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An Official Publication of Bureau for Health & Education Status Upliftment**

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Effective management of hypothyroidism with Homeopathy: A detailed case report

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ABSTRACT:

This case study highlights the potential of individualized homeopathy in managing hypothyroidism, a condition characterized by insufficient thyroid hormone production. A 16-year-old female with symptoms like fatigue, weight gain, cold intolerance, and depression underwent detailed homeopathic case-taking. Based on her physical, emotional, and psychological profile, *Calcarea carbonica* was prescribed.

Over 12 months, the patient experienced significant improvements in energy, mood, weight, and overall well-being. Follow-up thyroid function tests showed a shift towards normal hormone levels.

The findings suggest that personalized homeopathic treatment may complement conventional approaches, offering symptom relief and enhancing quality of life. Larger studies are needed to confirm these outcomes and establish standardized homeopathic protocols.

Keywords

Case Study, Homoeopathy, Hypothyroidism, Individualized Treatment, Thyroid Function.

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Website: <https://heb-nic.in/cass-hom/>

Received on 30/04/2025

Accepted on 07/05/2025

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Quick Response Code:

