Hypothyroidism and Homoeopathy – A case report

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ABSTRACT: Hypothyroidism, or underactive thyroid, happens when your thyroid gland doesn't make enough thyroid hormones to meet your body's needs. Your thyroid is a small, butterfly-shaped gland in the front of your neck. It makes hormones that control the way the body uses energy. It may associate with many more symptoms. Curing a disease by means of Homoeopathy will mean to find out a simillimun for every particular individual case. A report was a 43 year old female suffering from hypothyroidism, on the base on totality of symptoms and repertorisation, prescribe Homoeopathic medicine Calc Carb and case was improved and quality of life better.

Key word: Hypothyroidism, Homoeopathy

INTRODUCTION:
Hypothyroidism is a condition in which the thyroid gland doesn’t produce enough hormones. Hypothyroidism’s deficiency of thyroid hormones can disrupt such things as heart rate, body temperature and all aspect of metabolism. Large number of population is affected by Hypothyroidism. There are various factors which may cause Hypothyroidism such as Non-Goitrous Hypothyroidism (Idiopathic, Post operative, Post radiation, Developmental defect), Goitrous Hypothyroidism (Endemic cretinism, Hasimoto’s thyroiditis, Antithyroid drug maternally transmitted to foetus, Overdose of antithyroid drug in adults, Iodine deficiency (mountainous area), Genetic thyroid enzyme defects, Food goitrous in iodine deficient area i.e. turnip, cassavas cabbage etc, Drug goitrogenes e.g. iodine, propylthio-uracil, methimazole, lithium, sulphonamides, phenyl butazone, amiodarone etc). Dyshormogenesis with or without Pender’s syndrome and deep stress. Female are 7-8 tim more susceptible for Hypothyroidism than male.

The totality of mental, emotion and physical symptoms reflects the whole about health. It is precisely this totality of symptoms that Homoeopathy treats. Treating you as a whole person, rather than simply treating one condition, sign, symptom, tissue, organ and vital system etc. it makes Homoeopathy a truly holistic system.

Case profile:
Personal information-
- Name: Kittu
- Marital status: Married
- Age/sex: 43-female
- Religion: Hindu
- Occupation: House wife
- Residence: 17 ML Sri GangaNagar Rajasthan
- Date: 13 – 07 - 2022

Chief complaints with duration:-
- Hair falling, complete baldness at one spot behind ear left side of head.
- Fullness of breath
- Cervical pain
- Heavy blood loss during menses
- Discoloration reddish brown spot at root of nose. Since 3-4 month
- Piles
- Pain during menses

History of Present Complaints:-
- Hair falling, complete baldness at one spot behind ear left side of head. Since 4 year
- Fullness of breath aggravates ascending
- Cervical pain since 7-8 years < stooping, lifting
- Heavy blood loss during menses since 2 year.
- Discoloration reddish brown spot at root of nose. Since 3-4 month
- Piles since 1 year
- Pain during menses extend downwards towards limbs alternate side
Past History:
- Tonsillitis
- Anemia

Family History:
- Mother: lungs fibrosis (Death)
- Father: Ulcer (Death)
- Brother: Suicide

Personal History:
- Vegetarian

Drug History:
- No drug History except allopatic medicine for hypothyroidism, use on and off medicine for seasonal complaints

Female Symptoms:
- Menses regular, flow scanty
- Duration 3 – 4 days
- Pain during menses extend lower limb but pain alternate side every month,
- Vaginal discharge whitish/yellowish which stain panties. Stain difficult to wash-out.

General Physical Examination:
- Appetite – Normal
- Thermal: Chilly
- Thirst: Thirst less, drink 2 - 4 glass of water a day
- Blood pressure: 110/80 mm of Hg
- Temperature: 98.2 F
- Pulse: 72 / m

Observation:
- Patient well dressed.
- Answer of all questions with good sense of orientation
- Patient well oriented of time and place

Systemic Examination:
- Good sense of humor.
- Reflexes like iris of eye, palmer, planer and knee are normal.
- Kinesthetic senses are normal.
- No trembling while raising hands.
- No gait disorder.

Respiratory System:
- Chest movement on expiration and inspiration is normal.
- Breathe normal on auscultation.
- Sometime fullness of breath while ascending and heavy exertion.

Cardiovascular System:
- No such abnormality detected, S1 S2 sound are normal.

Gastro Intestinal system:
- Stool normal 1-2 time a day, some time unsatisfied.
- Bleed P/R not regular base but few strikes of blood mix with stool while straining for hard stool.

Nervous System:
- No such abnormality detected.

Lymph-Glandular System:
- No such abnormality detected.

Joints & Bones:
- No joint pain,
- Pain appear while exert heavily which ameliorate after rest.

Excretory System:
- urine normal
- Day time 4-5 times
- Night 0-1 time

Skin:
- Reddish brown rash root of the nose since 3-4 month.
- No pain on this spot.
- Sight itching on/off,
- Sometime peeling off silver or oak-white colored skin from this area.

Mental General:
- She remains anxious about future, worried about what will happen with her family. How children will handle their own future.
- She feels sad when see other will grow day by day but her business growth slow.
- She wants to achieve higher position, so that future becomes safe. Feeling of insecurity regarding money matter.
- She always compares herself and her family with other.

Physical General:
- Blood pressure: 110/80 mm of Hg
- Pulse : 74/m
- Temperature: 98.2 F
- Thermal: Chilly
- Thirst: Thirst less (Drunk 4-5 glass of water)
- Weight: 61 kg
- Height: 5. 3 inches

Provisional Diagnosis:
- Hypothyroidism
- Anemia

Investigations:
- Blood test: CBC, Thyroid Profile,

Final Diagnosis:
- Hypothyroidism

Evaluation of Symptoms:
- Anxious about future, worried about what will happen with her family. How children will handle their own future.
- She feels sad when see other will grow day by day but her business growth slow.
- She wants to achieve higher position, so that future becomes safe. Feeling of insecurity regarding money matter.
- She always compares herself and her family with other.
- Hair falling, complete baldness at one spot behind ear left side of head.

**Miasmatic Analysis:**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptoms</th>
<th>Remarks / Interpretation</th>
<th>Psora</th>
<th>Sycosis</th>
<th>Syphilis</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Anxious about future, worried about what will happen with her family. How children will handle their own future. She feels sad when see other will grow day by day but her business growth slow.</td>
<td>She remain anxious indicates fear and insecurity.</td>
<td>Psora</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>She compare own status with others: indicate wants to growth and position. She wants future safety indicate insecurity</td>
<td></td>
<td></td>
<td>Sycosis</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Compare with other means feeling of small, less than other. Heamoglobuline become less gradually. Indicate destruction, loss of hair at one spot.</td>
<td></td>
<td></td>
<td>Sycosis</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Scaly eruption at root of nose without discharge is the indication of sycosis because no discharge, no pain</td>
<td></td>
<td></td>
<td></td>
<td>Syphilis</td>
</tr>
</tbody>
</table>

**Miasmatic Diagnosis:** - Psora Sycosis

**(Predominant Miasm, Remarks (if any)):** Sycosis

**Reportorial Totality:**
- Delusion Smaller
- Anxiety future, about
- Head, Hair Baldness Patches
- Anemia
Conversion of symptoms and signs into rubrics: - Rubric in synthesis Repertoty using Radar 10.0 version

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Symptoms</th>
<th>Chapter</th>
<th>Rubrics</th>
<th>Sub Rubric</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>She feels sad when see other will grow day by day but her business growth slow.</td>
<td>Mind</td>
<td>Delusion</td>
<td>Smaller</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>She wants to achieve higher position, She always compares herself and her family with other.</td>
<td>Mind</td>
<td>Anxiety</td>
<td>Future, about</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Anxious about future, worried about what will happen with her family, How children will handle their own future. How Future becomes safe. Feeling of insecurity regarding money matter. Hair falling, complete baldness at one spot behind ear left side of head. Since 4 year</td>
<td>Head</td>
<td>Hair</td>
<td>Baldness, Patches</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Anemia</td>
<td>Generals</td>
<td>Anemia</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reportorial Analysis:-
Calc 4°, Phos 3°, Graph 3°, Plat 3°, Ars Alb 3°, Nit Acid 3°, Puls 3°, Staph 3°, Sulph 3°, Kali Phos 3°, Nat c 3°, carb v 3°

Final Drug Selection with Reason:--
Calc Carb medicine prescribes to the patient because it covers all physical generals, physical particular and mental general symptoms of the patient. Theme of patient was insecurity and protection which matches with the theme of calcerea.

Treatment:-
- Calc Carb 200
- SL 30 4 Pills TDS 2 week
- **Mode of administration** – oral
- **Date** - 13 – 07 - 2022

**Diet and Management:**
- Advice for avoid fast food, white floor and product of white floor
- Advice for cold drink, soft and hard drink.
- Advice for all type of preservative food either liquid or solid items.

**Ujjayi pranayama, Nadi Shodna, Bhashrika Pranayama, Sheetali Pranayama, Sheetkari Pranayama in Yoga and Naturopathy.**
- Add iodine salt in your diet
- Use coriander leaf/grains water empty stomach early in morning.

**Follow up sheet:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Progress / symptoms</th>
<th>Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>27-07-2022</td>
<td>- Fell better</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Headache reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Pain reduce</td>
<td></td>
</tr>
<tr>
<td>10-08-2022</td>
<td>- Spot at root of nose improve</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Pain and heaviness of neck reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Menses flow was better than before</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Appetite normal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Fullness of breath slight better</td>
<td></td>
</tr>
<tr>
<td>25-08-2022</td>
<td>- Stool normal</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Fresh and active feeling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Advice for thyroid profile</td>
<td></td>
</tr>
<tr>
<td>10-09-2022</td>
<td>- Stool normal</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Discoloration with scab at root of nose faded</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Thyroid profile 04-09-2022 T3- 0.97, T4- 6.01, TSH- 9.52</td>
<td></td>
</tr>
<tr>
<td>24-09-2022</td>
<td>- Menses without pain</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- No vaginal discharge</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Energetic feeling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- No fullness of breath ascending while</td>
<td></td>
</tr>
<tr>
<td>08-10-2022</td>
<td>- Cervical pain reduce</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Slight hairy growth on alopecia at scalp</td>
<td></td>
</tr>
<tr>
<td>22-10-2022</td>
<td>- Menses on time without pain</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Slight feeling of constipation</td>
<td></td>
</tr>
<tr>
<td>05-11-2022</td>
<td>- Body-ache reduce</td>
<td>SL TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Physically and mentally felt better</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Weight reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Advice for repeat thyroid profile and CBC</td>
<td></td>
</tr>
<tr>
<td>19-11-2022</td>
<td>- Appetite normal</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Stool normal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- No-body pain</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Gastric is there</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Scab at root of nose reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Thyroid profile dated 14-11-2022 T3- 1.08, T4- 5.99, TSH- 6.37</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Hb- 11 g%</td>
<td></td>
</tr>
<tr>
<td>03-12-2022</td>
<td>- Menses on time without pain</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td></td>
<td>- Heamoglobinule increase</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Appetite norm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Stool normal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Gastric reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Slight itch over scab at root of nose</td>
<td></td>
</tr>
<tr>
<td>17-12-2023</td>
<td>- Improve no complaints except slight gastric and itch over scab</td>
<td>SL 30 BD 2 week</td>
</tr>
</tbody>
</table>

**Follow up sheet:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Prescription</th>
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<tbody>
<tr>
<td>27-07-2022</td>
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</tr>
<tr>
<td>10-08-2022</td>
<td>SL 30 TDS 2 week</td>
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<tr>
<td>25-08-2022</td>
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<tr>
<td>10-09-2022</td>
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<tr>
<td>24-09-2022</td>
<td>SL 30 TDS 2 week</td>
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<tr>
<td>08-10-2022</td>
<td>SL 30 TDS 2 week</td>
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<tr>
<td>22-10-2022</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td>05-11-2022</td>
<td>SL TDS 2 week</td>
</tr>
<tr>
<td>19-11-2022</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td>03-12-2022</td>
<td>SL 30 TDS 2 week</td>
</tr>
<tr>
<td>17-12-2023</td>
<td>SL 30 BD 2 week</td>
</tr>
</tbody>
</table>
Result: - Marked improvement

Conclusion: - This case shows that Homoeopathy is effective in case of Hypothyroidism, if we prescribed the medicines on the basis of totality of symptoms.

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Editors Christopher Haslett Professor of Respiratory Medicine, university of Edinburgh Head of Division of clinical Science and Community Health University of Edinburgh Honorary Consultant Physician, Royal infirmary of Edinburgh
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3) Chandi Charan Chatterjee, Formerly of the Department of Physiology, Medical College, Calcutta Published By A. K. Chatterjee; For and on behalf of Medical allied agency 13/1B old Ballygunge 2nd lane, Calcutta-700019 And Printed in India at Ashutosh Lithographic Co. 13, Chidam Mudi Lane, Calcutta- 700006
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Conflict of interest: - None
Source of support: - Nil
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LABORATORY REPORT

NAME: KITTU
AGE/SEX: 43Y/F

REF. BY: SELF
DATE: 13.07.22

SAMPLE COLLECTION: OUT

ELISA ASSAY

THYROID PROFILE

<table>
<thead>
<tr>
<th>TEST</th>
<th>RESULT</th>
<th>N.VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>T3</td>
<td>0.89</td>
<td>0.8-1.6 ng/ml</td>
</tr>
<tr>
<td>T4</td>
<td>6.33</td>
<td>5-12 ug/ml</td>
</tr>
<tr>
<td>TSH</td>
<td>15.74</td>
<td>0.39-6.16uIU/mL</td>
</tr>
</tbody>
</table>

HYPOTHYROIDISM (Underactive Thyroid)

Common symptoms of hypothyroidism are:
- Weight gain
- Fatigue or lack of energy
- Tingling or numbness in hands and feet
- Heavy menstrual periods
- Constipation

Hyperthyroidism (Overactive Thyroid)

Common symptoms of hyperthyroidism include:
- Nervousness, shakiness, increased nervousness, irritability
- Rapid heartbeat or palpitations
- Feeling hot
- Weight loss

THYROID NODULES (Lumps)

Thyroid nodules are fairly common and usually harmless. However, about 4% of nodules are cancerous, so further testing (such as ultrasound) may be done. If the biopsy does not raise any suspicion of cancer, the nodule is usually observed. Some thyroid specialists recommend treatment with thyroid hormone to try to decrease the size of the nodule.

SCO 26, Sector 125, Sunny Enclave, Greater Mohali, Punjab

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Email: lab.blooddrops@gmail.com
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IN MEMORY OF LATE SH. AMITABH AIKAT & LATE DR. B.K. AIKAT

Dr. Vikas Vohra
M.D. (Path.)
Consultant Pathologist

Jatinder Kaur
M.Sc. MLT

LABORATORY REPORT

NAME: KEITU
AGE/SEX: 45y F
REF. BY: SELF
DATE: 04.09.22
SAMPLE COLLECTION: GUT

ELISA ASSAY
THYROID PROFILE

<table>
<thead>
<tr>
<th>TEST</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>T3</td>
<td>0.97</td>
</tr>
<tr>
<td>T4</td>
<td>6.01</td>
</tr>
<tr>
<td>TSH</td>
<td>9.52</td>
</tr>
</tbody>
</table>

ELISA ASSAY
THYROID PROFILE

<table>
<thead>
<tr>
<th>N.VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.8-1.6 ng/mL</td>
</tr>
<tr>
<td>5-12 ug/mL</td>
</tr>
<tr>
<td>0.39-6.16 IU/mL</td>
</tr>
</tbody>
</table>

HYPERTHYROIDISM (Excess Thyroid)
The most common cause of hyperthyroidism is Graves’ disease. In this condition, the body’s immune system mistakenly attacks the thyroid gland.

COMMON SYMPTOMS OF HYPERTHYROIDISM:
- Weight gain
- Fatigue or lack of energy
- Feeling cold
- Dry skin and hair
- Heavy menstrual periods

HYPOTHYROIDISM (Underactive Thyroid)
The most common cause of hypothyroidism is Hashimoto’s disease. This occurs when the body’s immune system over stimulates the thyroid.

COMMON SYMPTOMS OF HYPOTHYROIDISM:
- Fatigue, feeling exhausted
- More frequent bowel movements
- Shaggier or lighter menstrual period

THYROID NODULES ( Lumpa) Thyroid nodules are fairly common and usually harmless. However, about 4% of nodules are cancerous, so further testing needs to be done. This is usually best accomplished by fine needle aspiration biopsy. This is a quick and simple test that takes just a few minutes to perform in the doctor’s office. If the biopsy does not raise any suspicion of cancer, the nodule is usually observed.

Some thyroid specialists recommend treatment with thyroid hormone to try to decrease the size of the nodule.

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RETURN VISIT AVAILABLE

ANDROLOGY
ELISA ASSAYS
CYTOPATHOLOGY
HISTOPATHOLOGY
CARDIAC PACKAGES
DIABETIC PACKAGES
FNAC
ALL ROUTINE TESTS
HORMONAL ASSAYS

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LABORATORY REPORT

NAME: KITTU
AGE/SEX: 43y/F
REF. B.Y: SELF
DATE: 14.11.22
SAMPLE COLLECTION: OUT

ELISA ASSAY

THYROID PROFILE

TEST
T3
T4
TSH

RESULT
1.08
5.99
6.37

N.VALUE
0.8-1.6 ng/ml
5-12 ug/ml
0.39-6.16nl/ml

HYPOTHYROIDISM (Underactive Thyroid)
The most common cause of hypothyroidism is autoimmune hypothyroidism. In this condition, the body’s immune system mistakenly attacks the thyroid gland.

Common symptoms of hypothyroidism are:
- Weight gain
- Fatigue or lack of energy
- Feeling cold
- Dry skin and hair
- Menstrual periods
- Constipation

HYPERTHYROIDISM (Overactive Thyroid)
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Home Visit Available

ANDROLOGY
ELISA ASSAYS
CYTOPATHOLOGY

HISTOPATHOLOGY
CARDIAC PACKAGES
DIABETIC PACKAGES

FNAC
ALL ROUTINE TESTS
HORMONAL ASSAYS

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Email: labmanagement@gmail.com
**LABORATORY REPORT**

**NAME:** Kittu  
**AGE/SEX:** 43y/F  
**REF. BY:** SELF  
**SAMPLE COLLECTION:** OUT  
**DATE:** 02.01.23

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**ELISA ASSAY**  
**THYROID PROFILE**

<table>
<thead>
<tr>
<th>TEST</th>
<th>RESULT</th>
<th>N.VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>T3</td>
<td>1.19</td>
<td>0.8-1.6 ng/ml</td>
</tr>
<tr>
<td>T4</td>
<td>7.96</td>
<td>5-12 ug/ml</td>
</tr>
<tr>
<td>TSH</td>
<td>2.96</td>
<td>0.39-6.16µIU/mL</td>
</tr>
</tbody>
</table>

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**HYPOTHYROIDISM** (Underactive Thyroid)  
The most common cause of hypothyroidism is Hashimoto’s disease. In this condition, the body’s immune system mistakenly attacks the thyroid gland.

**Common symptoms of hypothyroidism are:**  
- Weight gain  
- Fatigue or lack of energy  
- Feeling cold  
- Dry skin and hair  
- Heavy menstrual periods  
- Constipation

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**HYPERTHYROIDISM** (Overactive Thyroid)  
The most common cause of hyperthyroidism is Graves’ disease. This occurs when the body’s immune system over stimulates the thyroid.

**Common symptoms of hyperthyroidism are:**  
- Nervousness, shaking, increased nervousness, irritability  
- Rapid heart beat or palpitations  
- Feeling hot  
- Weight loss

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**THYROID NODULES (Lumps)**  
Thyroid nodules are fairly common and usually harmless. However, about 4% of nodules are cancerous, so further testing needs to be done. This is usually best accomplished by fine needle aspiration biopsy. This is a quick and simple test that takes just a few minutes to perform in the doctor’s office. If the biopsy does not raise any suspicion of cancer, the nodule is usually observed. Some thyroid specialists recommend treatment with thyroid hormone to try to decrease the size of the nodule.

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**S CO 26, Sector 125, Sunny Enclave, Greater Mohali, Punjab**  
**Help Line**  
7355565012, 7355175539