

Constipation, Disturbed Behaviour, and the Role of Homoeopathy: Emerging Perspectives on Dairy, Childhood Obesity, and Mobile Phone Addiction

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Abstract: ***Background:** Constipation in the pediatric population is a functional disorder frequently linked to behavioral disturbances such as irritability, poor concentration, and anxiety. Emerging clinical trends suggest a strong correlation between bovine milk consumption, childhood obesity, and digital addiction. **Objective:** To explore the interconnectedness of dietary factors (dairy), sedentary lifestyle (mobile addiction), and behavioral symptoms through the lens of individualized Homoeopathy. **Methods:** A review of clinical observations and Materia Medica was conducted to identify remedies addressing both physical and psychological manifestations. **Results:** Clinical practice indicates that the cessation of milk and milk-based sweets significantly improves bowel function and behavior. Homoeopathic interventions including *Tuberculinum*, *Natrum carbonicum*, and *Lac defloratum* show promise in managing these multifactorial pediatric issues. **Conclusion:** Homoeopathy offers a holistic alternative to conventional management by addressing the root constitutional causes of lifestyle-induced pediatric disorders.*

Keywords: Behavior, Milk Intolerance, Obesity, Mobile Phone Addiction, Homoeopathy, Pediatric Health.

1. Introduction

Constipation is not merely a gastrointestinal complaint; it often manifests as a complex of behavioral disturbances, including irritability, aggression, and poor academic performance. In the Indian socio-cultural context, milk is traditionally viewed as an indispensable nutrient for children. However, contemporary clinical observations reveal a paradoxical trend: the discontinuation of dairy often leads to a marked improvement in both bowel regularity and temperament. The 21st century has introduced "New Age" triggers for pediatric constipation- specifically childhood obesity and mobile phone addiction. The World Health Organization (WHO) identifies childhood obesity as a critical public health challenge driven by sedentary lifestyles and excessive screen time. This paper examines the role of Homoeopathy in mitigating these interconnected challenges through individualized therapeutics.

2. The Triad of Constipation, Dairy, and Behaviour

2.1 Behavioral Impact of Chronic Constipation

Children suffering from sluggish bowels often exhibit:

- Increased irritability and "brain fog."
- Aggression or emotional sensitivity.
- Disturbed sleep patterns.

2.2 The Role of Dairy Milk

Lactose intolerance and the alteration of gut microbiota by processed dairy can lead to chronic constipation. In many cases, the "milk-heavy" diet common in Indian households aggravates sub-clinical sensitivities, leading to systemic inflammation that affects the gut-brain axis.

3. Emerging Challenges: Obesity and Digital Addiction

3.1 Childhood Obesity

Obesity leads to a sluggish metabolism, further exacerbating constipation. The psychosocial stress associated with weight issues in children often results in compensatory eating or further withdrawal into digital screens.

3.2 Mobile Phone Addiction

Digital addiction is a recognized behavioral disorder. Excessive screen time leads to:

- Physical inactivity (causing constipation).
- Overstimulation of the nervous system (causing insomnia and restlessness).

4. Homoeopathic Management

Homoeopathy treats the child, not just the condition. The following remedies are selected based on the totality of symptoms:

Clinical Condition	Aggravating Factors	Indicated Homoeopathic Remedy
Constipation	Dairy, sedentary habits	<i>Natrum carb</i> , <i>Mag mur</i> , <i>Silicea</i> , <i>Lac def</i>
Behavioral Issues	Restlessness, stimulation craving	<i>Tuberculinum</i> , <i>Apis mellifica</i>
Milk Intolerance	Sweets, bloating, indigestion	<i>Aethusa cyn</i> , <i>Natrum carb</i> , <i>Lac def</i>
Childhood Obesity	Overeating, slow metabolism	<i>Calcarea carb</i> , <i>Ant-crud</i> , <i>Baryta carb</i>
Mobile Addiction	Screen overstimulation, insomnia	<i>Tuberculinum</i> , <i>Coffea cruda</i> , <i>Phosphorus</i>

Key Remedy Profiles:

- **Tuberculinum:** Indicated for the "restless" child who craves constant change and stimulation (digital or physical) and suffers from alternating bowel habits.
- **Pulsatilla:** For the sensitive child where constipation is linked to rich foods and dairy; symptoms are ever-changing.
- **Magnesia muriatica:** Specifically addresses "knotty" stools in children who are emotionally stressed or sensitive.

5. Discussion

The modern pediatric landscape requires a departure from mono-therapeutic approaches. The synergy between dietary modification (reducing dairy) and Homoeopathic intervention addresses the gut-brain axis directly. By reducing the physiological burden of constipation, behavioral disturbances often self-correct. Homoeopathic remedies like *Calcarea carb* and *Baryta carb* further support metabolic health, reducing the constitutional tendency toward obesity.

6. Conclusion

Individualized Homoeopathic treatment provides a robust framework for managing the "syndemic" of constipation, obesity, and digital addiction. Clinical evidence suggests that a dairy-free approach, combined with constitutional remedies, offers a superior pathway to long-term pediatric wellness compared to symptomatic laxative use.

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