

Exploring the Efficacy of Homeopathic Treatment in Anaemia Chronic Bronchitis with Hypothyroidism: Case Report

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ABSTRACT

Background: Hypothyroidism is a common endocrine disorder frequently associated with systemic complications such as anaemia and chronic respiratory conditions including chronic bronchitis. Conventional management often focuses on hormone replacement and symptomatic treatment, while homoeopathy aims at individualized, holistic management. This article reviews the available evidence regarding the efficacy of homoeopathic treatment in patients suffering from hypothyroidism with coexisting anaemia and chronic bronchitis.

Objectives: To critically evaluate clinical evidence on homoeopathic management of hypothyroidism, anaemia, and chronic bronchitis, and to assess its potential role as an adjunct or complementary therapy.

Methods: Using symptomatology, Homoeopathic medicines, Sepia 30 is prescribed as a constitutional medicine based on the core of the patient. The Bach remedy Rescue is used in acute emotional and mental stress situations, and Willow is often helpful in chronic illness with resentment toward disease and Long-standing emotional stress.

Result: Homeopathic remedies can be commonly used to manage Anaemia Chronic Bronchitis Hypothyroidism.

Conclusion: While homoeopathic treatment shows potential benefits in improving symptoms and overall well-being in patients with hypothyroidism associated with anaemia and chronic bronchitis, robust scientific evidence remains insufficient. Homoeopathy should be considered as a complementary approach alongside conventional management, with further high-quality randomized controlled trials required to establish definitive efficacy.

Keywords: Homoeopathy, Hypothyroidism, Anaemia, Chronic Bronchitis, Lachesis, Rescue, Willow

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INTRODUCTION

Hypothyroidism is a chronic endocrine disorder characterized by deficient production of thyroid hormones, leading to metabolic slowing and multisystem involvement. It affects a significant proportion of the population, particularly women. Common complications of hypothyroidism include anaemia, due to impaired erythropoiesis and nutritional deficiencies, and chronic

bronchitis, attributable to reduced respiratory drive, mucopolysaccharide deposition, and compromised immunity.

Anaemia in hypothyroidism may be microcytic, normocytic, or macrocytic, depending on underlying iron, vitamin B12, or folate deficiencies. Chronic bronchitis, a form of chronic obstructive airway disease, is characterized by chronic cough, sputum production, and

recurrent respiratory infections, often worsening in hypothyroid states.

Homoeopathy, based on the principle of individualization and constitutional treatment, seeks to stimulate the body's self-regulatory mechanisms.

Case Report: We report a case of female patient aged 47 yrs on 25th Sept. 2024 She is having C/H/O Hypothyroidism (100 mg) since 27yrs. She has delusion injury surrounding, Bed Shuns and Delusion Suffering Wrong. She has C/O sneezing 10-12 years - 40 times. Aggravation rainy season, morning 4:00 to 6:00am, strong odour, cold water, Nose, throat eyes burning after sneezing better by steam. There is lachrymation, itching + + better by drops .H/O of bronchitis with Cough since 9 to 10 months

X Ray PA view shows Changes of Bronchitis, inward Bronchovascular Hilar Pneumonia bilateral .she complains of breathlessness, heaviness of chest aggravation evening and night

Cough since 10 months aggravation spicy and oily, Expectoration white and sticky aggravation lying down, Dry cough early morning, Coryza thin watery, Breathlessness ascending stairs.

D/H rotacap 100, altroxin 100 mg , otrivin drops

Personal History-

Diet – vegetarian,

Appetite- 3 meals /day

Thirst –good ,

Perspiration- face & neck on exertion

Urine - 4-5/ Day 4-5/ night,

stool- once unsatisfactory, flatulence ++

Aversion – bland food (soya chunks)

Sleep – disturbed due to complaints, unrefreshing

Dreams – forgets

Thermal- chilly

Family History- 2 aunts have hypothyroidism

Mother – HTN, angioplasty

Father – HTN

Elder son – allergy

Younger son – healthy

Mind – she told she is not feeling excited in participating in daily events, not feeling like doing daily work, wants quiet, irritability, feels like son is troubling me so I get irritated on him,cannot tolerate excess talking but reply only needed amount, get irritated when someone speaks a lot

Investigation – Hb- 7.5 gms/dl

TFT- T3- 0.92 mg/dl, T4- 10.00 mg/dl, TSH – 4.240

PCV- 24, MCV- 65.49, MCH- 20.38 MCHC- 31.12 RBC morphology – Microcytic Hypochromic

On examination- RS- AE- BE clear CVS – S1 S2 heard, CNS – Conscious and orientated.

Pallor – present

BP- 120/80 mmHg

#Prescription:-

Lachesis 30 3 doses at 15 mins interval

SL 30 3tds 2 dram

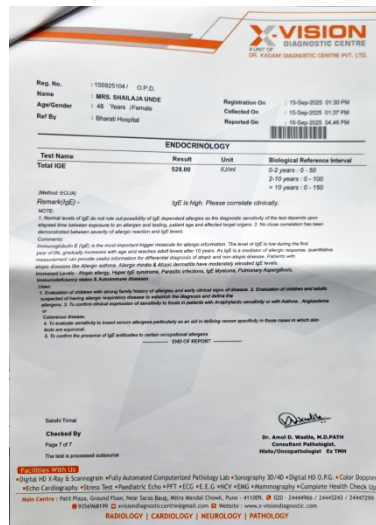
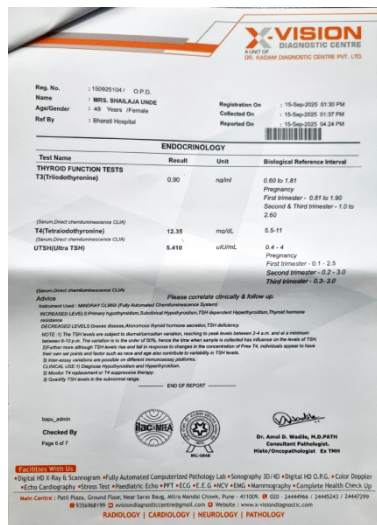
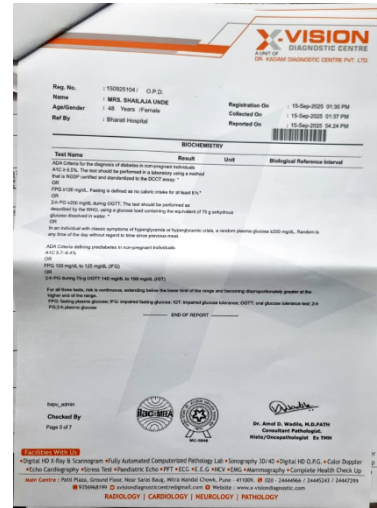
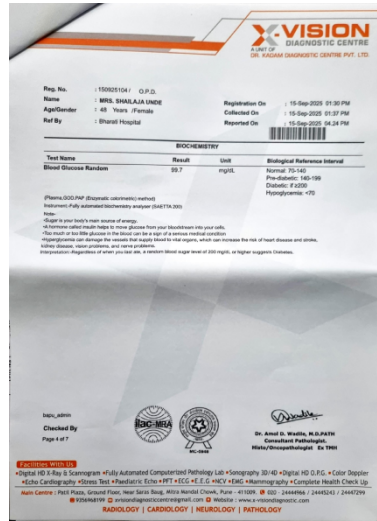
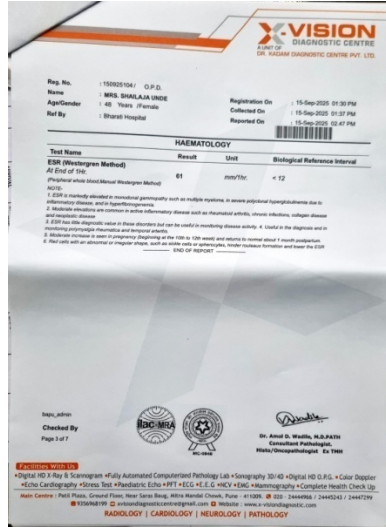
Adv respiratory exercise with spirometry

#Follow up:-

| Follow up date | Complaints | Prescription |
|----------------|--|---|
| 5/10/2024 | 1.Complaints relieved completely after 4 days of previous medicines But started again since 4days 2.Sneezing aggravation dust exposure, strong smell 3.Cough- transparent and loose expectoration better by warmth application 4.Lachrymation and itching of eyes BP-110/80 mmHg PR-84bpm Wt-61.1kg Rs- Clear Local Examination – congestion nasal mucosa, Frontal and maxillary sinuses-Non tender. | Rx- Lachesis 30 4 doses sos SL 30 3tds 2 dram |
| 13/10/2024 | 1.Complaints relived by 40% after medicines. 2.cold and coryza aggravation change of weather | Rx- Lachesis 30 4 doses sos SL 30 3tds |

| | | |
|-------------|--|---|
| | <p>3.sneezing aggravation morning 4.acidity relived 5.nose runny discharge aggravation smoke, scent stick, dust exposure 6.nose block aggravation night 7.cough aggravation night .cough with transparent or white expectoration better by warmth application 8.lachrymation of eyes relived 9.breathlessness aggravation walking ascending stairs 10.Appetite- good 11.thirst- thirsty 12.urine – normal 13.bowel – satisfactory 14.sleep- disturbed due to cough on examination- RS- mild rales present . Nose- Clear white discharge, scanty, mild congestion present in both nostrils Throat – no congestion</p> | 2 dram |
| 26/10/2024 | <p>1.Complaint of cold and Coryza, used inhalers 3 times in last week. 2.Nose blocked aggravation night mouth breathing , constant runny nose, 3.Sneezing increased aggravation morning night and strong smell 4.Cough decreased aggravation night 5.Cough alternate with block nostrils 6.Cough with white expectoration better by warm water and steam inhalation 7.Lachrymation of eyes relived 8.Breathlessness aggravation walking , ascending stairs Appetite good 9.Thirst- thirsty with dry mouth On examination-Rs- mild rales present Throat – no congestion, uvula midline Nose – congestion present bilateral nostrils Clear white scanty discharge</p> | Rx- Lachesis 30 1 dose stat, Rescue 30 3tds 2 dram |
| 9 /11/ 2024 | <p>1.Cough nose block dyspnoea – on and off 3 times inhaler required, 2.white expectoration</p> | Rx- Lachesis 6c 1 dose stat, 3 doses SOS, Willow 30 3tds 2 dram |
| 4 /12/2024 | <p>1.Cough decreased 90 % 2.Nose block decreased 80 % 3.Dyspnoea reduced 60 to 70 % aggravation walking and talking loudly 4.Runny nose clear white discharge 5.Generalised weakness 6.Appetite good 7.Thirst – thirst less 8.Sleep – sound and refreshing On examination- BP- 110/70 mmH, Pulse – 88 bpm Weight – 60.6 kg Nose – congestion present in left nostril RS- clear</p> | Rx- Willow 30 3tds 2 dram |
| 20/12/2024 | <p>1.Complaints Better 2.Cough and cold decreased aggravation morning 3. Dyspnoea decreased 4.Weakness decreased 5.Appetite – good 6.Sleep- good</p> | Rx- SL 30 3tds 2 dram |

| | | |
|-------------|---|---|
| | No new complaints RS- clear Nose- congestion decreased Bp- 120/80 mmHg | |
| 22/1/ 2025 | 1.Cough and cold since 8 days 2.Watery discharge from nose 3.Cough aggravation night during sleep expectoration white 4.Weakness 5.Thirst and appetite – normal RS- Mild rales present in right upper and middle lobe ENT- NAD BP- 120/80 mmHg | Rx- Lachesis 6c 4doses SOS, Willow 30 3tds 2 dram |
| 2 /2/2025 | 1.Cough and cold reduced 80 % 2.Dry cough stopped since last medicine 3.Watery discharge reduced from nose 4.Expectoration white in colour 5.Weakness present 6.Sleep – good 7.Appetite – good 8.Thirst - good 9.Bowel- unsatisfactory since one week Bp – 120/70 mmHg Pulse- 82bpm ENT- NAD | Rx- SL 4 doses SOS, SL 30 3tds 2 dram |
| 19 /3/ 2025 | 1.Sneezing decreased 2.Cough cold decreased 3.Watery discharge from nose decreased | Rx SL 4 doses SOS SL 30 3tds 2 dm. |
| 16 /4/2025 | 1.Mild cough aggravation lying down | Rx SL 30 3tds |
| 4 /6/2025 | 1.Cough sticky discharge from thorat 2.No dyspnea 3.Rota inhaler not required | Rx lache 30 3 doses sos Willow 3tds |
| 2 /7/ 2025 | 1.Cough aggravation lying down 2.Sticky discharge 3.Dyspnoea is very less | Rx Lachesis 6c 3 doses sos, willow 30 3 tds 2dram |
| 20/9/2025 | 1.Running nose 2.Cough aggravation night 3.Fever headache joint pain 4.Wheeze 5.No desire to do any work. 6.Thirst -thirstless 7.Urine- yellow 8.Bowels- flatulence 9.Appetite - good 10.Sleep - disturbed due to cough On examination RS- chest wheezing | Rx Lachesis 6 c 3 doses SOS SI 3 tds 2 dram |
| 15/10/2025 | 1.Cough reduced from last time. 2.Sneezing since 2 days. 3.Running nose. 4.Sticky expectoration in morning | Rx Lachesis 6c 4 doses od for first two days. Rest Willow crabapple olive 3tds 2 dram |



Intervention:

Written informed consent was given by the patient before starting the treatment. She was prescribed -1. Lachesis 30 x 3 powder doses 2. Rescue ,Willow 2 dram x 2

She showed mild improvement in symptoms in the first follow-up. The same dose was repeated which gradually reduced symptoms in subsequent follow-ups.

Lachesis-

It is a remedy that is given more frequently in so-called constitutional prescribing than to treat acute conditions. Constitutional treatment is based on the assumption that chronic or recurrent illnesses reflect a specific weakness or vulnerability in the patient's total constitution. It is intended to stimulate healing at the deepest levels of the person's emotions and psyche as well as physical characteristics.

DISCUSSION

The research evidence suggests that homeopathic treatment may offer symptomatic relief and improve quality of life in patients with hypothyroidism and associated anaemia and chronic bronchitis. The individualized approach may be particularly beneficial in managing chronic, multisystem conditions. However, the lack of standardized protocols, small-scale studies, and potential placebo effects limit the generalization of findings.

CONCLUSION

Homeopathic treatment shows potential as a complementary approach in managing patients with hypothyroidism complicated by anaemia and chronic bronchitis, particularly in improving subjective symptoms and overall well-being. However, current scientific evidence is insufficient to conclusively establish efficacy. Well-designed, large-scale randomized controlled trials with objective outcome measures are essential to validate

the role of homeopathy in such complex clinical conditions.

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