

# Clinical Assessment of Internet Addiction in Children from Screen to Symptoms - A Homoeopathic Case Study

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**Abstract:** *Internet addiction disorder is characterized by excessive or poorly controlled. Pre occupation, urges, or behaviors regardless computer use and internet access that led to impairment a distress. Internet addiction disorder is classified under F638(other habit and impulse disorders) ICD11 6C51 -Gaming disorder it includes both online and offline gaming. The prevalence rate is high in Asian countries. Homoeopathic treatment is based on a holistic approach and individualization; it does not have any adverse effects. The article provides information on the management of Similimum in internet addiction disorder using homoeopathy.*

**Keywords:** Internet addiction, disorder, psychological impact, homoeopathy

- **Incidence rate:** Higher in Asian countries have more incidence rate. young adults use internet for three hours a day the Prevalence rate is between 8% and 26%.
- Teenagers and young adults found three time more on online like social media and online gaming.

## Risk Factor for Internet Addiction Disorder

- Parental risk factors- less education, permissive parenting, parent smart phone addiction.

## Epidemiology

- It occurs mostly in countries where computer access and technologies are developed
- It has an estimate of 3 to 9 percent of us population

## Classification of Internet Addiction

Young (1998) defined internet addiction to following 5 subtype

- 1) **Cyber-sexual addiction:** Watch, download, and trade pornographic content online.
- 2) **Cyber-relational Addiction:** They Involvement in online relationships (chat rooms, social networks) and valued more than real relationships.
- 3) **Net compulsion:** Online trading, gambling, and shopping.
- 4) **Information overload:** Extensive information seeking and database use on the internet.

## Computer addiction

- Spending too much time on computer gamer.
- Addiction to a substance and addiction to behaviour have similar effect on behavioural pallant emotion and physiology

**Substance addiction:** Getting pleasure by using products ingested into the body, such as drugs and food.

**Behavioral process addiction:** Pathological behavior in which individuals altan pleasure and dependent on it.

## Pathological and Behavior R Markers of Internet Addiction Disorder

Great screen time lead to developmental delays. Headaches are also present. The physical problem include sleep problems, inactivity, problematic eyesight, negative muscular developmental effects. There is dopamine and reward centre activation in brain. there is structural and functional impairment in orbito frontal cortex, dorsolateral prefrontal cortex, anterior cingulated cortex, and Posterior cingulated cortex.

Altered relationship between Dorsolateral frontal cortex and anterior cingulated cortex.

## Clinical Assessment of Internet Addiction Disorder

- 1) Most common used tools are internet addiction test
  - Young internet addiction test.
  - The chins internet addiction scale.
- 2) The IAT is 20 item self report scale which depends on compulsive loss of control, negative impact and neglect daily routine.
- 3) It is assessed through 8 yes or no questions which score more han 5 were classified as pathological.

## Clinical Diagnosis

- 1) History from patients
- 2) Behavior
- 3) Functional disturbance

## Diagnosis Based on Youngs Criteria

- 1) Preoccupation with internet use
- 2) Withdrawal symptoms when internet is restricted
- 3) Loss of control
- 4) Time line spends beyond intention
- 5) Loss of internet on offline activities
- 6) Deception –lying to parents about usage

## Case Study

Patient of age 10 years came to the clinic with the symptoms of irritability. Impulsiveness decrease concentration and

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disturbed sleep with excessive use of internet. Initially he started using internet for online games. Later on, he became addicted to it and can't stop using it. He continuously browse for hours for online games and various other purposes. When

his parents questioned about it he became irritated and started getting angry for silly matters. He cannot concentrate in studies and started scoring least marks in exam. So his parents consulted a doctor and found he is addicted to it.

Date	Behavior	Mobile Gaming Disorder	Prescription
19 September 2025	Anger Violent Impulsive	Frequency 5 - 10 times Duration 10 - 12 hours	Heparsulph 200
3 october 2025	Anger slightly improved	Frequency 2 – 5 times Duration 6 hours	Placebo 14 days
24 october 2025	Anger improved	Frequency 3 times Duration 2 hours	Placebo 14 days

Remedy	Hep	Ars	Carc	Ph-ac	Acon	Aeth	Am-c	Arg-n	Aster	Aur	Bar-c	Camph	Cere-b	Cham	Choc	Cic
Covered	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1
Totality	4	3	2	2	2	2	1	3	1	2	2	1	1	3	1	2
1.MIND, ANGER, irascibility, c..	I		I		II									III		
2.MIND, CONCENTRATION, di..			I	I		II	I				II					
3.MIND, IMPULSIVE	I	II						III		II		I	I		I	II
4.SLEEP, DISTURBED, child b..																
5.STOMACH, DESIRES, pung..	II		I									II	II		II	I

**Prevention and Management of Internet Addition among Children and Adolescents**

Children and adolescents need education about the harm of Internet addiction. These hams include reduced physical exercise and more irregular eating and sleep habits. They also develop symptoms of inferiority, anxiety, depression, and negative moods. Impaired daily functioning with Internet addiction commonly included ignoring school study, work, family, social interactions, and life planning. If children and adolescents and it difficult to control themselves from problemation compulsive use of the internet, they need to seek help from parents and experts. Targeted early prevention of internet addiction is also needed for high-risk groups with preexisting attention deficit and hyperactivity disorder (ADHD), depression, anxiety, and substance use disorders

- 9) Medorrhinum 1000: Helps those who forget names, spellings, and even their own identity.
- 10) Kali Phos: An excellent remedy for weak memory due to mental exertion.
- 11) Kali Bromatum: For complete memory loss, marked restlessness, and sleep disturbances.
- 12) Nux Moschata: For absent-mindedness, forgetfulness, and sleep disturbances.
- 13) Phosphoric Acid: Suited for those brooding about the past and future, with an aversion to talking.
- 14) Sulphur: Ideal for absent-mindedness, difficulty in concentrating, and making mistakes in speaking or writing.

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**Homoeopathic Medicines are Effective for Internet Addiction**

- 1) Anacardium Orientale: For sudden memory loss, especially under stress, and lack of confidence. Useful for anxious students and cases of senile dementia.
- 2) Ambra Grisea: Ideal for shy, timid individuals with forgetfulness and difficulty in understanding or calculations.
- 3) Baryta Carb: Recommended for children with weak memory in studies, difficulty in concentration, and slow learning.
- 4) Cannabis Indica: Effective for forgetfulness in conversation and difficulty in memorizing word.
- 5) Ginkgo Biloba: Increases blood circulation to the head, aiding in memory loss treatment.
- 6) Lac Caninum: For forgetfulness while writing, using wrong words and omitting letters.
- 7) Lycopodium Clavatum: Suits those with gradual memory loss, confusion, dyslexia, and behavioral issues.
- 8) Helleborus Niger: For apathy, dullness, and poor concentration.

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