



Research Article

Therapeutic Scope of Twelve Tissue Salts in Thyroid Imbalance: A Review

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Abstract

Background:

Thyroid disorders are among the most prevalent endocrine diseases worldwide, affecting metabolism, growth, development, and overall physiological functions. Hypothyroidism and hyperthyroidism are the most common manifestations of thyroid imbalance. Biochemic therapy, introduced by Schussler, is based on the concept that disturbances in cellular mineral balance contribute to disease processes. The twelve tissue salts are believed to restore cellular function and support physiological balance.

Objective:

To review the therapeutic scope of the twelve tissue salts in the management of thyroid imbalance and discuss their role in supporting thyroid function from a biochemic perspective.

Method:

A narrative review of classical biochemic literature, homoeopathic Materia medica, and contemporary endocrine references was conducted. The indications of individual tissue salts relevant to thyroid dysfunction were analysed and correlated with clinical manifestations of hypothyroidism and hyperthyroidism.

Conclusion:

The twelve tissue salts may provide supportive therapeutic benefits in thyroid imbalance by addressing cellular mineral deficiencies and functional disturbances. Remedies such as Calcarea fluorica, Calcarea phosphorica, Kali phosphorica, Natrum muriaticum, and Silica is relevant to thyroid disorders. Further clinical studies are needed to establish their efficacy through evidence-based research.

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1. INTRODUCTION

The thyroid gland is an essential endocrine organ located in the anterior neck and is responsible for producing the thyroid hormones thyroxine (T4) and triiodothyronine (T3). These hormones regulate metabolism, growth, thermogenesis, and neurological development [6]. Thyroid imbalance occurs when the gland produces either insufficient or excessive amounts of hormones.

The major disorders include:

- Hypothyroidism
- Hyperthyroidism
- Goitre
- Autoimmune thyroid diseases
- Thyroid nodules

Globally, thyroid disorders affect millions of individuals and are more common in women than men [6,7]. Biochemic medicine views thyroid dysfunction because of disturbances in cellular nutrition and mineral metabolism. According to Schussler theory, restoration of mineral equilibrium through tissue salts may improve physiological functioning and support endocrine health [1].

Hypothyroidism: Hypothyroidism is characterised by reduced thyroid hormone production and presents with:

- Fatigue
- Weight gain
- Cold intolerance
- Dry skin
- Hair loss
- Constipation
- Depression
- Bradycardia [6]

Hyperthyroidism: Hyperthyroidism results from excessive thyroid hormone secretion and is characterised by:

- Weight loss
- Heat intolerance
- Excessive sweating
- Nervousness
- Palpitations
- Tremors
- Increased appetite [7]

Autoimmune Thyroid Disease:

Hashimoto's thyroiditis and Graves' disease are autoimmune disorders affecting thyroid function and are among the most common causes of thyroid imbalance worldwide [7].

Biochemic Concept of Thyroid Dysfunction:

According to Schussler, disease develops when essential inorganic salts become deficient or improperly distributed within cells [1]. The thyroid gland depends upon proper cellular metabolism and mineral balance for normal function. Biochemic remedies are administered in low dilutions (3X, 6X, 12X, 30x) to facilitate cellular absorption and restore physiological harmony [2].

Therapeutic Scope of the Twelve Tissue Salts

1. Calcarea Fluoric:

Calcium fluoride maintains the elasticity and structural integrity of tissues [2].

- Thyroid enlargement (goitre)
- Nodular thyroid conditions
- Fibrotic glandular changes
- Hard glandular swellings
- It is considered one of the principal tissue salts for chronic thyroid enlargement [3].

2. Calcarea Phosphoric:

Calcarea phosphoric supports nutrition, growth, and glandular development [2].

- Hypothyroidism in children
- Delayed growth and development
- Poor assimilation
- Weak constitution
- It is useful in young patients with thyroid dysfunction affecting growth [4].

3. Calcarea Sulphuric:

Calcium sulphate acts in chronic inflammatory states and glandular conditions [2].

- Chronic inflammatory thyroid disorders
- Persistent glandular irritation

4. Ferrum Phosphoric

Ferrum phosphoric is indicated in early inflammatory conditions and anaemia [2].

- Thyroid dysfunction associated with anaemia
- Early inflammatory stages
- Fatigue and weakness

5. Kali Muriaticum:

Kali muriaticum is associated with glandular and lymphatic functions [2].

- Thyroid enlargement
- Glandular congestion
- Subacute thyroid inflammation

6. Kali Sulphuric:

Kali sulphuric assists oxygen transport and epithelial function [2].

- Hyperthyroidism with heat sensations
- Chronic catarrhal conditions
- Skin manifestations associated with thyroid imbalance

7. Kali Phosphoric:

Kali phosphonium is the principal nerve nutrient among tissue salts [4].

- Mental fatigue
- Anxiety
- Depression associated with hypothyroidism
- Nervous exhaustion

- It is particularly valuable when thyroid dysfunction affects emotional well-being [4].

8. Magnesia Phosphoric:

Magnesia phosphorica is recognised for its antispasmodic action [2].

- Muscle cramps
- Nervous irritability
- Tremors in hyperthyroidism

9. Natrum Muriaticum:

Natrum muriaticum regulates fluid balance and glandular function [2].

- Dry skin
- Hair loss
- Weight changes
- Thyroid dysfunction associated with emotional stress
- It is frequently recommended in hypothyroid patients exhibiting constitutional dryness and emotional sensitivity [5].

10. Natrum Phosphoricum:

Natrum phosphoricum regulates acid-base balance [2]. Digestive disturbances accompanying thyroid disease

- Metabolic imbalance

11. Natrum Sulphuric:

Natrum sulphuricum regulates water metabolism and hepatic function [2].

- Deema
- Water retention
- Sluggish metabolism
- Hypothyroid states

12. Silica:

Silica promotes assimilation, nutrition, and immune function [5].

- Chronic thyroid dysfunction
- Weak constitution
- Autoimmune tendencies
- Poor recovery
- It is often considered a constitutional remedy for chronic endocrine disorders [5].

Clinical Application in Hypothyroidism:

The most frequently indicated tissue salts include:

- Calcarea phosphoric
- Natrum muriaticum
- Kali phosphonium
- Natrum sulphuric
- Silica
- These remedies address common manifestations such as fatigue, depression, weight gain, oedema, and impaired metabolism [2-5].

Clinical Application in Hyperthyroidism:

Useful tissue salts may include:

- Kali phosphonium
- Magnesia phosphoric
- Kali sulphuric
- Calcarea fluoric
- These remedies may support nervous system balance and help address associated symptoms such as anxiety, tremors, and heat intolerance [2,4].

Advantages of Tissue Salt Therapy

- Gentle and non-toxic
- Easy administration
- Suitable for long-term use
- Can be used alongside conventional treatment
- Supports cellular nutrition and metabolism [2]

Limitations

- Limited high-quality clinical trials
- Lack of robust evidence regarding direct hormonal regulation
- Should not replace essential thyroid hormone replacement therapy
- Requires individualised assessment [6,7]

Future Perspectives:

Future research should focus on:

- Randomised controlled clinical trials
- Evaluation of biochemical changes following tissue salt therapy
- Integrative approaches combining endocrinology and biochemic medicine
- Standardised treatment protocols

CONCLUSION

The twelve tissue salts occupy an important place in biochemic therapeutics and may offer supportive benefits in thyroid imbalance. Calcarea fluoric, Calcarea phosphoric, Kali phosphoric, Natrum muriaticum, Natrum sulphuric, and Silica are particularly relevant in thyroid disorders. While tissue salts should not replace conventional endocrine treatment, they may serve as valuable adjunctive remedies in promoting overall health and improving quality of life. Further scientific investigation is necessary to validate their therapeutic role in thyroid dysfunction.

Conflict of interest

None.

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