



**HOMEOCARE<sup>®</sup>**  
**INTERNATIONAL**  
WORLD-CLASS HOMEOPATHY

**a**rogya

**WELLNESS MAGAZINE**

Volume-3

GOOD HEALTH IS NATURAL

Be Healthy  
Be Happy



**Arthritis**

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“Hello, I welcome you to another edition of our magazine with much happiness and sincerity.”



Editor's Note

### Constitutional Homeopathy - A Holistic Treatment

I'm glad to present the 3<sup>rd</sup> issue of Arogya after the tremendous positive feedback received following the release of the previous issues. Arogya was conceived to keep the readers abreast of the latest developments at Homeocare International and also to educate everyone about the most effective treatment Constitutional Homeopathy.

Homeocare International provides the World's 1<sup>st</sup> Constitutional Homeopathy treatment for an array of chronic diseases like diabetes, joint pains, infertility, asthma & allergy, obesity and more. Constitutional Homeopathy was proven to be successful in treating chronic conditions more efficiently because it is based on treating the symptoms and the personality types of an individual rather than the disease itself.

I hope you benefit from the advantages of Constitutional Homeopathy and the informative articles of Arogya. Wishing you all a very good health and happy life.

Dr. Rohit Morlawar  
Deputy Managing Director



Chairman's Message

We at Homeocare International are a family of 300+ experienced and dedicated doctors with more than 35+ clinics across 4 South Indian states and 500 supporting staff. We are constantly driven towards a common goal of making India a land of healthy and happy people.

On this occasion I would like to thank all the staff and doctors for putting their effort in making Homeocare International, the most preferred homeopathy clinic to cure and treat innumerable chronic diseases.

We at Homeocare International are committed to provide the highest quality of healthcare to patients, we have seamlessly integrated the traditional methods of homeopathy into world-class and state-of-the-art infrastructure, cutting-edge technology and comprehensive information systems. We have also been able to set the highest level of benchmarks for effective treatment of chronic diseases. This festive season I would like to thank you for your effort and zeal to make homeopathy a trusted medicine. Let's celebrate our success and I wish you much more happiness and prosperity in the future.

Warm Regards,  
Dr. Srikant Morlawar,  
Founder Chairman  
Homeocare International Pvt. Ltd.

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# Arthritis

## Causes of arthritis are:

Arthritis commonly occurs in the joints where a bone moves over the other bone. They are held together by ligaments which are elastic in nature. Then there is the cartilage which ensures that the two bones don't rub against each other directly. It is when one of these things get affected then arthritis occurs. Some of the main causes for arthritis are if you have a genetic issue of arthritis, an injury to the joint in the past, a job where physical strain is high and movements are repetitive. Sometimes it is also due to certain foods you eat. Obesity is another cause. There are also types of arthritis caused due to Auto Immune reactions or infections.

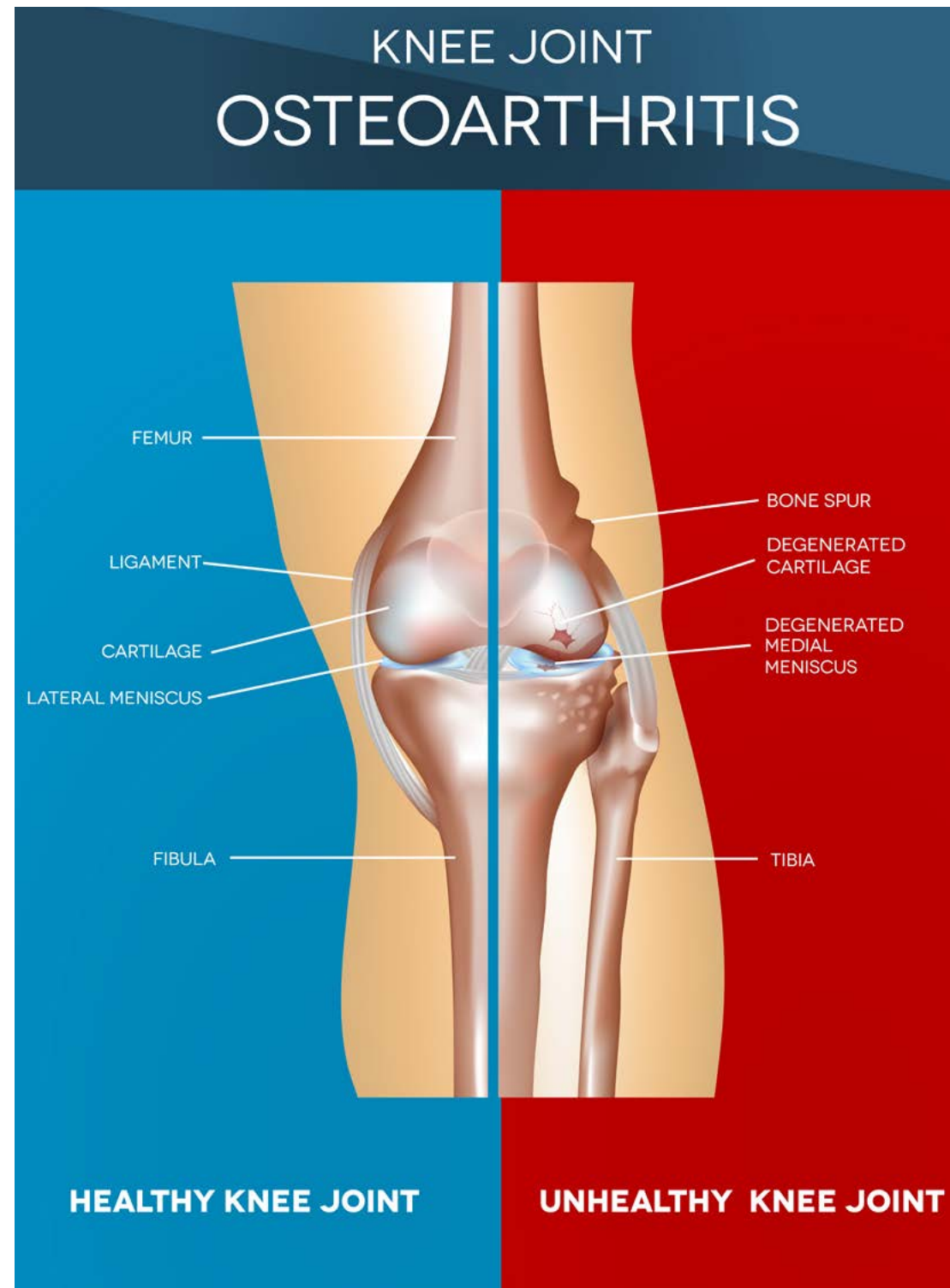
## Symptoms of arthritis are:

Though there are different varieties of arthritis, the symptoms are quite common. Notable among them are a strange stiffness in the body during the morning, experiencing difficulty while moving a joint, lack of sleep, being unable to move the hand or walk, some sort of exhaustion and tired feeling, pains in muscle and ache, unexpected loss in weight. Also, whenever you have reduced your physical activities it leads to loss of flexibility and weakness in muscles.

## Types:

As mentioned earlier, there are nearly hundred types of arthritis but here are the most common forms. First in the list is Osteoarthritis wherein the cartilage loses its elasticity and begins to

damage the bones. The second type is Rheumatoid Arthritis wherein the synovial membrane is affected which leads to a lot of pain and swelling. In some cases, lack of treatment will lead to deformity. The other type is infectious arthritis wherein an infection is caused by a bacteria and it affects the tissues in joints. There is also Juvenile Rheumatoid Arthritis which is commonly seen in individuals aged less than 16 years.



## 1. Osteoarthritis:

It is a degenerative joint disease, it commonly effects the joints that bear our body weight such as knees, hips, ankle and spine.

In Osteoarthritis there is a breakdown of cartilage, which acts as a shock absorber to the bones. Due to this breakdown of cartilage the cushioning effect of the joint is lost, which results in pain and swelling of the joint. Osteoarthritis of the knee is mostly due to excess body weight, obesity and continuous trauma or injury to the joint. In the progressive stage it may worsen by deformities and may also develop limp. In some cases of Osteoarthritis of knee, the pain, deformities and dysfunction may be so worse that it may not respond to any treatment, in these cases knee replacement is suggested. Osteoarthritis of spine may present with pain in the neck or lumbago due to the bony enlargement that forms the arthritic spine which results into deformities.

## Other risk factors include:

1. Advanced age
2. Obesity
3. Muscle weakness
4. Menopause
5. Heredity

## 2. Rheumatoid Arthritis:

It is a chronic inflammatory disease involving mostly the small joints and may affect the organs. It is an autoimmune disorder. The cause is yet unknown.

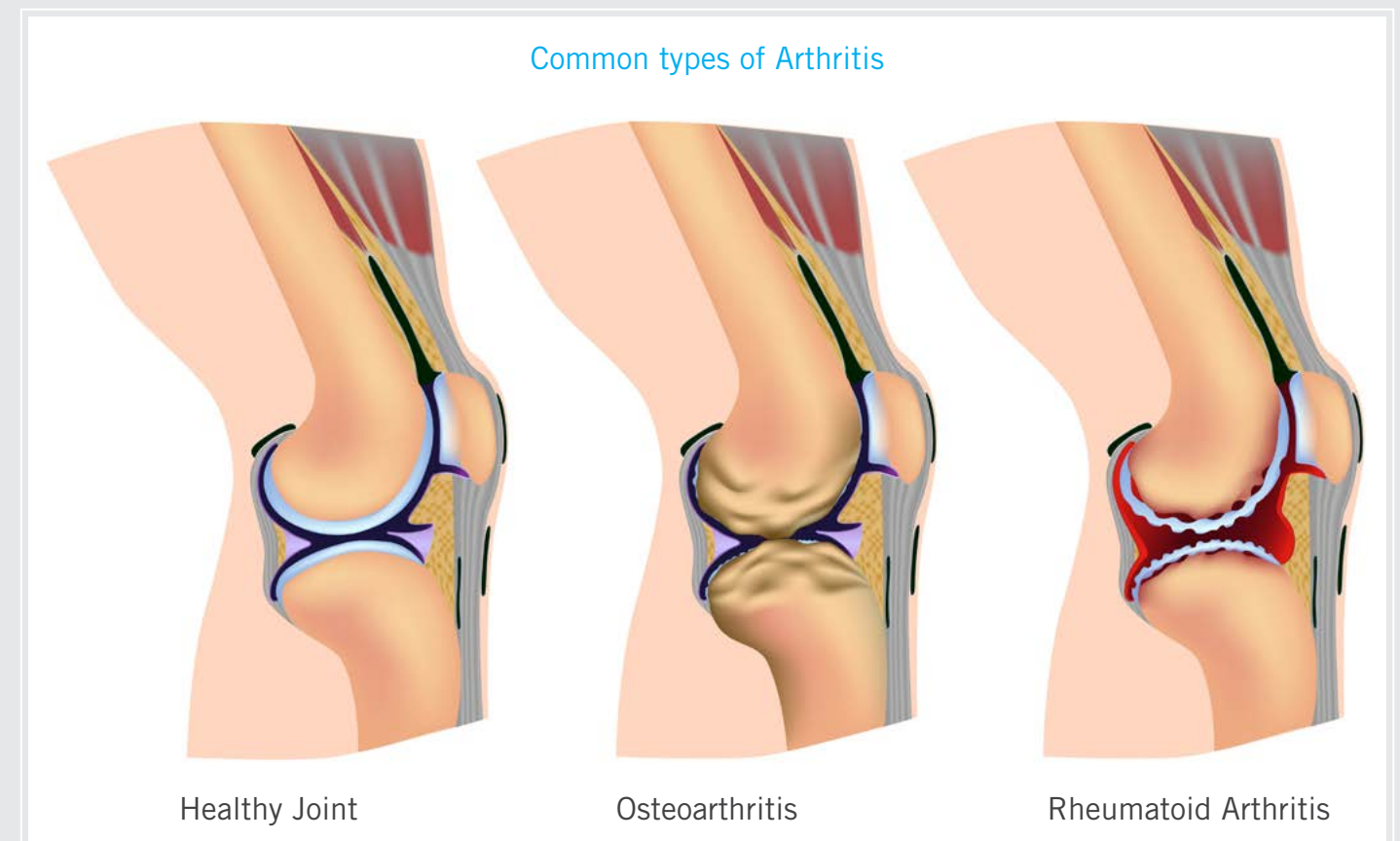
In Rheumatoid Arthritis there is pain, swelling, tenderness and morning stiffness which lasts for more than 1 hour, it mainly affects the synovium.

## Other symptoms include

1. Dryness of eyes with watering of eyes
2. Dryness of mouth
3. Shortness of breath
4. Nodules under the skin and numbness and burning of skin

The course of Rheumatoid Arthritis varies greatly, some people may have mild symptoms, but in most of the people the disease is progressive for life. If diagnosed early and treatment is started we can prevent the progress of disease. As Rheumatoid Arthritis is a systemic disorder it not only involves joints but also affects skin, lungs, kidneys, heart and blood vessels.

Rheumatoid Arthritis decreases the life span by 3 to 7 yrs., with heart diseases, infections, and GI bleeding, accounting from drug treatment, cancer as well as underlying disease may be responsible. Many of patients suffering from Rheumatoid Arthritis are severely disabled despite full treatment. Women have poor prognosis as do patients with subcutaneous nodules, advanced age at disease onset, inflammation in more than 20 joints, high ESR and high levels of RF and anti CCP.



### 3. Juvenile Arthritis:

It is an arthritis related condition occurring in children and in teenagers less than 18 yrs of age.

Symptoms include:

1. Lethargy
2. Reduced physical activity
3. Poor appetite
4. Inflammation of joints with pain
5. Limping

An early diagnosis of disease can help in managing and minimizing the severity of disease.

Systemic JIA involves whole body, with symptoms as high grade fever which rises in the evening and drops down suddenly. Oligo-arthritis JIA involves four or fewer joints with pain, swelling and stiffness. Particular JIA (RA factor negative arthritis) affects mainly girls with swelling and pain in five or more joints. Nodules under the skin subjected to pressure may also be there.

Particular JIA (RA factor positive arthritis) affects mainly children.

### 4. Psoriatic Arthritis:

It is a type of arthritis that affects some people who have psoriasis - a skin condition that features red patches of skin topped with silvery scales.

### 5. Undifferentiated Arthritis:

It is an arthritis which does not fit into any of the above categories.

#### Diagnosis:

The first stage of detecting arthritis can happen when a physician does the physical exam. In this, the physician would check for fluid in the joints, the range of motion in the joint, red joints.

The body fluid is extracted and then analyzed and based on the extent of joints inflammation the type of arthritis is determined.

Few other tests such as CT Scan, X-ray, MRI are also done wherein the image of your bones and cartilage is checked by the specialists to determine.

#### Homeopathic Treatment for Arthritis:

Arthritis when detected early or at later stages can be treated and among the many natural remedies available, homeopathy is the most effective option. Given the fact that homeopathy works completely on natural substances, there are no issues of side-effects and the problem is removed from its root permanently though it takes some time. Some of the medicines are used to alleviate pain for those who are experiencing the symptoms.

There are few medicines given to address the problem of swelling and pain with burning sensation. Last but not the least, homeopathy also offers relief for those who are experiencing a violent and rapid arthritic pain with swollen joints. Therefore, Homeopathy is regarded as an ideal cure for different forms and symptoms of arthritis

## Dietary Guidelines

### OSTEOARTHRITIS

Osteoarthritis is also known as Degenerative arthritis. The main symptom is pain, causing loss of ability and often stiffness.

#### Management:

Weight Loss Medication; Dietary modification.

#### Free Foods:

Clear soups, lime water, sprouts, cucumber, gourds, whole wheat flour, vegetable salads, raita, pulses, and legumes, fruits.

#### Restrict:

Fried foods, sweets, sugar in tea / coffee.

#### Avoid:

Processed food, eating fruits immediately after meals, alcohol, high energy beverage soft drinks, malted health drinks.

#### Include:

1. Wheat gram, flax seed, methi seeds in the diet on a daily basis.
2. Consume 2-3 fruits / day.
3. Mushroom, skimmed milk (400ml inclusive of curds) to be taken.
4. Fishes such as salmon, mackerel, sardine, tuna, swordfish only consume the grilled or baked or steamed or curry form.
5. Soya and soya products can be taken once or twice a week.
6. Drink plenty of fluids and water at least 2 liters / day.
7. Consume oranges, sweet limes, lemon, amla, berries, apples, apricots, figs, prunes.
8. Carrots, beets, methi, dilleaves, pumpkins - one serving in a day.
9. Nuts like groundnut, almonds, walnuts are taken about 10 together (5-groundnuts, 3-4 almonds, 1-walnut).
10. Expose to early morning sunlight is needed.



## Dietary Guidelines

### RHEUMATOID ARTHRITIS

Rheumatoid Arthritis is a highly inflammatory and very painful condition having its onset in young adults.

#### To Do:

Drink plenty of water - 2 – 2 1/2 lit /day.

Eat fruits – prunes, plums, apples, grapes, berries, raisins, oranges, sweet lime, melons.

Include other vegetables like ridge gourd, bottle gourd, carrots, beets.

Include olive oil in the diet.

Include seasonal fruits like oranges, grapes, strawberries, cherries in the diet.

#### Restrict and Avoid:

Restrict protein intake like thin dals / sambars. Sprouted legumes ½ cup, milk and milk products to 300 ml / day. Avoid organ meat i.e. kidney, brain, liver. Restrict vegetables like palak, Amaranth, Mushroom.

Restrict butter and other oils. Avoid breads, pizzas, buns and other bakery products.

Avoid consuming Tea / Coffee immediately after meals. Non-vegetarian food to be restricted to twice a week.

Avoid if the pain in joints begin.

#### Management:

Walk regularly though at a slow pace. If pain persists stop for a while and then continue.

#### Arthritis Care:


1. A well balanced nutrition and diet will help manage the disease in a proper way
2. A healthy lifestyle also plays an important role in management of arthritis
3. Beneficial exercise may improve the mobility of joints
4. Try using shoe insoles, knee braces, other walking aids to reduce stress on your joints
5. Control your weight, if you are over weight, try to lose weight
6. Leading a stress-free life can reduce the severity and progression of disease
7. Regularly visiting a physician and taking medication regularly as advised by doctor



# Osteoarthritis

A Case Study

A 70 yr old male suffering with joint pains due to Osteoarthritis of the knee joint was relieved of pain within a few months of the treatment at Homeocare International and this shows the effectiveness of homeopathic treatment in curing and treating degenerative diseases like Osteoarthritis in old age.



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K.C. THIPPAIAH R.M.B.O.,  
(USER)

ERNO. M.A. 35

16.10.2013 తేదీన Homeocare లో పేరు

82 సంవత్సరాల వయస్సులోని చికిత్స చేయించు కున్నాను. నా వయస్సు 70 సంవత్సరాల వయస్సులోకి వచ్చేటప్పుడు సంపూర్ణ జీవిత భాగ్యము లున్నాననుకుంటే వల్ల ఎలాంటి జీవిత పరిస్థితులు తుదకు రక్త పరీక్ష కూడా చేయించునే అవసరం లేక పోయింది. ఇది నాకు దేవుడిచ్చిన వరం.

నేను, నా భార్య శ్రీమతి M. యశోదమ్మ M.A.B.Ed యిరువురము సామాజిక కార్య కర్తలం. ఇరువురం ఉపాధ్యాయ వృత్తిలో విశిష్ట నేవలంబించి నందును భారత రాష్ట్రపతి గారి చేతుల మీదుగా జాతీయ త్రినాడులందుకున్నాము.

అయినా వయస్సు మీద పడిన కారణంగా నాకు మోతాళ్ల నొప్పుల వ్యాధి సంక్రమించింది. జీవితంలో ప్రథమంగా Homeocare ను శిక్షించాము.

Homeocare కేంద్రంలో Dr. Sreelatha గారు నాకు గల ఆలవాట్లను, కలిగి ఉన్న గల వ్యాధులను గురించి విచారించారు. మందుల నిర్మూలన చేశారు. ఇలాంటి రెండు నెలల తరువాత మందుల పనిచేయడం జరిగింది.

ప్రతి నెల డాక్టర్ కేంద్రం వెళ్తుంటే ఎంతో ఓపికతో నొప్పి తగ్గి నా కలిగి ఉన్న మోతాళ్లను తగ్గిస్తూ కొంచెం మందుల పంపు చున్నారు. కేంద్రం మీద డాక్టర్ గారి మీద సంపూర్ణ నమ్మకం, విశ్వాసం కలిగింది. ప్రస్తుతం నేను క్రీళ్ల నొప్పులనుండి బయట పడి సాధారణంగా తిరుగు చున్నాను. మూలాంటి వాళ్లకు యీ సంగతి

దేవుడిచ్చిన వరంగా భావిస్తూ పూర్వము పొందిన వ్యాధులను తగ్గిస్తూ సంతోషించు చున్నాను.

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BELLARY

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15/4/14

Patient Testimonial

# Gouty Arthritis

A Case Study

A case of Gouty Arthritis with joint pains started treatment at Homeocare International and the patient testimonial stands as an example that homeopathy can offer results in metabolic disorders like gout and can treat gouty arthritis completely.



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Dr  
17.6.2014

నేను J.Nagarajulu నాకు

ఇంకా ముందు Right leg మోతాళ్ల నొప్పి వచ్చింది. దీనికి నేను 2012 నెల 17 నుంచి 2012 నెల 17 నుంచి Apollo Ho Hospital లో చూడించాను. దీనిని రక్త పరీక్షలు తర్వాత నాకు Gouty Arthritis అంటారు. దీనికి ముందు Right leg మోతాళ్ల నొప్పి అవ్వడం వచ్చింది. దీనిని నాకు Homeocare International వద్ద నొప్పి నివారణ ప్రాంతం ప్రాంతం వద్ద T.V. ఆది చూసి J. Hill Bonney లో Dr. Surenadar Reddy గారికి కేంద్రం 2012 August లో ఈ ప్రాంతం చేశారు. అటువంటి ప్రాంతం గల Right leg నొప్పి నొప్పి Complete అయింది. నాకు Uric Acid levels తగ్గింది.

Thank you to you

Homeocare International  
J. Hill Bonney  
Dr. Surenadar Reddy.

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Patient Testimonial



# Diabetes:

Diabetes Mellitus (DM) in simple terms means high level of sugars in blood due to failed glucose metabolism. All the cells in human body for energy require glucose and requires Insulin hormone for glucose utilization. Insulin hormone is produced by beta cells situated in the endocrine part of the pancreas. Any disorder in this metabolic process or disease of the pancreas will lead to diabetes. Diabetes is a systemic disease and in the long term can cause many complications and also lead to other dangerous diseases, so the basic knowledge about Diabetes is a must.

As Diabetes is on the rise, knowing the causes of Diabetes is important. A single cause is not responsible for Diabetes but multiple causes/factors act together and trigger the mechanisms responsible for Diabetes. As there are numerous causes of Diabetes, they are divided into modifiable and non-modifiable factors.

Non-modifiable risk factors are those factors which cannot be modified. They help us to identify risk of individual to develop Diabetes, they are factors like:

1. Age above 65 yrs
2. Family history of Diabetes, a person with family history of diabetes is at more risk of developing Diabetes.
3. American Indians and Asians have high incidence of diabetes. Modifiable risk factors are all those factors which can be modified and thereby reduce the risk of disease Many refer to them as avoidable risk factors and are:

1. Obesity
2. Physical inactivity
3. Smoking
4. High lipid profile
5. Hypertension

The above mentioned various causes and risk factors alone or together trigger the mechanisms that lead to diabetes. Two major mechanisms are:

- a) Reduced insulin secretion by the pancreas and/or
- b) Generally insulin helps body cells to utilize the glucose, but when ever cell resists the action of insulin it is called as Insulin Resistance, it is commonly seen in obese individuals and it leads to Diabetes.

## Symptoms of Diabetes:

1. Increased frequency of urination
2. Increased thirst
3. Increased hunger
4. Abnormal / unexplained weight loss

## Types of Diabetes:

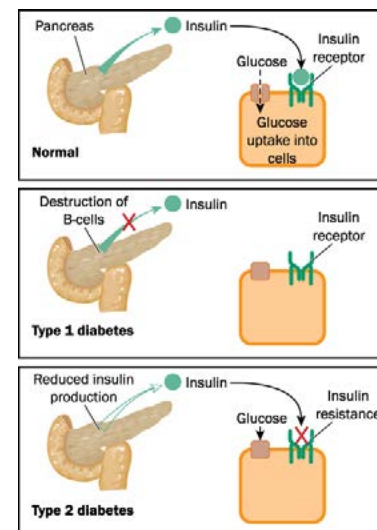
1. Diabetes Type 1 : It is commonly seen in children and young adults. Is also called as Juvenile Diabetes. The cells which secrete insulin are located in the pancreas, if this cells stop sufficient production of insulin this leads to type 1 diabetes. Many mutation in genes have been identified as a cause of Diabetes Type 1. Only 5% of all the diabetic cases are type 1.

2. Diabetes Type 2 : It is a major type of diabetes. Elderly people above 45–50 yrs of age are more prone to this type of Diabetes. The most common underlying mechanism of Diabetes Type 2 is insulin resistance and obesity. Initially in type 2 diabetes sufficient quantities of insulin is secreted but the cells don't respond to the insulin and as time progresses the pancreas slowly starts to fail and will not be able to produce sufficient quantities of insulin and may require insulin supplementation.

3. Around 5 to 10 percent of pregnant women develop glucose intolerance and high blood sugars levels, if this continues even after the 6th month of pregnancy they are diagnosed with Gestational Diabetes - a minor type of Diabetes. Generally this type of Diabetes will become normal after the baby is delivered and does not require any treatment.

Diabetes is a systemic disease and in long term effects almost all the important organs in human body, and keeping this disease in control is very important.

*"We found solution to keep your Diabetes under control."*



## Diabetes treatment at Homeocare International:

To treat these type of systemic diseases Constitutional treatment is required and Homeocare International offers Constitutional Homeopathic treatment for Diabetes and approaches every case in a holistic way and takes into consideration not only the symptoms of the disease but also the physical constitution and symptoms of the mind. This treatment at Homeocare not only aims to keep blood sugars under control but also aims to correct the root cause and stimulates the insulin secretion as well as promotes the insulin utilization by the cells. Homeopathy treatment will work along with the conventional treatment. Diabetes treatment at Homeocare International also aims to improve overall health thereby preventing the diabetic complications. Homeopathic treatment for Diabetes at Homeocare International is an ultimate choice as it does not have side effects and is very safe and highly effective.

## Dietary Guidelines

### Diabetes

Diabetes Mellitus is a chronic metabolic disorder that prevents the body to utilize Glucose completely or partially.

**Free Food:** No specific restriction in the quantity of these foods. Clear soups, lemon, skimmed buttermilk, unsweetened juices, raw vegetables, salads, spices, pulses, green leafy vegetables, gourds, and milk (skimmed), whole wheat flour, oats, multigrain flour, ragi, brown rice, multigrain bread, brown bread. Cabbage, cherry, cucumber, raddish, lettuce, mint, spinach, ashgourd, bitter gourd, pumpkin, ridge gourd, snake gourd, fenugreek leaves, brinjal, amaranth leaves, kholkhol, capsicum, french beans, cauliflower, drumstick, lady's finger, chow-chow, tomatoes, onion, ginger garlic, drumstick leaves, lean meat, egg whites, steamed fish, meat, chicken.

**Restricted Food:** Need to reduce the quantity and frequency of this food

Rice, Semolina, white bread, sieved wheat flour, sieved ragi flour, noodles, spaghetti, sweet potato, yam, potato, beetroot, pink radish, jackfruit tender, carrot, turnip, organ meat.

Fruits -1 fruit (100 gram / day) –

1 medium size apple,  
1 medium size orange,

Amla - 4-6,

Banana - 1 small

Custard apple - ½,

Grapes 10-12,

Gauva - 1,

Mango - 1 small,

Papaya - 2-3 inch thick slice,

Melon - 1cup,

Peach - 1 medium,

Pineapple - 2 slice,

Butter, margarine, mayonnaise, coconut oil, linseed oil are to be used only in seasoning.

**Avoid:** Fruit juices with sugar, sweets made with sugar, carbonated drinks, soda , candy, syrups, chocolates, ice-creams, lassi, regular fried foods, ghee dosa, masala soda with butter tapings, chips, french fries,.

**To Do:** Drink plenty of water, small frequent meals, Walk - 45 minutes / day.




# Diabetes:

A Case Study

A patient testimonial from a 49 yr old female suffering with diabetes from past 5 yrs who came to Homeocare International with a non-healing Diabetic ulcer on the leg with swelling of legs and recurrent fever. The ulcer healed with in a month of starting the treatment and to control her diabetes the treatment was continued and her blood sugars (HBA1C) came down from 10.4 to 7.0.

Patient Testimonial



**HOMEOCARE INTERNATIONAL**  
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04/08/14

PATIENT NAME :- MRS. N. Premavathi  
 PT. ID NO: TMBAB29.  
 BRANCH NAME - TAMBARAM - CHENNAI.  
 DIAGNOSIS - DIABETIC ULCER WITH DIABETIC NEUROPATHY.  
 DURATION OF TREATMENT - 2 MONTHS.


Respected Sir/Madam,

I'm premavathi.N from thiruvalluvar district, thamarajakkam. I've been suffering from diabetes for 5 years. on May 2014 I suffered a diabetic ulcer with lot of swelling, pain & fever. I got treatment from DR. PAVITHRA OF HOMEOCARE INTERNATIONAL. within 2 weeks my ulcer dried off and I continued the treatment and when I checked my sugar levels after taking medicine it has also been controlled. my HBA1C level was 10.4 now it is come to 7.1. thanks to DR. PAVITHRA and my special thanks to HOMEOCARE INTERNATIONAL.

thanks & regards,  
N. Premavathi

An ISO 9001:2008 Certified clinic with German Accreditation


**TELANGANA:** Hyderabad (Abids, Begumpet, Dilsukhnagar, Jubilee Hills, Kukatpally, Masab Tank, Miyapur), Hanumakonda.  
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**TAMIL NADU:** Chennai (Amanjikarai, C.I.T. Nagar, Tambaram), Coimbatore, Madurai.



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Patient Testimonial

# Patient Testimonial



**HOMEOCARE INTERNATIONAL**  
WORLD-CLASS HOMEOPATHY

**Homeocare International Pvt Ltd**  
Regd. Office: # 63, Sindhi Colony, SP Road, Secunderabad - 500 003, Telangana, India.  
T: +91 9885747979, 8885037219, 9849056637  
E: info@homeocare.in  
CIN. No.: U85193TG2009PTC065548  
www.homeocare.in

04/08/14


PT. NAME :- MRS.N. PREMAVATHI.  
 ID. NO :- TMBAB29  
 BRANCH NAME :- TAMBARAM - CHENNAI.  
 DIAGNOSIS :- DIABETIC ULCER.  
 DURATION OF TREATMENT :- 2 MONTHS.

అంతా ఉన్నాను. ఎంతో సుఖం న. ప్రేమావతి. నాకు డయాబిటిస్ లాగింది  
 కాలం 5 సంవత్సరాలకు పైబడినది. ఎంతో బాధగా ఉంది. ఎంతో బాధగా ఉంది. ఎంతో బాధగా ఉంది.  
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నా ప్రేమావతి,  
N. Premavathi

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**ANDHRA PRADESH:** Vijayawada, Visakhapatnam, Tirupati, Rajahmundry, Guntur.  
**KARNATAKA:** Bengaluru (Jayanagar, Malleshwaram, Indira Nagar), Hubli, Mangalore, Davangere, Bellary, Mysore.  
**TAMIL NADU:** Chennai (Amanjikarai, C.I.T. Nagar, Tambaram), Coimbatore, Madurai.



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# Female Disorders:

A disease affecting the female reproductive organs like ovaries, uterus, fallopian tubes etc are referred to as female disorders. Almost 80 percent of women suffer from one or the other kind of disease at some point of their life time. The common disorders of female are -

- Premenstrual Syndrome
- Ovarian Cysts – PCOS
- Menstrual Irregularities
- Endometriosis
- Uterine Fibroids
- Female Infertility
- Pelvic Inflammatory Disease
- Menopause

## PCOS - Polycystic Ovarian Syndrome

### PCOS:

A women in her child bearing age suffering with irregular periods, unexplained weight gain, unwanted hair growth or difficulty in conceiving may be suffering from PCOS. PCOS means Polycystic Ovarian Syndrome (also called as PCOD – Polycystic Ovarian Disease) is a disorder effecting ovaries and is characterised by multiple small fluid filled sacs resulting in menstrual irregularities (period problems), many a time it is undiagnosed or diagnosed lately. PCOS is common and effects 10% to 15% of women in child bearing age.

### Causes of PCOS:

Disruption of normal ovarian function and hormonal imbalances lead to improper or arrested development of ovarian follicles (eggs) and also leads to raise in male type of hormones in blood. These arrested follicles in an ultrasound look like small fluid filled sacs which resemble cysts and hence the name “Polycystic Ovarian Disease”.

PCOS is on the rise and is becoming common due to increased sedentary habits, increased stress, decreased daily activity - lack of proper excersices and improper dietary habits. Obesity is thought to be the major risk factor for PCOS. PCOS may run in families and is inherited in many women.

### Symptoms of PCOS:

- 1) Menstrual problems – women suffering with PCOS may have irregular or delayed periods
- 2) Infertility : may result due to chronic irregular periods or absent periods which leads to anovulatory cycles (egg is not released)
- 3) Unexplained - weight gain and difficulty in losing weight
- 4) Excessive and unwanted hair growth on face, chest and limbs described as Hirsutism
- 5) Skin problems such as Acne (pimples), oily skin, acanthosis nigricans (black and dark skin in folds of skin underarms, groins and back of neck)
- 6) Depression

### Diagnosis of PCOS and Lab Investigations:

PCOS can be diagnosed by the symptoms presented by the patient. A detailed history with complete details of menstrual pattern, obesity / weight gain, hirsutism and secondary sexual characters (development of breast, hair growth and unwanted hair) is most useful in diagnosing a case of PCOS.

Ultrasound of abdomen and pelvis is the most commonly used investigation in diagnosing PCOS. Multiple small cysts like lesions can be seen in the periphery of the ovary and ovaries may appear larger in a ultrasound.

Blood levels of various hormones including FSH, LH, Progesterone and Total and Free Testosterone, DHEA-S, DHT levels are checked. A Fasting Blood Sugar level may be ordered along with glucose tolerance test to check for insulin resistance which is thought to be a major causative factor of PCOS in obese persons.

A Fasting Lipid profile is also done as PCOS many a times is associated with high cholesterol levels in blood.

### Menstrual Disorders:

After a teen has been menstruating for a few years, her menstrual cycle typically becomes more regular. For most women, a normal menstrual cycle ranges from 21 to 35 days. However, up to 20% of women have irregular menstrual cycles or excessively heavy menstrual bleeding.

The most common menstrual irregularities include:

- Amenorrhea
- Oligomenorrhea
- Menorrhagia
- Dysmenorrhea

Disruption of normal ovarian and uterine function and hormonal imbalances lead to the above mentioned menstrual disorders. Many a times underlying diseases of thyroid and other systemic diseases can cause menstrual disorders. And to treat this diseases an in depth analysis along with appropriate investigations is a must to find the depth of problem and there by treating the cause of the disease for an effective and a safe solution.



### Homoeopathy Treatment for Female Disorders:

Homecare International offers a Constitutional Homeopathic method with holistic approach and perceives all the associated symptoms with female disorder and by individualised approach treats the root cause of the disorder and corrects the underlying hormone imbalances if any, by stimulating your own body and without using any external supplementaion of hormones. As Female Disorders are not a simple disease of an organ but are complex and many a times involves imbalances of many hormones secreted from other major endocrine organs which effect the female reproductive system, a Constitutional and holistic approach is best suitable for treatment of female disorders.

### PCOS treatment:

Homecare International has the experince of treating large number of women suffering with PCOS and curing it completely and permanently, there by regularising the menses (periods), reduction in hirsutism (unwanted hair) and increases the chances of conceiving.

Patient feedback shows that there is a significant reduction in the necessity of Laparoscopic surgery and hormone therapy in women taking PCOS treatment at Homecare International.

Homeopathy treatment is strongly recommended to all women suffering with PCOS.

## Dietary Guidelines

### Tips

1. If you are obese – start to lose weight.
2. Drink plenty of water.
3. Avoid Alcohol.
4. Cut down on sweets and bakery products.
5. Limit Tea or coffee to one cup a day.

### Foods to be included:

Include food with low glycemic index and avoid food with high glycemic index. Whole grains and food substances made from whole grains have low Glycemic index.

1. Green leafy vegetables, whole grains i.e., ragi, jowar, wheat, brown rice
2. Pulses and sprouts are essential
3. Soya and soya products once or twice a week
4. Almonds and raisins are good
5. Eggs, fish (salmon), lean meat
6. Restrict chicken to once a week
7. Olive oil, fish oils, almond oil are recommended
8. All vegetables to be included in the diet; carrots, lady's finger, beans on a regular basis
9. Porridges like oats and ragi to be taken
10. Exercise to keep the weight in check
11. Include bananas, asparagus, oranges, sweet lime, peas, shell fish, mackerel fish are known to enhance ovulation, and so are advised to take plenty of them on a regular basis.



# PCOS-Tubal Block

Homeopathy works miraculously in curing female diseases without the need for any hormone treatments. A 24 yr old female suffering with PCOD and tubal block was cured with constitutional homeopathic treatment at Homeocare International and the results can be seen in the After reports.

**BEFORE** treatment at Homeocare International

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J. Gowri CZ-46

నాకు PCOD, Tubal block ఉండేది. చాలా ఇంజక్షన్లు మందులు వాడను, కానీ ఫలము లేదు. చివరకు Homeocare లో మందులు వాడను, PCOD, Tubal block, సరేగా నశించింది. మిమ్మల్ని చూసిన డాక్టర్లకు మేం కృతజ్ఞులు. డాక్టర్లకు థాంక్స్ Homeocare & Thanks

శ్రీ.  
J. Gowri  
CZ-46

Registered Office : # 63 Sindhi Colony, S P Road, Secunderabad-500 003 AP India. +91-40-3248 4545/6632 1156

Branches at : Andhra Pradesh - Hyderabad : Begumpet, Abids, Kukatpally, Diluknagar, Jubilee Hills  
Visakhapatnam, Vijayawada, Tirupati, Rajahmundry.  
Karnataka - Bangalore : Jayanagar, Malleshwaram  
Hubli, Manglore

**BEFORE**

**RAJAH'S INSTITUTE OF MEDICAL SCIENCES**  
Nellimarla, VIZIANAGARAM DIST., Pin - 535 217 (A.P.) Phone : 08922-244390 - 97

**DEPARTMENT OF RADIO - DIAGNOSIS & IMAGING**  
(500 mA X-RAY, ULTRASOUND, SPIRAL CT SCAN 24 Hrs. Available)

NAME : J. GOWRI  
REF BY : GY.OPD  
AGE&SEX: 25YRS FEMALE  
DATE 29-05-10  
REGD NO: 1191410

**Imaging Findings**

**URINARY BLADDER:**  
Wall thickness- Normal. No diverticula/SOL seen in the lumen.

**UTERUS:**  
UTERUS is normal in size, anteverted measures 7.3x3.0x4.2.cm and shows normal endometrial and myometrial echoes .


**OVARIES:**  
Both ovaries are mildly enlarged and show multiple small follicles at periphery with mildly increased stroma.


No free fluid seen in P O D.

**IMPRESSION:**  
✓ **POLYCYSTIC OVARIES**

DR. CH. MADHAVI, MD.  
RADIOLOGIST.

All the best





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 ◆ Krishna Arcade, Gajuwaka, Visakhapatnam. ☎ 0891-6619444  
 ◆ Gopalapatnam, Visakhapatnam. ☎ 0891-6578444

Branch:VIS

Name :MRS.GOWRI.I      Age :29 YRS      Sex :FEMALE

Refby :DR.PURNA CHANDANDA.R (HOMEO CARE)dNo:13256      Date :21/12/2013

Empid :

### ULTRASOUND ABDOMEN

**FINDINGS :**

**Liver :** Normal in size with regular outlines and normal echopattern. There is no evidence of IHBR / EHBR dilatation seen. No focal space occupying lesions seen.

**Gall Bladder :** Normal in volume and wall thickness. No e/o intraluminal calculi seen. CBD / PV : Normal.

**Pancreas :** Head, body and tail are identified with normal echopattern and smooth outlines.

**Spleen :** Normal in size in craniocaudal directions and normal in echotexture.

**Right Kidney :** Measured 9.6 x 4.0 cms in size.

**Left Kidney :** Measured 9.7 x 4.3 cms in size.

Both Kidneys are normal in size position, with well preserved cortico medullary differentiation and normal pelvicalyceal anatomy.


No e/o calculi / intraluminal space occupying leisons seen.


No e/o Suprarenal / Retroperitoneal masses noted.

ers in Latest & Safest Diagnostics

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All the best





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 ◆ Gopalapatnam, Visakhapatnam. ☎ 0891-6578444

Branch:VIS

Name :MRS.GOWRI.I      Age :29 YRS      Sex :FEMALE

Refby :DR.PURNA CHANDANDA.R (HOMEO CARE)dNo:13256      Date :21/12/2013

Empid :

Urinary Bladder : Normal in volume and wall thickness. No e/o intraluminal calculi / masses seen.

Uterus : Measured 76 x 38 x 41 mm in size with normal myometrial and endometrial echoanatomy.

Rt.Ovary : Measured 24 x 26 mm in size.

Lt.Ovary : Measured 31 x 24 mm in size.

Both ovaries are normal in size and appearance. No e/o ascites / pleural effusion seen.

**IMPRESSION : NORMAL STUDY.**

To correlate clinically.

CONSULTANT RADIOLOGIST  
DR.K.RAMANA MURTHY



VIJAYA

## Vijaya Diagnostic Centre

13-27-3, Opp. Masjid, KGH Up Road, Jagadamba Junction, Visakhapatnam - 530 020. Phone : 0891 - 2560666  
 email: info@vijayadiagnostic.com  
 www.vijayadiagnostic.com

Regn Date : 26/06/2014 11:47

Name : MRS. J GOWRI

Regn No : 371428679

RefDr : PURNA CHANDANA R

Print Date : 26/06/2014 12:51

Age / Sex : 29 Years / Female

Regn Centre : Vizag

### HYSTEROSALPINGOGRAM

# PCOD & Renal Calculi

A young female suffering with irregular menses was cured of PCOD and kidney stones and the before and after reports - ultra sound of abdomen and pelvis clearly shows the change with treatment at Homeocare International.

**PCOD**  
**Renal calculi**

**HOMEOCARE**  
An ISO 9001:2008 Certified clinic with German Accreditation  
**Homeocare International (P) Ltd**  
Leader's In World Class Homeopathy  
www.homeocares.com

DF-10  
P. Alekya  
Dr. Chandana Madam.

Facing the problem of Bilateral Polycystic appearing ovaries and small left renal calculi. now cured with the problem with in a short span.

P. Alekya

---

Helpline : 09:00 - 20:00 hrs

<b>Chennai</b>	<b>Tamilnadu</b>	<b>Hyderabad</b>	<b>Andhra Pradesh</b>
Amanjikarai : 044 - 23630007 / 42660008		Begumpet: +91-40-32484545 / 66321155	
C.I.T. Nagar : 044 - 24323333 / 24326333		Abids: +91-40-66731155 / 66681155	
Coimbatore : 0422 - 2231114 / 2231116		Jubilee Hills: +91-40-23540327 / 64613060	
Madhurai : 0452 - 4250400 / 4250500		Kukatpally: +91-40-23057681 / 69992556	
<b>Bangalore</b>	<b>Karnataka</b>	Dilsuknagar: +91-40-24053234 / 42402233	
Jayanagar: +91-80-41214371 / 26649866		Vishakapatnam: +91-0891-6668833 / 3078466	
Malleshwaram : +91-80-32470900 / 23446057		Vijayawada : +91-0866-2493555 / 2495111	
Hubli : +91-0836-2277733 / 2277766		Tirupati: +91-0877-2282425 / 2282332	
Mangalore: +91-0824-2218444 / 2218666		Rajahmundry: +91-0883-2472746 / 2472736	

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## BEFORE treatment at Homeocare International

**BEFORE**

All the best

**BEFORE**  
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◆ Gopalapatnam, Visakhapatnam. ☎ 0891-6578444

Name : MISS.ALEKHYA.P      Age :25 YRS      Sex :FEMALE  
Refby :DR.PURNA CHANDRA.R(HOMEO CARE)      IdNo:11718      Date :6/11/2013  
Branch:VIS  
Empid :

**ULTRASOUND ABDOMEN**

**FINDINGS :**

**Liver** : Normal in size with regular outlines and normal echopattern. There is no evidence of IHBR/EHBR dilatation seen. No focal space occupying lesions seen.

**Gall Bladder** : Normal in volume and wall thickness. No e/o intraluminal calculi seen. CBD / PV : Normal.

**Pancreas** : Head, body and tail are identified with normal echopattern & smooth outlines.

**Spleen** : Measures 10.6 cms in size in craniocaudal directions & normal in echotexture.


**Rt Kidney** : Measured 10.5 x 3.7 cms in size.  
Right Kidney is normal in size, position, with well preserved cortico medullary differentiation and normal pelvicalyceal anatomy. No e/o calculi/space occupying lesion seen.

**Lt Kidney** : Measured 9.9 x 5.7 cms in size.  
No e/o Suprarenal/Retroperitoneal masses noted.  
**Evidence of few 2 -3 mm calculus at lower pole region of left kidney.**

**COMPLETE DIAGNOSTICS**  
FAST MRI 1.5 TESLA  
Whole Body MRI  
Functional MRI  
Spectroscopy  
Perfusion/Diffusion  
Angio  
Cardiac MRI  
SPIRAL CT  
Latest Whole Body  
BMD OF TO CT  
VISION CT  
DIGITAL X-RAY  
DIGITAL OPG  
MAMMOGRAPHY  
To Detect Breast Cancer at the earliest  
ABG  
Cardio Guard  
Health Checkup  
Digital Colour Doppler  
STRESS E.C.G. (TMT)  
Digital E.E.G.  
Ultra Sound  
R.I.A.  
Histo Pathology & Cytology (FNAC)  
Bio - Chemical Tests

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 ◆ Gopalapatnam, Visakhapatnam. ☎ 0891-6578444

Branch:VIS

Name :MISS.ALEKHYA.P      Age :25 YRS      Sex :FEMALE  
 Refby :DR.PURNA CHANDRA.R(HOMEO CARE)      IdNo:11718      Date :6/11/2013  
 Empid :

**Urinary Bladder** : Normal in volume and wall thickness.  
No e/o intraluminal calculi/masses seen.

**Uterus** : Measured 71 x 39 x 30 mm in size with normal myometrial echoanatomy.  
Endometrial echo measures : 5 mm.

**Rt.Ovary** : Measured 21 x 12 mm in size.

**Lt.Ovary** : Measured 24 x 14 mm in size

**Both ovaries show few small follicles .**

No evidence of dominant follicles.

No e/o ascites / pleural effusion seen.

**IMPRESSION :** \* **Bilateral Polycystic appearing ovaries .**  
 \* **Small Left Renal Calculi.**

To correlate clinically .

BSI ANAB  
ISO 9001:2008 Certified Company

**COMPLETE DIAGNOSTICS**

**FAST MRI 1.5 TESLA**

- Whole Body MRI
- Functional MRI
- Spectroscopy
- Perfusion/Diffusion
- Angio
- Cardiac MRI

**SPIRAL CT Latest Whole Body**

**HELIO CT FUSION CT**

**DIGITAL X-RAY DIGITAL DPG MAMMOGRAPHY**  
To Detect Breast Cancer at the earliest

- ABC
- Cardio Guard
- Health Checkup
- Digital Colour Doppler
- STRESS E.C.G. ( TMT )
- Digital E.E.G.
- Ultra Sound
- R.I.A
- Histo Pathology & Cytology ( FNAC )
- Bio - Chemical Tests


Best in Latest & Safest Diagnostics

*Dr. D. Srinivas*

**CONSULTANT RADIOLOGIST  
DR.D.SRINIVAS**

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*DF-10*



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 ◆ Gopalapatnam, Visakhapatnam. ☎ 0891-6578444

Branch:VIS

Name :MISS.ALEKHYA.P()      Age :25 YRS      Sex :FEMALE  
 Refby :DR.PURNA CHANDANDA.R (HOMEO CARE)IdNo:612      Date :22/1/2014  
 Empid :

**ULTRASOUND ABDOMEN**

**FINDINGS :**

**Liver** : Normal in size with regular outlines and normal echopattern. There is no evidence of IHBR / EHBR dilatation seen. No focal space occupying lesions seen.

**Gall Bladder** : Normal in volume and wall thickness. No e/o intraluminal calculi seen. CBD / PV : Normal.

**Pancreas** : Head, body and tail are identified with normal echopattern and smooth outlines.

**Spleen** : Normal in size in craniocaudal directions and normal in echotexture.

**Right Kidney** : Measured 11.1 x 4.0 cms in size.

**Left Kidney** : Measured 10.7x 4.5 cms in size.

Both Kidneys are normal in size position, with well preserved cortico medullary differentiation and normal pelvicalyceal anatomy.

No e/o calculi / intraluminal space occupying leisons seen.

No e/o Suprarenal / Retroperitoneal masses noted.

**Urinary Bladder** : Normal in volume and wall thickness  
No e/o intraluminal calculi / masses seen.

**Uterus** : Measured 69 x 22 x 34 mm in size with normal myometrial and endometrial echoanatomy.  
Endometrial echo measures : 5.8 mm.

**Rt.Ovary** : Measured 21 x 19 mm in size.

**Lt.Ovary** : Measured 21 x 19 mm in size

**Both ovaries are normal in size and appearance.**

No e/o ascites / pleural effusion seen.

**IMPRESSION : NORMAL STUDY.**


To correlate clinically.

*Dr. K. Ramana Murthy*

**CONSULTANT RADIOLOGIST  
DR.K.RAMANA MURTHY**

A Unit of Visakha Imagings & Medical (P) Ltd.

A 28 yr old female suffering with irregular menses, it was diagnosed as PCOD, after taking 6 months of Constitutional Homeopathy treatment at Homeocare International, her menses became regular and now she is free from PCOD.



**HOMEOCARE INTERNATIONAL**  
Private Limited  
**LEADERS IN WORLD-CLASS HOMEOPATHY**  
An ISO : 2008 Certified clinics with German Accreditation

M. சுமதி  
 MDUA 066

25.02.2015  
 Madurai

நீர்க்கட்டி பிரச்சனைகளைக் கொண்டிருப்பது மருத்துவம்  
 எடுக்க உத்தேசம். அக்டோபர் மாதம் 18-ம் தேதி 2014-06  
 அப்போது இரண்டு மருத்து எடுத்து உத்தேசம்.  
 2015-2-23-ம் தேதி மருத்து ரிப்போர்ட்டில் 44  
 நீர்க்கட்டி பிரச்சனை குறைந்துள்ளது. தொடர்ந்து  
 மருத்து எடுத்து உத்தேசம். அப்போது உடல்  
 நல்ல நிலை நிலையம் உள்ளது.


Diagnosis: PCOD.  
 Prescriber: Dr. Augustin.

M. Sumathi

**ANDHRA PRADESH**  
 HYDERABAD  
 VIJAYAWADA  
 TIRUPATHI  
 VISAKHAPATNAM  
 RAJAHMUNDRY


**KARNATAKA**  
 BENGULURU  
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Registered Office : # 63, Sindhi Colony, S.P. Road, Secunderabad - 500 003,



**Scan Centre**  
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MDUA 066



**Ramya Dhinesh DMRD., MD(Psy)**  
 sultant Radiologist

Pt.Name:	Mrs. Sumathy	Age: 28/F
Ref. Dr:	Karthiyayeni.,D.G.O.,	Date: 04/06/2014

**ULTRASOUND ABDOMEN**

**Liver:** Normal in size & shape. Shows Uniform echo texture. No focal lesions. No e/o IHBR dilatation. CBD normal in caliber. Portal & hepatic veins show normal colour flow.

**Spleen:** Normal in size & echoes.

**Gall bladder:** Normally distended. No e/o calculus. Shows normal wall thickness.

**Pancreas:** Normal in size & shape. Shows uniform hypo echoic texture. No e/o calcification. Pancreatic duct normal in caliber. No e/o ductal calculi.

**Both kidneys:** Normal in size, shape, position & axis. Shows normal cortico medullary differentiation. No e/o calculi. No e/o pelvicalyceal / ureteric dilatation.

**Urinary bladder:** Normally distended. No e/o internal echoes. No e/o calculi. Shows normal wall thickness.

**Uterus:** Anteverted. Measures 7.2 x 3.3 x 4.4 cms. Endometrial thickness 8 mm. No e/o fibroid or other focal lesions. Cervix normal. No e/o free fluid in POD. Bilateral adnexa normal.

**RT OVARY:** Measures 3.3 x 1.6 cms. **LT OVARY:** Measures 2.8 x 1.5 cms. Both ovaries show multiple small peripherally arranged follicles of about 5mm.


**IMPRESSION:**

**POLYCYSTIC OVARIES.**


4/6/14

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**Dr. Ramya Dhinesh DMRD., MD(Psy)**  
Consultant Radiologist

Pt.Name:	Mrs. Sumathy	Age: 28/F
Ref. Dr:	Self	Date:24/02/2015

**ULTRASOUND ABDOMEN**

**Liver:** Normal in size & shape. Shows Uniform echo texture. No focal lesions. No e/o IHBR dilatation. CBD normal in caliber. Portal & hepatic veins show normal colour flow.

**Spleen:** Normal in size & shape. No focal lesions.

**Gall bladder:** Normally distended. No e/o calculus. Shows normal wall thickness.

**Pancreas:** Shows uniform hypo echoic texture. Pancreatic duct normal in caliber. No e/o calculi.

**Both kidneys:** Normal in size, shape, position & axis. Shows normal cortico medullary differentiation. No e/o calculi. No e/o pelvicalyceal / ureteric dilatation.

**Urinary bladder:** No e/o internal echoes / calculi. Shows normal wall thickness.


**Uterus:** Anteverted. Measures 7 x 4.9 x 3.7 cms. Endometrial thickness 10 mm. No e/o fibroid or other focal lesions. Cervix normal. No e/o free fluid in POD. Bilateral adnexa normal.

**RT OVARY:** Measures 2.8 x 1.3 cms. Normal in echotexture.

**LT OVARY:** Measures 2.9 x 1.4 cms. Normal in echotexture.

No e/o ascites / lymphadenopathy.

**IMPRESSION: NORMAL SONOGRAPHIC STUDY OF LIVER, GB, SPLEEN, PANCREAS, BOTH KIDNEYS, BLADDER, UTERUS & OVARIES.**



30/8, Devipattinam Road, (Near Med Plus), Kenikkarai, Ramanathapuram - 623 501. Ph: 04567 223388 97918 20944

Published Article

**PCOD నివారణకై హోమియోకేర్ ఇంటర్నేషనల్ లో ప్రభావవంతమైన చికిత్సలు**

చాలామంది స్త్రీల విషయంలో సాధారణ ఆహార అలవాట్ల పరంగా ఎలాంటి లోపాలు జరగక పోయినప్పటికీ... అధిక బరువు, వెంట్రుకలు రాల్చిపోవడం, మొటిమలు, ముఖం మీద మగవారిలా వెంట్రుకలు రావడం వంటి సమస్యలను ఎదుర్కొంటారు. కొంతమంది వివాహిత స్త్రీలలో నెలసరి సరిగ్గా ఉన్నప్పటికీ సంతానలేమితో బాధపడుతూ ఉంటారు. ఇలాంటి వాటన్నింటికీ కారణమైన పిసిఓడి గురించి ఇప్పుడు తెలుసుకుందాం. ఇమ్మ్యూన్ సాల్ కల్ (అసరిసక్యమైన అండం) గర్భాశయానికి ఇరువైపులా ఉన్న అండాశయాలపై నీటిబుడగల వలె ఉండటాన్ని పాలిసిస్టిక్ ఓవేరియన్ డిసీజ్ (P.C.O.D) అంటారు. సాధారణ ఋతుచక్రం సవ్యంగా ఉన్న మహిళలలో నెలసరి అయిన 11-14 రోజుల మధ్యన రెండు అండాశయాలలో ఒక అండాశయం నుండి అండం విడుదల అవుతుంది. ఈ విధంగా ప్రతి నెలా ఎడమ వైపు లేదా కుడి వైపున ఉన్న అండాశయం నుండి ఒక అండం విడుదల అవుతుంటుంది మరియు ఫలదీకరణకు సిద్ధంగా ఉంటుంది. కానీ ఎవరిలో అయితే ఈ పిసిఓడి ఉంటుందో వారి అండాశయం నుండి అండం విడుదల కాకుండా, అపరిపక్వత కలిగిన అండాలు నీటి బుడగల వలె అండాశయపు గోడల పైన ఉండిపోతాయి. ఇవి చూసేందుకు ముత్యాల వలె అండాశయపు గోడల పైన కనిపిస్తూ ఉంటాయి. ఇలా రెండు వైపులా కనిపిస్తుంటే దీనిని వైద్య పరిభాషలో 'బై అట్రల్ పిసిఓడి' అంటారు.



**కారణాలు:** F.S.H., L.H., ఈస్ట్రోజన్, టెస్టోస్టిరాన్ హార్మోన్ల సమతుల్యత లోపం వలన ఈ సమస్య తలెత్తుతుంది. • సరైన జీవనశైలి లేకపోవడం అంటే, ఎక్కువ ఒత్తిడికి లోనుగావడం, శారీరక వ్యాయామం తక్కువ కావడం, పిండి పదార్థాలు, కొవ్వు పదార్థాలు అతిగా తినడం మూలంగా ఇది ఎక్కువగా కనిపిస్తుంది. • జన్యుసరమైన అంశాలు కూడా పిసిఓడి రావడానికి కారణాలవుతాయి • పనిచేసే హార్మోన్ల చక్రంలో మార్పులు, అధిక ఒత్తిడి, సరైన వ్యాయామం లేకపోవడం, సరైన ఆహార నియమాలు పాటించక పోవడం, అధిక కొవ్వు, కార్బోహైడ్రేట్ పదార్థాలు తినడం వలన ఇది సంభవించే అవకాశం ఎక్కువగా ఉంటుంది.

**లక్షణాలు:** నెలసరి సరిగా రాకపోవడం • నెలసరి సరిగా వచ్చినా కూడా అండాశయం నుండి అండం విడుదల కాకపోవడం, (అనోవ్యులేటరీ సైకిల్) • మెనోజీయో - నెలసరిలో 4-5 రోజులు కావలసిన రక్తస్రావం ఎక్కువ మోతాదులో ఎక్కువ కాలం కొనసాగడం • మెట్రోజీయో - నెలసరి ఆగి ఆగి రావడం, రెండు ఋతుచక్రాల మధ్యకాలంలో రక్తస్రావం కావడం • డిస్మెనోరియా - నెలసరి వచ్చే సమయంలో కడుపులో బాగా నొప్పి రావడం • అమెనోరియా - నెలసరి రాకపోవడం • బరువు పెరగటం • సాధారణ రీతిలో తల వెంట్రుకలు రాల్చి పోతుండటం • ముఖం, నీపు, శరీరం పైన మొటిమలు రావడం, ముఖం, చాతీ పైన మగవారికి చూదిరిగా వెంట్రుకలు రావడం (హెర్కుటిజమ్) టెస్టోస్టిరాన్ హార్మోన్ మోతాదు పెరగటం వలన ఈ లక్షణాలు కనిపిస్తాయి.

**కాంప్లికేషన్స్:** ఇన్ ఫెర్టిలిటీ • ఒబిసెటీ • DM Type-II వాన్ ఇన్సులిన్ డిపెండెంట్ డయాబెటిస్

**తీసుకోవలసిన జాగ్రత్తలు:** జీవన విధానంలో మార్పు చేసుకుని ఒత్తిడిని తగ్గించుకోవడం • సరైన వ్యాయామం చేయడం వలన హార్మోన్ల సమతుల్యతను కాపాడటం • అధిక కొవ్వు, కార్బోహైడ్రేట్ పదార్థాలను తగ్గించి, సమతుల్యమైన ఆహారాన్ని తీసుకోవడం వంటివి చేయడం ద్వారా ఈ సమస్య బారిన పడకుండా ఉండవచ్చు.

**హోమియోకేర్ ఇంటర్నేషనల్ చికిత్స:** హార్మోన్ అసమతుల్యత వలన వచ్చే ఇలాంటి జబ్బులను హోమియోపతి మెడిసిన్ ద్వారా పూర్తిగా నయం చేయవచ్చు. సరైన కాన్స్టిట్యూషనల్ ట్రీట్మెంట్ చేయడం వలన, ఎలాంటి సైడ్ ఎఫెక్ట్ లేకుండా దీనిని పూర్తిగా నయం చేయడమే కాకుండా ఎలాంటి కాంప్లికేషన్లు ఉన్నా వాటిని తప్పక తగ్గించవచ్చు. యుక్తవయస్సులోనే దీనికి సరైన చికిత్సను తీసుకోవటం వలన ఇన్ ఫెర్టిలిటీ, ఒబిసెటీ వంటి కాంప్లికేషన్ల నుండి మనలను మనం కాపాడుకోవచ్చు. హోమియోకేర్ ఇంటర్నేషనల్ ను సంప్రదించినది మొదలు, రోగి శరీరతత్వాన్ని బట్టి జెనెటిక్ కాన్స్టిట్యూషనల్ సిమిలిటం విధానం ద్వారా, హార్మోన్ వ్యవస్థను సరిపుష్టం చేసి ఎటువంటి దుష్ప్రతిచేయాలి లేకుండా శాశ్వతంగా పిసిఓడి సమస్యను దూరం చేసి, ఇప్పటి వరకు 94% మంది పిసిఓడి పేషెంట్లలో మెరుగైన ఫలితాలు సాధించాం. ఈ PCOD సమస్య ఈ రోజుల్లో ముఖ్యంగా యుక్తవయస్సులో ఉన్న ప్రతి 10 మంది ఆడవారిలో ముగ్గురికి ఎక్కువగా కనిపిస్తోంది. వివాహానంతరం సంతానం కలిగిన తరువాత కూడా స్త్రీలలో పిసిఓడి కనిపిస్తుంది కనుక మధ్య వయస్సులో ఉన్నవారికి కూడా ఇది సమస్యగా పరిణమిస్తుందనే చెప్పవచ్చు. ఇటీవలే పూర్తయిన పరిశోధనల వలన తెలిసిన విషయం ఏమిటంటే పిసిఓడికి ఇతర వైద్య విధానాలలో ఇచ్చే ట్రీట్మెంట్ ఓరల్ కాంట్రాసెప్టివ్ పిల్స్, హార్మోన్ ట్రీట్మెంట్, యాంటీ డయాబెటిక్ మందులతో సాలినియాలో 60-70 శాతం మెరుగైన ఫలితాలు మాత్రమే వచ్చాయి. ఇంతకన్నా అధిక శాతం సత్ఫలితాలను రాబట్టడం ద్వారా హోమియోకేర్ ఇంటర్నేషనల్ వైద్య విధానం, PCOD నివారణకు మెరుగైనదని మరియు సులభమైనదని నిరూపించబడింది.

ఉచిత కన్సల్టేషన్ **955 000 1188/99** టోల్ ఫ్రీ 1800 102 2202 | www.homeocare.in



# Hypothyroidism

Hypothyroidism is the most common hormone disease along with Diabetes Mellitus and Female Hormonal Disturbances. Hypo means under activity. Under activity of the thyroid gland is called as hypothyroidism. The circulating thyroid hormones in blood becomes less than sufficient and causes symptoms. Hypothyroidism is more commonly seen in women than in men, but can affect all people and of all age groups.

## Types of hypothyroidism:

**Hypothyroidism is classified into 2 types based on the level of problems:**

### 1. Primary Hypothyroidism:

Thyroid gland is at fault and is unable to produce sufficient hormones, this type of hypothyroidism is called as primary hypothyroidism.

### 2. Secondary Hypothyroidism:

In Secondary Hypothyroidism the defect is at the hypothalamo-pituitary axis and there is an insufficient TSH production, which leads to less stimulation of the thyroid gland and in-turn leads to decreased production of T3 and T4 and leads to hypothyroidism.

## Causes of Hypothyroidism

Hypothyroidism is a multifactorial disease and has many causes and some of the most common causes of hypothyroidism are :

1. Iodine deficiency is the most common cause of hypothyroidism in many parts of world.
2. Auto-immune thyroiditis or hashimoto's thyroiditis is the most common cause of hypothyroidism in western countries, especially in the USA.
3. Previous surgical treatment for hyperthyroid or thyroid nodule.
4. History of radiation / radiation therapy to thyroid gland.
5. Certain drugs: Medication used for Hyperthyroidism, Psychiatric diseases, Heart problems can lead to hypothyroidism.

## Symptoms of Hypothyroidism

1. Fatigue, weakness, exhaustion, sluggishness
2. Weight gain
3. Cold intolerance or decreased tolerance to cold
4. Hair loss and coarse, dry hair and/or thinning of hair
5. Dry, rough, pale and itchy skin
6. Constipation
7. Depression, mood swings, irritability
8. Memory loss, difficulty in concentrating

## In Women:

1. Abnormal menstrual cycles : increased or irregular menstrual flow
2. Frequent miscarriages, unable to conceive (Infertility)
3. Puffy, swollen face and swelling of feet
4. Swelling of the thyroid gland (Goiter)
5. Hoarseness of voice and slow speech

## In Children:

Stunted growth, short stature, late development of permanent teeth, delayed puberty, slow mental development and dullness with delayed learning and poor memory can be the only symptom in school going children suffering with hypothyroidism.

## Diagnosis of Hypothyroidism

Hypothyroidism many a time goes unnoticed and undiagnosed but can be diagnosed by the following investigations

1. Diagnosis of hypothyroidism is mainly based on results of thyroid hormone levels in blood. Generally Thyroid hormone (T3 and T4 ) levels in blood can be deficient or normal and Thyroid stimulating hormone (TSH) level in blood is elevated in primary hypothyroidism and decreased in case of secondary hypothyroidism
2. Anti TPO antibodies testing is done to diagnose Auto-Immune Thyroiditis
3. To detect a nodule or infiltrative disease, ultrasonography of thyroid gland is performed

## Measures to keep the disease under control

1. Monitor your thyroid hormone levels regularly. Every 6 months to 1 year you should get your thyroid hormone levels checked or as advised by your doctor.
2. As many patients suffering with hypothyroidism also have high cholesterol in blood you may need to regularly check your lipid profile. To decrease other complications arising out of high cholesterol levels diets high in fats should be avoided.
3. Reduce your stress, try to relax, avoid stress/tensions, try practicing yoga & meditation or other relaxing techniques convenient for you. Habituate a healthy life style and have good sleep.
4. Regular Exercise
5. Avoid goitrogens in food ex: cabbage, cauliflower, broccoli
6. Eat plenty of fresh leafy vegetables and fruits



## Hypothyroidism - Homeocare International treatment:

Homeocare International has decades of experience and expertise in treating thousands of hypothyroid cases with great success. Homeocare International after integrating traditional forms of classical homeopathy with most Advanced Genetic Constitutional method and has started a unique "Hormone cell" to improve quality and success in treating all hormone related diseases especially Hypothyroidism. If homeopathy treatment for Hypothyroidism is started in patients diagnosed recently with hypothyroid it can be cured completely. A patient suffering from hypothyroidism since many years and is on Thyroxine supplement can also be cured by using hypothyroidism treatment at Homeocare International, but initially you may need to continue using thyroid supplement and should only reduce the dosage as advised by physician. Hypothyroidism due to autoimmune thyroiditis can also be cured. So as against the common belief that hypothyroidism is a life long disease, it is curable at Homeocare International.

## Dietary Guidelines - Hypothyroidism

Hypothyroidism is decreased production or activity of the thyroid hormone.

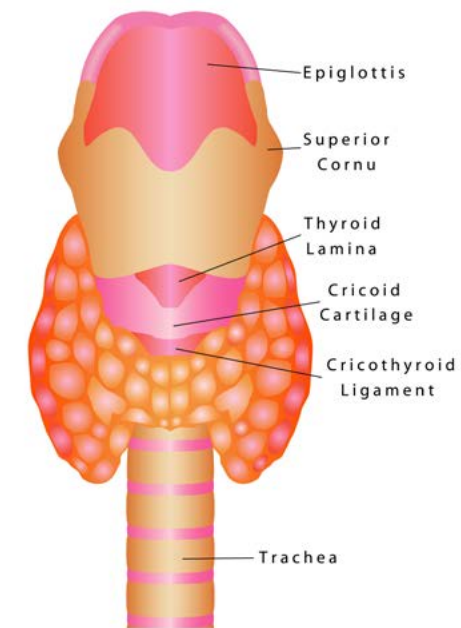
### Diet / Food for hypothyroid:

- Include saltwater fish, shellfish, eggs, meat, milk and milk products in your diet
- Nuts like almonds, walnuts, hazelnut can also be included thrice a week i.e., about 4-5 nuts of each or a mix of all

- Iodized salt intake is essential depending on the other diseases if related
- Whole wheat bread, whole wheat flour, multigrain cereal, flour, fortified products can be consumed
- Include beans in soups and salads, entree, or in vegetable playa, or in sprouts
- Green leafy vegetables, beets and other vegetables should be included in the diet
- Include coconut oil in the diet - use coconut oil as a replacement for regular oils


### Restrict / Avoid

- Cruciferous Vegetables such as broccoli, cabbage, brussels, sprouts, cauliflower, kale, turnip
- Restrict soya and soya products
- Do not consume food products made from maida i.e. plain bread, sweet bread, buns, cakes, and pastries on a regular weekly basis
- Reduce the intake of sugar, sweets, candy
- Reduce the intake of fats such as butter, mayonnaise, margarine, fatty cuts of meat
- Processed foods are not recommended i.e., a sausages, canned food, salted food and frozen food
- Avoid consumption of alcohol
- Take tea / coffee only after 30-45 minutes later to your medication
- Walk regularly



Thyroid Gland  
Anatomy of Thyroid gland

A female patient with hypothyroidism from 7 years was cured with 1½ years of treatment at Homeocare International and is doing good with out any hormone supplements. All her previous complaints like hair fall and irregular menses have become normal and patient has lost weight and is now very happy.



**HOMEOCARE INTERNATIONAL**  
Pvt. Ltd.  
LEADERS IN WORLD-CLASS HOMEOPATHY  
An ISO : 2008 Certified clinics with German Accreditation

NAME : S.REVATHI  
ID NO : CITAZ72  
DOCTOR NAME: KARTHIGAYAN

This is Revathi from velachery. I here by wish to state that I have been suffering from throid disease. for the past seven years, through media I came to know that HOMEOCARE INTERNATIONAL is a ideal choice for the treatment, on which I have been taking medicines for 1½ years from HOMEOCARE, CIT NAGAR, CHENNAI. Now, I have been told by 'Dr. Karthigayan' conforning that my disease is fully cured and felt happy and comfortable.

I wish all the best to all staffs for the service rendered.

Best regards,  
S. Revathi.  
1/5/2014

**ANDHRA PRADESH**  
HYDERABAD  
VIJAYAWADA  
TIRUPATHI  
VISAKHAPATNAM  
RAJAHMUNDRY  
GUNTUR  
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MADRAS

Registered Office : # 63, Sindhi Colony, S.P. Road, Secunderabad - 500 003, Andhra Pradesh, INDIA. Ph : 8885037219 / 9885747979 / 9849056637  
www.homeocare.in

# Published Article

## హోమియోకేర్ ఇంటర్నేషనల్ లో ధైరాయిడ్ సమస్యలకు సమర్థవంతమైన వైద్యం



మానవ శరీరంలోని ముఖ్యమైన గ్రంథులలో ఒకటైన ధైరాయిడ్ గ్రంథి- మెడ ప్రాంతంలో కంఠం దగ్గర సీతాకోకచిలుక రెక్కల రూపంలో శ్వాసనాళానికి ఇరుప్రక్కలా ఉంటుంది. ఇది ఉత్పత్తి చేసే ధైరాయిడ్ (T3,T4) హార్మోన్లు రక్త ప్రవాహంలో కలిసి శారీరక ఎదుగుదల మరియు వివిధ జీవక్రియలను నిర్వహిస్తాయి. ధైరాయిడ్ గ్రంథి మన మెదడులోని పిట్ట్యుటరీ గ్రంథి నియంత్రణలో ఉంటుంది. శరీరంలో తగినన్ని ధైరాయిడ్ హార్మోన్లు లేనప్పుడు, పిట్ట్యుటరీ గ్రంథి ఆ అవసరాన్ని గ్రహించి TSH-ధైరాయిడ్ స్టిమ్యులేటింగ్ హార్మోన్ ని విడుదల చేస్తుంది. ఈ TSH సంకేతంతోనే ధైరాయిడ్ గ్రంథి T3,T4 అనబడే ధైరాయిడ్ హార్మోన్లను ఉత్పత్తి చేసి రక్త ప్రవాహంలోకి పంపుతుంది. ఇలా నిరంతరం మన శరీరంలో ధైరాయిడ్ హార్మోన్లు తగిన స్థాయిలో ఉండే వ్యవస్థ విఫలమై, తద్వారా ధైరాయిడ్ హార్మోన్ల ఉత్పత్తి ఎక్కువ-తక్కువ కావటం ఖచ్చితమైన సమస్యగా పరిణమిస్తుంది. ఈ రకమైన అసమతుల్యతలు-హైపోధైరాయిడ్ లేదా హైపర్ ధైరాయిడ్ మరియు గాయిటర్ అనబడే దీర్ఘకాలిక సమస్యలకు దారి తీస్తాయి.

**హైపోధైరాయిడిజం:** ఇది సర్వసాధారణమైన ధైరాయిడ్ సమస్య. శరీరంలో ధైరాయిడ్ హార్మోన్లు తక్కువ మోతాదులో ఉత్పత్తి కావడంతో తలెత్తే ఈ సమస్య సహజంగా పిల్లలు, స్త్రీలలో ఎక్కువగా కనిపిస్తుంది. ఏ వయసు వారిలోనైనా ఇది కనిపించవచ్చు.

**లక్షణాలు:** నిస్సత్తువ, బలహీనత, చర్మం పొడిబారడం, తక్కువ చెమట , బరువు పెరగడం, స్త్రీలలో నెలసరి సరిగా రాకపోవడం, జాట్లు రాలటం, మతిమరుపు, మలబద్దకం, అజీర్ణం, చలికి తట్టుకోలేకపోవడం, పిల్లలలో ఎదుగుదల తగ్గటం, ఆడపిల్లలలో రజస్వల ఆలస్యం కావటం లేదా ముందుగానే రావటం, వృద్ధులలో కుంగుబాటుతో పాటు అధిక మతిమరుపు మొదలైనవి.

**హైపర్ ధైరాయిడిజం:** శరీర అవసరానికి మించి, ధైరాయిడ్ హార్మోన్లు ఎక్కువ మొత్తంలో ఉత్పత్తి అవటాన్ని హైపర్ ధైరాయిడిజం అంటారు. ఈ సమస్య ఏ వయసు వారికైనా రావచ్చు. కాకపోతే 20-40 సం॥ల మధ్య వయస్కులలో ఇది ఎక్కువగా కనిపిస్తుంది. కానీ దీన్ని వెంటనే గుర్తించలేకపోయినా/నిర్లక్ష్యం వహించినా...హైపర్ ధైరాయిడిజం దుస్ప్రభావాలు మాత్రం తీవ్రంగా ఉంటాయి. మొత్తం ధైరాయిడ్ బాధితులలో హైపోధైరాయిడిజం 80% కనిపిస్తే, మిగతా 20% హైపర్ ధైరాయిడిజం కనిపిస్తుంది.

**లక్షణాలు:** ఆహారం సరైన మోతాదులో తీసుకున్నా కూడా శరీర బరువు తగ్గటం, నిద్రలేమి, గుండెదడ, వేడిని తట్టుకోలేకపోవడం, చెమట అధికంగా పట్టడం, మాససికంగా తీవ్రమైన చిరాకు, అస్థిమితం, విరేచనాలు, చేతులు వణకడం, నీరసంగా ఉండటం, స్త్రీలలో నెలసరి త్వరగా రావడం, ఋతుచక్రంలో ఉండే రక్తస్రావం ఎక్కువగా అవడం మొదలైనవి.

**గాయిటర్:** గొంతు క్రింద ఉండే ధైరాయిడ్ గ్రంథి అసహజ వాపుకు గురి కావటాన్నే 'గాయిటర్' అని అంటారు. ముఖ్యంగా అయోడిన్ లోపంతో ఉత్పన్నమయ్యే ఈ గాయిటర్ సమస్య హైపోధైరాయిడ్, హైపర్ ధైరాయిడిజం బాధలతో కూడుకుని ఉండవచ్చు. T3,T4 ధైరాయిడ్ హార్మోన్లు సాధారణ స్థితిలో ఉన్నప్పటికీ 'గాయిటర్' ఉత్పన్నమయ్యేందుకు అవకాశముంది.

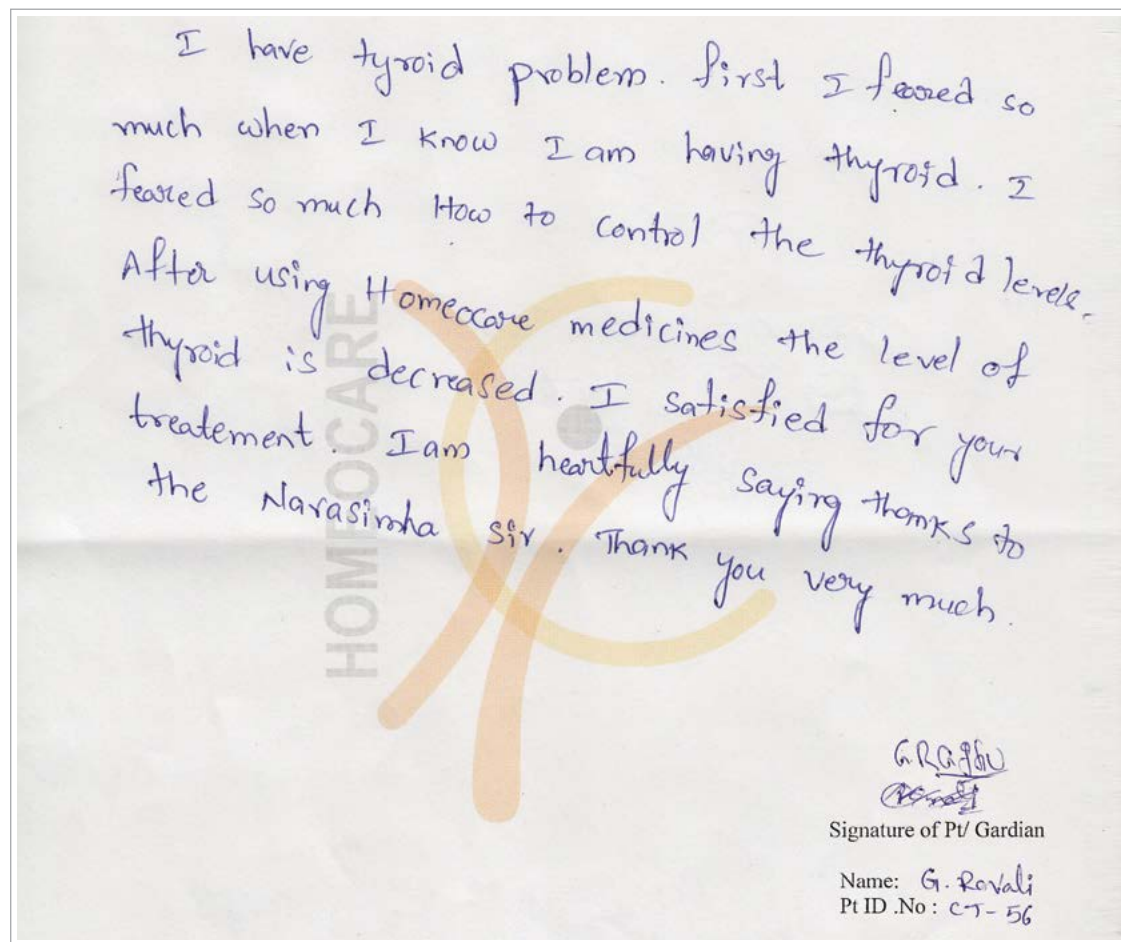
**లక్షణాలు:** గొంతు క్రింద వాపు బాగా ఎక్కువైనప్పుడు- శ్వాసనాళం, ఆహారనాళం పైన ఒత్తిడి పెరిగి ఆహారం మింగలేకపోవడం, స్వరంలో మార్పులు, శ్వాసలో ఇబ్బందులతో పాటు కొందరిలో హైపోధైరాయిడిజం, హైపర్ ధైరాయిడిజం లక్షణాలు ఉండవచ్చు.

**హోమియోకేర్ ఇంటర్నేషనల్ వైద్యం:** నేటి ఉరుకుల-పరుగుల కాలం ప్రభావం వలన, ప్రతి ఒక్కరి జీవితంలో 'అధిక ఒత్తిడి' ఒక ప్రధాన భాగం కావడంతో ఉత్పన్నమవుతున్న ఈ వ్యాధికి జీవితకాలం మందులు వాడే పని లేదు. రోగి శరీరతత్వం మరియు వ్యాధి లక్షణాలను బట్టి కాన్సెటిట్యూషనల్ పద్ధతిలో ధైరాయిడ్ హార్మోన్ సమస్యలను సంపూర్ణంగా నయం చేయవచ్చు.

# Thyroid

A 22 yr old female patient came to Homeocare with hypothyroid problem and her TSH was >100 and without the need of external hormone supplements the patient was treated with very safe constitutional Homeopathy treatment and TSH level gradually became normal as shown by the reports.

## Patient Testimonial



## DURING treatment at Homeocare International

Pulse Diagnostics  
THE ADVANCED MEDICAL LABORATORY

Pulse Diagnostics  
Opp. Hara Hara Function Hall, NIIT Campus,  
New Town, Mahaboob Nagar - 509 002, INDIA  
Ph : 08542-255777, 645226, 9908216464, 9246852543

Name : Ravali  
Age/Sex : 20 Y / F  
Referred By: Dr.Narasimha Garu.

Registration no : 4982  
Sample Collection on : 26<sup>th</sup> Jun, 13  
Reported on : 26<sup>th</sup> Jun, 13  
Sample Type : Serum

DEPT. OF BIOCHEMISTRY

THYROID FUNCTION TESTS

INVESTIGATION	RESULT	REFERENCE RANGE *
Total triode thyroxin (T3)	147 ng/dl	84-201 ng/dl
Total thyroxin (T4)	10.54 µg/dl	5.13-12.00 µg/dl
Thyroid stimulating hormone (TSH)	64.61 µIU/ml	0.27-4.20 µIU/ml

LAB INCHARGE

## BEFORE treatment at Homeocare International

Pulse Diagnostics  
THE ADVANCED MEDICAL LABORATORY

Pulse Diagnostics  
Opp. Hara Hara Function Hall, NIIT Campus,  
New Town, Mahaboob Nagar - 509 002, INDIA  
Ph : 08542-255777, 645226, 9908216464, 9246852543

Name : Ravali  
Age/Sex : 20 Y / F  
Referred By: Dr.Narasimha Garu.

Registration no : 1420  
Sample Collection on : 25<sup>th</sup> Apr, 13  
Reported on : 25<sup>th</sup> Apr, 13  
Sample Type : Serum

DEPT. OF BIOCHEMISTRY

THYROID FUNCTION TESTS

INVESTIGATION	RESULT	REFERENCE RANGE *
Total triode thyroxin (T3)	52 ng/dl	84-201 ng/dl
Total thyroxin (T4)	1.87 µg/dl	5.13-12.00 µg/dl
Thyroid stimulating hormone (TSH)	>100 µIU/ml	0.27-4.20 µIU/ml

LAB INCHARGE

## DURING treatment at Homeocare International

Pulse Diagnostics  
THE ADVANCED MEDICAL LABORATORY

Pulse Diagnostics  
Opp. Hara Hara Function Hall, NIIT Campus,  
New Town, Mahaboob Nagar - 509 002, INDIA.  
Ph : 08542-255777, 645226, 9908216464, 9246852543.

Name : Ravali  
Age/Sex : 20 Y / F  
Referred By : Dr. Narsimhan Garu.

Registration no : 11966  
Sample Collection on : 30<sup>th</sup> Oct, 13  
Reported on : 30<sup>th</sup> Oct, 13  
Sample Type : Serum

DEPT. OF BIOCHEMISTRY

THYROID FUNCTION TESTS

INVESTIGATION	RESULT	REFERENCE RANGE *
Total triode thyroxin (T3)	117 ng/dl	84-201 ng/dl
Total thyroxin (T4)	11.63 µg/dl	5.13-12.00 µg/dl
Thyroid stimulating hormone (TSH)	6.32 µIU/ml	0.27-4.20 µIU/ml

LAB INCHARGE

# Published Article

After treatment

**Pulse Diagnostics**  
THE ADVANCED MEDICAL LABORATORY

**Pulse Diagnostics**  
Opp. Hara Hara Function Hall, NIIT Campus,  
New Town, Mahaboob Nagar - 509 002, INDIA.  
Ph : 08542-255777, 645226 9908216464, 9246852543.

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Name : Ravalli  
Age/Sex : 21 Y/ F  
Referred By : Dr.Narsimhan Garu.

Registration no : 17019  
Sample Collection on : 11<sup>th</sup> Feb ,14  
Reported on : 11<sup>th</sup> Feb,14  
Sample Type : Serum

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**DEPT. OF BIOCHEMISTRY**

**THYROID FUNCTION TEST**

INVESTIGATION	RESULT	REFERENCE RANGE *
Total triode thyroxin (T3)	152 ng/dl	84-201 ng/dl
Total thyroxin (T4)	13.62 µg/dl	5.13-12.00 µg/dl
Thyroid stimulating hormone (TSH)	1.25 µIU/ml	0.27-4.20 µIU/ml

**METHOD:**  
Electrochemiluminescence immunoassay "ECLIA"

**INSTRUMENT:**  
ELECSYS 2010(FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

**INTERPRETATION:**

**T4** The determination of T4 can be utilized for the detection of hyperthyroidism, primary and secondary hypothyroidism & monitoring of TSH-suppression therapy.

**T3** The determination of T3 is utilized in the diagnosis of T3-hyperthyroidism, the detection of early stages of hyperthyroidism and for indicating diagnosis of thyrotoxicosis factitia. T3 levels are more sensitive indicators of hyperthyroidism.

**TSH** Determination of TSH serves as the initial test in thyroid diagnostics. Even very slight changes in the concentrations of the thyroid hormones bring about greater opposite changes in TSH. The degree of TSH suppression does not reflect the severity of the hyperthyroidism. With normal T3 & T4, a modest increase in patients with normal T3 & T4 indicates sub clinical hyperthyroidism.

LAB INCHARGE

LAB INCHARGE

NOTE: Assay results should be interpreted only in the context of other laboratory finding and the total clinical status of the patient

Published Article

## థైరాయిడ్ సమస్యకు హోమియోపాతి సంపూర్ణ చికిత్స

మన శరీరములో ఉండే గ్రంథులలో థైరాయిడ్ గ్రంథి అతి ముఖ్యమైన గ్రంథి. దీని ప్రభావము అన్ని జీవ వ్యవస్థలపైనూ ఉంటుంది. ఈ గ్రంథి గొంతు భాగములో థైరాయిడ్ కార్టిలేజ్ అనే వ్యవస్థలపై ఉంటుంది. థైరాయిడ్ గ్రంథి T3,T4 (T3-ట్రై ఆయోడ్ థైరాక్సిన్, T4- థైరాక్సిన్) అనే రెండు హోర్మోన్లు ఉత్పత్తి చేయాలంటే హైపో ఫెలామస్ పిట్ట్యూటరీ గ్రంథి నుండి వచ్చే థైరాయిడ్ స్టిమ్యులేటింగ్ హోర్మోన్ (T.S.H) థైరాయిడ్ గ్రంథిని ఉత్తేజ పరచాలి. థైరాయిడ్ హోర్మోన్లో అయోడిన్ అనే మూలకం యొక్క పాత్ర అతి ముఖ్యమైనది.



**డా. శ్రీకాంత్ మూర్తిధర్**  
MD (Homeo)  
Chairman & Managing Director  
**హోమియోపాతి ఇంటర్నేషనల్ ప్రై. లిమిటెడ్**

**హైపోఫెలామస్ పిట్ట్యూటరీ థైరాయిడ్ వ్యవస్థ**

```

    graph TD
      A[హైపోఫెలామస్  
+ve | T.R.H] --> B[పిట్ట్యూటరీ గ్రంథి  
+ve | T.S.H]
      B --> C[థైరాయిడ్ గ్రంథి]
      C --> D[T3]
      C --> E[T4]
    
```

**2. హైపర్ థైరాయిడిజం:** థైరాయిడ్ గ్రంథి ఎక్కువ మోతాదులో థైరాక్సిన్ విడుదల చేయడం వలన వచ్చే సమస్యను 'హైపర్ థైరాయిడిజం' అంటారు.

**లక్షణాలు:** అపారం సరియైన మోతాదులో తీసుకున్నా బరువు తగ్గడం, నిద్రలేమి, గుండెదడ, అధిక చెమటలు, విలోచనాలు, చేతులు వణకడం, వీరసముగా ఉండటం, నెలసరి త్వరగా రావడం, ఋతుచక్రములో అధిక రక్తస్రావము జరగడం.

**3. హైపోథైరాయిడిజం:** థైరాయిడ్ గ్రంథి ఎక్కువ మోతాదులో థైరాక్సిన్ విడుదల చేయడం వలన వచ్చే సమస్య (అల్ ఐమ్మ్యూన్) దీనిలో థైరాయిడ్ గ్రంథికి వ్యతిరేకంగా యాంటీ బాడీస్ ఉత్పత్తయి అయి, థైరాయిడ్ గ్రంథిని సక్రమంగా పని చేయనిచ్చుతుంది. ఇందులో హైపో మరీయు హైపర్ థైరాయిడ్ లక్షణాలు ఉండే అవకాశం ఉంది.

**గాయటర్:** థైరాయిడ్ గ్రంథి చావునకు గురి కావడాన్ని 'గాయటర్' అంటారు. కొన్ని సంవత్సరాలలో సాధారణ పరిమాణం కంటే పెరిగిపోతుంది. పెరిగి, స్వల్పపేటికైనా ఉత్పత్తి చేయడం వల్ల వాయిస్ లో మార్పు వస్తుంది. గాయటర్ లో థైరాయిడ్ హోర్మోన్లు T3,T4 సాధారణ స్థితిలో ఉన్నప్పటికీ, గాయటర్ తీవ్రంగా నిర్ధారించలేము.

**ఐరగాణులు:** అతి ముఖ్యమైన ఐరగాణులు 'అయోడిన్' అనే మూలకం లోపం వల్ల గాయటర్ వ్యాధి వస్తుంది. 1. గ్రేప్ డీసీజ్ 2. పిట్ట్యూటరీ గ్రంథి ట్యూమర్స్ 3. థైరాయిడ్ క్యాన్సర్

**లక్షణాలు:** 1. గొంతు నొప్పి వచ్చి మింగడానికి కష్టంగా ఉంటుంది. 2. స్వగంధం మార్పులు రావడం. 3. ఎక్కువగా ఐరగాణులు అమా కమగర్బు బయట పొరుచుకు వచ్చినట్లుగా ఉండటం. 4. దీనియల్ మిశ్రిడిమా

**నిర్ధారణ పరీక్షలు:** 1. థైరాయిడ్ ప్రొఫైల్ T3,T4,TSH 2. యాంటీ థైరాయిడ్ యాంటీ బాడీస్ 3. U.S.G అఫ్ థైరాయిడ్ గ్రంథి. 4. గొంతు యొక్క C.T స్కాన్

**హోమియోపాతి చికిత్స:** చాలామంది పెంపెంట్ల థైరాయిడ్ కు మందులు లేవు. తదితరము థైరాక్సిన్ వాడడం తప్ప మరో మార్గము లేదు' అనుకుంటారు. చాలామందికి హోమియోపాతి చికిత్సను పై సరియైన అవగాహన లేకపోవడం వల్ల అలా అనుకుంటారు. చాలామందికి వారు తీసుకునే థైరాక్సిన్ అనేది శ్రీలంకాలో సప్లయెంట్ అని తెలియదు. హోమియో పైస్యం లోగియొక్క శరీర తత్వాన్ని బట్టి సరియైన చికిత్స ఇస్తే అసలికాలంలోనే తప్పక సయము చేయవచ్చును.

**హోమియోపాతి ఇంటర్నేషనల్ లోగియొక్క శరీర తత్వాన్ని బట్టి ఔనిటిక్ కాన్సెప్టువైపున నిమిరించు విధానం బాగా హైపోఫెలామస్ పిట్ట్యూటరీ, థైరాయిడ్ వ్యవస్థను సరిచేయడం వలన థైరాయిడ్ సమస్యను హెచ్చిగా సయం చేయవచ్చును.**

**థైరాయిడ్ సమస్యకు హోమియోపాతి ఫలితం విశ్లేషణ**

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# Thyroid

A 22 yr old female was suffering from Thyroid since five years. After consulting Homeocare International and undergoing treatment for 5 months, she was cured completely as shown in the reports.



Date;  
04-12-2015

I am,  
Madhavi  
ID No: MBTAS75

As I am suffering with Thyroid from last five years., So, previously I used Allopathy medicines with that I got lot of side effects, So Later I saw Ad of Homeocare International in Namaste Telangana News paper and took appointment in Masabtank Branch, Case taken by Dr Saritha and handled by Dr Sarika SA and I was cured in 6 months I joined Homeocare International on 01.06.15 and I was cured on 05.11.15. I am very Thankful to Dr Sarika and Homeocare International

Thank you

Yours Faithfully.

P.MADHAVI  
KARNATAKA  
BENGALURU  
HUBLI  
MANGALORE  
TAMILNADU  
CHENNAI  
COIMBATORE  
ANDHRA PRADESH  
HYDERABAD  
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TIRUPATHI  
VISAKHAPATNAM  
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GUNTUR

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## BEFORE

treatment at Homeocare International

3M Diagnostics	
MEHDIPATHAM: Sakina Complex, Mehdipatnam "X" Roads, Hyderabad-28. Tel: 64612722, Mobile: 92988 56601	TOLICHOWKI: Main Road, Tolichowki, Hyderabad - 8. Tel: 23560093, 92988 56602
Patient's Name : Mrs.Madhavi <b>BEFORE</b>	
Patient's ID.NO 18090071	Age : 20 Year(s) Gender : Female
Ref Dr.Name: Dr.C.Renuka Chary	Date : 18-Sep-2014
BIOCHEMISTRY	
SERUM T3 and T4	
Sample Type : Serum	Method : Chemiluminescence ( CLIA )
Investigation	Result Units Normal Value
S.Tri-iodothyronine (T3):	103.2 ng/dL Euthyroid: 70 - 204 ng/dL Hypothyroid: Lessthan 70 ng/dl Hyperthyroid: Morethan 204 ng/dl
S.Thyroxine (T4)	: 8.6 ug/dL Euthyroid : 4.5 - 12.5 ug/dL Hypothyroid: Lessthan 4.5 ug/dL Hyperthyroid: Morethan 12.5 ug/dL
SERUM T.S.H.	
Sample Type : Serum	Method : Chemiluminescence ( CLIA )
Investigation	Result Units Normal Value
T.S.H	: 13.20 uIU/mL Euthyroid : 0.35 - 5.50 uIU/mL Hypothyroid : Morethan 5.50 uIU/mL Hyperthyroid : Lessthan 0.35 uIU/mL
Comments : Please Correlate with clinical conditions. Please furnish clinical history for any further workup, if needed kindly discuss. Advise to undergo Free T3 & Free T4 analysis for further workup.	
PATHOLOGIST	

## AFTER

treatment at Homeocare International

3M Diagnostics	
MEHDIPATHAM: Sakina Complex, Mehdipatnam "X" Roads, Hyderabad-28. Tel: 64612722, Mobile: 92988 56601	TOLICHOWKI: Main Road, Tolichowki, Hyderabad - 8. Tel: 23560093, 92988 56602
Patient's Name : Mrs.Madhavi <b>AFTER</b>	
Patient's ID.NO 04110081	Age : 22 Year(s) Gender : Female
Ref Dr.Name: Dr.Sarika	Date : 05-Nov-2015
BIOCHEMISTRY	
SERUM T3 and T4	
Sample Type : Serum	Method : Chemiluminescence ( CLIA )
Investigation	Result Units Normal Value
S.Tri-iodothyronine (T3):	113.55 ng/dL Euthyroid: 70 - 204 ng/dL Hypothyroid: Lessthan 70 ng/dl Hyperthyroid: Morethan 204 ng/dl
S.Thyroxine (T4)	: 10.7 ug/dL Euthyroid : 4.5 - 12.5 ug/dL Hypothyroid: Lessthan 4.5 ug/dL Hyperthyroid: Morethan 12.5 ug/dL
SERUM T.S.H.	
Sample Type : Serum	Method : Chemiluminescence ( CLIA )
Investigation	Result Units Normal Value
T.S.H	: 3.43 uIU/mL Euthyroid : 0.35 - 5.50 uIU/mL Hypothyroid : Morethan 5.50 uIU/mL Hyperthyroid : Lessthan 0.35 uIU/mL
Comments : Please Correlate with clinical conditions.	
PATHOLOGIST	



Sri Dr. K. Rosaiah Garu, Hon'ble Chief Minister Govt. of A.P. & T.G. Venkatesh Garu, M.L.A. Honouring our CMD Dr. Srikant Morlawar on Doctors' Day for his achievements in the field of Homeopathy



CMD with Dr. K. Rosaiah Hon'ble Finance Minister Govt. of A.P. at our Inauguration, Jubilee Hills Branch - Hyderabad



CMD with Dr. K. Rosaiah Hon'ble Finance Minister Govt. of A.P. & Cine Actress Madhu Shalini at our Inauguration, Jubilee Hills Branch - Hyderabad



CMD with Dr. K. Rosaiah Hon'ble Finance Minister Govt. of A.P. addressing press at our Inauguration, Jubilee Hills Branch - Hyderabad



CMD with Cine Actor Jagapathi Babu at our Inauguration, Vizag Branch - Andhra Pradesh



CMD with Cine Actor Jagapathi Babu at our Inauguration, Vizag Branch - Andhra Pradesh



CMD addressing press at our Vizag Branch - Andhra Pradesh



CMD with Super Star Krishna Garu & Family at our Happy Family logo inauguration, Andhra Pradesh



CMD with Cine Actress Deeksha Seth at our Inauguration, Dilukhnagar Branch - Hyderabad



CMD with the Joint Director CBI, Laxmi Narayana Garu at our Homeocare Seminar



CMD welcoming His Excellency the Governor of Tamil Nadu & Karnataka Dr. K. Rosaiah at our inauguration, C.I.T. Nagar Branch - Chennai



CMD with His Excellency the Governor of Tamil Nadu & Karnataka Dr. K. Rosaiah at our Inauguration, C.I.T. Nagar Branch - Chennai



CMD with His Excellency the Governor of Tamil Nadu & Karnataka Dr. K. Rosaiah at our Lamp Lighting Ceremony, C.I.T. Nagar Branch - Chennai



CMD with His Excellency the Governor of Tamil Nadu & Karnataka Dr. K. Rosaiah at our press meet, C.I.T. Nagar Branch - Chennai



CMD with Cine Actress Sandhya at our C.I.T. Nagar Branch - Chennai



CMD with Cine Actress Sandhya at our press meet, C.I.T. Nagar Branch - Chennai



CMD with Health Minister K. Sri Ramulu at our Inauguration, Jaya Nagar Branch - Bengaluru



CMD addressing press at our Inauguration, Jaya Nagar Branch - Bengaluru



CMD with Cine Actress Nitu Singh addressing press at our Inauguration, Jaya Nagar Branch - Bengaluru

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Our Trichy Clinic Inaugurated by Kalaimamani Ezhuthu Sithar Thiru Balakumaran Garu





Homeocare International's Arogyame Mahabhagyam logo  
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 Super Star Krishna Garu & Family



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