

## Treatment of hypothyroidism (Hashimoto's thyroiditis) in Persian medicine: A case report

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### Abstract

**Background and Purpose:** Hashimoto thyroiditis is one of the common causes of hypothyroidism, most important symptoms of which are: fatigue, weakness, cold feeling, pallor, constipation, memory weakness, weight gain, and loss of appetite. Laboratory findings in this disease include increased TSH, anti-thyroglobulin antibodies (Tg) and TPO. Its Treatment in conventional medicine is possible by replacing the thyroid hormone (Levothyroxine). The present article describes a case of Hashimoto's thyroiditis that has been treated by Persian medicine approach.

**Case Report:** The patient was a 36-year-old woman with Hashimoto's thyroiditis treated with lifestyle modification, oral medications, and massage by herbal oil and leech therapy based on the principles of Persian medicine. In the monthly follow-up, gradual improvements were observed in symptoms and the test results; so the medications gradually decreased and discontinued after 3 months. In the annual follow-up, the patient had no symptoms of illness and the test results were satisfactory.

**Conclusion:** It seems that the symptoms of Hashimoto's thyroiditis are very similar to the phlegm overload symptoms in Persian medicine. Not using levothyroxine, Persian medicine was able to treat Hashimoto's thyroiditis with lifestyle modification, body cleansing of waste materials, digestion improvement and local extraction of waste materials.

**Keywords:** Hypothyroidism, Hashimoto's Thyroiditis, Persian Medicine, Phlegm Overload.

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