

Role of homoeopathy in paediatrics

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Abstract

Among homoeopaths the idea of specialist provision for children followed the general trend. it was encouraged by the high morbidity and mortality among children due to poverty. Homoeopathic physicians and their supports wished to give poor children the benefits of the system. An understanding of place of homoeopathy in pediatric as in other branch of medicine, can best be achieved an appreciation of its meaning. Children are frequent visitors for homeopathic consultation. As physicians we must be updated with current research literature for ourselves and also to educate parents. This article is a small effort to provide research updates related to pediatric disorders and role of homeopathy.

Keyword:- Homoeopathy, Pediatric, Morbidity, Mortality .

Introducton:-

Homoeopathy is a form of complementary/alternative medicine which is considered as a safe and effective from of treatment for children and adults. The number of patients using complementary medicine, including homeopathy are growing worldwide. The use of complementary medicine, however, is not limited to adult but is also common in children (11-18%) with homeopathy being one of the most popular systems^[2]

Homoeopathy has distinct advantage for treatment of health related problems of women during pregnancy and in post natal period and for ailments of children. The therapy is safe, effective, and economical. Homoeopathy a system of medicine which is most suited to child care because of its efficacy as well as its mild and gently way to treatment be side children respond readily to the system because they are closer to nature and their expression are not masked. Moreover, unlike the adult children are generally not over drugged^[1,2]

Knowing the child

A child is product of environmental surrounding of mother during pregnancy, birth and in the early years of rearing of child. In the present era of rapid scientific progress and as a consequence of advances in molecular biology, genetics and immunology, the approaches to the management of many disorders in children are changing constantly. The effects of different factor, from the day of conception, on the intra-uterine life of the fetus which make great contribution to the disposition of the child are well known. From the day of birth the infant undergoes lots of changes, and a rapid physical and mental growth take place. a child has to be assessed according to it. so, that the individuality and totality of the child is understood properly^[3]

Knowing the parents

These days, parents are more and more concerned with the health care of the child especially when he is sick. With enlarging trend towards nuclear family, with both parents working, and consequent pressure on time, it is often found that the parents develop a guilty and attention to the child

especially when its emotional needs are intense. Even when the child is sick, the parents can not afford to spend sufficient time with him. And in order to find a quick solution, they rush from physician to physician in search of the best and instant treatment. Some parents, because of their guilty conscience, and to impress the spouse, do not mind spending any amount of money for the treatment which might not be necessary in a large number of cases. In the process, even trivial and self-limiting complaints are treated by some physician with unnecessary drugging. Some time this is dangerous. The homoeopathy helps the parents to understand the child better both in health and sickness. So, that unnecessary anxiety and drugging are avoided.^[3]

Homoeopathy for pediatric population in general affecting various systems

RESPIRATORY DISORDERS IN CHILDREN

It is commonly seen that most children come in for respiratory allergies or infections. Our medication has a definite role in treatment of respiratory disorders such as Asthma, Rhinitis, Bronchitis, Allergies and Pharyngitis. Following are the studies which highlight efficacy of homoeopathy in above particular cases-

- 1) a study based on of Cost-benefit evaluation of homoeopathic versus conventional therapy in respiratory diseases. was conducted which concluded that the Costs for homeopathic therapy are significantly lower than those for conventional Pharmacological therapy.^[4]
- 2) a multi-centric, observational, prospective study (Open clinical trial) carried on Bronchial Asthmatic patients showed that the homoeopathic medicines have a role in managing acute attacks of bronchial asthma as well as in controlling recurrent attacks.^[5]
- 3) A multi-centric open clinical trial study indicated the usefulness of homoeopathic medicines in the management of acute rhinitis of children with its efficacy and effectiveness.^[6]

DIARRHOEA IN CHILDREN

Diarrhea is one of the most frequently encountered problems in pediatric age group. The severity of diarrhea infection varies from patient to patient and from few loose stools with discomfort to severe dehydration. Following studies show the utility of homoeopathic medicine in diarrhea. A Prospective Multicentre Observational Study to Determine the Usefulness of Predefined Homoeopathic Medicines in the Management of Acute Diarrheal Disease in Children was conducted. It showed that Acute medicine has definite role in altering course of diarrhea and in which followed by a constitutional medicine showed a significant impact in bringing down the frequency, duration & intensity of diarrhea.^[7,8]

SKIN DISORDERS IN CHILDREN

Recently there has been a constant increase in the number of cases of allergy, particularly in developed countries, to such an extent that expressions like “*disease of the third millennium*” and “*allergic epidemic*” have been used to describe the phenomenon. There has been an increase in the use of ‘complementary’ or ‘alternative’ medicine in patients affected by skin disease, in particular those with chronic or inflammatory dermatosis. The following data suggests the utility of homoeopathy-

- 1) a study of efficacy of Homoeopathy in pediatric atopic diseases showed that there was a significant reduction in tendency to maintain atopic dermatitis and to develop asthma (and allergic rhinitis) in adult age^[9]
- 2) Another study of Homoeopathic versus conventional therapy for atopic eczema in children concluded that Homeopathy & conventional treatment are equally effective^[10]

PSYCHIATRIC DISORDERS

- ADHD, Autism, Mental retardation are common causes of consultation for homoeopaths, since our system deals with both mental and physical symptoms of children. Webster's Universal Dictionary defines temperament as "*a characteristic combination of bodily, mental, and moral qualities, which together constitute the character and disposition of an individual and predispose him to act and behave in a particular manner*". Every child though not diseased has certain traits / temperaments, which may not be suited to their growth. Each child develops certain behaviors or habits, which are quite often out of proportion. For example, some of the children want to cling to the mother strongly while sleeping and without the mother they can't sleep. Some children in anger break things and hit others, while some are so shy that they hide or run away the moment they see any stranger or guest.
- These behaviors do not show any obvious signs of illness, but are indications, which point to their inner disturbances. Every Homoeopath tries to understand these inner disturbances, through various clues, such as fears, dreams, fantasies, preferred movies and cartoons, their reaction to illness etc. By understanding all this and subsequently treating them, it not only frees the child of his disease and enhances his immunity, but it improves the child's attitude towards life. It channels the child's energy in a proper direction, so he can explore his potential and creativity to the maximum.

- 1) A study was conducted to obtain scientific evidence of the effectiveness of homoeopathy in ADHD. These trials suggested the scientific evidence of the effectiveness of homeopathy in the treatment of attention deficit hyperactivity disorder, particularly in the areas of behavioural and cognitive functions^[11]
- 2) Another Study was conducted to identify a group of most useful homoeopathic medicines in the treatment of behavioral problems found in mentally challenged children and to identify their reliable indications, most useful potencies, frequency of administration and relationship with other medicines. Medicine like Belladonna, Baryta carb, Baryta mur etc. showed improvement in common behavioral problems of mentally challenged children like aggressiveness, destructiveness, disruptiveness etc.^[12]
- 3) A study on Homoeopathic approach in the treatment of patients with mental disability was found to be a useful alternative to relieve pathologies associated with mental disability^[13]

Choosing Homoeopathy for Children

Homoeopathy is one of the most dynamic forms of medicine in the world today. Homoeopathy can become one of the preferred methods of treatment especially for children. Homoeopathy acts on the children, thereby increasing the resistance of the individual to fight the disease. The medicine helps to boost the immune system and thus help the individual to fight the disease. Because, the doses are too

small and effective treatment can be achieved without dangerous side effects often associated with conventional medicine. The homoeopathic medicine are pleasant tasting and easy to take, it treat the children as a whole rather than just their symptoms, it is an ideal treatment for children.^[14]

For children with acute as well as in chronic illness, constitutional homoeopathy care can offers one type of approach that addresses the underlying causes o the illness and hopefully presents solution to difficult physical, emotional, behavioral ,and psychological problems. In constitutional treatment homoeopathy remedy can cover children as a whole complete physical, mental, and emotional state.^[2]

Homoeopathy medicine are prepared mainly from herbs, animal, vegetable kingdom, mineral and are given in very minute doses so that they are 100% non toxic, having no adverse effect. Any toxic effect of a crude substance in nature disappear when that substance is prepared homeopathically. Also unlike antibiotics and other such medicine, homoeopathic pills do not hamper digestion. Homeopathic medication are mildly sweet, liquid, powder and pills are palatable even newborn babies can take it. It does not lower resistance power. Homoeopathy is stimulate Childs own curative power to cure them. Homoeopathy can help personal growth of children.^[15]

Conclusion:-

After going through the above evidence , it is apparent that there is genuine need of more studies in pediatric disorders for the progress of our profession. In clinics we are seeing results, but they are not getting documented due to lack of orientation in documentation. Hence every homoeopath should take maximum efforts to up bring Homoeopathy as the most effective and safe treatment for children.

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