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Role of homoeopathy in Attention deficit hyperactivity disorder (ADHD)

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Abstract

Attention Deficit Hyperactivity Disorder is a neurobiological based developmental disability. It is a condition in which a person is unable to focus and concentrate on a task purpose. Homoeopathy offers a number of great remedies for the treatment of ADHD. There are many medicines which can be prescribed on the basis of symptom similarity in cases of ADHD. A good case taking with choosing a right similimum remedy and a long continued follow up of the patient can cure almost every case of ADHD.

Keywords: Hyperactivity, Attention Deficit Disorder, ADHD, Homoeopathy and ADHD

Introduction

Attention Deficit Hyperactivity Disorder (ADHD) is a neurobiological based developmental disability resulting from chemical imbalance or deficiency in certain neurotransmitters which help brain to regulate behaviour. It is a condition in which a person's inability to focus and concentrate on a task purpose interfere with his or her ability to be productive.

ADHD is characterized by:

- Ø Inattention, increased distractibility and difficult sustaining attention.
- Ø Poor impulse control, decreased self-inhibitory capacity.
- Ø Motor over activity & motor restlessness.

Incidence

- Affects approximately 8-10% of school age children
- Males are 3-6 times more likely to have ADHD
- Studies of twins suggest a significant genetic contribution causing ADHD

Associated factors

I. Genetic Cause

§ Disorder often runs in family

§ Studies of twins shows strong genetic influence

II. Environmental agents

§ Use of cigarettes & alcohol during pregnancy increases the risk

§ High level of lead in body

3. Brain abnormality

§ Brain structure: smaller basal ganglia and reduced frontal lobe activity is seen sometimes.

§ Neurotransmitters: Level of serotonin, dopamine & adrenalin are usually seen normal.

4. Brain trauma

§ Brain trauma during pregnancy, delivery or immediately after birth increase the risk of ADHD

Symptoms of ADHD

For diagnosing ADHD in a patient he/she must have the following behavioral disturbances:-

I. Hyperactive – impulsive

- Fidgeting or squirming with hands or feet
- Excessive running or climbing in inappropriate situations
- Difficulty in playing quietly
- Always seeming to be on the go, it seems as if driven by a motor
- Excessive talking often
- Blurting out answers before hearing the full questions
- Difficulty for waiting for turn or in line
- Problems with interrupting or intruding.
- Often interrupts or intrudes others

II. Inattentive

- Inability to pay attention to details or tendency to make careless errors in homework or other activities
- Difficulty sustaining attention in tasks or play activities
- Apparent listening problems, does not seem to listen when spoken to directly
- Difficulty following instructions
- Problems, difficulty organizing tasks and activities
- Avoidance or dislike of tasks that require mental effort.
- Tendency to loose things like toys, notebooks or homework.
- Distractibility, often distracted by external stimuli
- Forgetfulness in daily activities.

Confirm the diagnosis of ADHD

- Minimum six signs of hyperactivity or inattention should be present.
- Symptoms are excessively inappropriate to the child's age.
- Creating a real handicap in atleast two areas of child's age.
- Symptoms must persist in two or more settings.
- Symptoms must not be secondary to other disorders.

Treatment

- Medical treatment
- Psychotherapy
- Speech therapy
- Remedial education plan
- Under treatment a long follow up is required as the symptoms will be cured slowly.

Homoeopathy offers a number of great remedies for the treatment of ADHD. There are many medicines which can be prescribed on the basis of symptom similarity in cases of ADHD like Sulphur, Tarentula, Tuberculinum, Phosphorus, Veratrum, Argentum Nitricum, Carcinosin, Bufo Rana, Anacardium Orientale, Cina etc. Start observing as soon as

the child comes to you. A good case taking with choosing a right similimum remedy and a long continued follow up of the patient can cure almost every case of ADHD.

Tuberculinum- Disobedient, Courageous; carefree nature, but basically anticipatory fears. Likes solitude, does not want to be disturbed. Obstinate and angry especially towards their parents. Restlessness, desire to wander. Likes fast motion, cars, moving objects. Desire to break things which are parents' most prized possessions. Pulls his hairs, self-torture.

Tarentula – Hyperactive and destructive, does not have any kind of inhibitions, is not at all afraid of anything. Tremendous energy, threatens even try to become physical. Movements are abrupt and uncontrolled like a spider, usually curly hairs. Throws objects.

Anacardium Orientale – Hyperactive, Destructive. Overstrict Parents having much expectations so the child reacts by disobedient unsocial behavior. Timid, shrieking, Under control of two wills, Violent anger, irresistible desire to curse and swear. Hardhearted, Cruel towards animals or people, malicious destructive, ill-natured children Fear of examination. Contradictory impulses, laughs at serious things and serious at laughable things.

Bufo Rana –Child is Destructive Stupid Besotted appearance, thick lips open mouth may be Hyperactive, deceitful, tears things. Fears animals and strangers, Shameless, wants to be naked. Idiocy, disposition to handle genitals, constant licking of lips or playing with tongue. Desires solitude, but afraid o being alone, masturbation in children

Many cases of ADHD have approached us and Homoeopathy has given wonderful results in children diagnosed to be suffering from ADHD. Two wonderful cases are discussed below treated with Sulphur and Tarentula.

Two cases of ADHD

Case I

Parents with their 2yr old baby boy, Rohan, came to my clinic on 23-08-2022 with hyperactive complaints of the baby. He was a lean thin baby with great restlessness, weighted only 10 kgs at the age of two. His parents said he has violent behavior, having the tendency to break everything including his play materials with the expression of extreme anger in his face. He never sits quiet at a place. He used to bite and hit his father, grandmother and anyone in house. He always wants to go out and play. Very stubborn, if his needs were not fulfilled then he throws things in anger until that object breaks. His mother told that when he scolds him on his mischief, he never pays attention and makes funny expressions on his face to deviate her mother's attention. On further inspection his parents told he is hot patient, doesn't like to wear sweaters or caps even in winter, takes away his coverings at night. His appetite was low but he is very thirsty, always asks for water. He had also the complaints of constipation; goes for stool once in two or three days.

On enquiring about his mother's obstetrical history she said, his head was delivered by Ventouse extraction method. Except these symptoms I got nothing important.

On the basis of the case history and symptoms medicine selected was Tarentula

Table 1

Treatment & prognosis		
23-08-2022	Patient's restlessness reduced	1 dose
5-09-2022	He is much attentive than before Constipation completely cured	PL
21-09-2022	He is much attentive than before Constipation completely cured	Tarentula 30 1 dose
10-10-2022	He listens to his parents, plays With his toys His weight increased to 13 kgs	PL
29-10-2022	His parents said his habit of continuous Speaking reduced, now he remains at a place for long time than before	Tarentula 30 1 dose

His treatment continued till 13-03 -2023, when almost all his complaints reduced, his violent attack on things has reduced much, most importantly his aggressiveness in facial expression has disappeared. He has turned much attentive. His weight also increased to 16kgs. He is much better now. He was given some psychotherapy classes. Now under placebo therapy.

Case II

A 6 yr old child Akshat was brought to my clinic, very

hyperactive and restless, not able to concentrate on studies or on any other work. Very poor in studies. Aggressive, fights and beats other children and tear their books. Disobedient. Destructive, all his books are torn and toys broken. Likes to play with phones, computers. Desires sweets. Thirsty all time. Not listening to parents if they scold him he would in turn back answer them. On the basis of symptoms and case history medicine selected was Sulphur

Treatment and Follow up

Table 2

Treatment and Follow up		
20 th March, 2023		Sulphur 200 1 Dose
5 th April, 2023	Destructiveness and restlessness reduced than before	PL
20 th April, 2023	Calm, restlessness reduced, much better, listens and obeys	PL
5 th May, 2023	No complaints from school, Parents were surprised but happy	PL
20 th May, 2023	Sitting calmly in clinic, Obeying the orders given	PL
20 th June, 2023	Improved in studies	Sulphur 200 1 Dose
15 th July, 2023	Placebo contd	
6 th Sep, 2023	No further complaints	PL for 1month
10 th Oct, 2023	Child has normal activities, improved in studies. Calm, Quiet become obedient	

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