

ADHD and its Homoeopathic Management

Rubaljeet Kaur

PG Scholar, Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, Punjab, India

Abstract: ADHD is a long - term (chronic) brain condition that causes executive dysfunction, which means it disrupts a person's ability to manage their own emotions, thoughts and actions. Children suffering from ADHD have difficulty with inattention, hyperactivity, impulsivity. ADHD affect the lives of children. To improve the lives of children suffering from ADHD homoeopathy plays a important role. Nowadays many parents are shifting towards homoeopathy due to its good results and limited side effects as compare to modern medicine which have many side effects. In this article, we will study ADHD and how homoeopathy helps in managing ADHD.

Keywords: ADHD, Homoeopathy, Inattention, Hyperactive, Impulsive

1. Introduction

ADHD stands for Attention - deficit/hyperactivity disorder. ADHD is one of the most common childhood neurodevelopmental disorders. It happens in children and teens and can continue into adulthood. A person with ADHD has differences in brain development and brain activity, due to this, children with ADHD often have difficulty with Inattention, Hyperactivity and Impulsivity.

Types of ADHD:

There are three types of ADHD:

- Predominantly inattentive presentation.
- Predominantly hyperactive/impulsive presentation.
- Combined presentation.

Inattentive type

Inattentive refers to challenges with staying on task, focusing, and organization. They are Easily distracted, have trouble paying attention, have trouble following directions, are slow to process information, have shy or withdrawn behaviour, seems disorganised or careless and have trouble following through with tasks.

Hyperactive/impulsive type

This type show issues with hyperactivity and impulsivity and may show less obvious trouble with paying attention. They are overactive, restless, excessively talkative, frequently interrupt others, have difficulty waiting for their turns, have impulsive speech and actions, have loud interactions with others.

Combined type

This combined type of ADHD display both inattentive and hyperactive symptoms. These include an inability to pay attention, a tendency toward impulsiveness, and above - average levels of activity and energy. [1]

Causes:

Scientists has yet not identified any specific cause for ADHD, but according to recent studies genetic factor is considered one of the main factor causing ADHD.

There are many other factors like:

- Birth injury
- Environment factors
- Low birth weight or premature birth
- Smoking and drinking alcohol during pregnancy. [2]

Pathology

Attention Deficit Hyperactive Disorder (ADHD):

Pathogenesis and clinical findings

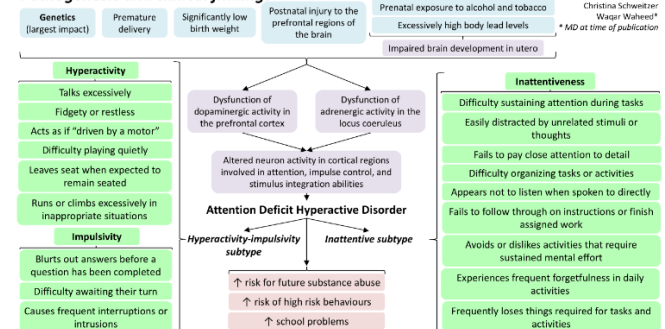


Figure 1: Pathology and clinical findings of ADHD

Diagnosis:

ADHD is diagnosed by an assessment of a person's behavioural and mental development, including ruling out the effects of drugs, medications, and other medical or psychiatric problems as explanations for the symptoms. DSM criteria is also used in diagnosis of ADHD. **DSM - 5 - TR** The American Psychiatric Association has defined consensus criteria for the diagnosis of ADHD. For children <17 years, the DSM - 5 - TR diagnosis of ADHD requires ≥ 6 symptoms of hyperactivity and impulsivity or ≥ 6 symptoms of inattention. For adolescent's ≥ 17 years and adults, ≥ 5 symptoms of hyperactivity and impulsivity or ≥ 5 symptoms of inattention are required.

- The symptoms of hyperactivity/impulsivity or inattention must occur often.
- Be present in more than one setting (eg, school and home).
- Persist for at least six months.
- Be present before the age of 12 years.
- Impair function in academic, social, or occupational activities.
- Be excessive for the developmental level of the child. [3]

Management:

Management of ADHD consists of medications and counselling. Medications consists of stimulants and antidepressants which are better for long term outcome.

Homoeopathic management:

Baryta Carb: works wonders in treating concentration difficulties in children. Children who need Baryta Carb cannot concentrate or pay attention to any work. Difficulty in concentrating during studies. Loss of memory, weakness.

Irresolute. Lost confidence in himself. Senile dementia. Confusion. Bashful. Aversion to strangers. Childish; grief over trifles.

Veratrum album: Melancholy, with stupor and mania. Sits in a stupid manner; notices nothing; Sullen indifference. Frenzy of excitement; shrieks, curses. Puerperal mania. Aimless wandering from home. Delusions of impending misfortunes. Mania, with desire to cut and tear things. Attacks of pain, with delirium driving to madness. Cursing, howling all night. A perfect picture of collapse, with extreme coldness, blueness, and weakness, is offered by this drug. Post-operative shock with cold sweat on forehead, pale face, rapid, feeble pulse. Cold perspiration on the forehead, with nearly all complaints. Vomiting, purging, and cramps in extremities. The profuse, violent retching and vomiting is most characteristic. Surgical shock. Excessive dryness of all mucous surfaces. "Coprophagia" violent mania alternates with silence and refusal to talk

Chamomilla: homeopathic medicine that are used to treat anger outbursts in children with ADHD. Symptoms of anger with irritable and cross behavior The child may also be spiteful and snappish. Whining restlessness. Child wants many things which he refuses again. Piteous moaning because he cannot have what he wants. Child can only be quieted when carried about and petted constantly. Impatient, intolerant of being spoken to or interrupted; extremely sensitive to every pain; always complaining. Spiteful, snappish. Complaints from anger and vexation.

Cina: This is a children's remedy big, fat, rosy, scrofulous, corresponding to many conditions that may be referred to intestinal irritation, such as worms and accompanying complaints. An irritability of temper, variable appetite, grinding of teeth, and even convulsions, with screams and violent jerkings of the hands and feet, are all within its range of action. The Cina patient is hungry, cross, ugly, and wants to be rocked. Pain in shocks. Skin sensitive to touch. Ill-humor. Child very cross; does not want to be touched, or crossed, or carried. Desires many things, but rejects everything offered. Abnormal consciousness, as if having committed some evil deed. Twitching and jerking distortion of limbs, trembling. Paralyzed shocks; patient will jump suddenly, as though in pain. Child throws arms from side to side. Nocturnal convulsions. Sudden inward jerking of fingers of right hand. Child stretches out feet spasmodically. Left foot in constant spasmodic motion. [4]

Lycopodium Clavatum: children show difficulty with concentration during reading and conversation. They also tend to be confused and display traits of low selfconfidence Melancholy; afraid to be alone. Little things annoy, Extremely sensitive. Averse to undertaking new things. Head strong and haughty when sick. Loss of self-confidence. Hurried when eating. Constant fear of breaking down under stress. Apprehensive. Weak memory, confused thoughts; spells or writes wrong words and syllables. Failing brain-power. Cannot bear to see anything new. Cannot read what he writes. Sadness in morning on awaking.

Stramonium: to reduce aggressive or violent behavior, posttraumatic stress disorder, or other forms of anxiety, in homeopathic doses.

Coffea Cruda: combat sleeplessness and racing thoughts in children and adults with ADHD. Oversensitiveness; all the senses more acute, sight, hearing, smell, taste, touch. Coffea Cruda has Unusual activity of mind and body. Full of ideas; quick to act, no sleep on this account.

Hyoscyamus Niger: is the homeopathic medicine that are used to control impulsive behavior in children. Disturbs the nervous system profoundly. mania of a quarrelsome and obscene character. Inclined to be unseemly and immodest in acts, gestures and expressions. Very talkative, and persists in stripping herself, or uncovering genitals. Is jealous, afraid of being poisoned, etc. Great hilarity; inclined to laugh at everything. Delirium, with attempt to run away. Low, muttering speech; constant carphologia, deep stupor.

Tarentula Hispanica: is used when a child is hyperactive with marked restlessness and impatience. Remarkable nervous phenomena; hysteria with chlorosis; chorea, dysmenorrhœa, spinal irritability. Bladder tenesmus. Constriction sensations. Formication; Extreme restlessness; must keep in constant motion even though walking aggravates. Hysterical epilepsy. Sudden alteration of mood. Foxy. Destructive impulses; moral relaxation. Ungrateful, discontented. Guided by whims. Twitching and jerking. Yawning with uneasiness of legs, must move them constantly. Extraordinary contractions and movements. [5]

2. Conclusion

ADHD is a neurological disorder in children due to which some children phase challenges in doing daily activities and this affect their lifestyle. With the help of homoeopathic medicine, we can improve their lifestyle because homoeopathic medicine acts on dynamic level and is prescribed on the basis of holistic approach considering the law similia similibus currentur. Homoeopathy has a vast materia medica which gives us a chance to find the most similimum medicine for the patient suffering from ADHD and help them to live a healthy life.

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Author Profile

Rubaljeet Kaur, PG Scholar, Sri Guru Nanak Dev Homoeopathic Medical College And Hospital, Ludhiana, Punjab