial endocrine disorder affecting metabolic, cardiovascular, and reproductive systems. Conventional medicine mainly focuses on hormone replacement therapy, which effectively controls symptoms but does not address the underlying susceptibility. Homoeopathy, on the other hand, emphasizes individualized treatment based on the law of similars and aims to correct the underlying constitutional imbalance. Although clinical experiences and case reports suggest beneficial outcomes, more controlled clinical studies are required to establish scientific evidence for homoeopathic treatment in hypothyroidism.

CONCLUSION

Hypothyroidism is a common endocrine disorder that significantly affects quality of life. Early diagnosis and proper management are essential to prevent complications.

Homoeopathy offers a holistic and individualized therapeutic approach that may help improve symptoms and overall health by stimulating the body's natural healing processes. Further research and clinical trials are necessary to validate the effectiveness of homoeopathic remedies in hypothyroidism.

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