



Know and Solve
**THYROID
PROBLEMS**

The Homoeopathic and the Natural Way

Dr Shiv Dua

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THE HOMOEOPATHIC AND THE NATURAL WAY

by

Dr. Shiv Dua

M.A., D.I.HOM., HMD (London)

HEALTH  HARMONY

An imprint of

B. Jain Publishers (P) Ltd.

USA — EUROPE — INDIA

ABOUT THE AUTHOR

Dr. Shiv Dua, M.A., D.I.Hom., HMD (London) is a known name in the literary world of Homoeopathy. His two books, 'Practitioners Guide to Gallbladder and Kidney Stone' and 'Oral Diseases' have been published. His contribution of homoeopathic articles to magazines like 'The Homoeopathic Heritage', 'Vital Informer' and 'Homoeopathy for All' is a continuous flow. At present, he is a Medical Officer at Arya Samaj Charitable Hospital, Sector 19, Faridabad where he conducts his daily service to patients.

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ACKNOWLEDGEMENTS

I wish to acknowledge the following individuals whose efforts have contributed to the creation of this book:

Dr. R.S. Chandans, Ex-President, HMAI Faridabad unit for his support and commitment to homoeopathy.

Dr. Sanjeev Kumar, General Secretary, HMAI, Faridabad unit for his continuous encouragement to me in writing this book.

Dr. Jitender Singh, President, HMAI, Faridabad unit for his inspiration and valuable comments during the proceeding of the monthly scientific meetings.

Dr. Lalit Aggrawal, Member, Council of System of Homoeopathic Medicines, Haryana and Vice President, HMAI, Faridabad unit.

Uma, Dharmesh, Amit, Nilima and Anu for their whole heartedly cooperation in preparing and revising the manuscript of the book.

N.D. Nagpal, P.L. Rawl, J.D. Rawl, Himanshu Arora, Lalita, Kailash, Krishna and Usha for their inspiration to me from time to time in writing this book.

Akshay, Tanya and Dipesh, the kids, whose curiosity did not tempt them to bother me during my serious work sessions in my computer room for completing this book.

Dr. Shiv Dua

The Endocrine System

ENDOCRINE GLANDS

Most of our body functions are governed and guided by endocrine glands to maintain a harmony between all body organs. These endocrine glands secrete some chemicals called *hormones* into our blood stream. Through the circulation of blood in the body, the messages of the brain are carried and relayed to different organs so as to enable them to undertake the specific processes like growth of the body and reproduction. Hormones are chiefly connected with metabolism of the body and their intention is to make an interaction among the organs to achieve the desired results. In other words, we can say that *hormones are chemical messengers of the body*. These hormones are produced by glands situated in different parts of the body wherefrom these are released or circulated in the blood to the body cells, which need them and which can be called as targets. These target cells make an effect after being provided with the hormones. The glands which are responsible for producing and releasing the hormones of the body are the collection of ductless or endocrine glands. These so-called endocrine glands release their products directly into the blood and not through a tube or duct as exocrine glands do. Hormones are slow workers and take much longer time to act or we can say that hormones

tend to act slowly and produce their activity over a considerably delayed period, the example of which can be seen in growth and reproduction. Besides growth and reproduction, their basic job is concerned with controlling or affecting the chemistry of the cells on which they target. The target cells in turn affect the rate of consuming food substances and releasing energy in tune with the quantity and quality of the hormones released. Hormones have widely spread effects.

Thyroid gland is one of the ten glands that make up the endocrine or hormonal system. We shall have to understand many aspects and activities of various glands before thyroid is explained.

The beauty of the glands is that secretion exists but they are without excretory ducts. Their production is a special substance called hormones—a word, which is derived from Greek word *hormao* which means excite. The secretion of the glands is directly into the blood. Throughout the human organism, the hormones are delivered and the process of this delivery either stimulates or depresses the receiving organ. This fluctuation or disturbance of hormone supply can bring about changes in the body. The changes increasing the functions of the gland are termed as *hyperfunction* and the changes decreasing the functions of the gland are termed as *hypofunction*. In other words, secretion of a superfluous quantity of hormones by a gland of hormones is called hyperfunctioning and secreting insufficient amount of hormones is called hypofunctioning. The supply of hormones measures fraction of milligram in 24 hours. Actually, the hormones are imbedded with very high biological activity. The endocrine glands include thyroid, parathyroid, epiphysis cerebro (pineal), pituitary, thymus, pancreas, adrenal and gonads (sex glands). These glands are glandular epithelial tissues which have extensive accumulation of blood vessels and nerve fibers. They form a collective system themselves and are interconnected. The glands are regulated by the nervous system, which exercises direct control over the endocrine glands by dint of

nerves and neurohumoral control. The effect of hormones is through the blood and this is called *humoral regulation*. The pituitary gland or hypophysis cerebro is the main gland of the endocrine system, which produces special substances to stimulate the activities of the other glands, and has a special reference with thyroid gland. Before we take up the connection of pituitary gland with that of thyroid, we ought to know the role of hormones.

HORMONES—HOW THEY WORK?

There are various chemical reactions going on in the body. There have to be chemical messengers and *they are called hormones*. The hormones are manufactured by our endocrine glands located in different parts of the body and the hormones always travel through blood and act upon different body cells, which we can call as targets of hormones. It is these targets which are affected. If we compare hormones with nerves, we find that the hormones are slow pacers. They act slowly and take a longer time to achieve the required result. Hormones have a tendency to control and influence the chemistry of the *target cells*. It is the hormones which determine the rate at which they use up the food material and then release energy. It is also the job of hormones to determine whether there should be milk production (females) or hair growth or body growth, and if so at which rate the metabolic processes should act? There are some general hormones made by main endocrine glands. *Two examples are sex hormones and insulin*. There are other hormones, which act very near to the point of production and one of them is local hormone *secretin*, which is made in the duodenum and it is secreted in response to the presence of incoming food. It is a wonderful combination when the same hormone travels to a short distance in the blood to reach the pancreas for stimulating it so that there is a flood of juice (*enzymes* or chemical transformers). It is these enzymes or juice, which are very essential for digestion. Similarly there is another local hormone called *acetylcholine*, which

is made every time a nerve conveys a message to a muscle cell for contraction. Such is the wonderful history of hormones about which still more is to be learned. There has been a continuous research work on this, which is still going on.

PROTEINS & STEROIDS IN HORMONES

In our body, almost all the hormones are quite active but in very small quantity. A very small amount of hormone is needed, in some cases, to carry out a specific task of the concerned organ. It may be even less than a millionth of a gram which accomplishes the target.

There are two varieties of hormones. One, which are *protein based or are derivatives of protein* and the second, which have *structure like a ring or a steroid*. Our main concern in this book is thyroid and we must know that *thyroid hormones are prepared from a protein base and are protein derivatives. Insulin is a protein hormone*. On the other hand, the *sex hormones* and hormones manufactured by the cortex or outer part of the *adrenal gland are both steroid hormones*.

HOW A HORMONE WORKS?

The working of the hormone is subject to a proper place and environment of the surrounding of the organ. Upon reaching of the hormone in the area of its target, it goes on the job only if it finds itself in a rightly and correctly shaped site on the target cell membrane. After the hormone finds itself locked in the receptor cell or site, it does its work by stimulating the formation of a substance named *cyclic adenosine monophosphate or AMP*. The cyclic AMP is supposed to do its job by stimulating a chain of enzyme system within the area of a cell. This limitation is due to the fact that all specified reactions should stimulate and make the required product, it is supposed to transform. What function it has to target, depends upon the assignment given to the hormone by its producer.