

Homoeopathic Approach in Thyroid Issues Induced by COVID 19

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Abstract

[3, 17]: On April 10th 2023, the 180th world homoeopathy day is to be celebrated to honor the 180th birth anniversary of Dr. Samuel Hahnemann (10.4.1755- 2.7.1843), the father of homoeopathy. The current article is a tribute to his immense contribution to the medical science and celebrates his birth anniversary in 2023. When a patient visits a doctor for any chronic physical or mental problem, invariably the doctor gets the current status of the thyroid gland of the patient. As is evident, the COVID 19 impacted the thyroid gland as well and which continues to manifest problems in COVID 19 affected patients. Cases of naturally non-resolving or long term hypothyroidism are rising in post COVID 19 patients. As cases are rising, it implies that the modern system of medicine is finding its challenging to deal with and it is here that Homoeopathy can play an active role. The current article explores what Homoeopathy can offer to masses while being cost effective and clinically effective as well. The article suggests one treatment protocol that can be applied at the state and national level in the public sector and as well as private sector. It looks at the treatment protocol while aligning with the Essential Drug List of Homoeopathy that is in the public domain of AYUSH ministry of government of India.

Keywords: Hypothyroid, Hyperthyroid, Euthyroid, Sub Acute Thyroiditis, ACE 2, TMPRSS2, Materia Medica, Homoeopathy, Hypokalemia, Hyperglycemia.

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INTRODUCTION [3, 7, 12]

The COVID virus obtains cellular access through the Angiotensin Converting Enzyme 2 (ACE 2) receptor and Transmembrane Serine Protease 2 (TMPRSS2) protein. The endocrine glands of human beings are a significant reservoir of ACE2 and TMPRSS2 and that's how the thyroid being an

endocrine gland gets affected. The inflammation of the thyroid results in post COVID Sub Acute Thyroiditis (SAT).

SAT manifests in three stages which are phase 1, phase 2 and phase 3. These stages are described below in the table.

Table 1: Three stages of Sub Acute Thyroiditis and the Chronic stage with manifestations

Names of phases	Target group	Status of Free T3, Free T4, TSH	Status of thyroid
Phase 1	COVID 19 chronic cases	Increased levels of T3 and T4 in circulating blood and TSH does not increase	Hyperthyroidism lasting weeks to months
Phase 2	COVID 19 chronic cases	decreased levels of T3 and T4 in circulating blood and TSH increases	Hypothyroidism lasting weeks to months
Phase 3	COVID 19 chronic cases	All three hormones become steady	Euthyroidism meaning thyroid recovering normalcy
Chronicity of thyroid gland	COVID 19 chronic cases	All three hormones behave irregularly with low potassium and high blood sugar	Thyroid gland functions gives troubles physically and mentally to the COVID 19 affected patients

About the symptoms [3, 7, 12]

As mentioned above, the imbalance of thyroid gland impacts physical and mental health as well. The details of the physical symptoms followed by the mental symptoms are mentioned below.

Hyperthyroidism's symptoms include fatigue, irritability, increased heart rate, anxiety, trembling, increased appetite and sweating.

The symptoms of hypothyroidism include weight gain, fatigue, constipation, loss of focus, dehydration, dry skin and hair fall.

Other post COVID disorders such as Hypokalemia (low potassium) and Hyperglycaemia (increased blood sugar) act synergistically to aggravate the effects of thyroid malfunction.

Hypothyroidism has severe psychiatric manifests such as panic attacks, depression and suicidal thoughts.

COVID 19 & Thyroid Studies [1, 2, 4, 5]

A study in eastern India concluded that 7% of COVID recovered patients displayed Sub Acute Thyroiditis (SAT). Another meta-analysis study found that the prevalence of thyroid dysfunction among patients with COVID 19 was as high as 15%.

A study done in 2023 found that COVID 19 can trigger the immune system and cause hyperactivity, sometimes leading to the new onset of auto immune disorders such as Hashimoto's. The study also found SAT among patients but the analysis did not give a strong association statistically.

In our neighboring country Pakistan, a pilot study elicited that changes in serum TSH and TT3 levels were manifestations of COVID 19 pneumonia.

Homoeopathic approach- Current situation [6, 11]

This issue of thyroid comes under the domain of endocrine or glandular problems. The Essential Drug List (EDL) of Homoeopathy does not mention endocrine disorders as one of the many disorders for

which a list of 233 medicines besides the 12 biochemics, ointments & drops. The preferred potencies of the 233 medicines are only color coded with a color index. There is no clarity for which the medicine is to be given. It is highly vague & broad as it is a guideline only.

However, the list includes psychological disorders through which the mental symptoms arising out of thyroid issues that are exacerbated by COVID 19 come under.

Besides this, the ministry of AYUSH had suggested 'Arsenic Album' as the medicine for COVID 19 back in January 2020.

Homoeopathic approach- a new dimension [8-10, 13-22]

The current article does not try to repeat the Materia Medica related to thyroid therapeutics. Instead, it approaches Homoeopathy through the eyes of the evolving methodical approach.

As the thyroid issue has emerged from the long term COVID 19 infected person, the bowel nosode 'Morgan Bach' is to be prescribed in 30th potency for all cases in repeated doses at least for a week. It will address the congestion in thyroid and keep the gut flora healthy as these flora are seen to be depleted in chronic COVID patients. This nosode is associated with psoric miasm and here the thyroid is only psoric as it is malfunctional.

For Hypothyroidism

Medicines like Thyroxine, Hypothalamus, Aurum Iod and Cadmium Iod can be given in potencies along with Iodium-Q and Thyroidinum in triturations.

If the weight gain is more, medicines like Somatotropine and Esculentine can be prescribed in potencies.

For Hyperthyroidism

Medicines like VAB, Mag. Flour and Thalamus can be prescribed in potencies along with Belladonna-Q and Bromium-Q.

For Euthyroid

In order to help the thyroid to work in harmony for long time, the bowel nosode 'Bacillus 7' can be prescribed in potencies since it contains Bromine and Iodine in its bio chemistry.

For Psychological disorders

Panic Attacks- 'Aurum Valeriana' and 'Castor Equi' can be prescribed in potencies.

Depression- 'Zincum Phos' and 'Calcarea Ars' can be prescribed in potencies.

Suicidal Thoughts- 'Aurum Met' and 'Naja T' can be prescribed in high potencies.

'Impatiens' can be prescribed for all cases as a Bach Flower remedy.

For Metabolic disorders

Low potassium levels- 'Kali Phos' and 'Kali Sulph' in 3X potencies.

High Blood Sugar levels- 'Arsenic Brom- Q' can be prescribed.

We all should also prescribe 'Curcuma Longa' in potency for all cases as it will not allow the inflammation to proceed in the body and act on the brain as well.

Taking cue from the clinical experiences of the lead author, the above prescriptions are based on Nosodes, Key Note and Isopathic method of prescription in homoeopathy. These medicines will also prevent the population from thyroid issues and as well as reduce morbidity & mortality. These medicines are immune boosters, excellent modulators & pave the way for the body to respond to treatment positively as it will keep the thyroid gland healthy. The importance of the issue of underlying inflammation is critical as co-morbid patients are more prone to thyroid issues.

CONCLUSION

Many Homoeopaths may not agree to the concept mentioned above. The point is that targeted & treatment protocol homoeopathic approaches have to be followed in dealing with issues of endocrine disorders. This approach aims to reduce mortality & morbidity & homoeopathy will lag behind if it does not address mortality especially among the adults and very old patients. The homoeopathic fraternity has to adhere to the emerging challenges of endocrinal diseases to allow homoeopathy to come to the limelight. Currently, many homoeopaths are working as third medical officers on contractual basis under NHM at the district & block level but they do not use homoeopathy at all. They simply adhere to their routine work & in the process have forgotten homoeopathy completely.

Conventional homoeopathy is OK in private practice & in educational institutions but when you want to address masses; homoeopathy has to

complement the existing treatment protocol guidelines that are in use. This thyroid issue is COVID induced. The traditional approach of treating the thyroid will not help here.

Homoeopathy has a big role to play to prepare the masses especially the children & the old to deal with viral diseases while strengthening their endocrine system. Adhering to the new approach through a standardized treatment protocol will only strengthen homoeopathic system of therapeutics in the long run thereby enabling it to deal with emerging challenges in future regarding virus induced endocrinology.

These Corona viruses won't go from our lives. They will continue to mutate & new variants will continue to emerge. It is not possible for the man kind to wait for medicines for each variant. No single medicine can be a panacea for the emerging variants and the related thyroid issues. It is here that the cost effectiveness & clinical effectiveness of Homoeopathy will come handy for the public & private health systems while dealing with masses.

Limitation of the study

The current article is just a suggestive article in the field of therapeutics. The current study was basically a descriptive study where the emerging issue related to COVID 19 and thyroid was addressed. Hence, the article just suggests a treatment protocol that aims to make treatment easy at all levels.

Declaration

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Conflict of Interest: There is no conflict of interest regarding this article.

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