



ALTERNATIVE MEDICINE METHODS IN THE MANAGEMENT OF AUTOIMMUNE THYROIDITIS

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Autoimmune thyroiditis is the leading cause of hypothyroidism in developed countries, primarily affecting women. It involves lymphocytic infiltration of the thyroid and the presence of anti-TPO and anti-thyroglobulin antibodies. The standard treatment consists of administering levothyroxine. To assess the efficacy and safety of alternative medical methods in the comprehensive management of autoimmune thyroiditis, based on current international scientific literature. A narrative literature review was conducted using PubMed (2015–2024), selecting clinical articles, meta-analyses, and randomized controlled trials on CAM therapies in Hashimoto's thyroiditis. Inclusion criteria involved studies evaluating hormonal parameters, autoantibody levels, symptom relief, and quality of life impact. Phytotherapy using *Nigella sativa* (1–2 g/day) has been shown in clinical studies to reduce anti-TPO levels and increased FT4 ($p < 0.05$). Acupuncture significantly decreased anti-TPO, anti-T3 and anti-TSH levels, with improvement of clinical symptoms; the effects on antibody levels were 10-15% stronger compared to levothyroxine monotherapy. Diet therapy, through gluten exclusion and the autoimmune paleo diet, led to normalization of TSH and reduction of antibody levels in 30-50% of cases; the average reduction in anti-TPO/anti-Tg levels was 20-40% and in approximately 20% of participants antibodies decreased to undetectable levels. CAM therapies may offer meaningful benefits in the management of autoimmune thyroiditis, particularly as adjuncts to conventional treatment. The lack of standardization and the heterogeneity of studies require caution, individualized standardization, supported by medical monitoring.

LONELINESS, ISOLATION AND ALCOHOL ADDICTION – PHENOMENOLOGICAL REMARKS

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Loneliness, isolation and alcohol addiction have complex relationship. This problem seems to be of importance for treatment and rehabilitation. In analysis of interviews based on descriptive phenomenology we use as a heuristic instrument two core characteristic features of the conscious experience of substance use, proposed by Messas – hyperpresentification and feelings of plenitude. According to literature review these seem to be an excellent conceptual framework for axial psychopathology of addictive disorders. Themes of isolation and loneliness frequently emerge during the interviews spontaneously or with little cues. Isolation is not always connected with subjective experience of loneliness, even sometimes an active desire to be isolated occurs. In some cases loneliness is predisposing factor, in other – perpetuating factor or result of this substance use disorder. Some patients share fear to stop using, because alcohol use facilitates communication. An exaggerated presentism leads to isolation and loneliness by cutting ties with past and with plans for a possible future. The state of plenitude negatively affects intersubjectivity, person is self-centred, residing in a simplified field of experience, where others are unnecessary, and complexity - unwanted. In the structure of experience of loneliness and isolation in people with alcohol use disorder the dialectic of anthropological proportions - hyperpresentification and plenitude, frequently plays significant role. If one takes in to account this, it would give opportunity to improved therapeutic interventions.