

# Teething Troubles in Children & its Homoeopathic Management

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**Abstract:** *Teething is a common physical growth process in early childhood. The primary dentition generally occurs between 6 to 24 months of age. Many short term problems occur during this phase such as Diarrhoea, Irritability, Sleeplessness, Drooling of Saliva, Cold and Rashes etc. Homoeopathy plays an important role in teething troubles in children. Diarrhoea has been seen as the most common symptom associated with teething. Antibiotic abuse directly affects the immunity where as Homoeopathy enhances the immune system of the child. Symptom similarity was the basis of prescription in any kind of disease condition. So in dentition too, the troublesome symptoms are to be considered in forming a totality on the basis of which, similimum is to be selected.*

**Keywords:** Dentition, Diarrhoea, Homoeopathy, Immunity

## 1. Introduction

Teething is a process in which an infant's first teeth, the "deciduous teeth" starts appearing sequentially, typically in pairs. They usually start appearing from 4<sup>th</sup>- 8<sup>th</sup> month but may be different in different individual. The following is the general order of eruption of primary teeth:

- Central incisors: 6-12 months of age
- Lateral incisors: 9-16 months of age
- Canine teeth: 16-23 months of age
- First molars: 13-19 months of age
- Second molars: 22-24 months of age

Teething comes with many symptoms which differ from baby to baby.

These may include:

- 1) Irritability and fussiness
- 2) Sleepless night
- 3) Desire to chew on hard things
- 4) Drooling of saliva
- 5) Diarrhoea
- 6) Rashes
- 7) Cold

Most parents complaint of cold and diarrhoea during their child's dentition phase. Dentition and Diarrhoea specifically are to be considered separate issue but they are inter-related. The Medical fraternity still holds a conflict about the relationship of these two but we cannot neglect the simultaneous occurrence of dentition and diarrhoea in majority of our little patients.

### What happens during teething?

A proven fact is that a neonate receives its immunity from its mother via placenta in its gestation days. It starts developing its own immune system (the acquired one) around this age (6<sup>th</sup> month) and hence, becomes vulnerable to many minor natural illnesses.

For immunity to develop in a perfect way, body needs an exposure to certain substances and circumstances. This logic is applied in the "concept of vaccination" talked about in different literatures. And yes, this was the exact reason why people of older generation used to feel glad about their children being infected with diseases like chickenpox and measles which are now forbidden. They were not less caring.

### Allopathic treatment in Dentition

The basic mechanism of allopathic medication given to control diarrhoea or cold (anti-allergens) is that it acts on the immune system to create a barrier for the antigens reducing the reactionary symptoms produced by the body's immune cells ultimately affecting the immunity which is to be developed by the body at this time. So, basically, the immunity which is to be built in this time-taking natural process is suddenly being compromised of the exposure it is supposed to get. This very well explains the complaints of the parents that their children have low immunity and them getting sick so often.

### Homoeopathic treatment for Dentition

Homoeopathy, on the other hand, works directly on the immune system raising its potential to fight such minor illnesses on its own making the immune system stronger and body healthier. Some common homoeopathic remedies for diarrhoea during dentition:

**Aconitum napellus:** If teething is very painful, and the baby seems agitated or fearful, this remedy can often bring relief. The baby's face may be flushed, the gums may look inflamed, and sleep can be very restless.

**Belladonna:** Intense inflammation and gum pain, with flushing of the face and a feeling of heat, often indicate a need for this remedy. The baby is restless, easily startled, and may tend to cry out during sleep.

**Calcarea carbonica:** If teething is late to begin, then slow and difficult, this remedy can be helpful. The baby may seem sad or anxious with the pain, making chewing motions and pressing his gums together, often even while sleeping. Babies who need this remedy are usually chubby, slow to learn to crawl or walk, and their heads often sweat during naps or sleep at night.

**Calcarea phosphoric:** Dentition is delayed. These children have picky eating habits, and stomach-aches are other indications. A child who needs this remedy often is allergic to many foods and may tend toward early tooth decay.

**Chamomilla:** This remedy is often indicated when a child seems extremely irritable or angry and the pain appears to be unbearable. Babies may feel agitated, scream and hit, and want to be carried. Greenish diarrhoea that occurs because of teething stress is another indication for Chamomilla.

**Coffea cruda:** This remedy can be helpful when a child seems excitable and has trouble sleeping because of teething pain. Distressing pain in the gums often is relieved by holding something cold on them.

**Ignatia:** If a child seems very emotional, upset, or sad because of teething, this remedy may bring relief. The baby's sleep may be light and restless, with jerking or twitching in the arms and legs.

**Kreosotum:** This remedy may be helpful if the child has irritating saliva and severe discomfort during teething. Teeth that decay soon after coming in often indicate a need for Kreosotum.

**Magnesia phosphoric:** This remedy is often helpful for painful teething, relieved by pressing on the painful area and by heat. The baby may seem happier when drinking something warm from a cup or bottle, or when biting down on an object. A warm washcloth or hot water bottle held against the cheek may also help relieve the pain.

**Phytolacca:** This remedy may be indicated if a baby with teething pain constantly presses his or her gums together very hard, or tries to bite down on anything in reach.

**Pulsatilla:** A baby who is very tearful during teething and wants to be constantly held and comforted may respond to this remedy. Biting on something cold may help and warmth increases discomfort. Cool food and drinks or being out in open air also bring improvement.

**Silicea:** Slow, difficult teething that makes the baby tired and nervous may be helped by this remedy. Children who need *Silica* often have fine hair and seem a little delicate, with low resistance to colds or other illnesses.

**Sulphur:** This remedy may be indicated if a reddish irritation or rash develops on the baby's chin or diaper area during teething episodes. Diarrhoea (often whitish) may occur because of stress. The baby is irritable and anxious, feeling worse from being warm.

## 2. Conclusion

Dentition has been associated with a lot of unrelated symptoms like Diarrhoea, Cold, Sleeplessness, and Drooling of Saliva. The most common complaint of Diarrhoea during dentition is still unexplained medically by the conventional school. But it has been recurrently observed in many children and holds a lot of importance in Homoeopathy. It is supposed to have a direct relation with the developing immunity of the child. Homoeopathic medicines enhance the child's immune system and do not suppress these unrelated symptoms observed during dentition. Antibiotics suppress these symptoms and become an obstacle to the developing immune system. We have a number of medicines in Homoeopathy which cover majority of the symptoms occurring during teething very efficiently.

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