

## Spectrum of Thyroid Dysfunction in Bastar, Chhattisgarh: A Hospital Based Study

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### Abstract

**Background:** Thyroid disorder is most common endocrine abnormality in the general population and its prevalence increases with age. Thyroid disorder may occur at any stage of life. They are more commonly encountered in the mid age and adulthood. The screening of thyroid disorder is advised in high risk population. **Materials & Methods:** This hospital based cross-sectional study was conducted in Department of Biochemistry, Late Shree BRKM, Government Medical College, Jagdalpur. Thyroid parameters such as T3, T4 and TSH were measured by ELISA technique. **Results:** Among total 878 subjects 740 (84.28%) were female whereas 138 (15.71%) were male. The prevalence of thyroid dysfunction was 31.32% (n=275). The different patterns of thyroid dysfunction in Bastar Chattisgarh were: hypothyroid (15.94%), subclinical hypothyroid (6.71%), hyperthyroid (5.01%), and subclinical hyperthyroid (3.64%) respectively. Subjects having all thyroid parameters normal i.e. euthyroid were 68.67%. **Conclusion:** This study reveals a higher prevalence of thyroid dysfunction in Bastar region. This study recommends community based epidemiological studies on a regular basis to monitor thyroid dysfunction in the populations.