

Hyperthyroidism

2002207420

王晔静

Hyperthyroidism is a common disease caused by the effects of too much thyroid hormone on tissues of the body. Although there are several different causes of hyperthyroidism, most of the symptoms that patients experience are the same: because the body's metabolism is increased, patients often feel hotter than those around them and can slowly lose weight even though they may be eating more. The weight issue is confusing sometimes since some patients actually gain weight because of an increase in their appetite. Patients with hyperthyroidism usually experience fatigue at the end of the day, but have trouble sleeping. Trembling of the hands and a hard or palpitations may develop. These individuals may become irritable and easily upset. When hyperthyroidism is severe, patients can suffer shortness of breath, chest pain, and muscle weakness. Usually the symptoms of hyperthyroidism are so gradual in their onset that patients don't realize the symptoms until they become more severe. This means the symptoms may continue for weeks or months before patients fully realize that they are sick. In older people, some or all of the typical symptoms of hyperthyroidism may be absent, and the patient may just lose weight or become depressed.

In TCM, the pathogenesis and pathogeny of hyperthyroid is related to the emotional factors and constitution factors, which also means related to liver, kidney, heart, spleen. The emotional factors in TCM mean suddenly has the psychic trauma, or melancholia for a long time, emotional upsets, all these factors cause liver qi stagnation, then the liver depression transformed into fire, and the fire attack the head, so the patients become irritability and susceptibility to rage, flushed face and red eyes, bitter taste and dry mouth, dizziness and some other symptoms. If the liver fire scorches the stomach yin, the patients have a good diet and defecate more than before. Spleen is the root of postnatal, if the spleen qi is deficient, the muscles cannot get enough nutrition, the patients will loss weight and lack of strength. The liver and the kidney have the resource, if the liver yin grows weak, the kidney yin will also be deficient. So the men will be spermatorrhea or even impotence; if the patients always be anxious, that will hurt the heart, heart deficiency and kidney deficiency will cause palpitation, insomnia, dreaminess and other symptoms. The constitution factors mean when people who are originally yin deficiency, especially the women are in gestation or lactation, will easily transform the liver depression into fire.

Case study:

Symptoms:

Ma, female, 31, teacher, has the following symptoms for 2 months: lassitude, palpitation of the heart, insomnia, diaphoresis, impetuosity, vertigo and dizziness, irritability and susceptibility to rage, thin pulse, reddish tongue fur, good diet but still weight-loss, thick neck and short of breath, scanty menstruation.

Diagnosis

Hyperthyroidism

Heart yin deficiency, so she has the palpitation of the heart, insomnia, thin pulse, reddish tongue fur. And heart yin deficiency consumes the kidney water, so the liver yang hyper-actives, so she has vertigo and dizziness, irritability and susceptibility to rage.

Treatment principle

Treating yin deficiency by reinforcing body fluid and nourishing the blood, and calm the nerves.