

Introduction

Hypothyroidism is an endocrine ailment caused by an underactive Thyroid gland. This means the thyroid gland does not make enough Thyroid hormone to maintain the body's average balance. It is a clinical disorder commonly encountered by the primary care physician. It comprises a deficiency of thyroid hormone, causing coldness, fatigue, and dysmenorrhea. This poster presentation exposed a study analysis on the improvement of hypothyroidism symptoms and thyroid hormone level normalization by using Korean herbal medicine and acupuncture.



OBJECTIVES

The complexity of levothyroxine treatment has imposed some constraints on the patient's lifestyle, decreasing compliance. Such as

1. Take medications on empty stomach
2. Take medication four hour after dairy product
3. Lifelong medication regimen

Multiples case reports provide supporting evidence on the effective use of complementary and alternative medicine to treat hypothyroidism as a simple and easy method for patients. Concoction herb and acupuncture as complementary and alternative medicine compared to levothyroxine therapy has a better outcomes.



Case Presentation

The study was done on an average 30-year-old woman with the complaint of hypothyroidism, experiencing symptoms such as seborrheic dermatitis on scalp, dysmenorrhea, irregular period, especially heavy periods or infrequent periods, itching erythema, fatigue, weight gain, lack of energy, and scaliness.

Patients who underwent treatment with acupuncture and Korean herbal medicine administered three times per day for one month like the experimental group found improvement of their symptoms such as improvement of edema, nocturnal enuresis, fatigue, and anorexia. Symptoms improved and patients feel well sooner.



Method and analysis

This is an experimental study where the control group and experimental group were observed and manipulated to approve or disapprove the hypothesis of the study. As the aim of this study was to support and fund experimental medical research in people with thyroid disease that will significantly increase the speed and efficiency by which medical discoveries are translated into healthcare.



Discussion

Hypothyroidism is a common endocrine disorder; however, there are few standardized treatments that are effective for a broad range of patients. Levothyroxine supplement therapy typically requires multiple years of treatment and patients must take the medication during a fasting period (at least 30 minutes before and after meals), often interfering with breakfast. Daily administration over a long period treatment reduces the compliance rate among patients. Additionally, levothyroxine may induce side effects such as acute myocardial infarction, angina pectoris, change in thyroid hormone requirements, or hyporesponsiveness to hormonal therapy.

CAM therapy has shown positive effects, no reported side effects, and patients to care have more energy.



Limitations

Hypothyroidism is a common endocrine disorder; however, there are few standardized treatments that are effective for a broad range of patients. Korean herbal and acupuncture research have shown improvement of hypothyroidism symptoms and thyroid hormone level normalization by using alternative therapy. However, further research are needed to confirm these findings. Because combination therapies, including a complex formulation of herbs, as well as acupuncture were used, therefore it is difficult to determine which therapy provided the greatest result.

Nevertheless, this is one the first successful

research to describe the use of Korean medicine