

# Attention Deficit Hyperactivity Disorder with Homoeopathic Approach

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## ABSTRACT

Attention deficit disorder is a common neurodevelopmental disorder. It is usually observed as a mental disorder affecting most of the children in these days. Children with ADHD may find difficulty in controlling their impulsive behavior, sustaining attention, hyperactive. This ADHD may also continue in adulthood. Children usually develop low self-esteem, Troublesome in maintenance of relationships, poor performance in academics, mingling with other children. Usage of homoeopathic medicines on treating ADHD will be quite helpful and also it should be made as an objective to guide that necessity of orientation classes for parents from the very beginning, so that we can overcome or detect the condition earlier which gives us a best outcome.

**Keywords:** Children, Child, Hyperactivity, Behaviour, ADHD (attention deficit hyperactivity disorder), Boys, Girls

## INTRODUCTION

It's noticed that in recent days children are very much hyperactive, inactive, impulsive at one or the other moment. Attention deficit disorder is a Neurodevelopmental disorder which is distinguished by the symptoms of inattention, hyperactivity, & impulsivity that are in relation to the developmental level. These children find difficult in focusing the tasks, unable to complete the work allotted, Prolongs the things to happen. ADHD is more commonly seen in Boys when compared with girls. Around 30-50% of children will be having ADHD. In general these Attention deficit/hyperactivity disorder can be managed by consistent

schedule and clear guidelines for daily tasks. Adults with ADHD will experience sensitivity towards criticism, poor self-worth, difficulty in professional achievements. Children develop difficulty in sitting properly, waiting for long time until their turn comes, paying attention, fidgety, impulsive.

## There are 3 types of ADHD

1. Inattentive type  
These are referred to like they don't pay much attention, unable to concentrate. Unable to concentrate in school while teacher is teaching, commits mistake doesn't listen when spoken to them. Forgets to do regular daily activities, Forgets things at schools like pencil, eraser etc.
2. Hyperactive or Impulsive type  
They can't sit at one place, very much impulsive, taps feet. Can't sit quietly in one place in classroom. talkative, Interrupts in between, child answers prior to the question are completed.
3. Combined type  
This is where both Inattentive and Hyperactive features are seen.

## Causes:

- Family history of ADHD
- Injury to brain
- Stress during Pregnancy
- Intake of alcohol or tobacco during pregnancy
- Exposure to environmental toxins during pregnancy
- Low birth weight

- Preterm birth

### **Clinical Features**

- Forgetfulness
- Interrupting
- Self-focussed Behaviour
- Emotional Turmoil
- Trouble waiting their turn
- Fidgety
- Problems playing quietly
- Lack of focusing
- Difficulty in completing tasks
- Commits mistakes
- Interested in multiple settings

### **Complications**

- Autism spectrum disorder
- Anxiety Disorder
- Behavioral issues
- Learning Disorder
- Sleep disorder

### **General management**

1. Behavioral Therapies
  - Building and maintaining relationships
  - Following a schedule
  - Planning and completing tasks
  - Monitoring the symptoms of ADHD
  - Psychotherapy and Psychosocial therapies
2. Cognitive Behavioral therapies
3. Family and marital therapy
4. Parenting skills training
5. Behavioral classroom management
6. Stress management techniques

### **Homoeopathic Therapeutics**

#### **1. Tuberculinum**

Tendency to speak in abusive language. Hyperactive, restless, compulsive, throws things at anyone even without cause, physically and mentally very sensitive, dissatisfied, always wants a change, wants to travel. Child exhibits anger.

#### **2. Agaricus Muscarius**

Loquacity, Stubborn, Self-Willed, Awkward, clumsy, Pressure on spine will cause involuntary laughter, convulsions

after being scolded, sings talks, but does not answer. Child is confused.

#### **3. Belladonna**

Stands for violent attacks, suddenness of onset, Biting, striking, tearing mania. Spots on face of other persons, Cruelty towards animals, people, desire to break things. They are very much excited. Forgetful, Poor learning ability, Sensitive to noise and light. He seems to be well but sick. Complaints seems to be Hot, throbbing discomfort, craves cold drinks.

#### **4. Baryata carb**

Sweet, timid and fearful, self-limitation, fear of making mistake, teacher's pet, immature. Feels like he is laughed at, feels that they are incapable. They feel like someone is watching them, nervousness. Restlessness.

#### **5. Calcarea carb**

Unsafe, afraid of robbers, dogs, heights, cautious, stubborn, hesitating. Confusion. They think that they are insane. Feels as if everything is horrible. They are very stubborn, obstinate. Strong willed person. What all he wants it should be done according to his thinking only.

#### **6. Carcinosis**

Indicated for those who are timid, unhappy, worried, and obstinate, sensitive, craves or dislike salt, milk, eggs, fat meat. Sensitive to music. Aversed to conversation. They are very sympathetic, Family history of cancer. Love to travel

#### **7. Hyoscyamus**

Difficulty for children to concentrate. Excessive talking, Unresponsive to questions asked. Fear of darkness, dogs. Delusion of being poisoned. Loves to run around nakedly. Jealous of siblings. Can't tolerate covered up. Talking, passive delirium, imaginations, talks during sleep, fear of water, talks hastily.

## 8. Lachesis

Child is hyperactive, Strong, Jealous. Self-destructive. Lack of confidence. Child is expressive, passionate, outgoing, creative, vital, lively, constantly overflowing with ideas, doesn't stick to one task, crawls on floors, hides, spits on others, Passionate. Self-criticism. Sensation of feeling suffocative.

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