



SARCODES – A BOON TO HOMOEOPATHY WITH A EVIDENCE BASED CASE REPORT

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ABSTRACT:

Background:

The sarcodes are a special group of homoeopathic drugs which are used as constitutional medicines, intercurrent medicines, as a complementary, as organ remedies, as a prophylactic medicine and in treating many chronic clinical conditions. The case report of a 30 yr old female with menstrual irregularity and hypothyroidism mentioned in this article shows the evidence that thyroininum 6x along with constitutional medicine effectively treats hypothyroidism.

Materials & methods: Literature search was from standard homoeopathy books, search databases like google scholar, research gate, pubmed, reference articles on sarcodes and homoeopathy websites. Search keywords like organ remedies, clinical trials, homoeopathy remedies were used.

Observation: This case report highlights the efficacy of sarcodes in treating various disorders after thorough evaluation of various original articles, homoeopathic literature, clinical trials.

Results:

Summary of the case: A 30yr old female diagnosed with hypothyroidism having TSH level of 7.14 μ IU/mL with the complaints of weight gain and irregular menses was treated with thyroininum 6x along with constitutional medicine for 8 months demonstrating the efficacy of homoeopathic treatment.

Conclusion: Sarcodes can play a very important role in the treatment of diverse types of diseases belonging to metabolic, emotional, psychosomatic, and ontological factors. They can also be part of constitutional prescriptions. Sarcodes can play a major role in the management of chronic diseases caused by Miasms. However, thorough knowledge on this group of remedies aid physicians to frequently use them in clinical practice.

KEYWORDS: Homoeopathic remedies, Organ remedies, Organotherapy, Sarcodes, Organ extracts, Hypothyroidism.

I. INTRODUCTION

“Sarcodes are healthy tissue products or secretions of living organism i.e. plants and animals.”¹

The word ‘sarcode’ is a greek term which means “fleshy”. Sarcodes literally mean protoplasm of animals and hence should be carefully distinguished from vegetable protoplasm. They are prepared from healthy endocrine or ductless gland secretions of living human organisms and lower animals. The secretions are mostly hormones. In fact, sarcodes belong to animal kingdom.

‘Sarcodes are homoeopathic attenuations of wholesome organs, tissues or metabolic factors obtained from healthy specimens’.²

II. OBJECTIVES

The objective of this case report was to evaluate the effectiveness of Homoeopathic healers ‘sarcodes’ in managing hypothyroidism.

III. A REVIEW OF LITERATURE

Medicine is a science of experience. It is not only a science but also an art. It’s object is to eradicate diseases by means of remedies. The knowledge of disease, the knowledge of remedies and the knowledge of their employment, constitutes medicine- Dr.Samuel Hahnemann.³

There are many remedies in our materia medica which are used very infrequently, sarcodes are one among them. Sarcodes are the medicines prepared not only from healthy tissues, organs of healthy animals but also from whole endocrine gland and their healthy secretions. Sarcodes carry within them the very quintessence of the source from which they are prepared. They carry within them the wisdom of evolution, which human and other species have crystallized for the sake of adaptation for maintaining the state of homeostasis.⁴

Few review articles and researches done by the authors highlighting the efficacy of the sarcodes were summarized in the below table.

S.no.	Author name	Title of the study	Summary of the study
1.	Dr. Ajit kulkarni ⁴	Sarcodes: Resonating organ arsenal	This review article focuses on the importance of Organopathy & sarcodes as ‘healers’
2.	Dr. Kanupriya ¹¹	Hypothyroidism & Thyroidinum :- A Systematic Review	This study shows that the thyroidinum and Individual Homoeopathic remedies are effective in the treatment of Hypothyroidism.
3.	Dr. Anuradha singh, Dr. Hanuman ram, Dr. Prasoon choudhary, Dr. Ramesh Prasad ¹²	Effectiveness of thyroidinum in 3X vis-à-vis 200CH potency in the treatment of hypothyroidism: a prospective, open-label, exploratory trial	Study showed significant improvement in clinical and biochemical levels of TSH with medicine thyroidinum 3X.
4.	Ghanshyam Kalathia ¹³	Exploring sarcodes as a physiological process	This study focuses on the relationship between physiological process with sarcodes.

UTILITY OF SARCODES

Sarcodes contain biological molecules that have physiological functions in humans the codes contain information about an organ's biological structure and its energy producing substance, they are used to remove toxins and improve organ function.⁵

Sarcodes utilize mRNA (messenger ribonucleic acid) to regulate and correct the function of organs and bodily systems on a cellular level. The use of sarcodes transfers genetic information from the cell nucleus to ribosomes in the cytoplasm, where it serves as a template for protein synthesis.⁶

A Sarcode homeopathically restores targeted glands or organs by producing healthy template of the tissue from which the body can rebuild, restore and restimulate. healthy organ extracts or organ secretions prepared according to the general rules of homoeopathic remedies, which will help to slow down the natural and pathological deterioration of the organ.⁷

SOURCE OF SARCODES

Sarcodes are prepared from ⁸

1. Healthy endocrine gland as a whole.
2. Healthy secretions from endocrine glands.
3. Normal secretions of animals.
4. Product (or extract) of animal glands and tissues.
5. Healthy organs of animals

Some examples of sarcodes^{7, 8} :

S.NO.	Name of the drug	Source	Homoeopathic Indications ¹⁰
1	Thyroidinum	From healthy dried thyroid tissue of sheep or calf	Goitre, Obesity, Disorders of pregnancy, arrested development, Menstrual disturbances, Thyroid disorders
2	Pituitaria anterior	From the anterior lobe of pituitary gland	Aplastic anaemia, vitiligo, Acne, scalp psoriasis
3	Pituitaria posterior	From the posterior lobe of pituitary gland of sheep	Cholecystitis, convulsions, acromegaly, Hypertension
4	Adrenalinum	From internal secretion of adrenal medulla	Bronchial asthma, Addison's disease, Neuralgia, Hyperaemia of conjunctiva
5	Insulin	From β cells of Islets of Langerhans of pancreas	Diabetes, varicose ulcers, Eczema
6	Oophorium	From the ovarian extract of sheep and cow	Climacteric complaints, Ovarian tumours and cysts, Uterine cancer
7	Orchitinum	From the testicular extract of	Sexual weakness, Senility

		sheep	
8	Pancreatinum	From pancreatic extract of beef, ox or sheep	Pancreatic affections, Diabetes, Diarrhoea
9	Cholesterinum	From epithelial lining of gall bladder and bile duct of animals	Gallstone colic, malignant affections of liver
10	Fel tauri	From fresh bile of ox	Cirrhosis of liver, Ascites, Dropsy, Glycosuria
11	Fel vulpis	From fresh gall of ox	Asthma, bronchitis, catarrh of lungs
12	Lac caninum	From dog's milk	Hypersensitiveness of parts, Diphtheria, Delusions
13	Lac felinum	From cat's milk	Ciliary neuralgia, Dysmenorrhoea, Styes
14	Lac vaccinum	From cow's milk	Diabetes, Rheumatism, Albuminuria

MATRIDONAL SARCODES⁹

The “Matridonal Remedies” are sarcodes derived from human tissues or secretions related to pregnancy and motherhood, including placenta, amniotic fluid, breast milk etc.

This group of remedies are quite new to homeopathic literature but have proved their efficacy and worth in many cases by many homeopaths world wide.

S.NO.	Name of the drug	Source	Homoeopathic Indications ¹⁰
1	Colostrum	From mother's milk	Cholera infantum, Diarrhoea in children
2	Amnii liquor hominis	From amniotic fluid in pregnant women	Sleep disturbances, Irritability
3	Corpus luteum	Endocrine gland of Ovarian follicle	Ailments in climacteric period, Nausea during pregnancy
4	Folliculinum	Ovarian follicles	Fibroids, Menstrual disorders, Migraine
5	Lac humanum	Human milk	Absent mindedness, Irritability, Allergic pathologies
6	Lac maternum	Human milk with colostrum	Allergic pathologies, Eczema in new born, sleep disturbances in new born
7	Oestrogen	Estradiol	Endometriosis associated pelvic pain, Menopausal complaints
8	Oxytocinum	Oxytocin	Eases labor, Post partum depression, fusalional mother child relationship
9	Placenta humana	Human placenta	Nausea during pregnancy, exhaustion

OTHER SARCODES

Pepsinum- Enzyme pepsin

Lacrimae humanis- Human tears

Mucosa nasalis- Nasal mucosa

D.N.A - Thymus and latiance of fishes

Spleen- Healthy spleen of animal⁹

CASE REPORT:

A 30 year old Hindu female approached with the diagnosis of Hypothyroidism on August 20th 2022 with the following complaints:

PRESENTING COMPLAINTS:

1. Weight gain of 4-5 kgs within a span of 2 months
2. Irregular menses since 2 months

PAST TREATMENT HISTORY: started using Thyronorm 25mcg since 1 year (2021) after diagnosis of hypothyroidism.

PHYSICAL GENERALS: Appetite- moderate, Thirst- thirsty, Urine- clear and normal, Bowels- soft and regular, perspiration- profuse on neck and back, sleep- refreshed, Dreams- of snakes, clairvoyance, desires- sweets, aversions- not specific, CHILLY patient, Intolerant to tight clothing and jewellery around neck.

LIFE SPACE: Patient is the second child; has 1 elder sister and 1 younger sister. Elder sister is married. 2 yrs back her father expired due to MI after which she got the job in railway engineering department as senior supervisor.

MENTAL HISTORY: 1 year back had a break up with her boyfriend. Feels jealous on the girl who married him. She is sensitive to criticism. She looks after her family and is feeling overburdened by responsibilities. Timid in nature.

PHYSICAL EXAMINATION: BP: 110/70 mm of Hg, RR: 18 breaths/min, PR: 70/min, Height: 155 cms, Wt: 65kgs, No signs of pallor, clubbing, lymphadenopathy, cyanosis.

MENSTRUAL HISTORY: Duration of cycle: 30 days, No. of days: 5 days, Character of bleeding: dark red, clotted, Associated complaints: Dysmenorrhoea. Since 2 months no menses. LMP: 5/6/22.

REPERTORISATION:

REPERTORIAL TOTALITY: Lyc-12/6, Lach-12/5, Nux v-11/5, Calc-10/5, Sep- 10/5

RX: Lach 200 1D on 20/8/22

FOLLOW UP:

S.no	Date	Symptom totality	Prescription
1	21/9/22	Menses started on 19/9/22- character of bleeding: dark red with small clots associated with dysmenorrhoea and weakness, appetite- reduced.	1.SL 3 doses 2. Nihilinum 6/6 1 month
2	22/10/22	Hairfall and drowsiness, Mental irritability due to family issues, appetite- improved. No change in weight.	1.Thyroidinum 6x 2 tabs daily once for 1 month 2. SL 6/6 1 month Advised diet & regimen and physical exercises
3	25/11/22	No change in hairfall. No drowsiness. Feeling better mentally. LMP: 23/10/22, 20/11/22	1.Thyroidinum 6x 2 tabs daily once for 1 month 2.SL 6/6 1 month
4	27/12/22	Hairfall- reduced than before, weight: 62 kgs. LMP: 23/12/22	1.SL 3 doses 2.Nihilinum 1 month
5	02/02/23	Generalised weakness since 1 week, Hairfall- better than before. LMP: 20/01/23,	1.Thyroidinum 6x 2 tabs daily once for 1 month

		weight: 62 kgs.	2.SL6/6 1 month
6	04/03/23	Weakness- reduced, Hairfall- same as before. LMP: 20/01/23, No menses till now.	1.Lach 200 1D 2.Thyroidinum 6x 2 tabs daily once for 1 month 3.SL 6/6 for 1 month
7	06/06/23	LMP: 15/03/23, 15/04/23, 15/05/23, Hairfall- better than before, weight: 60 kgs	1.Thyroidinum 6x 2 tabs daily once for 1 month 2.Nihilinum 6/6 1 month Advised for thyroid profile.
8	10/07/23	LMP: 15/06/23. Hairfall- much reduced than before, weight: 60 kgs Thyroid profile findings: T3- 113 ng/dl; T4- 9.50; TSH- 2.19 (07/07/23)	1.Nihilinum 6/6 1 month

RESULTS:

Summary of the case: A 30yr old female diagnosed with hypothyroidism having TSH level of 7.14 μ IU/mL with the complaints of weight gain and irregular menses was treated with thyrodinum 6x along with constitutional medicine for 8 months demonstrating the efficacy of homoeopathic treatment.

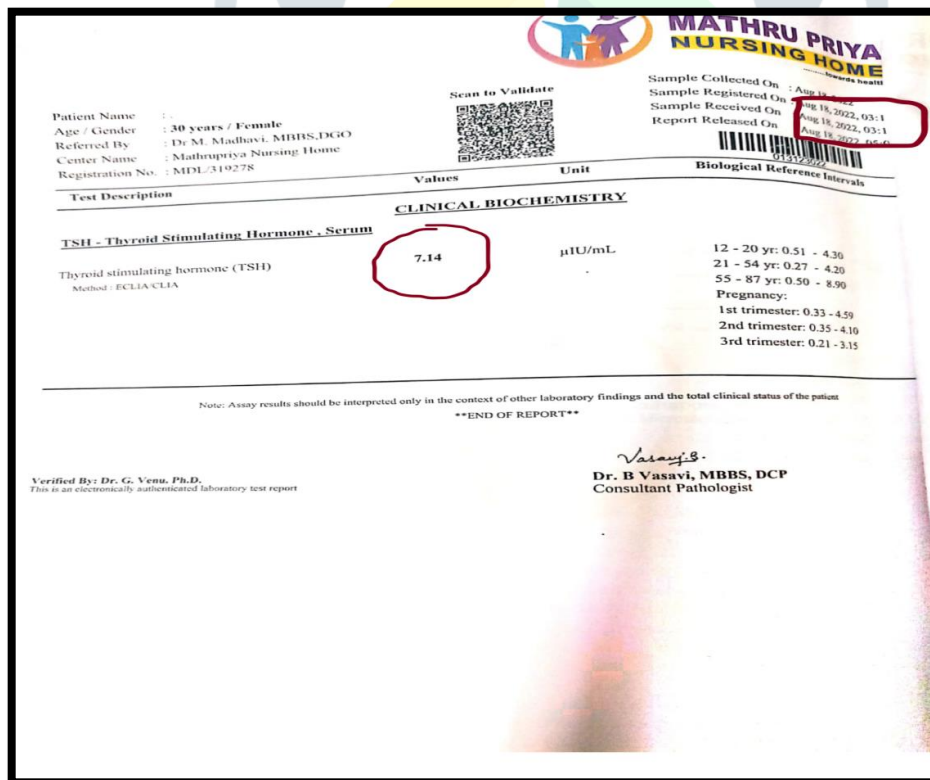


Fig 1 Date: 18th Aug 2022 before treatment- TSH was 7.14 μ IU/mL

Test Description	Values	Unit	Biological Reference Interval
CLINICAL BIOCHEMISTRY			
Thyroid Profile (T3, T4, TSH), Serum			
Thyroxine (T4) Method: CLIA/CLIA	113	ng/dL	12 - 20 yr: 91 - 218 Adults: 80 - 200 Pregnancy: 1st trimester: 81 - 110 2nd & 3rd trimester: 100 - 260
Thyroxine (T4) Method: CLIA/CLIA	9.50	µg/dL	12 - 20 yr: 5.91 - 13.2 Adults: 5.1 - 14.1 Pregnancy: 1st trimester: 4.6 - 10.0 2nd & 3rd trimester: 4.6 - 18.5
Thyroid stimulating hormone (TSH) Method: CLIA/CLIA	2.19	µIU/mL	21 - 54 yr: 0.27 - 4.20 Pregnancy: 1st trimester: 0.33 - 4.00 2nd trimester: 0.35 - 4.10 3rd trimester: 0.21 - 3.15

Interpretation:

Suppressed TSH measurement has been used for screening for euthyroidism, screening, and diagnosis for hyperthyroidism and hypothyroidism. Suppressed TSH (<0.6 µIU/mL) suggest a diagnosis of hyperthyroidism and elevated concentration (>7µIU/mL) suggest hypothyroidism. TSH levels may be affected by acute illness and severe illness including elevations of glucocorticoids.

Normal to modest elevations in serum T3 and T4 levels indicates impaired thyroid hormone reserves and incipient hypothyroidism (subclinical hypothyroidism). A marked decrease in serum T3 and T4 indicates subclinical hyperthyroidism.

Suppression of TSH does not reflect the severity of hyperthyroidism, therefore, measurement of free thyroid hormone levels is required in patient with a suppressed TSH.

Free T4 is normal, free T3 should be checked as it is the first hormone to increase in early hyperthyroidism. The free T3 and free T4 measure concentrations of free thyroid hormones are not affected by changing in concentrations of binding proteins, therefore more reliable indicator of true thyroid status.

Note: These results should be interpreted only in the context of other laboratory findings and the total clinical status of the patient

END OF REPORT

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Fig 2 Date: 07 July 2023 after treatment-

TSH was 2.19 µIU/mL

DISCUSSION AND CONCLUSION:

The main objective of the study was to appraise the effectiveness of Homoeopathic medicines 'Sarcodes' in treating hypothyroidism. The limitations to prescribe sarcodes are because they are less proved and organ specific; so their range of actions are limited, hence should be used with caution. For proving its efficacy in more wide range we need further research studies. In the case mentioned above, the patient who received homoeopathic treatment did considerably better. Remedy was selected on the basis of symptom similarity after analyzing the repertorial totality.

CONFLICT OF INTEREST:

Author declares no conflict of interest.

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