

Effectiveness of Homoeopathic Medicine for Coping emotional stress in orphan children with age group of 5 to 15 years: A prospective, case series

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ABSTRACT:

Background:

Emotional stress may be defined as response to a negative change in a child's life but, excessive stress can affect the way a child thinks, act and feels. As per the epidemiology, the orphan-hood condition is very much prevalent in the children deprived of parental support, love and affection. In the orphan house the individual attention is rare as other children are also housed at same place, thus it becomes important to study the emotional status of these children. In this study we would like to see the role of homoeopathic medicines in emotional status. **Keywords** – Emotional stress, Children s Emotional Management Scale, Homoeopathy. **Objective- Primary objectives** –To identify the effectiveness of homoeopathic medicines in the problem of emotional stress in the orphan children using scale. **Secondary objectives** –To assess the problems of emotional stress in children aged 5 to 15 years in the orphanage using the scale. **Study Design** – Prospective Case series. **Materials and Method** – 15 children from the Adharashram with emotional stress were recruited and followed up for minimum period of 6 months. Children's Emotional Management Scale (CEMS) was used for the assessment of emotional status of the children. According to the screening criteria 15 students were selected for the study. Trained homoeopathic physician prescribed individualised homoeopathic similimum and again the patient were evaluated for the improvement of emotional status on CEMS. **Result** –After prescribing homoeopathic medicines in children having emotional stress, we found out that 87% of the cases are improved and 13% of the cases are not improved. N is equal to no. of cases (n=15), whereas d represents differences of pre and post score (d=134), d bar equals to sum of difference divided by no. of cases which came as=8.93, sum of difference(S) is root of pre and post score divided by no. cases minus one which came as 4.55. The SE of difference is dum of difference divided by root of no. of cases which came to be 1.17. Test statistics mean difference divided by SE, which is 7.63. Further our T value is greater than the table value of t (2.15). Hence, we accept the hypothesis that Homoeopathic medicines is effective in coping the emotional stress in orphan children of age group of 5-15 years. **Conclusion** – According to our study, homoeopathic medicines were effective in coping emotional stress in orphan children. The population under study were screened and it was found that 73% (anger – 20%, sadness- 6.6%, worry- 3%) of the children aged 5-15 years suffer from emotional stress in the orphanage, according to the CEMS scale. Hence, emotional stress is prevalent condition in the studied population.

INTRODUCTION –According to the ministry of women and child development, 577 children across the country have been orphaned since April by the second wave of pandemic. Experts suggest this is due to the higher mortality rate of the young adults between 30 to 40 age group, some children have been totally left alone as their entire immediate family succumbed to the virus. This increased the number of orphaned children in India, where the number was already high.^[1]

Emotional stress may be defined as response to a negative change in a child's life but, excessive stress can affect the way a child thinks, act and feels.^[2]

As per the epidemiology, the orphan-hood condition is very much prevalent in the children deprived of

parental support, love and affection. In the orphan house the individual attention is rare as other children are also housed at same place, thus it becomes important to study the emotional status of these children. In this study we would like to see the role of homoeopathic medicines in emotional status.

Objective-

Primary objectives –To identify the effectiveness of homoeopathic medicines in the problem of emotional stress in the orphan children using scale.

Secondary objectives –To assess the problems of emotional stress in children aged 5 to 15 years in the orphanage using the scale

Materials and Method-

Study design – Case series

Data collection (location of study) – Cases are being from Adharashram, Gharpure Ghat, Ashok Stambh, Nashik.

Duration of Study – The study will be done for the period of 6 months

Method of selection of study subject (eligibility criteria):

Inclusion criteria -

Age group: 5-15 years of age

Sex: Both sexes

Diagnosed cases having emotional stress using the scale

Exclusion criteria

Age group above 15 years.

Children on medication for various health conditions.

Children with psychiatry disorders.

Procedure –

The study was conducted over a period of 6 months. The data of the outcome of the treatment was systematically maintained. Written informed consent from each patient was obtained. Each case was recorded on a pre designed case taking pro – forma. Information about level of stress in the children and its aggravating factors were recorded.

Selection of medicines –

After case taking and examination, patient's symptoms were analysed and each patient was prescribed single homoeopathic medicine at a time after individualisation, followed by saclac. The repetition of dose and change of potency and remedies were done as per the clinical response of the patient, following homoeopathic principles.

Evaluation –

The follow up period was of 6 months. Patient were evaluated clinically at an interval of 15 days. For the assessment of prescribing indications of remedies. CEMS scale was used for assessment.

Children's Emotional Management Scale (CEMS) –

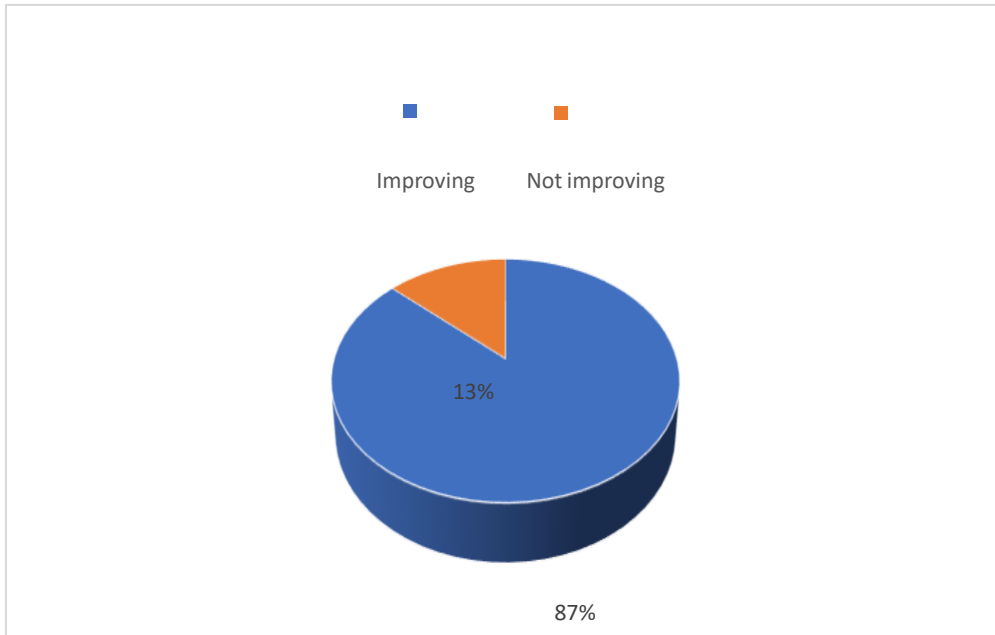
The emotional status of the patient was assessed with CEMS scale. CEMS considers 3 parts; anger, sadness, worry. The emotional score is the sum of all the above scores and was graded using the CEMS scale.

Statistical Analysis –

In order to test our hypothesis, we used paired t test, to know the effectiveness of emotional stress. As we calculated t value (2.15) which is much lesser than our calculated value. Hence, we reject the null hypothesis CEMS value That means, homoeopathic medicines were effective in reducing the emotional stress in children.

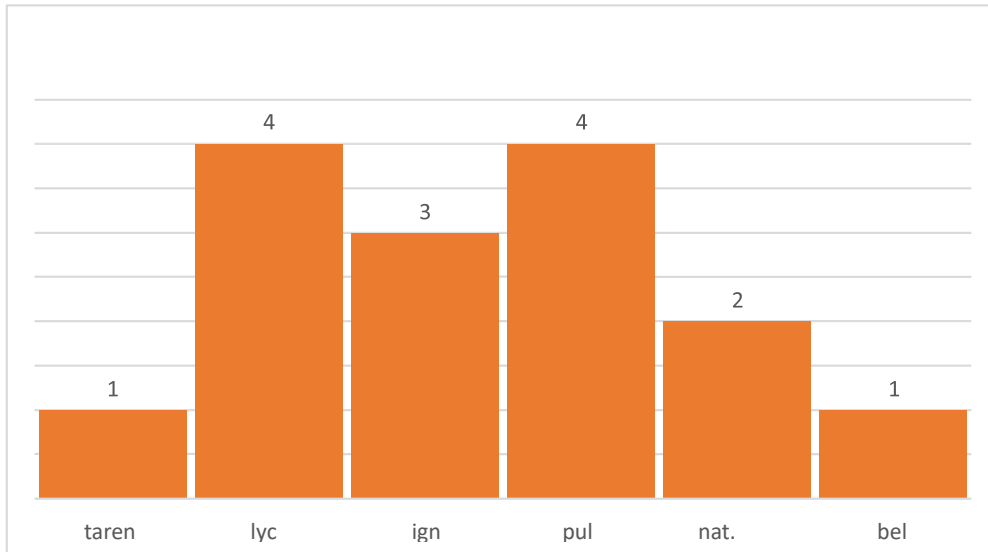
1 Pie Percentage of Improving and Non Improving Cases:

Fig. 1.1 Showing improving and non improving cases in percentage



Most Common Remedies used in Case:

Fig. 1.2



NAME OF REMEDIES	NO. OF CASES
Tarentula	1
Lycopodium	4
Ignatia	3
Pulsatilla	4
Natrum muriaticum	2
Belladonna	1

Fig. 1.3 Male and Female Cases:

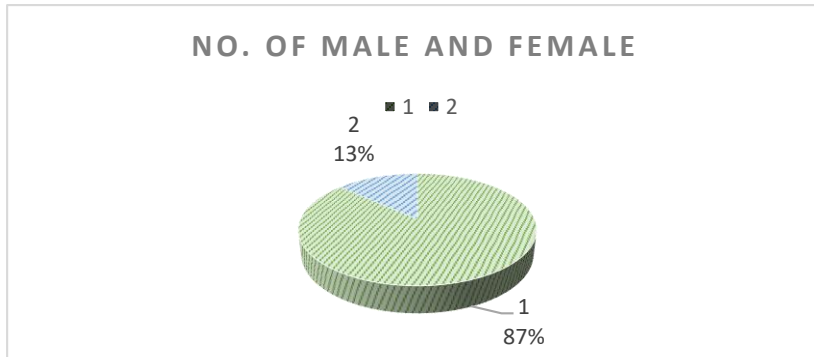


Table 1.3 showing no. Of male and female cases

01	NO. OF FEMALE CASES	13
02	NO. OF MALE CASES	02

Fig. 1.4 Showing pre and post CMES score

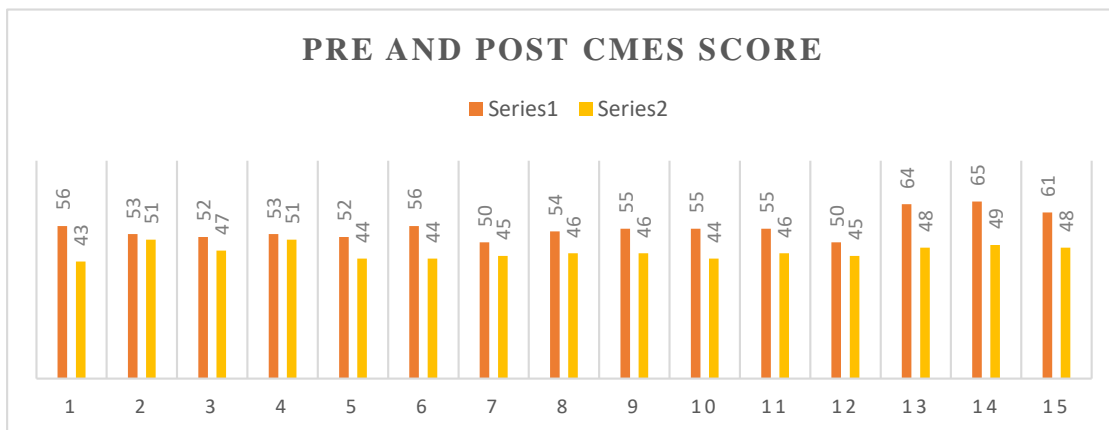


Table 1.4 showing series 1 and 2 of pre and post score

Series -1	PRE SCORE
Series - 2	POST SCORE

Male vs female improvement

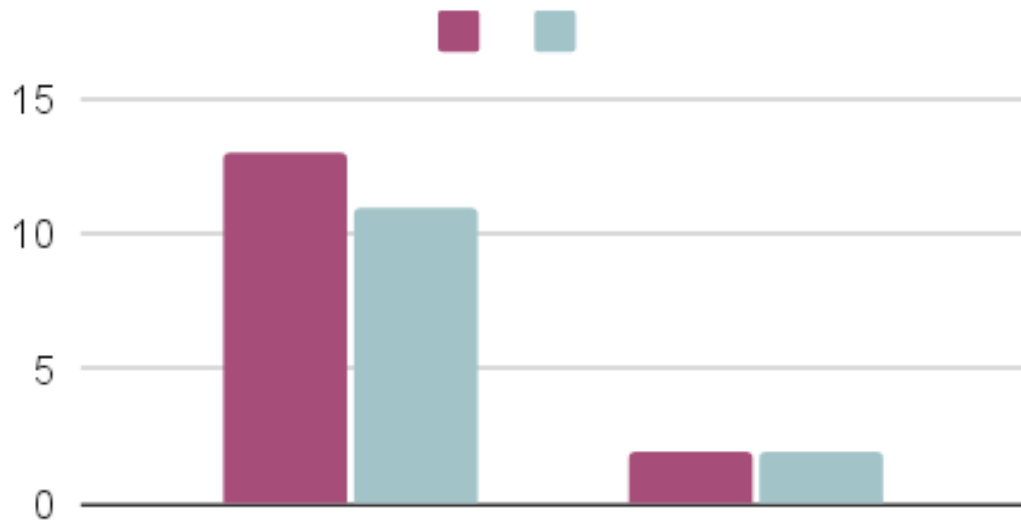


Fig. 1.5 Showing Male vs Female improvement chart

	ANGER	SADNESS	WORRY
BEFORE	281	311	238
AFTER	229	259	211

Table No :1.6 Average score of CEMS Scale Before and After in our study

Graph No:1.6 Average score of CEMS Scale Before and After in our study

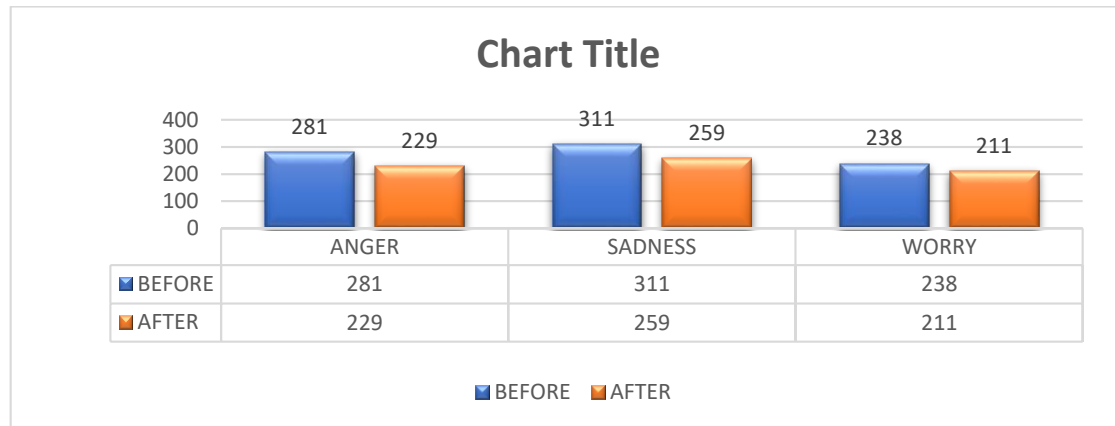


Figure 1.6: Bar Graph representing average score of CEMS Scale Before and After in our study

DISCUSSION-

Emotional Stress can be define as Negative change in a child’s life

It can include worry, anxiety, not able to relax, or new or recurring fears.

Excessive emotional stress can affect the way how a child thinks, feels or acts.

A screening (Google form) of 65 patients was conducted. According to the Children Emotional Management Scale. (CEMS) at Aadharashram, Gharpure Ghat, Ashok Stambh, Nashik out of which 15 were diagnosis.

Number of children with emotional stress 15.

Number of participants gave consent – 15

The study assessed the effect of Homoeopathic individualized medicine in management of emotional stress.

The most affected age group 5 to 14 years.

According to the data it was observed that medicine prescribed on the basis of individualization and totality of symptoms are effective in emotional stress.

Most commonly prescribe remedies were Pulsatilla, Nat Mur, Lycopodium, Ignatia.

During the course of our study we observed improvement in symptoms related to emotional stress, there were 2 patients who were not improved with the medication, their physical complaints were relieved but their mental symptoms could not be coped up. This could be because they were new to the atmosphere of the orphanage. They even had behavioural symptoms like nail biting, change in eating habits etc. which we were not able to change.

The indicated homoeopathic medicine improved the emotional stress of orphan children by using the CEMS scale.

Result –

After prescribing homoeopathic medicines in children having emotional stress, we found out that 87% of the cases are improved and 13% of the cases are not improved. N is equal to no. of cases (n=15), whereas d represents differences of pre and post score(d=134), d bar equals to sum of difference divided by no. of cases which came as=8.93, sum of difference(S) is root of pre and post score divided by no. cases minus one which came as 4.55. The SE of difference is dum of difference divided by root of no. of cases which came to be 1.17. Test statistics mean difference divided by SE, which is 7.63. Further our T value is greater than the

table value of t (2.15). Hence, we accept the hypothesis that Homoeopathic medicines is effective in coping the emotional stress in orphan children of age group of 5-15 years.

Conclusion –

According to our study, homoeopathic medicines were effective in emotional stress in orphan children.

The population under study were screened and it was found that 73%(anger 20%, sadness 6.6%, worry 3%) of the children aged 5-15 years suffer from emotional stress in the orphanage, according to our CEMS scale.

Hence, emotional stress is a prevalent condition in the studied population.

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