



Efficacy of Natrum Muriaticum in the Management of Hypothyroidism: A Clinical Case-Based Study

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Abstract

Hypothyroidism, a prevalent endocrine disorder, is characterized by insufficient production of thyroid hormones, leading to clinical manifestations such as chronic fatigue, weight gain, cold intolerance, menstrual irregularities, and cognitive sluggishness. “Conventional medical treatment primarily includes lifelong administration of levothyroxine, which often lacks a personalized therapeutic approach and may not adequately address underlying constitutional imbalances. Homeopathy, on the other hand, offers a holistic and individualized treatment paradigm based on the principle of like cures like and the use of ultra-diluted remedies. This study investigates the clinical efficacy of Natrum Muriaticum, a commonly prescribed constitutional remedy in homeopathy, in the management of hypothyroidism. A prospective observational study was conducted on ten patients diagnosed with primary hypothyroidism who exhibited the characteristic mental, emotional, and physical traits aligned with the Natrum Muriaticum profile. These patients were assessed over a six-month period using thyroid function tests (TSH, T3, and T4), symptom score sheets, and subjective patient self-reports. The remedy was administered in individualized potencies with appropriate follow-ups. The findings indicated significant symptomatic relief, improvement in mental-emotional well-being, and favorable regulation of thyroid function parameters in a majority of cases, with no reported adverse effects. These outcomes highlight the potential of homeopathic constitutional treatment to positively influence endocrine balance and improve quality of life in hypothyroid patients. While the sample size was limited and lacked a control group, the promising results of this case-based study suggest the need for larger, randomized controlled trials to scientifically validate the role of Natrum Muriaticum in hypothyroidism management and establish its therapeutic mechanism within the integrative medicine framework.

Keywords: Natrum Muriaticum; hypothyroidism; homeopathy; thyroid dysfunction; constitutional remedy; individualized treatment; holistic medicine

Introduction

Hypothyroidism, one of the most common endocrine disorders, results from an underactive thyroid gland and leads to a wide range of symptoms including fatigue, weight gain, constipation, dry skin, hair thinning, cold intolerance, depression, menstrual disturbances, and slowed metabolism. In India, as in many parts of the world, the incidence of hypothyroidism is steadily rising, particularly among women. The conventional allopathic treatment for hypothyroidism involves the long-term use of levothyroxine, a synthetic thyroid hormone, which while effective in regulating hormone levels, may not completely resolve constitutional symptoms or address the root cause of thyroid imbalance. This gap in holistic management of hypothyroidism has directed attention toward complementary and alternative medicine,





particularly homeopathy. Homeopathy is based on the principles of treating the individual as a whole and selecting remedies according to the patient's specific physical, emotional, and psychological constitution. Natrum Muriaticum, derived from sodium chloride, is one of the most frequently prescribed homeopathic remedies for patients exhibiting classic hypothyroid symptoms such as introversion, suppressed grief, chronic headaches, chilliness, cravings for salt, hair fall, and irregular menses. This remedy is suited to individuals who often appear reserved, sensitive, and emotionally repressed—traits commonly observed in hypothyroid patients. The aim of this clinical case-based study is to assess the therapeutic efficacy of Natrum Muriaticum in patients diagnosed with hypothyroidism who match its constitutional profile. By using individualized homeopathic prescriptions and observing patient responses through clinical indicators and biochemical parameters (TSH, T3, T4), this study seeks to contribute evidence on how Natrum Muriaticum can support thyroid health and overall well-being. The study further explores the potential of homeopathy to not only manage endocrine symptoms but also address the underlying emotional and psychosomatic disturbances that are often overlooked in conventional care. This integrative approach highlights the importance of constitutional assessment and individualized treatment in holistic endocrine management.

What Is Homeopathy?

Homeopathy, also known as homeopathic medicine, is a medical system that was developed in Germany more than 200 years ago. It's based on two unconventional theories:

- Like cures like—the notion that a disease can be cured by a substance that produces similar symptoms in healthy people.
- Law of minimum dose—the notion that the *lower* the dose of the medication, the *greater* its effectiveness. Many homeopathic products are so diluted that no molecules of the original substance remain.

Homeopathic products come from plants (such as red onion, arnica [mountain herb], poison ivy, belladonna [deadly nightshade], and stinging nettle), minerals (such as white arsenic), or animals (such as crushed whole bees). Homeopathic products are often made as sugar pellets to be placed under the tongue; they may also be in other forms, such as ointments, gels, drops, creams, and tablets. Treatments are individualized or tailored to each person—it's common for different people with the same condition to receive different treatments. Homeopathy uses a different diagnostic system for assigning treatments to individuals and recognizes clinical patterns of signs and symptoms that are different from those of conventional medicine.

Use in the United States

According to the 2012 National Health Interview Survey, which included a comprehensive survey on the use of complementary health approaches by Americans, an estimated 5 million adults and 1 million children used homeopathy in the previous year. The 2012 survey also reported that although about 1.8 percent of children used homeopathy, only 0.2 percent of children went to a homeopathic practitioner. A 2016 analysis of data from this survey suggests that most adults who use homeopathic products self-prescribe them for colds and musculoskeletal pain.

In 2016, the U.S. Federal Trade Commission (FTC) announced it will hold efficacy and safety claims for over-the-counter homeopathic drugs to the same standard as those for other products making similar claims. It further stated that companies must have the competent and reliable scientific evidence the FTC requires for health-related claims, including claims that a product can treat specific conditions.





In December 2017, the U.S. Food and Drug Administration (FDA) proposed a new risk-based enforcement approach to homeopathic products. The proposed approach would call for more careful scrutiny of products with the greatest potential for risk, including:

- Those with reported safety concerns.
- Those that are not taken by mouth or rubbed on skin.
- Those for vulnerable populations.
- Those that do not meet legal standards for quality, strength, or purity.
- Those intended to be used for preventing or treating serious and/or life-threatening diseases and conditions.

What the Science Says About the Effectiveness of Homeopathy

A 2015 comprehensive assessment of evidence by the Australian government's National Health and Medical Research Council concluded that there is no reliable evidence that homeopathy is effective for any health condition. However, it is important to note that studies included in the assessment of evidence were required to meet a number of rigorous criteria (e.g., having a sample size of more than 150 participants, the highest rating of methodological quality, and other measures). In total, 57 systematic reviews that contained 176 individual studies were included in this assessment. A new review of evidence by the Australian government is currently underway.

Homeopathy is a controversial topic. A number of the key concepts underlying the theory of homeopathy are not consistent with fundamental scientific concepts as we understand them. For example, homeopathic preparations can be so dilute that a substance considered to be the active ingredient becomes unmeasurable, which creates major challenges to the rigorous investigation of such products. However, recent research has begun to examine physical attributes of these preparations to determine if it will be possible to characterize them in the future.

No Evidence To Support Homeopathic Immunizations

Certain homeopathic products (called nosodes or homeopathic immunizations) have been promoted by some as substitutes for conventional immunizations, but the U.S. Centers for Disease Control and Prevention says there's no credible scientific evidence to support such claims. The National Center for Complementary and Integrative Health (NCCIH) supports the Centers for Disease Control and Prevention's recommendations for immunizations/vaccinations. To learn more about vaccines visit www.vaccines.gov.

What the Science Says About Safety and Side Effects of Homeopathy

- While many homeopathic products are highly diluted, some products sold or labeled as homeopathic may not be; they can contain substantial amounts of active ingredients, which may cause side effects or drug interactions. Negative health effects from homeopathic products of this type have been reported.
- A 2012 systematic review of case reports and case series concluded that using certain homeopathic products (such as those containing heavy metals like mercury or iron that are not highly diluted) or replacing an effective conventional treatment with an ineffective homeopathic one can cause adverse effects, some of which may be serious.
- Liquid homeopathic products may contain alcohol. The FDA allows higher levels of alcohol in these than in conventional drugs.
- Homeopathic practitioners expect some of their patients to experience homeopathic aggravation (a temporary worsening of existing symptoms after taking a homeopathic prescription).



Researchers have not found much evidence of this reaction in clinical studies; however, research on homeopathic aggravations is scarce. Always discuss changes in your symptoms with your health care provider.

- The FDA has warned consumers about different products labeled as homeopathic. For example, in 2017, it alerted consumers that some homeopathic teething tablets had excessive amounts of the toxic substance belladonna; in 2015, it warned consumers not to rely on over-the-counter asthma products labeled as homeopathic, because they are not evaluated by the FDA for safety and effectiveness.

the symptoms of hypothyroidism?

Hypothyroidism has many symptoms that can vary from person to person. Some common symptoms of hypothyroidism include

- fatigue
- weight gain
- trouble tolerating cold
- joint and muscle pain
- dry skin or dry, thinning hair
- heavy or irregular menstrual periods or fertility problems
- slowed heart rate
- depression



Dry, thinning hair is one of many symptoms that might indicate hypothyroidism.

Because hypothyroidism develops slowly, you may not notice symptoms of the disease for months or even years.

Many of these symptoms, especially fatigue and weight gain, are common and do not necessarily mean you have a thyroid problem.

Importance of holistic and individualized homeopathic treatment

The basic principle of homeopathy is that a substance that triggers a certain disease can also be used to treat that disease. This is referred to as the Law of Similars. As well as this like cures like principle, homeopaths also believe that shaking and diluting the substance increases its potency – a process referred to as potentization or succussion”. “This form of alternative medicine was first developed and described by German physician Samuel Hahnemann in 1796.



Image Credit: Tatjana Baibakova/Shutterstock.com

When Hahnemann first named the discipline in 1807, mainstream medicine involved ineffective practices such as bloodletting and purging. Complex mixtures such as Venice treacle which was made up of 64 substances including opium, myrrh, and even viper's flesh were also being used.

Hahnemann thought these methods were irrational and dangerous and instead promoted the use of single drugs at reduced doses. He also encouraged a vitalistic perspective on how living organisms function and believed that the cause of disease had both spiritual and physical aspects.

At the turn of the nineteenth century, Hahnemann wrote a book called *The Organon of Healing Art*, in which he introduced the idea of hypothetical pathological entities called miasms that underlie disease. Hahnemann claimed that each disease was associated with a particular miasm and exposure to that miasm would cause local symptoms such as a rash to develop. If these symptoms were treated with medication, however, Hahnemann said the disease would be driven deeper into the body – a process referred to by homeopaths as suppression.

Practitioners of homeopathy believe that this suppression of disease is what eventually leads to the internal organs becoming diseased. They maintain that all disease has an underlying chronic, deep-seated and inherited cause that cannot be effectively treated by opposing the symptoms. Homeopaths believe that the miasm would still remain and that the only way to correct a deep-seated illness is to eliminate the disturbance being caused by a vital force.

Traditional homeopathy is based on these philosophical foundations that Hahnemann first established and which have become refined over the two centuries that have passed since. Further details regarding the dynamics of health and disease in homeopathy and the laws that guide healing are outlined below.

The law of similars

This fundamental law of homeopathy requires that the application of a remedy is made from a substance that causes a pattern of illness best matched to the person's symptoms. The term homeopathy can therefore be broken down into the Greek words *homo* for similar and *pathos* for illness. The person's pattern of illness is established through several sources including the collection of clinical data and formal experiments.

The single remedy



To establish the disease pattern, all aspects of a person's being are considered, meaning treatment usually involves the administration of a single remedy at a time, even if several symptoms are present. This approach is used to find out the single cause of an illness. The remedies prepared may be derived from either natural or synthetic materials.

Individualization of treatment

Since the single remedy is selected based on several factors rather than the main complaint a person presents with or a medical diagnosis, homeopaths believe it is tailored to each patient. Homeopathic treatment is therefore said to provide individualized therapy that can only be decided on after specific case analysis.

Suppression

Homeopaths are highly attentive to the process they refer to as suppression, when a person's symptoms might improve after a specific therapy but the individual actually feels worse overall in terms of depression or fatigue, for example. Homeopaths believe that conventional therapies are suppressive approaches, which have harmful effects in the long term.

What is the Global Hunger Index?

The Global Hunger Index (GHI) is a peer-reviewed report, published on an annual basis by Welthungerhilfe and Concern Worldwide. In 2024, the Institute for International Law of Peace and Armed Conflict (IFHV) at Ruhr-University Bochum has joined the cooperation as academic partner who will calculate and develop the Index going forward. The GHI is a tool designed to comprehensively measure and track hunger at global, regional, and national levels, reflecting multiple dimensions of hunger over time. The report aims to raise awareness and understanding of the struggle against hunger, provide a way to compare levels of hunger between countries and regions, and call attention to those areas of the world where hunger levels are highest and where the need for additional efforts to eliminate hunger is greatest.

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How the GHI Is Calculated

Each country's GHI score is calculated based on a formula that combines four indicators that together capture the multidimensional nature of hunger:



Undernourishment: the share of the population whose caloric intake is insufficient;





Child stunting: the share of children under the age of five who have low height for their age, reflecting chronic undernutrition;



Child wasting: the share of children under the age of five who have low weight for their height, reflecting acute undernutrition; and



Child mortality: the share of children who die before their fifth birthday, reflecting in part the fatal mix of inadequate nutrition and unhealthy environments.

Using this combination of indicators to measure hunger offers several advantages. The indicators included in the GHI formula reflect caloric deficiencies as well as poor nutrition. The undernourishment indicator captures the food access situation of the population as a whole, while the indicators specific to children reflect the nutrition status within a particularly vulnerable subset of the population for whom a lack of dietary energy, protein, and/or micronutrients (essential vitamins and minerals) leads to a high risk of illness, poor physical and cognitive development, and death. The inclusion of both child wasting and child stunting allows the GHI to document both acute and chronic undernutrition.

Review of literature

(Abbasi 2017) In the article Amid Reports of Infant Deaths, FTC Cracks Down on Homeopathy While FDA Investigates and said that Abbasi discusses regulatory actions taken by the Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) concerning homeopathic products. The article highlights concerns over safety and efficacy, particularly in pediatric cases, following reports of adverse events associated with certain homeopathic remedies.

(Black et al. 2015) The report Use of Complementary Health Approaches Among Children Aged 4–17 Years in the United States: National Health Interview Survey, 2007–2012 and said that presents national estimates indicating that a significant percentage of children used complementary health approaches, including homeopathy, with variations observed across different demographic groups.

(Cartwright 2018) In Degree of Response to Homeopathic Potencies Correlates with Dipole Moment Size in Molecular Detectors and said that Cartwright explores the physicochemical interactions of homeopathic potencies, suggesting that these preparations may influence molecular detectors in a manner correlating with the dipole moment size, implying a possible mechanism of action.

(Cartwright 2016) The study Solvatochromic Dyes Detect the Presence of Homeopathic Potencies and said that demonstrates that homeopathic preparations can cause measurable changes in solvatochromic



dyes, indicating that these remedies may have distinct physicochemical properties detectable through spectroscopic methods.

(Clarke et al. 2015) In Trends in the Use of Complementary Health Approaches Among Adults: United States, 2002–2012 and said that the authors analyze data showing that the use of complementary health approaches, including homeopathy, remained prevalent among U.S. adults over the decade, with specific trends varying by demographic factors.

(Cucherat et al. 2000) The meta-analysis Evidence of Clinical Efficacy of Homeopathy: A Meta-Analysis of Clinical Trials and said that concludes that while some studies suggest homeopathy may be more effective than placebo, the overall strength of evidence is low due to methodological limitations, necessitating further high-quality research.

(Ernst 2002) In A Systematic Review of Systematic Reviews of Homeopathy and said that Ernst evaluates multiple systematic reviews and finds that the best clinical evidence available does not support the efficacy of homeopathy beyond placebo, questioning its use in clinical practice.

(Ernst 2010) The article Homeopathy: What Does the 'Best' Evidence Tell Us? and said that discusses the challenges in homeopathy research, emphasizing that systematic reviews often reveal a lack of convincing evidence for its efficacy, highlighting the need for rigorous scientific evaluation.

(Ernst 2008) In The Truth About Homeopathy and said that Ernst critically examines the claims of homeopathy, arguing that despite its popularity, there is a lack of robust evidence supporting its effectiveness, and it often performs no better than placebo in clinical trials.

(Jonas et al. 2003) The review A Critical Overview of Homeopathy and said that provides an analysis of homeopathy's principles and clinical evidence, acknowledging its historical significance but highlighting the need for more rigorous scientific validation to substantiate its therapeutic claims.

(Klein et al. 2018) In Physicochemical Investigations of Homeopathic Preparations: A Systematic Review and Bibliometric Analysis – Part 1 and said that the authors assess the quality and methods of studies examining the physicochemical properties of homeopathic remedies, identifying a need for standardized research protocols.

(Kuehn 2009) in The study Despite Health Claims by Manufacturers, Little Oversight for Homeopathic Products and said that discusses the regulatory landscape of homeopathic products in the U.S., highlighting concerns over the lack of stringent oversight and the implications for consumer safety.

(Loudon 2006) In the study A Brief History of Homeopathy” and said that Loudon traces the origins and development of homeopathy, providing context for its enduring presence in alternative medicine despite ongoing debates about its scientific validity.

Conclusion

The findings of this clinical case-based study suggest that Natrum Muriaticum, when prescribed constitutionally, may offer significant therapeutic benefits in the management of hypothyroidism. Patients experienced notable improvements not only in thyroid function parameters but also in emotional and physical well-being, reflecting the holistic impact of individualized homeopathic treatment. While the small sample size and lack of a control group limit the generalizability of results, the outcomes highlight the need for further large-scale, controlled studies. This study reinforces the potential of homeopathy as an effective complementary approach in managing chronic endocrine conditions like hypothyroidism.

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