

HOMOEOPATHY IN CHILD CARE

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ABSTRACT:

Homoeopathy is one among the most dynamic branch of medicine which is attaining the worldwide recognition, due to its efficiency in treating and curing cases in a rapid, gentle and permanent way. So far we had acquired admirable results in treating wide variety of diseases in both sexes, in all age groups, different constitutions and people from different sectors of life. Paediatric age group is the paramount period where the infant develops both mentally and physically. At the same time the child is too fragile and can be easily affected by various infections, malfunctioning, deficiencies, injuries etc. As is apparent that the parents were too concerned about the health of their children, they prefer the best and safe mode treatment for their wards. Undoubtedly Homeopathy is one of the preferred option which can ensure complete cure in the most effective manner and can also act as an immune booster to fight disease. Here this article elaborates the scope and essentiality of Homoeopathy in Paediatric age group.

KEYWORD: *Homoeopathy, Paediatric, Similimum, Constitution*

INTRODUCTION:

Pediatrics is a versatile specialization that incorporates children's physical, psychosocial, developmental and mental health. Pediatric care initiate from perinatal period and continues throughout gestation, infancy, childhood, adolescence, and young adulthood.^[1] Scope of Homoeopathy in managing nearly all medical dyscrasias in children is quite impressive. Homoeopathy can bring about favorable results in wide range of affections in paediatric group such as infectious diseases, parasitic infestations, nutritional disorders, systemic disorders and behavioural disorders.

CASE TAKING AND THE PROBLEMS ENCOUNTERED:

Homoeopathy have a holistic approach which considers the child as a whole, therefore despite of the presenting illness, physician will make a detailed account on the overall appearance, behavioral pattern, emotions accompanying chief complaint, nature of interaction, physical characteristics, histories-developmental, vaccination, prenatal, perinatal, maternal ^[2], gestational, family, environmental and past treatment etc. From this detailed pursue the physician is capable of individualizing the case and can finalize the indicated similimum (medicine).

1. If the case demands a constitutional intervention, family history will be a chief hint, and at that time it is essential to take a detailed hairline tracing of the examination of the constitutional make-up of the parent. So if any ignorance is made in this part of case taking the entire treatment may fail.
2. Collection of details regarding the state (both mental and physical) of mother in prenatal, perinatal, intranatal and post natal period is necessary, but as this is subjective symptom sometimes some major points can be missed or ignored by the mother.
3. Condition of fetus during the gestational period, during each stages of delivery and post delivery time should be traced with utmost attention; birth trauma (if any), condition of respiration, skin colour, reflexes, pulse (APGAR score), Heart rate, congenital deformities should be enquired correctly.
4. Developmental mile stones and vaccination history should be known.
5. Cravings, position in sleeping, grimaces, desires and aversions, habits, response, emotions and modifying factors are of at most importance.
6. Suckling, bowel habits, hunger, gas passage is other area of concern.
7. Regular checkups are required for assessing the infant growth, identifying any deficiencies, deformities or disabilities; early detection of such dyscrasias can surely help to overcome or to reduce the impact of the condition.

POSSIBILITY OF HOMOEOPATHIC CURE IN PAEDIATRIC CASES

Homoeopathy is effective in treating Learning disabilities in children. More effective curability is shown in cases of ADHD, Autism etc. Milestone developmental delay like late head

holding, crawling, standing, head holding, Speech disorder like late learning to talk, speech is broken, child can't pronounce certain words can be very well tackled with homoeopathy.

Conditions affecting the mental sphere of childrens can be treated effectively through Homoeopathy. Separation anxiety disorder, phobic anxiety disorder, obsessive compulsive disorder, school refusal, functional Enuresis, Stammering, suicide and deliberate self harm, child who has gone through physical, emotional and sexual abuse, sleep walking syndrome, sleep terror and night terror, child who has over eating or no appetite. All these conditions affecting the mind of the children are treated effectively as Homoeopathy is the only system which approaches a individual in a holistic way. Root cause of the conditions are elicited and the causes are removed successfully.

Children are more prone to a range of infections such as Cough & Cold, Bronchitis, Pneumonia, Measles, Chickenpox, Mumps, Skin-boils, Gastroenteritis (Diarrhoea & Vomiting), Kidney & Urinary infection, etc. Homoeopathy has shown miraculous effects in the treatment of Tuberculosis (especially Primary Complex). Acute as well as recurring tonsillitis with high grade fever is most effectively treated Homoeopathically. Surgical removal of tonsillitis are also replaced by the treatment of Homoeopathy.

Child-Asthma (Asthmatic Bronchitis) is becoming increasingly common problem in urban areas, where they are frequently down with attacks of wheezing, cough and breathlessness. Homoeopathy has excellent treatment for such suffering, which helps in long-term as well as to combat effectively an acute episode of wheezing, whereby the child can be kept away from strong medicines such as cortisone (steroids). Besides the respiratory allergy, homoeopathy works miraculously for skin allergy, Eczema, Urticaria, food-allergy, etc.

Infant's colic, Fever, Teething problems, Vomiting, Dysentery, Nephrotic Syndrome (Kidney disease), Growth related problems, Convulsions (Epilepsy), Infantile Eczema, Jaundice, Brain infections (Meningitis), Fungal infections, Warts, Hair-Loss (Alopecia), Growing pains, Poor concentration, Arthritis in children, Psoriasis, Leucoderma (white spots), Pimples, and Thyroid problems can be very well tackled with homoeopathy.

ANTIBIOTICS AND CHILDREN:

There is definite evidence that the vast majority of childhood fevers are due to viruses. These include obvious sore throats, tonsillitis, pharyngitis, rhinitis, acute viral bronchitis and ear aches as well as majority of cold and coughs. Use of antibiotics is harmful, and causes lowering of immune power in children reducing the fighting mechanism of the child. It is also hazardous as resistant strains of bacteria are likely to arise in the body of the person thus exposed. Abdominal disturbances like diarrhea, lot of skin allergies can be occurred. Recurrent use of antibiotics also hamper the growth of the children. Children also find it difficult to consume medicines which are harsh in its taste and smell.

HOMOEOPATHY AS AN INTERGRATED APPROACH IN PAEDIATRIC ONCOLOGY:

Oncologic patients benefit from integrative medicinal interventions. The range of the latter is broad and may include homeopathic care by a specialist. There exists some evidence from pilot studies, that individualized homeopathy improves wellbeing in adult outpatient cancer patients. In a study conducted in University of Bern, Switzerland- 94 paediatric oncologic patients consulted for individualized Homeopathic medicine. Concluded that with Homeopathic treatment as an intergraded approach, there was no interactions with conventional treatment and no adverse side-effects of individual Homeopathic medicine were detected. And also the same article presented case series of four characteristic patient histories, in which individual Homeopathic medicine was used in addition to standard treatment for mucositis, permissive tissue infection, insomnia and affective dysfunctions. All four patients clinically improved in an immediate temporal relationship to the additional treatment.^[5]

SOME OF THE MOST INDICATIVE REMEDIES:

Treatments are always tailored to the individual child, as each will express his/her disease in their own way. Aim of homoeopathy is to stimulate child's own curative power to cure them. In a way Homoeopathy helps children's body to heal themselves.

Aconitum Napellus: Complaints in children after fright, exposure to dry cold air. Aconite may be what your child requires at the first sign of a cold. Children needing this remedy will typically have a fever that comes on suddenly, frequently at night, be thirsty for cold drinks and appear both anxious and restless.

Apis mellifica: This remedy is suited for a child who has localized areas of swelling and redness – perhaps from a bug bite or bee sting. The child will complain of burning and stinging pains and will be worse from heat, after sleep, and from touch (very sensitive to touch) and better from cold applications. The remedy is prepared from honey bee

Arnica: One among the trio remedies of Injury. It's the first remedy to reach for when your child suffers a fall or a blow to soft tissue – like muscle – anywhere on the body and suffers bruising or bumps as a result. It is commonly used after overexertion for sore muscles.

Arsenicum album: If In cases of diarrhea, hay fever, and vomiting, a child needing this remedy will tend to be worried and restless and will tend to be thirsty, chillier than usual, and much better from warmth and warm drinks. When your child wakes up from the ailments during midnight 12.00 pm then its sure you can go for Arsenicum Album. As far as now the pandemic condition COVID-19 is also well prevented with this remedy as a Immune Booster.

Cantharis: Excellent remedy for Burns in children. Cantharis is a wonderful remedy for relieving both the pain and blistering of minor burns and sunburns. Burning is the characteristic sensation of this remedy. Can also be used in children suffering from chronic cystitis.

Chamomilla: It's a remedy that's helpful with children that have become overly sensitive to pain and are irritable, restless, impossible to please - and inconsolable as a result of it. A child needing this remedy is cranky in the extreme. The child cannot be quieted unless they are carried in a parent's arms. Often used in cases of painful colic and sleeplessness. Highly irritable, Peevish children falls under Chamomilla.

Euphrasia: This homeopathic remedy is one to consider when your child has a cold or hay fever that "settles" in the eyes. The eyes appear swollen, itchy and very watery and will often be

sensitive to light. It is also indicated for eye pain and irritation. If there is a discharge from the nose, it will be bland.

Hypericum: This homeopathic remedy is wonderful in first aid cases where a child has caught their fingers in a door, smashed a toe with a heavy object, or fallen hard on their tailbone. The pain experienced will be sharp and shooting. It is also a great remedy to consider if your child suffers a minor puncture wound.

Ledum: This homeopathic remedy is another good one to consider in certain first aid situations. If, for instance, your child should suffer a bruise that does not fully yield to Arnica – Ledum will frequently finish the healing process and clear up lingering discoloration. It can also be useful in cases involving a blow to the eye resulting in pain and a black eye. The discomfort of insect bites or minor puncture wounds will often be remedied by a dose or two of Ledum as well. In all cases, the injured part will feel cold to the touch and will also feel better from cold applications.

Nux vomica: This remedy is useful in cases of constipation, headache, nausea, and vomiting. A parent should consider this remedy when a sick child is irritable and cranky, has cold hands and feet and generally seems chillier than usual, despite seeming to have more heat in the head/face. They will also feel worse in the open air than they do when warm and cozy inside the house.

Pulsatilla: A sick child needing Pulsatilla is fairly easy to spot. They tend to be quite weepy, whiny and clingy and feel relief when carried and reassured constantly. They are uncomfortable in a warm room, feel much better in cool open air, and will likely be disinterested in drinking (as compared to their normal state). When a child has these characteristics and is suffering from earache or sinus congestion, Pulsatilla may be indicated.

Rhus tox: This wonderful homeopathic remedy is an absolute must-have if members of your family are sensitive to poison ivy or poison oak. At the first sign of an itchy rash, this remedy should be administered to your child - with repeat doses given periodically should the itching persist. It is useful for other skin conditions such as hives and may also be helpful with muscle strains. The child tends to be restless.

RUBRICS RELATED TO PAEDIATRIC COMPLAINTS IN REPERTORIES:

1. [**Complete**] [Generalities]Children, complaints in:Babies:Newborns:
2. [Complete] [Generalities]Children, complaints in:
3. [Complete] [Generalities]Nursing child, while:
4. [Complete] [Generalities]Emaciation:Children, in:
5. [Complete] [Generalities]Convulsions, spasms:Children, in:
6. [Complete] [Rectum]Constipation:Children, in:
7. [**Murphy**] [Children]Bedwetting:
8. [Murphy] [Children]Diarrhea, children:
9. [Murphy] [Children]Dentition, difficult, teething:
10. [Murphy] [Children]Hydrocephalus, children:
11. [**Kent**] [Respiration]Asthmatic:Children:
12. [Kent] [Bladder]Retention of urine (see Urination retarded):Children,in:
13. [Kent] [Nose]Epistaxis:Children:
14. [**BBCR**] [Sensation and complaints in general]Walk:Children learn to,with difficulty:
15. [BBCR] [Stool]Concomitants Before Stool:Screaming (of children):
16. [BBCR] [Aggravation and Amelioration]School children, agg.:
17. [BBCR] [Sensation and complaints in general]Obesity, corpulency etc.:Of children:
18. [**Phatak**] Lactation affections, of:Milk:Child refuses, mother's:
19. [Phatak] Nose:Obstructed:Children in (snuffles):
20. [Phatak] Children infants:Cyanotic birth from:
21. [Phatak] Eczema:Dry, children in:
22. [Phatak] Fingers:Children put in mouth:
23. [Phatak] Teeth:Decay caries hollow:Children, in:
24. [**Clarke**] [Temperaments]Children:Scrofulous:
25. [Clarke] [Temperaments]Nervous:Children:
26. [Clarke] [Temperaments]Children:Old-looking:
27. [Clarke] [Temperaments]Worms, children having:
28. [Clarke] [Temperaments]Children:Ascarides and lumbrici, afflicted with:
29. [**BTPB**] [Aggravation]Children especially, remedies for:

30. [BTPB] [Skin]Sore becomes (Decubitus):In a child:
31. [BTPB] [Ameliorations]Carrying the child in the arms:

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