

Exploring Homeopathy In Addressing Adhd (Attention Deficit Hyperactivity Disorder)

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Abstract:

The incidence of Attention deficit Hyperactive Disorder (ADHD) is increasing day by day due to faulty mode of living in children. ADHD is one of the most common neuro developmental psychiatric disorders of childhood where children have significant problems of inattention, controlling impulsive behaviors and hyperactivity which are not proportionate to the person's age. It is often diagnosed in childhood and can last in adulthood also.

Introduction:

Besides obesity, hypertension and diabetes the fast-growing life style disorder of elders same as children being stress out by parents either by high expectation, early age freedom and fast paced development on academy, socially and personally gives birth to modern life style psychological disorder named ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER) a type of behavioural disorder. This creates environment of no space to explain what children want.

Keywords: ADHD, Attention Deficit Hyperactivity Disorder, Behaviour disorder, Neuro development psychiatric disorder

Definition:

ADHD is described as a neuro developmental disorder with a persistent behavioral pattern of severe inattention and or hyperactivity or impulsivity. This definition includes an environment of no space to explain what children want.

Types of ADHD

1. Predominantly inattentive
2. Predominantly impulsive or hyperactive
3. Combination of the above

Causes of ADHD:

The environmental risks are biological and most often exert their effects in the prenatal period. However, in rare cases a single cause may be present, such as traumatic brain injury exposure to biohazards during pregnancy, a major genetic mutation or extreme environmental deprivation very early in life. Other than this:

1. Early and easy availability of smartphone's and tablets distracted the mind of kids from study and sports;
2. No outdoor sports activity;

3. Easily hyped up and stressed out with fraction of the rest.
4. Racing for competition

SIGNS AND SYMPTOMS

The signs and symptoms can be difficult to define, as it is hard to draw a line at where normal levels of inattention, hyperactivity, and impulsivity end and significant levels requiring interventions begin.

ADHD red flags:

- a. Aggression towards caregivers, objects or both
- b. Self-injury by bite themselves, scratch themselves, bang their heads against a wall or kick objects in an attempt to hurt their foot
- c. Children with frequent and very long tantrums are at risk of serious psychiatric problems.
- d. Inability to calm oneself after tantrum

ADHD can be associated with disorder like Learning disabilities, conduct disorder include anti social behaviour like stubbornness, aggression, and frequent temper tantrum, deceitfulness, lying and stealing, Mood disorder, obsessive compulsive disorder, restless leg syndrome, sleep disorder like insomnia, bed wetting

Diagnosis of ADHD:

ADHD is diagnosed by an assessment of a person's behavioral and mental development, including ruling out the effects medications, and other medical or psychiatric problems. The diagnosis often includes feedback from parents and teachers with most diagnoses begun after a teacher raises concerns.

Apart from that Child Behavior Checklist (CBCL) used for parents to rate their child's behaviors, the Youth Self Report Form (YSR) used for children to rate their own behavior, and the Teacher Report Form (TRF) used for teachers to rate their pupil's behavior are use for diagnosis of ADHD child.

Conventional mode of treatment includes:

1. **Stimulant medications** like methylphenidate or amphetamine compounds as the first-line of treatment of ADHD due to extensive effectiveness and safety.
2. **Nonstimulant medications**, including atomoxetine (norepinephrine-reuptake inhibitor), guanfacine, or clonidine (alpha agonists), for children who do not response to stimulant medication or having medication abuse or diversion, and coexisting tic or sleep problems.

Homoeopathic view:

"Mind is key to man" i.e. whatever we do, any of the activity it directly impacted on our physical. So the totality of symptoms in regards to mental generals and physical general should be considered.

Hahnemann in his 6th edition of organon in *aphorisms* § 210-230 describes about mental diseases and its treatment. He gives guidelines of using non antipsoric, antipsoric and psychotherapy.

Dr. Hahnemann considers *mental disease as one-sided diseases* of the chronic type *affecting the whole psycho-somatic entity where the brunt of derangement has been shifted on the mental aspect of the human organism after the physical disturbances have been suppressed by non homoeopathic treatment or through some other natural causes.*

The above maintaining cause like fault of education, bad practises and neglect of mind or ignorance...leads to the development of mental diseases (**Aphorism- 224**).

Homoeopathic way of tackling mental disorder children:

1. Keep eye on child by age group of 6yr to 12 yrs.
2. Besides providing cell phones or smart phones get engage them more on regular physical activities
3. Combination of counselling, life style changes and medications.
4. Parenting and education. More investment of time and energy of parents, in early childhood.
5. Teachers need to make learning for these children applicable to their lives and interactive in nature. They need to be taught in multiple learning formats like simultaneous use of listening, speaking, reading, pictures and interactive activities that challenge and engage this population and gives them a feeling of ownership in their process of learning.
6. As a counselling part psychological therapies like behavioural, inter personal psychotherapy, family therapy as written in **Aphorism- 226** - Display of confidence, friendly exhort, sensible advice with appropriate diet and regimen can help in treating such kind of patients.

Clinically diagnosed ADHD often warrants allopathic drug treatment on a prolonged basis and help them to modify their behaviour and achieve their academic goals. But sometimes children act doped-up and lose the good side of their hyperactivity. They are not getting most striking improvement for long time (**Aphorism- 230**).

Here the role of homoeopathy starts. Symptoms start with complaints from school; teachers and friends as kid have noisy fight with playmates, repeated minor accidents, abrupt answering hyperactivity and many more.

Unlike conventional medicine, Masters Homeopathy seeks to treat each child as an INDIVIDUAL. The remedy must reflect everything about the child's disposition particularly noted along with SYMPTOM TOTALITY (**Aphorism-210**).

The most important part of dealing patient in homoeopathy is to take the detailed case history (**Aphorism- 218**) about the health of the child and the family, the pregnancy and delivery, early development, vaccinations, life events, schooling, favourite foods, drinks to mention just a few points. The more information gathered, the easier it is to find that tailor-made remedy.

Being fundamental cause, mental disease is Psoric miasm, so patient should be subjected to a radical anti Psoric treatment (**Aphorism- 227**)

As written in **Aphorism- 221** The first place of proved medicaments indicated for suddenly broken out patient like Aconite, Belladonna, Stramonium, Hyoscymus, Mercury etc. in highly potentised, minute, homoeopathic doses.

Along this continuum of normalcy to hyperactivity and inattention are full blown symptoms of ADHD, it becomes difficult for the parents, teachers and

Other associated with children, when to suspect ADHD.

In long term follow up from childhood to adulthood about 1/3rd shows significant improvement but a significant 2/3rd continue as adult ADHD subjects. The symptoms shift more towards inattention than hyperactivity or more distressing condition like anxiety and depression. It concludes that ADHD can be life time distressing condition, if not treated on time.

Rubrics which relate the symptoms of ADHD and can help in selection of constitutional remedies are given in Kent repertory:

- a. Anger, irascibility: Acon., Anac., Bry., Cham., Hepar., Ign., Kali-c., Kali-s., Lyc., Nat-m., Nit-ac., Nux-v., Petr., Sep., Staph., Sulph.,
- b. Conscientious about trifle: Ign., Sil.,
- c. Contradict disposition to: Hep.
- d. Contradiction intolerant of: Ambr., Ign., Nat-m.,
- e. Destructiveness: Bell., Hyos., Stram., Tarent., Vert.,
- f. Discontented, dissatisfied: Anac., Calc-p., Merc., Nat-m., Sulp.,
- g. Disobedience: Tarent.,
- h. Escape attempt to: Bell., Hyos.,
- i. Frightened easily: Arg-n., Ars., Bar-c., Lyco., Nat-m., Stram.,
- j. Hurry: Nat-m., Sulph., Tarent., Stram.
- k. Loquacity: Hyos., Lach., Stram.,
- l. Mischievous: Hyos.
- m. Obstinate: Alum., Arg-n., Bell., Calc., Cham., Nux-v., Tarent.,
- n. Quarrelsome: Aur., Ign., Nux-v., Sulph., Tarent.,
- o. Restlessness: Acon., Arg-n., Ars., Bell., Calc., Hyos., Lyco., Merc., Puls., Sep., Sili., Stram., Sulph., Tarent.,
- p. Violent, vehement: Aur., Bell., Cic., Hyos., Nux-v., Stram.,

Homoeopathic medicines for ADHD:

1. **Aconite** - Acute, Violent, Sudden, Nervous and Emotional tension. Fear Frantic, Screaming, Anxiety and Restlessness.
2. **Arsenic Album** – Insecurity, Dependency, Desire Company, Possessiveness, Fastidiousness, Anxiety.
3. **Belladonna** - Furious Excitement, Wildly Delirious, Excited Ferocious, Desire to escape or hide himself. Quarrelsome.
4. **Hepar sulph** –Hyperactive, Oversensitive, Abusive, Immediate reactive. Anguish with thoughts of suicide. The slightest cause irritates him. Dejected and sad. Ferocious. Hasty speech.
5. **Hyoscymus** - Violent, Jealousy, Suspicious, Obsessive, Erotic, Insanity, Delirium tremens, Fear of being alone, being pursued, Restless, Desire to strike, fight, insult and scold.
6. **Mercury** – Instability, Insufficiency in action, Impulsivity, Hurried in speech. Nervous with tremor, Violent, Hurried impulses. Restless, Indifference to everything. Slow in answering questions. Memory weak. Precocious. Filthy in mind and body. Mischievous.
7. **Stramonium** – Sudden Violent insanity, Persistent disorder of mental faculty. Hallucinations. Terror. Ceaseless talking. Dread of darkness. Loss of reason or speech. Does all sorts of crazy things. Wildly excited. Violent speech.
8. **Sanicula** - Irritable, Unstable, never sticks long at anything, Obstinate and difficult to control.
9. **Chamomilla** child goes from one person to another is never completely still, never at peace. Emotional, Temperamental and oversensitive. Ugly in behaviour, cross and Uncivil, Quarrelsome, vexed at trifle.
10. **Tarentula Hispania** - Tarentism, Restlessness, Hysteria, chorea dances up and down, Screaming. Destructive, Insanity, Erratic. Impulsive. Symptoms suddenly appear with violence.

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