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Clinical Utility of Dr. J.T. Kent Repertory in Management of Hypothyroidism

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Abstract
Background- Hypothyroidism is one of the commonest metabolic disorder worldwide according to WHO sooner India will be the hub of Hypothyroidism. Many researchers had been done both allopathically and Homeopathically intervention. But TSQ score had been less used by both interventions. This study is different as TSQ score had been used for homoeopathic intervention proving in such a large scale that is sample size of 100 cases.
Aim- To study the clinical utility of Dr. J.T. Kent repertory in management of hypothyroidism.
Study design & Methodology- It was an experimental study of 100 cases of Hypothyroidism at OPD of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan. The data analysis was done on the basis of symptom score before treatment and after treatment using the assessment scale TSQ. Before treatment and after treatment scores were compared statistically using statistical tool paired t-test.
Result- A paired t-test was conducted to compare before and after score. Above table shows that at the time of first follow up (baseline) mean T score was 11.467± 2.501, on final follow up mean was decreased to2.367±4.263. Test statistic value is 13.28 and p-value (0.000) is very small, it suggests that we reject H0 and accept H1 that is, there is significant effect of Homoeopathic Medicine in Case of Hypothyroidism.
Conclusion- Homoeopathic medicines selected according to the symptom similarity on the bases of the Dr. J.T. Kent's repertory was found effective in the found cases of Hypothyroidism.

Keywords: Hpothyroidism, Thyroid symptom rating questionnaire (TSQ) Scale, Dr.J.T.Kent repertory, Tetraiodothyronine, Hypothyroidism, Thyroid gland, Thyroid stimulating hormone (TSH).

1. Introduction

The term "hypothyroidism" is now often used in the medical community due to its association with several organ systems and low metabolic rate. Hypothyroidism happens when the thyroid gland malfunctions or when the hypothalamus or pituitary glands fail to appropriately stimulate the thyroid gland. The word "hypothyroidism" refers to decreased thyroid hormone output. A thorough clinical examination, complex investigative procedures, and appropriate screening result in a diagnosis of the following conditions that is well-established. According to the survey report research, it affects 1.8% of people, placing it practically second to diabetes mellitus in terms of endocrine problems. Therefore, this research to understand that the Kent repertory much useful for the treatment of hypothyroidism it gives a group of remedy which are efficacious in the handling of hypothyroidism. Hypothyroidism is a decreased secretion of thyroid of hormones. It is a disorder of Endocrine system. It is a clinical condition on when the thyroid gland is not producing enough thyroid hormones to the body. It occurs due to autoimmune disease. It shows symptoms mental depression, fatique, sluggishness, weakness, cold in tolerance, constipation, hoarseness of voice, joints pain and cramps, physical and metal growth slow etc. The prevalence of hypothyroidism in India is 11%, compared with only 2% in the UK and 4.6% in the USA. This is possibly linked to long standing Iodine deficiency in the country. The treatment goals with the homeopathy for hypothyroidism are to reverse clinical progression and correct metabolic derangements evidence by normal blood levels of thyroid stimulating hormone (TSH) and free thyroxin (T4) and Triiodothyronin.

AIM:
To study the clinical utility of dr. J.T. Kent repertory in management of hypothyroidism.
OBJECTIVE: To study the effectiveness of Homoeopathic medicines in cases of Hypothyroidism.

HYPOTHESIS:
Alternative hypothesis : Improvement in cases of the Hypothyroidism is statistically significant
Null hypothesis: No improvement in cases of the Hypothyroidism.

METHODOLOGY:
Study design-

Clinical study, as per study type of single blind (placebo) and control clinical trial method with the descriptive type of study.

Study Area-
Study was carried out at Sri Ganganagar Homoeopathic Medical College and Hospital, Tantia University, Sri Ganganagar (Rajasthan).

Study Setting-
- Indoor patient Department (I.P.D.)
- Outdoor patient Department(O.P.D.)

Selection of tools-
- Case taking proforma
- Informed consent form
- Homeopathy medicine & placebo
- Radar 10.0 for repertorization
- Repertory of Homeopathic Materia medica by J.T.Kent.
- TSQ score is used for assessment.

Data collection- The data was collected in one and half year duration
Sample size -
100 patients were considered from both sexes in this study.
Sampling technique- Simple randomized.
Ethical clearance requirement- Sri Ganganagar Homoeopathic Medical college and Hospital, Tantia University, Sri Ganganagar (Rajasthan).
Inclusion criteria-
Diagnosed patients suffering from the Hypothyroidism classified ICD-code E03.9 in ICD-10.
Age 20-40 years both sexes for research.
Exclusion criteria-
Patients associated with other complications along with hypothyroidism.

OBSERVATIONS AND OUTCOME-
The data obtained was sorted out in the form of different charts and tables.

Table – 1: Distribution of 100 patients according to age groups.

Sr. no.	Age	Number	Percentage
1	20-30 yrs	30	30%
2	31-40 yrs	70	70%
	TOTAL	100	100%

As shown in above Table , incidence of Hypothyroidism was reported maximum among age group of 31-40 yrs 70 cases (70%), 30 cases (30 %) of age group 20-30 yrs, 20 cases of age (20%) 40-50 yrs.

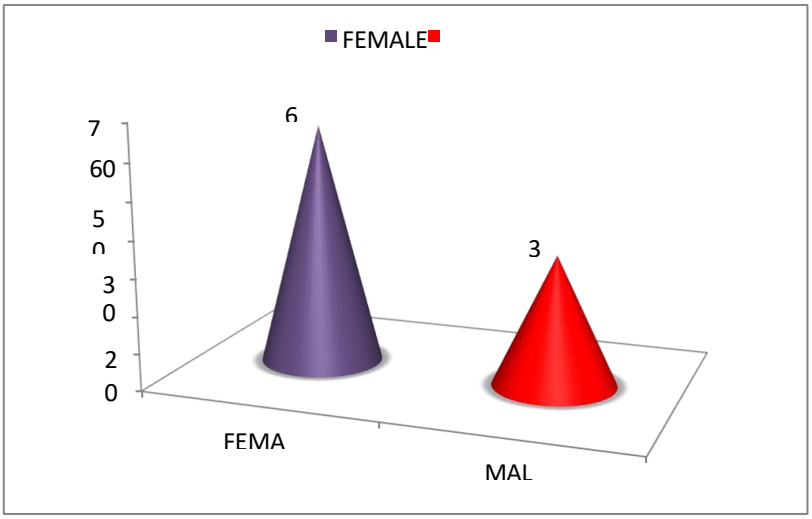


Fig. 1. Percentage distribution of 100cases of Hypothyroidism acc. to Sex incidence.

As shown in above figure, incidence of Hypothyroidism were seen maximum in Females 65 cases (65%) and least in males 35 cases (35%).

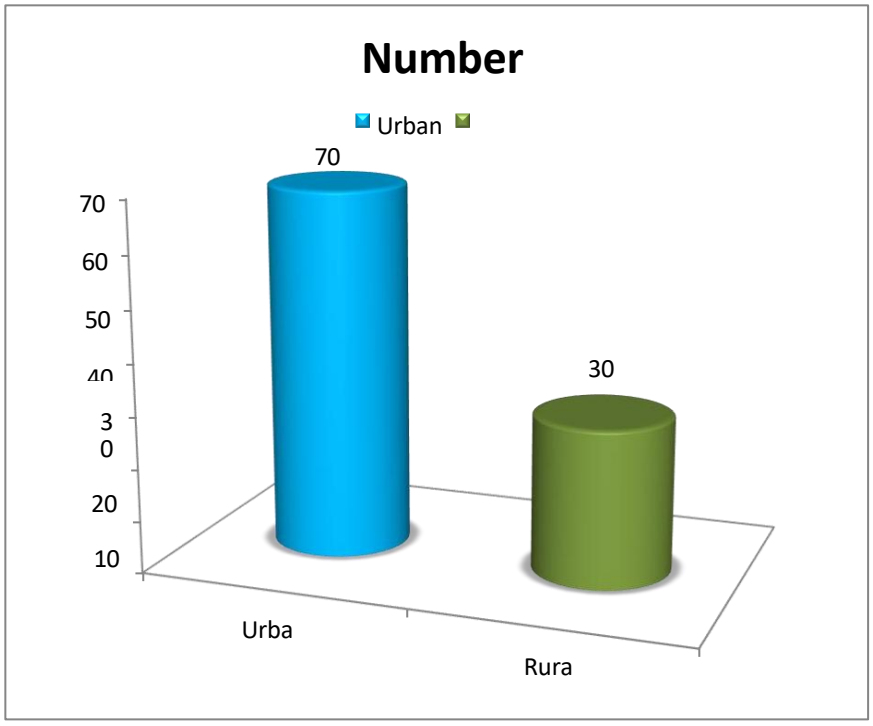


Fig. 2. Percentage distribution of 100 cases of Hypothyroidism acc. to Habitat.

As shown in above figure, incidences of Hypothyroidism were reported maximum among urban population i.e. 70cases (70%), as compared to rural population i.e. 30 cases (30%).

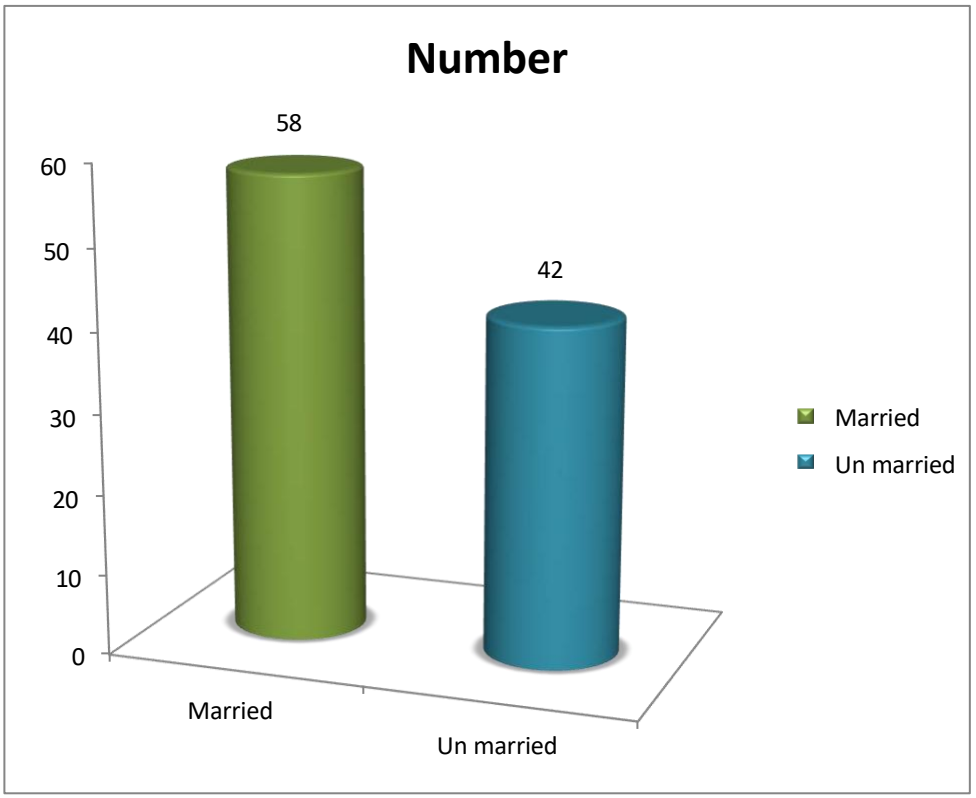


Fig. 3. Percentage distribution of 100 cases of Hypothyroidism acc. to marital status.

As shown in above figure, incidence of Hypothyroidism was reported maximum among unmarried i.e. 42 cases (42%), as compared to married population i.e. 58 cases (58 %).

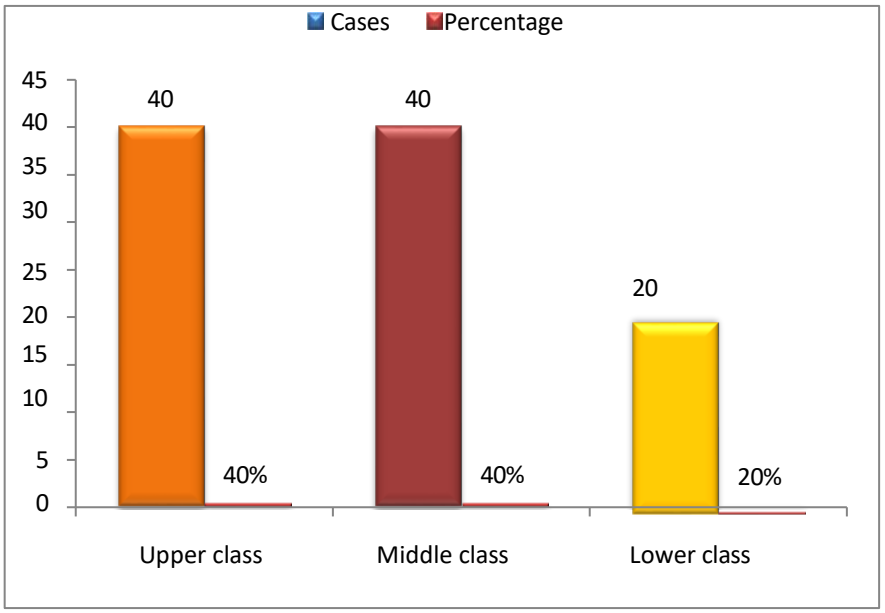


Fig. 4. Percentage distribution of 100 cases of Hypothyroidism acc. to Socio-economic status.

As shown in above figure, incidence of Hypothyroidism was reported maximum among population belongs to middle class i.e. 40 cases (40%) each followed by upper class and lower class i.e. 20 cases (20%).

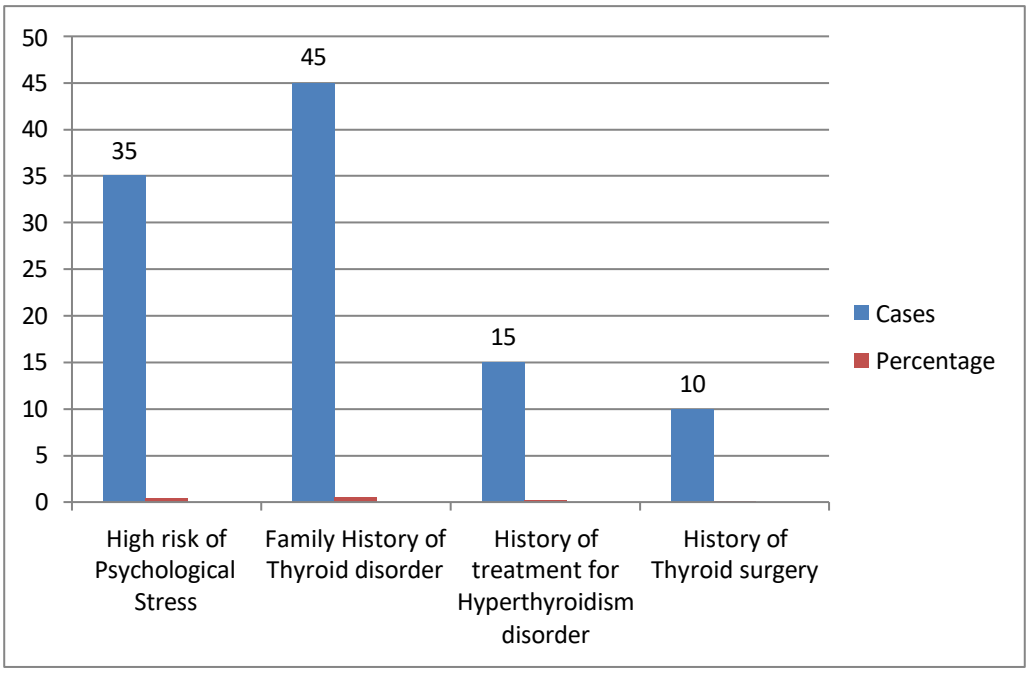


Fig. 5: Percentage distribution of 100 cases of Hypothyroidisms per predisposing factor.

As shown in above figure, incidence of predisposing factors behind Hypothyroidism were found to be maximum among 35 cases (35%) in working in a high risk psychological stress, 40 cases (40%) people who has family H/O thyroid disorder, 15 cases (15 %) in cases of H/O treatment of hyperthyroidism disorders, 10 cases (10%) H/O thyroid surgery.

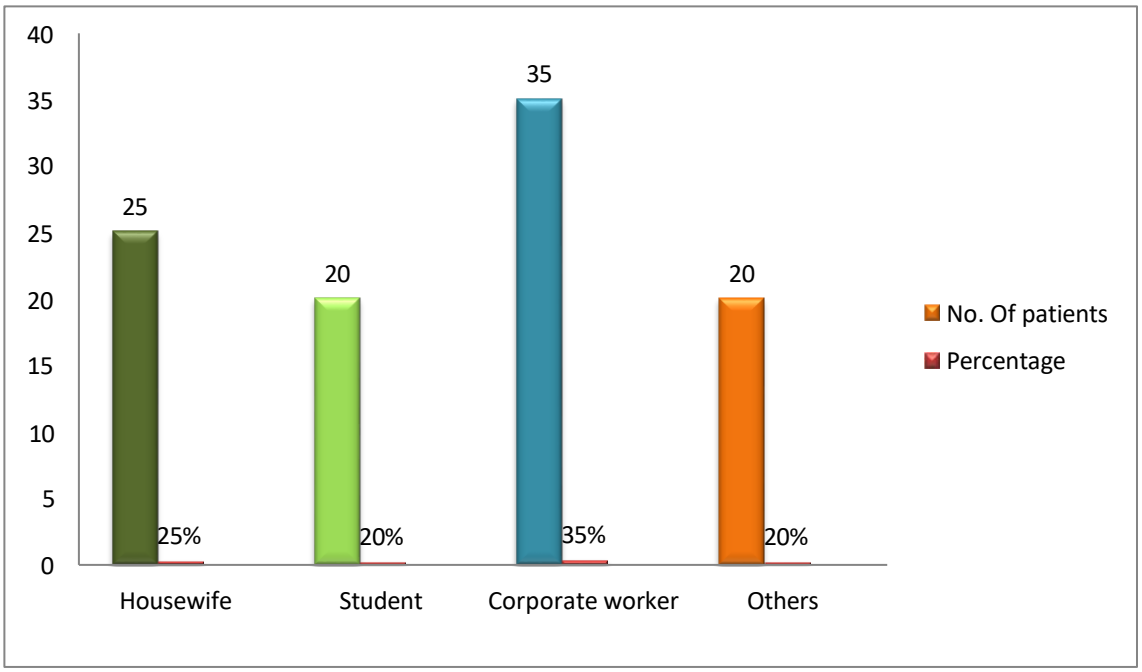


Fig.6: Distribution of 100 Cases of Hypothyroidisms per Occupation.

As shown in above graph, out of 100 cases, Hypothyroidism were found maximum in working in corporate 35 cases (35%), 25 cases (25%) house wives and 20 cases (20%) each reported were students and others.

Table 2: Distribution of patients according to intervention prescribed.

MEDICINE	f	%
Natrum mur	7	7%
Phosphorus	7	7%
Ignatia	13	13%
Nux vomica	13	13%
Staph	10	10%
Sepia	20	20%
Lachesis	12	12%
Pulsatilla	7	7%
Placebo	11	11%

As shown in above table, mostly used constitutional medicine was Sepia (20%) along with Ignatia (13%) & Nux vomica (13%). Least used medicine were Natrum mur (7%), Phosphorus (7%), Pulsatilla(7%). This shows Sepia is more effective in treating the patients as compared to other specific remedies.

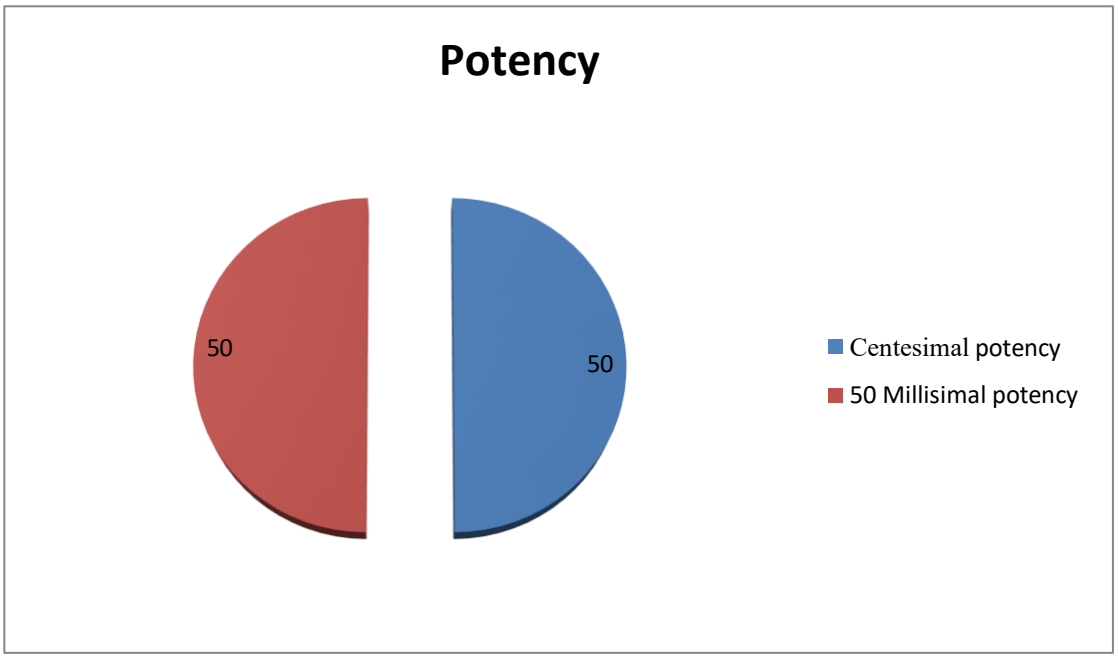
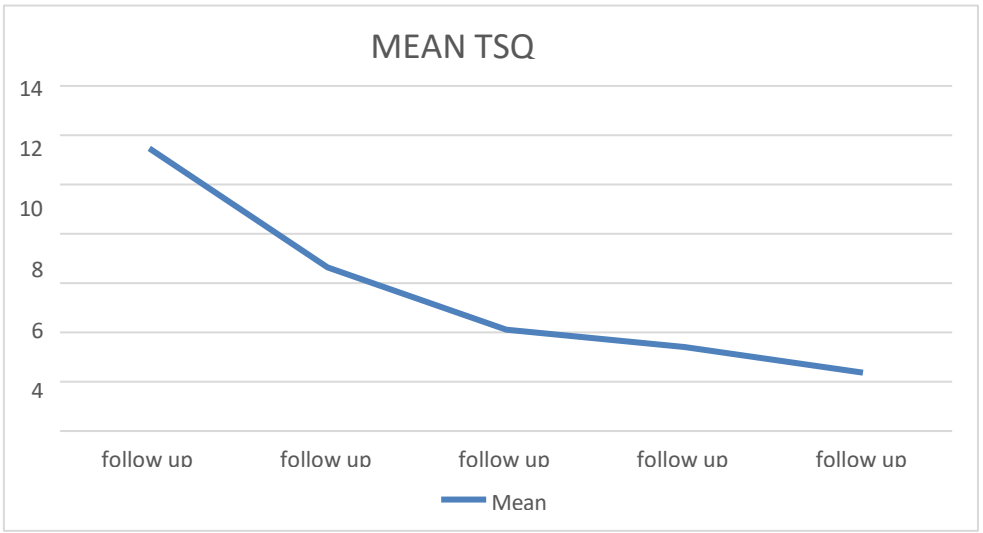


Fig. 7. Distribution of 100 cases of Hypothyroidism acc.to prescribed potency.

As shown in above graph, out of 100, 50 cases (50%) patients were prescribed 50 millesimal scale potency and 50 cases (50%) prescribed centesimal scale potency.

THYROID SYMPTOMS QUESTIONNAIRE

Variable	Mean	SD
FOLLOW UP 1	11.467	2.501
FOLLOW UP 2	6.633	3.285
FOLLOW UP 3	4.1	4.088
FOLLOW UP 4	3.4	4.099
FOLLOW UP 5	2.367	4.263



HYPOTHESIS TESTING:

H0: There is no significant effect of Homoeopathic Medicine in Case of Hypothyroidism. H1: There is significant effect of Homoeopathic Medicine in Case of Hypothyroidism.

Descriptive statistics of TSQ score at baseline and at final follow up

TSQ score	Mean ± SD	T-value	p-value	Decision
Baseline	11.467± 2.501	13.28	0.000**	H0 Rejected
Final follow up	2.367±4.263			
Difference	9.100± 3.754	Difference is Highly Significant		

*Test used- paired t-test, **Highly Significant*

Above table shows that at the time of first follow up (baseline) mean T score was 11.467± 2.501, on final follow up mean was decreased to2.367±4.263. To check the effectiveness of treatment paired t-test was used. Test statistic value is 13.28 and p-value (0.000) is very small, it suggests that we reject H0 and acceptH1 that is, there is significant effect of Homoeopathic Medicine in Case of Hypothyroidism.

Discussion

Incidence of Hypothyroidism was reported maximum among age group of 31-40 yrs 70 cases (70%), 30 cases (30 %) of age group 20-30 yrs, 20 cases of age (20%) 40-50 yrs. Hypothyroidism were seen maximum in Females 65 cases (65%) and least in males 35 cases (35%).

In this study it has been observed that Hypothyroidism were reported maximum among urban population i.e. 70cases (70%), as compared to rural population i.e. 30 cases (30%).

Incidence of Hypothyroidism was reported maximum among unmarried i.e. 42 cases (42%), as compared to married population i.e. 58 cases (58 %).

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Incidence of predisposing factors behind Hypothyroidism were found to be maximum among 35 cases (35%) in working in a high risk psychological stress, 40 cases (40%)people who has family H/O thyroid disorder, 15 cases (15 %) in cases of H/O treatment of hyperthyroidism disorders, 10 cases (10%) H/O thyroid surgery.

Hypothyroidism were found maximum in working in corporate 35 cases (35%), 25 cases (25%) house wives and 20 cases (20%) each reported were students and others.

Out of 100, 50 cases (50%) patients were prescribed 50 millesimal scale potency and 50 cases (50%) prescribed centesimal scale potency.

Mostly used constitutional medicine was Sepia (20%) along with Ignatia (13%) & Nux vomica (13%). Least used medicine were Natrum mur (7%), Phosphorus (7%), Pulsatilla (7%). This shows Sepia is more effective in treating the patients as compared to other specific remedies.

To check the effectiveness of treatment paired t-test was used. Test statistic value is 13.28 and p-value (0.000) is very small, it suggests that we reject H0 and accept H1 that is, there is significant effect of Homoeopathic Medicine in Case of Hypothyroidism.

Conclusion

This was a positive study where Constitutional Homoepathic medicines selected from JT Kent repertory are found significantly effective in the treatment of Hypothyroidism.

Future References

- Sample size was too small.
- Study duration was too short.

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