

CASE REPORT : ACUPUNCTURE TREATMENT FOR HYPOTHYROIDISM

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PURPOSE

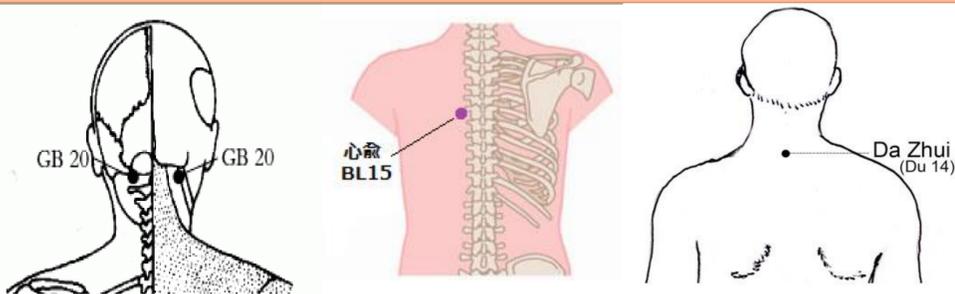
The main purpose of doing this work is to show the most effective acupoints used in the acupuncture treatment of hypothyroidism in our practice and the results after the treatment.

BACKGROUND

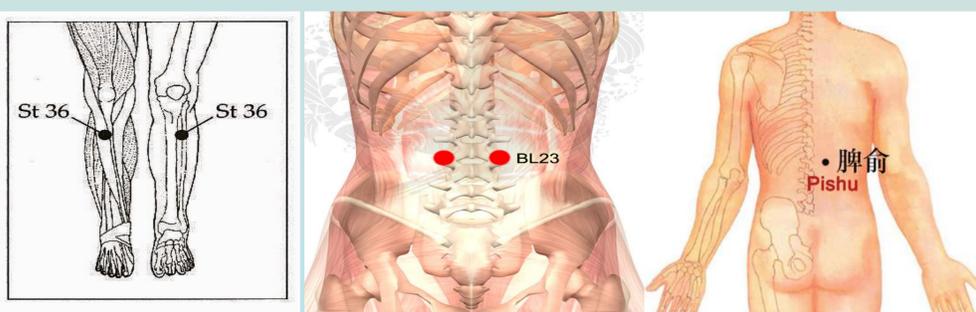
- ❖ Hypothyroidism is a condition in which the thyroid gland does not produce enough hormones to help carry out many bodily functions.
- ❖ The thyroid produces two hormones, triiodothyronine and thyroxine, which are carried through the bloodstream and affect weight, metabolism, skin moisture levels, breathing, brain development, menstruation, cholesterol, muscle strength and other essential functions.
- ❖ The prevalence of overt hypothyroidism is 1.9% in women and 0.1% in men.

HASHIMOTO THYROIDITIS

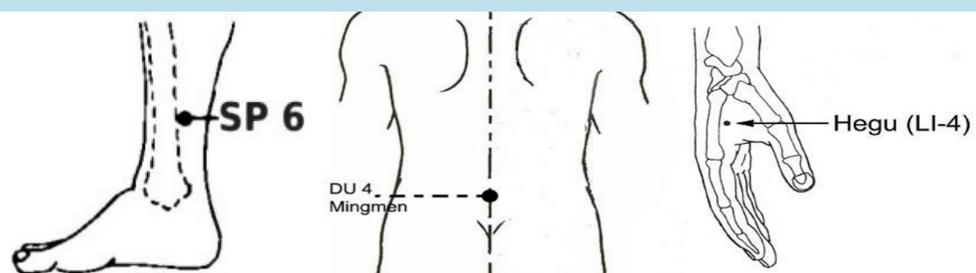
- ❖ Hashimoto's thyroiditis is characterized by the production of immune cells and autoantibodies by the body's immune system, which can damage thyroid cells and compromise their ability to make thyroid hormone.
- ❖ In Chinese medicine, it is believed that this disease is due to Qi stagnation, blood stasis and phlegm accumulation in the neck.



The liver is responsible for detoxification and caused liver Qi depression that leads to the creation of heat toxins in the body. If the toxins are not eliminated properly, it can make the immune system mistakenly recognize the thyroid cells as foreign tissue. The immune system produces the antibodies that may destroy the thyroid cells. As a result, hypothyroidism occurs.



The tongue appears thick, pale and purple with a greasy coating. These patients also have a deep and taut pulse with a weakened kidney pulse. These conditions indicate a disorder in the liver, spleen and kidney. The treatment for these conditions is to detoxify the liver, strengthen the kidney and spleen.



CASE

- ❑ 24 year old female diagnosed with Hashimoto hypothyroidism
- ❑ The first treatment was done on 10.03.2012 in the clinic for Traditional Chinese Medicine and Acupuncture in Skopje by specialist in acupuncture.
- ❑ The treatments were done every week until 14.11.2015, when the TSH and T4 levels normalized
- ❑ During the treatments she has done 7 analysis for thyroid and the levels for TSH and T4 hormones were normalizing, except the TPO levels were >1000.
- ❑ Before the treatments, she was taking Eutirox 25mg for four years. The doctors advised to increase the doses of Eutirox, but she decided to stick to the acupuncture and reduce the doses of Eutirox.

ACUPOINTS

DU20 (BaiHui)
GB20 (FengChi)
DU14 (DaZhui)
ST9 (RenYing)
LI4 (HeGu)
BL15 (XinShu)
BL20 (PiShu)
BL23 (ShenShu),
DU4 (MingMen)
RN6 (QiHai)
RN4 (QuanYuan)
SP9 (YinLingQuan)
ST36 (ZuSanLi)
SP6 (SanYinJiao)
KI3 (TaiXi)
LR2 (TaiChong)



RESULTS

- ❑ From the first treatment made the levels of TSH and T4 hormones were gradually normalizing.
- ❑ Before the treatments, she was taking Eutirox 25mg for four years until 13.12.2013. The doses were reduced gradually until 29.04.2015 when she stopped taking the Eutirox.
- ❑ The last results are from analysis made on 14.11.2015 when she also made her last treatment - TSH=13.8 T4=2.8 TPO=<60

Table 1. Analysis and results for thyroid hormones

Date	T4 (9-21)	TSH (0,4-4,5)	TPO <60
30.08.2013	14,4	4,3	>1000
31.10.2013	16,5	2,85	>1000
13.12.2013	17,4	1,4	>1000
11.11.2014	14,4	3,51	>1000
19.02.2015	13,6	5,2	862
09.05.2015	(FT4) 1,2	4,2	(no record)
14.11.2015	13,8	2,8	<60

CONCLUSION

Acupuncture as a treatment for hypothyroidism is an effective method, although sometimes it takes more time to feel the effect. For a serious condition such as hypothyroidism, acupuncture treatment gives satisfying results and can improve the condition significantly.