

Homoeopathy in Behavior Problems Due to Bad Effect of Mobile Phone in Children in 6 to 12 Years Age

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Abstract: Mobile phones are now adays an important part of our life. Number of peoples using mobile phones increasing day by day. The children mobile phone for internet surfing, gaming, and social networking. Children who use a mobile phone daily display more behavior problems such as hyperactivity, inattentiveness restlessness, frustration and out bursts of temper. Homeopathy considers each child as being different from another child. What causes a problem in one may not cause it in another. Homeopathy also assesses each child and treats them individually, based on their unique, characteristic temperament and presenting, or latent symptoms. Homeopathy aims to improve a child's behavior and learning ability by giving a suitable remedy that boosts bowel function as well as improves metabolic and brain function. A prospective randomized clinical study was carried out at Matoshri Homoeopathic clinic, Sangamner. Cases were followed up to six month and assessment was done once in a months. This study includes. That individualized constitutional Homoeopathic remedy was effective in management of Behavioral Changes in children due to bad effect of mobile phones. **Objectives:** This study is aimed at arriving to a viable homoeopathic solution by constitutional remedy for treatment of different Behaviour problems in children due to bad effect of mobile phones. **Result:** The use constitutional Homoeopathic remedy has beneficial effects not only in solving behaviour problems in children but also improving physical health of them. **Conclusion:** From the above results and observations it is concluded that constitutional Homoeopathic remedies like Tarentulahisp.30 , Chamomila30, Staphysagria 30 are helpful in treating behavioural problems in children due to bad effects of mobile phones. No adverse effects were recorded during Homoeopathic treatment. It is concluded from the percentage of symptomatic relief (45 % to90 %) that constitutional Homoeopathicis much useful in treating behavioural changes in children.

1. Introduction

Mobile phones have become a wide spread phenomenon in the present time. In families where both parents are working and just do not have, give and/ or provide quality time for their kids.

So many children are engage in mobile phones. They can do anything from a standard phones call to surf the internet, gaming. The predictive factors of smart phone addiction were daily mobile phone and social networking service use duration, and the awareness of game overuse.

Many of today's children are suggested to symbolize the three classical signs of Attention-Deficit Hyperactivity Disorder (ADHD) i.e. hyperactivity, distractible temperament and impulsive tendencies.

Behavioral specialists suggest that there may be a possible 'connection' between the 'amount' of time children spend on mobile games. The children also encompass their 'trouble' while paying attention in school and academics.

Talking about safe and side-effect free treatment options Homeopathy scores highest among the various natural and holistic treatment options available. Owing to the safety of Homeopathy medicines, Homeopathy is considered to be the ideal treatment option for infants, toddlers and older kids. Millions of people worldwide recognize the effectiveness and safety of Homeopathy treatment and are resorting to it for their children's health needs. In some countries, it is seen that Homoeopathy is no longer considered as an 'alternative medicine'. Homoeopathy is effective in treating variety of troubles that a child faces. The Homoeopathic system of

medicine works from within, it helps in improving a child's immunity and thus helps in keeping illnesses away. Emotional and behavioral disorders such as anxiety, depression, defiant or aggressive behavior can be treated with Homeopathy.

The biggest advantage of Homeopathy is that the medicines are easy to administer and not bitter. Kids love them as they are small, sweet sugar pills which can be administered directly or can be crushed with the help of spoon and then given to the child. Children willingly and happily take Homeopathy. Homoeopathic system of medication believes that every person is unique and has his or her own ways of reacting to the environment and his or her own unique way of manifesting an illness. Your Homoeopath gives importance to each symptom that your child has, he also takes into consideration the causation of each complaint. It takes into consideration these differentiating, individualizing symptoms for prescribing. Hence, the treatment that each child receives is different from another child suffering from the same ailment.

The management strategy for each case is different and thus this approach is of great use in cases of children suffering from behavioral disorders. Homeopathic medications are not habit forming and thus one does not need to worry of drug addiction. The benefits of Homoeopathy are much more than any other system of Medicine.

Hence its time that you be wise, choose Homoeopathy and give your child the safest and most effective treatment for his or her illness.

2. Materials and Methods

Study setup

A prospective, open-label observational study was conducted at Matoshri Homoeopathic Clinic, Sangamner.

Subject:

All cases of behavior problem in children were treated with constitutional Homoeopathic remedy

Inclusion criteria

6 to 12 years age and both sex & the diagnosed patient's parents written informed consent.
Behavior problem due to mobile phone addiction

Exclusion criteria

- Mental retarded patients
- Patients with organic psychosis
- Patients with space occupying lesion in brain

Intervention:

Proper case taking of patient and interview with the patients guardians was conducted according to Homoeopathic principles and was recorded in case paper. After complete case taking, repertorization was done on the basis of the totality of symptoms. Final prescription was based on the individualization of the patient, after consulting Materia Medica. The initial prescription of the selected medicine was made in 30 potency, in a single dose (4 pills of globule no. 30) followed by placebo (4 pills of undedicated globules no. 30). The follow-up was done monthly for 12 months through scheduled visits, to monitor the condition of the patient, to record the changes in behavior.

Duration:

12 Months

Study parameter:

Change in behavior of children which was observation

Study procedure:

All cases of behavior problem like restlessness, frustration, hyperactivity, inattentiveness of children were given homoeopathic remedies –Tarentulahisp. 30, Chamomila 30, Staphysagria 30 single dose.

Age distribution between the groups:

6 yrs to 8 yrs: 30% children

9 to 12 yrs: 70% children

The outcome of the study:

Total 10 patients were analyzed as per modified intention to treat patients. Marked improvement (75 to <100%), moderate improvement (50 to <75%), mild improved (25 to <50%), not significant (<25%).

3. Conclusion

The homoeopathic medicines such as Tarentulahisp. 30, Chamomila 30, Staphysagria 30 were found to be used for behavior problem in children in present study.

Tarentula:

4. Acknowledgement

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5. Conflict of interest

The author declare that there is no any conflict of interest.

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