

The association of hypothyroidism symptoms with cold dystemperament (*Su-e-Mizaj-e Barid*)

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Abstract:

Background and purpose: Hypothyroidism is the second most common metabolic and endocrine disorder in the world. It is also considered as a cause of morbidity and mortality due to its association with metabolic and cardiovascular diseases, particularly at old age. Although Levothyroxine is the standard and selected treatment for hypothyroidism, expected results of the current treatment are not achieved in some patients. It seems that the use of the traditional Persian medicine (TPM) capacity can help to better treat these patients. To achieve this, the disease must be explained in traditional Persian medicine. In this regard, it is necessary to compare symptoms of hypothyroidism with symptoms of cold dystemperament (*Su-e-Mizaj-e Barid*).

Methods and Materials: The present study is a literature review investigating documented sources of the conventional medicine and the TPM as well as available databases and Comprehensive Library of Medicine software. Differences and similarities of *Su-e-Mizaj-e Barid* and hypothyroidism were extracted and studied after data classification.

Results: Hypothyroid symptoms including fatigue, lethargy, increased cold sensitivity, constipation, dry skin, nail and hair dryness, puffy face, hoarseness of voice, unexplained weight gain, muscle tenderness and stiffness, arthritis, menstruation disorders (especially menorrhagia) and depression, significantly overlap with symptoms of cold dystemperament according to the traditional Persian medicine. Furthermore, diseases accompanied by hypothyroidism like fatty liver can be associated with cold dystemperament.

Conclusion: Considering the association of hypothyroidism and symptoms of *Su-e-Mizaj-e Barid* as well as medical strategies of TPM in the cold dystemperament, it seems that the diagnosis and management of imbalanced temperament in patients with hypothyroidism improve the patients' lifestyle, enhance their health, and decrease hypothyroid symptoms. It is suggested that therapeutic approaches in *Su-e-Mizaj-e Barid* be evaluated to improve symptoms of hypothyroid patients and regulate the level of thyroid stimulating hormone (TSH), as the current criteria for diagnosis and follow-up, by designing clinical studies.

Keywords: Hypothyroidism, Temperament, Dystemperament, Traditional Persian Medicine

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