

A Case of Hyperthyroidism Treated with Calcarea Carbonica 10M: A Homoeopathic Case Report

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Abstract

Hyperthyroidism is a common endocrine disorder characterized by excessive thyroid hormone secretion. The condition leads to a variety of metabolic disturbances, affecting multiple organ systems. This case study details a 43-year-old female presenting with swelling in the anterior neck, hoarseness of voice, and elevated T3 levels, diagnosed with hyperthyroidism. The patient had previously undergone naturopathy treatment without significant improvement. Calcarea Carbonica 10M was prescribed based on individualized symptomatology, and subsequent follow-ups demonstrated progressive clinical and biochemical improvement. The homoeopathic approach, emphasizing individualized treatment and minimal dosing, proved effective in managing the case, with improvements in systemic and biochemical markers. This study underscores the potential role of homoeopathy in managing hyperthyroidism and highlights the importance of individualized remedy selection.

Keywords: Calcarea Carbonica, Homeopathy, Hyperthyroidism, Thyroid Disorders

Introduction

Hyperthyroidism is a condition characterized by an excessive production of thyroid hormones, leading to an accelerated metabolic state¹. The condition affects approximately 1–3% of the global population, with women being more frequently affected than men². The most common cause of hyperthyroidism is Graves' disease, an autoimmune disorder where thyroid-stimulating immunoglobulins (TSI) activate the thyroid gland, resulting in overproduction of hormones³. Other causes include toxic multinodular goiter, thyroiditis, iodine-induced hyperthyroidism, and excessive intake of thyroid hormones⁴. Clinically, hyperthyroidism presents with symptoms such as weight loss, heat intolerance, increased appetite, tremors, palpitations, and nervousness⁵. In severe cases, patients may develop thyroid storm, a life-threatening condition characterized by high fever, tachycardia, and multi-organ dysfunction⁶. Laboratory diagnosis is established through suppressed thyroid-stimulating hormone (TSH) levels along with elevated thyroxine (T4) and/or triiodothyronine (T3) levels⁷. Conventional treatment options for hyperthyroidism include antithyroid drugs (such as methimazole and propylthiouracil), radioactive iodine therapy, and thyroidectomy⁸.

Homeopathy is based on the principle of "like cures like," has been increasingly explored for managing endocrine disorders, including hyperthyroidism. Calcarea Carbonica, a remedy derived from oyster shells (calcium carbonate), is often indicated in patients with a tendency towards obesity, cold intolerance, excessive sweating, and chronic fatigue—symptoms sometimes seen in thyroid dysfunction. This case report presents the successful treatment of hyperthyroidism using Calcarea Carbonica 10M, documenting the clinical progress, laboratory investigations, and follow-ups over time. The objective is to highlight the potential role of homeopathy in managing hyperthyroidism.

Case Report

The 43 year old female patient presents with swelling in the anterior aspect of the neck, which has been persistent since 2017. Notably, the patient reports no associated pain in the neck region but mentions experiencing hoarseness in the voice and hair fall. The history of presenting illness dates back to July 7, 2017, when the patient initially sought care at the outpatient department of Sarada Krishna Homoeopathic medical College and Hospital for lumbar region and shoulder joint pain, for which medication was prescribed. Subsequently, the patient observed the development of a swelling in the neck. The patient had been previously diagnosed with hyperthyroidism and had been undergoing naturopathic treatment for this condition. There is no significant data regarding previous illnesses or treatments. The family history does not reveal any relevant information.

The case was taken in homoeopathic case record format and the details of the symptoms are enlisted here.

GENERAL FEATURES:

Appetite : Good
Thirst : Good. No dryness of mouth
Stool : Regular
Urine : Normal
Sweat : scalp
Sleep : Sound

REACTION TO:

Desire : Eggs (boiled and fried) Sweets, Fanning
Aversion. : Nil
Thermal : Chilly patient, aggravation of complaints during cold weather

MENTAL GENERALS:

Introverted nature

GYNECOLOGICAL HISTORY:

Menses: Regular, 30 days cycle
4 days flow/ dark red in colour
Occasionally red clots present
No associated complaints

OBSTETRICAL HISTORY:

Gravida - 3, Parity - 3, Abortion - 0, Live - 3

REGIONALS:

Pain in right knee joint

< Night, walking, raising from seat, descending stairs.

> Sitting; rest

Aching pain in lumbar region

< Before menses, prolonged sitting

>Lying on back

PHYSICAL EXAMINATION:

CONSCIOUS: Conscious

GENERAL APPEARANCE: Fair

GENERAL BUILD UP AND NUTRITION: Moderate

Height: 165cm

Weight: 65 Kg

BMI : 20.9 Kg/m² (Normal)

PHYSICAL FINDINGS:

ANAEMIA : No pallor

JAUNDICE : Not icteric

CYANOSIS : No cyanosis

EDEMA : No edema

LYMPHADENOPATHY: No lymphadenopathy

GAIT : Steady

PULSE: 73 beats / minute

TEMPERATURE : 98.60 F

BLOOD PRESSURE: 120/80 mm Hg

RESPIRATORY RATE: 17/ minute

SYSTEMIC EXAMINATION: THYROID GLAND

Inspection: No scar, swelling in the anterior aspect of neck, no visible pulsations

Palpation: No pain, No local rise of temperature,

Neck circumference: 35 cm

RESPIRATORY SYSTEM:

Inspection: No visible changes

Palpation: No local warmth, No tenderness on paranasal sinuses, Chest wall bilaterally symmetrical

Percussion: Normal lung resonance.

Auscultation: Normal vesicular breathing heard all over the lung fields.

CARDIOVASCULAR SYSTEM:

Inspection: No scar, no discoloration, no visible pulsations

Palpation: No tenderness, no local warmth.
 Percussion: Normal cardiac dullness.
 Auscultation: S1 and S2 heard on all four auscultatory areas.
 No added murmurs.

ANALYSIS OF SYMPTOMS:

COMMON SYMPTOMS	UNCOMMON SYMPTOMS
Hoarseness of voice	Introverted
Hair fall	Desire sweet
Swelling in anterior aspect of neck	Desire fanning
	Aversion covering

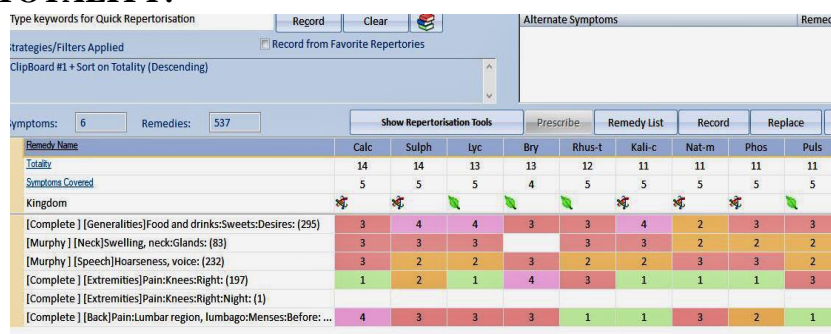
EVALUATION OF SYMPTOMS:

MENTAL GENERALS	PHYSICAL GENERALS	PARTICULARS
Introverted	Desire sweet Desire fanning Aversion covering	Hoarseness of voice Hair fall Swelling in anterior aspect of neck

TOTALITY OF SYMPTOMS

Introverted
 Desire sweet and eggs
 Desire fanning
 Aversion covering
 Thermal – CHILLY
 Hoarseness of voice
 Hair fall
 Swelling in anterior aspect of neck

REPERTORIAL TOTALITY:



Remedy Name	Calc	Sulph	Lyc	Bry	Rhus-t	Kali-c	Nat-m	Phos	Puls
Totally	14	14	13	13	12	11	11	11	11
Symptoms Covered	5	5	5	4	5	5	5	5	5
Kingdom									
[Complete] [Generalities]Food and drinks:Sweets:Desires: (295)	3	4	4	3	3	4	2	3	3
[Murphy] [Neck]Swelling, neck:Glands: (83)	3	3	3		3	3	2	2	2
[Murphy] [Speech]Hoarseness, voice: (232)	3	2	2	3	2	2	3	3	2
[Complete] [Extremities]Pain:Knees:Right: (197)	1	2	1	4	3	1	1	1	3
[Complete] [Extremities]Pain:Knees:Right:Night: (1)									
[Complete] [Back]Pain:Lumbar region, lumbago:Menses:Before: ...	4	3	3	3	1	1	3	2	1

FIRST PRESCRIPTION

The Calcarea carbonica 10M, one dose in 10 ml aqua was administered STAT to the patient. Placebo was given along with the principal medicine.

BASIS OF PRESCRIPTION

In the Repertorial analysis it is seen that Calcarea carbonica covered maximum number of rubrics (14/5). The patient is chilly, had swelling of neck with thyroid disorder. The head sweating, craving for sweets and eggs, complaints of knee joint and shoulder joint pain which again confirmed the prescription of Calcarea carbonica.

Follow up and Outcomes is given in Table 1.

Response to treatment:

After the first prescription of Calcarea carbonica 10M, the complaints started to decrease gradually. The medicine was not repeated unwantedly and the patient was given SAC LAC for every follow up and allowed the medicine to act completely. The medicine was only repeated whenever necessary.

Clinical and patient assessment Outcomes:

This was assessed based on symptomatic improvement and the laboratory reports were taken and recorded.

FOLLOW UP

Date	Complaints	Medicine
14/08/2017 FIRST PRESCRIPTION	Knee joint pain, lumbar pain, neck swelling, hoarseness of voice Generals: Good	Rx Calcarea Carbonica 10M / 1 dose in 10ml aqua STAT
30/08/2017 - 20/08/2018	Knee joint pain better, lumbar pain better, neck swelling persists, hoarseness persists Generals: Good	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD
12/10/2018 - 16/08/2019	Knee joint pain better, lumbar pain better	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD
28/08/2019	Knee joint pain better, lumbar pain better, neck swelling persists, hoarseness persists	Rx Calcarea Carbonica 10M / 1 dose in 10ml aqua STAT, BPILLS/3TDS, BDISK/1BD
23/09/2019 - 29/01/2021	Knee joint pain better, lumbar pain better, neck swelling persists, hoarseness persists	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS,

		BDISK/1*BD
03/03/2021	Neck swelling persists, hoarseness persists Generals: Good No other complaints	Rx Calcarea Carbonica 10M / 1 dose in 10ml aqua STAT, BPILLS/3TDS, BDISK/1BD
10/04/2021 - 26/05/2021	Neck swelling persists, hoarseness persists Generals: Good	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD
09/07/2021	Neck swelling persists, hoarseness better Generals: Good	Rx Calcarea Carbonica 10M / 1 dose in 10ml aqua STAT, BPILLS/3TDS, BDISK/1BD
19/07/2021	Neck swelling persists, hoarseness better Generals: Good	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD
16/08/2021 - 08/07/2022	Neck swelling better, hoarseness better Generals: Good	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD
18/07/2022	Neck swelling better, hoarseness better Generals: Good	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD
25/11/2022	Neck swelling better, hoarseness better Generals: Good	Rx SAC LAC / 7 doses (M7 days), BPILLS/3TDS, BDISK/1*BD

Investigation reports

09-08-2017

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CLINICAL LAB SERVICES

Name : [Redacted] Age : 43 Ref. No : 43,743
 Dr. Name : DR.MURUGAN.M Sex : Female OP.NO : 5379/17
 Unit : IA Collection time : 09/08/2017 9:14:16AM
 Report on : 12/01/2023 9:25:56AM

Test Description	Value Observed	Reference Range
THYROID FUNCTION TEST		
T3	: 293.43 ng/dl	60 - 181
T4	: 15.54 ug/dl	5.0 - 13.0
TSH	: 0.02 mIU/L	0.4 - 5.5

Approved By _____ Checked By *[Signature]*

13-08-2018

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CLINICAL LAB SERVICES

Name : [Redacted] Age : 43 Ref. No : 58,480
 Dr. Name : DR.MURUGAN.M Sex : Female OP.NO : 5379/17
 Unit : IA Collection time : 13/08/2018 9:16:48AM
 Report on : 12/01/2023 9:26:00AM

Test Description	Value Observed	Reference Range
THYROID FUNCTION TEST		
T3	: 219.97 ng/dl	60 - 181
T4	: 19.90 ug/dl	5.0 - 13.0
TSH	: 0.02 mIU/L	0.4 - 5.5

Approved By _____ Checked By *[Signature]*

08-07-2022

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CLINICAL LAB SERVICES

Name : [Redacted] Age : 47 Ref. No : 99,363
 Dr. Name : DR.MURUGAN.M Sex : Female OP.NO : 5379/17
 Unit : IA Collection time : 08/07/2022 10:34:54AM
 Report on : 12/01/2023 9:25:03AM

Test Description	Value Observed	Reference Range
THYROID FUNCTION TEST		
T3	: 161.33 ng/dl	60 - 181
T4	: 10.61 ug/dl	5.0 - 13.0
TSH	: 0.01 mIU/L	0.4 - 5.5

Approved By _____ Checked By *[Signature]*

Discussion

Several studies revealed the efficacy of *Calcarea carbonica* in the treatment of thyroid dysfunction. A 60 years old lady with subclinical-hypothyroidism is treated here successfully by individualized Homoeopathic medicine *Calcarea carbonica* 200 with in a duration of 3 months⁹

A congenital case of Hypothyroidism was treated with *Calcarea carbonica* was given in an article published in International Journal of AYUSH Case Reports¹⁰.

The success of *Calcarea Carbonica* in this case may be attributed to its well-known application in individuals presenting with symptoms such as cold intolerance, fatigue, and metabolic sluggishness, which can often accompany thyroid dysfunction.

The case of hyperthyroidism treated with *Calcarea Carbonica* 10M demonstrates the potential efficacy of individualized homeopathic treatment in managing endocrine disorders. The patient's symptomatic and biochemical improvement over time supports the principle of individualized remedy selection in homeopathy. This case study demonstrates the successful treatment of hyperthyroidism using *Calcarea Carbonica*. The patient in this case had been diagnosed with hyperthyroidism and sought treatment after experiencing persistent swelling in the neck, hoarseness of voice, and elevated thyroid hormone levels. Prior naturopathic treatments had yielded no significant improvement. The homeopathic treatment was individualized based on the patient's symptoms, including her chilly nature, preference for sweets and eggs, and complaints of joint pain, which aligned with the profile of *Calcarea Carbonica*. The remedy was prescribed as a single dose of 10M potency and repeated whenever necessary.

Throughout the follow-up period, the patient demonstrated consistent improvement in her symptoms, including the reduction of neck swelling and hoarseness of voice. Clinical assessments, as well as laboratory reports, showed favourable trends, indicating the effectiveness of the treatment. The patient's symptoms of joint pain also improved, and no adverse effects were observed. These results are consistent with previous reports that highlight the potential role of homeopathy in managing thyroid disorders, including hyperthyroidism.

This case report underscores the importance of individualized treatment in homeopathy. However, further studies and clinical trials are needed to establish clearer evidence of homeopathy's role in treating thyroid disorders, including standardized dosing protocols and long-term follow-up data.

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