



A miasmatic treatment approach for hypothyroidism based on case discussion

Background

The theme 'Inside out' is about understanding the homoeopathic principles laid down by Dr Hahnemann and applying these to present day clinical cases. It is also about integration of the philosophical principles into modern day conditions by using treatments that encompass constitutional and miasmatic approaches.

Since the time when homoeopathy was established by Dr Samuel Hahnemann, we have known the significance of mental and emotional symptoms and its impact on physical health and wellbeing. Dr Hahnemann has emphasised that a constitutional remedy should cover a case totality based on overall mental, emotional and physical symptoms. He also gave us an understanding on the role that miasms play when it comes to chronic long-standing conditions.

Aim

Endocrine conditions are complex and usually have a range of different physical and mental elements which can make it difficult to treat using a homoeopathic approach.

The Aim of this paper is to understand the complexity of hypothyroidism and discuss case examples where using a constitutional approach for treatment is seen to be beneficial.

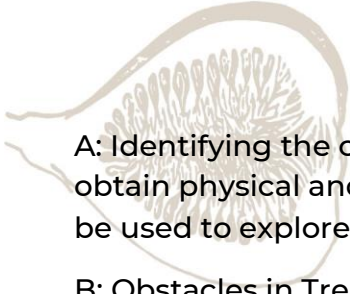
So how can we have a clear picture of the totality and help patients in improving their thyroid function homoeopathically?

This requires an in-depth understanding of the functions of the thyroid gland and then correlating the physical symptoms to their mental and emotional state, which can be used while forming the totality.

Key points

In clinical practice some common themes in patients presenting with hypothyroidism have been noted and these would be discussed to develop an understanding of:

- A. Causative factors*
- B. Obstacles to cure*
- C. Effective treatment strategies*



A: Identifying the causative factors and using effective questioning skills to obtain physical and mental causations. Observations from clinical cases would be used to explore and discuss how causative factors can be identified.

B: Obstacles in Treating Hypothyroidism

In order to formulate an effective treatment strategy, it is important to understand the complexities or obstacles of treating hypothyroidism. Discussion of the second case example would be shared to identify the factors that can be obstacles to treating hypothyroidism and how to best approach them. The overuse of medications can create a cloudy symptom picture and therefore client education and awareness play an important role in identifying the obstacles.

Conclusions

C: Effective treatment strategies

Case discussion would include how to use symptom totality to reach a constitutional similimum. Understanding the miasmatic aspects in the case and using behavioural change approaches can help in speeding the treatment process effectively.

