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CASE REPORT - TREATING HYPOTHYROIDISM WITH ACUPUNCTURE

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ABSTRACT

Aim – The aim of this study is to show a case of a hypothyroidism, the results from the acupuncture treatment and the way it functions.

Methods – Treated patient is a 29 year old woman diagnosed with hypothyroidism. She has done 6 treatments with acupuncture, one treatment every week, except the third treatment was made after two weeks because of flu and high body temperature. Treatments were done in a clinic for Traditional Chinese Medicine and acupuncture in Skopje, by a doctor specialist in acupuncture. The treated points are located on the meridians of Du mai, Ren mai, Liver, Large Intestine, Stomach, Spleen and Gall Bladder.

Results – Before coming to the clinic the patients TSH level was 5,9 and after finishing the treatment the TSH level was returned to 4,6. The patient was experiencing extreme tiredness and low energy levels and after finishing the treatments her health was restored and all the associated symptoms were gone. We succeeded to get these positive results with only 6 treatments.

Conclusion – The acupuncture treatment as part of the 5000 year old Traditional Chinese Medicine in this case of hypothyroidism is very successful treatment and gives very satisfying and positive results for a very short time.

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INTRODUCTION

Hypothyroidism is a very common condition which appears when the production of thyroid hormone is below the normal. Hypothyroidism can be asymptomatic, but if there are symptoms they appear as slow metabolism, slow mental and physical activity, fatigue, dry skin, depression, loss of energy, hair loss, constipation, irritability and etc. The TSH (Thyroid stimulating hormone) is produced by the pituitary gland, which is regulated by the hypothalamus which releases the hormone TRH (Thyrotropin releasing hormone).

When the hypothalamus releases the TRH hormone it sends signals to the pituitary gland to release TSH hormone and TSH sends signals to the thyroid gland to release thyroid hormones (T3 and T4). The pituitary gland controls the production of thyroid hormones and if the amounts are insufficient it stimulates more production of TSH. The levels of TSH in hypothyroidism are always increased, and the levels of T3 and T4 hormones are decreased or normal. If they are normal then the condition is considered subclinical or mild or it's an early stage of hypothyroidism. [1] [2] To check the hormones levels a blood test can be done. The constant production of high levels of TSH can enlarge the thyroid gland and cause a formation called goiter. [3] In the Western medicine the

treatment is consisted of oral medications and hormone tablets, while the Traditional Chinese Medicine (TCM) have a totally natural approach to the condition, without taking any synthetic drugs. The treatment for hypothyroidism in the TCM consists of acupuncture and herbal treatment. From a TCM view, hypothyroidism is a condition that appears due to Qi stagnation, yang deficiency, accumulation of the external pathogens Wind and Dampness or a combination of pathologies. Also two Yang organs are involved – The Spleen and Kidneys. [4] [5] The aim of the acupuncture treatment is to tonify the Qi and yang energy, manage the energy levels, reestablish the hormonal balance, reduce the TSH levels, regulate the immune system and resolve the external pathogens. [6] [7]

METHODS

Treated patient is a 29 year old woman diagnosed with hypothyroidism with TSH level 5,9 before the treatment. She has done 6 treatments with acupuncture, one treatment every week, except the third treatment was made after two weeks because of flu and high body temperature. Treatments were done in a clinic for Traditional Chinese Medicine and acupuncture in Skopje, by a doctor specialist in acupuncture. Treatments were done in a closed room on a room

temperature, with duration of the treatment 35-40 minutes. In the treatment were used fine sterile needles made by Wuijiang City Medical & Health Material Co., LTD, size 0.25x25 mm. The treated points are located on the meridians of Du mai, Ren mai, Liver, Large Intestine, Stomach, Spleen and Gall Bladder.

RESULTS

Before coming to our clinic the patient has visited her doctor and done blood analysis because of symptoms of extreme tiredness and low energy. Before that she didn't have any problems with the thyroid. On the blood analysis the TSH level was 5,9 and the other hormone levels (T3, T4) were normal. The levels for T3 and T4 hormones were not decreased, because the condition was in early (initial) stage. She has not been taking any other medications before and during the acupuncture treatments. Blood pressure was normal, appetite, menstrual cycle and all other systems and parameters. The patient was experiencing extreme tiredness, low energy levels, dizziness and weariness, but after finishing the treatments her health was restored and all the associated symptoms were gone. After finishing the treatment the TSH level was returned to 4,6. We succeeded to get these positive results with only 6 treatments in two months. We were able to prevent the disease to develop further and we reacted at the right time of onset of the disease. The most important in the treatment is to recognize the disease, specifically the root of the origin of the disease and to act there directly. A good diagnosis is the key to a good result from the treatment. In the hypothyroid patients the pulse is deep and slow and the tongue thick and swollen. [5] The points that were treated were located on the meridians of Du mai, Ren mai, Liver, Large Intestine, Stomach, Spleen and Gall Bladder.

Any disorder in these meridians can affect the function of the thyroid gland and the rest parts of the body with which are connected. The points were chosen in order to influence on the energy flow in the meridians, to clean the pathways, to balance the energy, to free the flow of Qi, remove all the blockages, remove all the external pathogens, to rebalance the function of the thyroid, restore the hormonal balance and to strengthen the organs, especially the Spleen and Kidneys.

The aim of the treatment is not just to treat the thyroid but the whole well-being, to rebalance the internal homeostasis and restore the Yin and Yang in the whole body. [8] [9] Some authors suggest herbal treatment with herbal formulas (cinnamon, aconite) to tonify the Kidney Yang energy and others diet rich with iodine, protein, magnesium to support the function of the thyroid gland or yoga and tai chi exercises for reducing stress. [10] [11]

CONCLUSION

The acupuncture treatment as part of the 5000 year old Traditional Chinese Medicine was very successful in our patient with hypothyroidism and gave very satisfying and positive results for a very short time.

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