



Homoeopathy for behavioral Problems in Children

Dr. Om Prakash Sharma¹, Dr. Harish Jabdoliya², Dr. Ankita Sharma³, Dr. Kanak Choudhary⁴, Dr. Prakash⁵, Dr. Sonu Chaudhary⁶

¹Prof. of organon of medicine and philosophy, Swasthya Kalyan Homoeopathic Medical College and research center, Jaipur, Rajasthan, India
Email: pujacclinic@gmail.com Mob. /WhatsApp: 9414606303

²Associate professor of organon of medicine and philosophy, Swasthya kalyan Homoeopathic medical college and research center, Jaipur, Rajasthan, India Email: harish10jabdoliya@gmail.com Mob. /WhatsApp: 9782910856

³PGR at organon of medicine and philosophy, Swasthya Kalyan homoeopathic medical college and research center, Jaipur, Rajasthan, India
Email: 28shankita@gmail.com Mob. /WhatsApp: 7849861029

⁴PGR at organon of medicine and philosophy, Swasthya Kalyan Homoeopathic medical college and research center, Jaipur, Rajasthan, India
Email: kanakchaudhary3012@gmail.com Mob. /WhatsApp: 8949441653

⁵PGR at Pharmacy, Swasthya Kalyan Homoeopathic medical college and research center, Jaipur, Rajasthan, India
Email: prakashch0291@gmail.com Mob. /WhatsApp: 8005536729

⁶PGR at organon of medicine and philosophy, Swasthya Kalyan Homoeopathic medical college and research center, Jaipur, Rajasthan, India
Email: sonuallen153@gmail.com Mob. /WhatsApp: 6375608006

ABSTRACT:

For parents and teachers, behavioral disorders are among the most serious disorders affecting children. These consist of conduct disorder, ODD, and ADHD. These disorders can be caused by a variety of variables, including environmental, genetic, and developmental ones. The treatment of behavioral disorders with homeopathy has proven to be quite effective.

Keywords: behavioral disorder, attention deficit disorder, conduct disorder, homeopathy, oppositional defiant disorder.

Introduction ^[1]

According to Woodworth, "behavior" includes all motor or conative actions, like dancing or swimming, cognitive activities like thinking and reasoning, and beneficial behaviors, like feeling happy, sad, or angry. Additionally included are all the conscious, subconscious, and unconscious behaviors. Any disturbance in these regular cognitive, emotional, or cognitive processes can be referred to as a behavior disorder.

Typical behavioral disorders in children include.

1. ADHD
2. Disruptive behavior and dissocial disorder
3. Oppositional defiant disorder
4. Conduct disorder.

Epidemiology: ^[2]

A World Health Report states that 15% of children experience serious emotional disturbances. According to an ICMR epidemiological study on child and adolescent psychiatric disorders, 12.5% of Indian children overall suffer from mental and behavioral problems. Approximately one-third of the world's population is under the age of 15, and between five and fifteen percent of them deal with socially and behaviorally disabling illnesses. In India, the percentage of school-age children with mental health issues ranges from 6.33% to 43.1%.

Causes:

Some biological causes may include:

- Disability
- Malnutrition
- Hereditary factors

Other factors are:

- Parent's divorce
- Poor attitude towards education
- Mentally and emotionally upset at home.

Clinical and psychopathological profiles ^[3]

Behavioral disorders include a variety of behaviors that are classified as expressing. These behaviors involve internal distress that is expressed externally through dysfunctional behaviors such as impulsivity and aggression. During the pre-school and school years, behavioral access can happen sometimes and in small quantities. The two components of a child's growth are their capacity to control their own behavior and behave correctly according to social expectations.

However, these are complex abilities that are gradually developed throughout life. Even until the age of three, it is essential for a kid to depend on an adult's presence to manage their emotions and behavior.

When a young child is angry, he needs someone to look up to who will help him calm down and give him the best ways to get over his internal conflict. Just as in unfamiliar situations, the adult's role is to calm the crying child by behaving kindly and giving appropriate explanations. After that, the child picks up on the adult's nonverbal indications, including gestures, facial expressions, and vocal communication, to help him adapt how he communicates himself in different situations. Usually, between 24 and 36 months (about 3 years) is the ideal period to acquire this ability.

Various theories about the internal (emotional and cognitive) structure of the child and his or her level of self-control over behavior have been given in multiple research studies.

Types of behaviors disorder are: ^[4-9]

1. **Attention deficit/hyperactivity disorder:** The neuropsychiatric syndrome known as ADHD affects primarily preschoolers, children, adolescents, and adults globally. It is characterized by an increase in impulsive or hyperactive behavior and a decrease in the ability to focus attention for a long period of time.

There are three types of ADHD are-

- Inattentive type – become easily distracted, difficult to pay attention, difficulty to focus on task, forgetting instructions.
 - Hyperactive impulsive type – find difficult to play quietly, being accident prone, fidget by tapping their hands or feet, have trouble sitting remaining in one place.
 - Combined type- restlessness, switching from one task to another, fidgetiness, lack of attention.
2. **Disruptive behavior and dissocial disorder-** It is defined by persistent behavioral problems that may vary from openly and continually uncooperative, aggressive, bitter, or stubborn behavior to activities that repeatedly break crucial age-appropriate norms in society, rules, or other basic rights of others.
 3. **Oppositional defiant disorder -** Oppositional behavior often peaks between the ages of 18 and 24 months (about 2 years). Chronic patterns of negativity, disobedience, aggressive conduct toward authority figures, and a refusal to accept responsibility for one's own mistakes—thus placing blame on others—are characteristics of ODD.
 4. **Conduct disorder-** Conduct disorder is the term used to describe a child's or adolescent's recurrent pattern of behavior. It develops with time and is usually characterized by being aggressive and invading the rights of others. The four types of behaviors listed below are common among children with conduct disorders: violation of age-appropriate norms, physical assault, or threats of harm to others, destroying one's own or another person's property, stealing, or other dishonest actions.

Treatment of behavioral disorder in children: ^[4-9]

Treatment options vary based on the type of illness and the conditions that contribute to it. These factors may include:

- **Cognitive behavioral therapy -** To help the child develop control over what they think and do.

- **Family therapy-** Communication and solving problems are improved for all members of the family.
- **Parental education-** educating parents on how to connect with and raise their kids.
- **Anger management-** To diffuse their anger and violent acts, the child is provided a variety of methods of coping and education on how to identify the warning signals of their rising anger. Also taught are stress management methods and relaxation techniques.
- **Social training -** Essential social skills are taught to the child, such how to play effectively with or continue a conversation.
- **Medication-** may help in controlling impulsive behavior.

Homeopathic approach ^[10-13]

One of the main principles of the homeopathic medicine technique is a holistic approach to treatment. It includes the mother's emotional state during the pregnancy as well as the child's physical, mental, and emotional development. It also includes the environment in which the child is raised. The homeopathic school of philosophy believes that each human being is an individual who has developed from the time of beginning to be remarkably different from every other human. The level to which a patient's symptoms and the medication's side effects agree determines when a prescription is written.

Hyoscyamus: ADHD is treated symptomatically using homeopathy. The medications are prescribed based on the symptoms that the patients present with. The use of Hyoscyamus is suggested if the patient shows impulsive behavior, aggressive outbursts, difficulty thinking properly, fear of darkness, fear of animals, or improper gestures. It's also effective for children who act strangely.

Stramonium: This is one of the best homeopathic remedies for treating childhood anxiety. For the treatment of hyperactivity, it is quite beneficial. For children who speak quickly or incoherently, it might be of great help. For people who are afraid of the dark, it can also be beneficial. It could also be suggested if the patient appears to be suffering anxiety related to being left. This medication may be suggested if the patient shows extreme aggression, such as biting, punching, kicking, or using abusive language.

Cina: Cina is typically recommended to treat children with fidgeting disorders. Additionally, Cina promotes longer attention spans. In general, it is advised for kids who get restless at night. For kids who don't follow rules and behave badly, it might be advised. Homeopathic remedies are believed to be quite effective for some of the symptoms of ADHD.

Arsenic album: They frequently show extreme restlessness and anxiety, both directed towards a particular problem or generally. They prefer to assume that something negative will occur. They try never to be alone. They are fastidious and possessive. They are easily chilled, and being in the cold can make them sick, cough, or have a headache. They prefer warmth over cold, and although they are generally thirsty, they may only take a few sips at a time. These kids occasionally experience symptomatic episodes at night that keep them awake.

Tarentula: changes in mood. This is a severe mood change, not a typical one. Sudden mood swings or shifts from happiness to total negativity are possible. There's usually a sensitivity to music, sometimes slightly unpredictable behavior involved, and perhaps even some destructive behavior that may be shown. The person's limbs frequently jerk or tremble, and they could even feel pressured to complete tasks quickly. The tarentula patient is unable to contain his frustration for very long, and as the pressure increases and his rhythm becomes disturbed, his anger eventually turns into hate and even the impulse to kill.

Anacardium: This is among the most aggressive medicines. Children struggle with low ethics and feelings of worth. They do lie and swear. They may be cruel to people or animals and are attracted by violence, including the use of weapons. Sometimes they may be kind and caring. They experience intense mental confusion, sadness, and even suicidal thoughts; in some cases, they may even develop schizophrenia.

Tuberculinum: Children are always bored and restless. They are also violent, defiant, and disobedient. When angry, babies will sometimes throw their heads against the wall or the ground. People grind their teeth when they're asleep. They get respiratory infections, nosebleeds, headaches, and constant fevers, along with regular colds. They like meat and cold milk.

Rubrics for children in repertory:^[12]

MIND- ANXIETY- children.

MIND-ABSENT MINDED- children, in

MIND – ABUSIVE, insulting- children – children insult parents.

MIND- AILMENTS FROM-domination-children, in

MIND-BEHAVIOURAL PROBLEMS- children, in

MIND- CONTRADICTION- intolerant of contradiction; children in

MIND-DIRTY- urinating and defecating everywhere, children.

MIND-DISCOURAGED-children, in

MIND – DULLNESS- children, in

MIND- FEAR- children; in

MIND – FEAR – people; of – children, in

MIND- HARSHNESS, rough- children, in

MIND- IMPATIENCE- children; about his

MIND – IMPOLITE- children.

MIND- IRRITABILITY- children, in

MIND- IRRITABILITY- children, toward.

MIND- JEALOUSY- children.

MIND- KICKING-children; in

MIND- KILL, desire-to-parents, in a child.

MIND- MEMORY- weakness of memory- children, in

MIND- OBSTINATE, headstrong- children.

MIND- RAGE, fury –children, in

MIND- RESPONSIBILITY-late, in children.

MIND- RUDENESS- children, of naughty.

MIND- SADNESS, despondency, depression, melancholy- children.

MIND- STRIKING-general- children, in

MIND- SUICIDAL DISPOSITION- children, in

MIND-TIMIDITY- children, with other.

MIND-WILDNESS-children, in

MIND- WRITING-inability for- learning to write in children.

Conclusion

It has been established that school intervention works well in treating problems with mental health. Developing effective treatment strategies and interventions for school-age children is essential. Furthermore, children who are having behavioral issues require immediate care because untreated behavioral issues can lead to significant psychological challenges for the person, family, and community.

That's why early intervention is essential. When homeopathic medicine is given in childhood, it can significantly reduce the risk of disease and protect mental and physical health. It may help a child develop more effective coping mechanisms and improve communication skills with family, teachers, and other authoritative figures.

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