

INTEGRATING HOMOEOPATHIC APPROACH TO PAEDIATRIC HEALTH ISSUES

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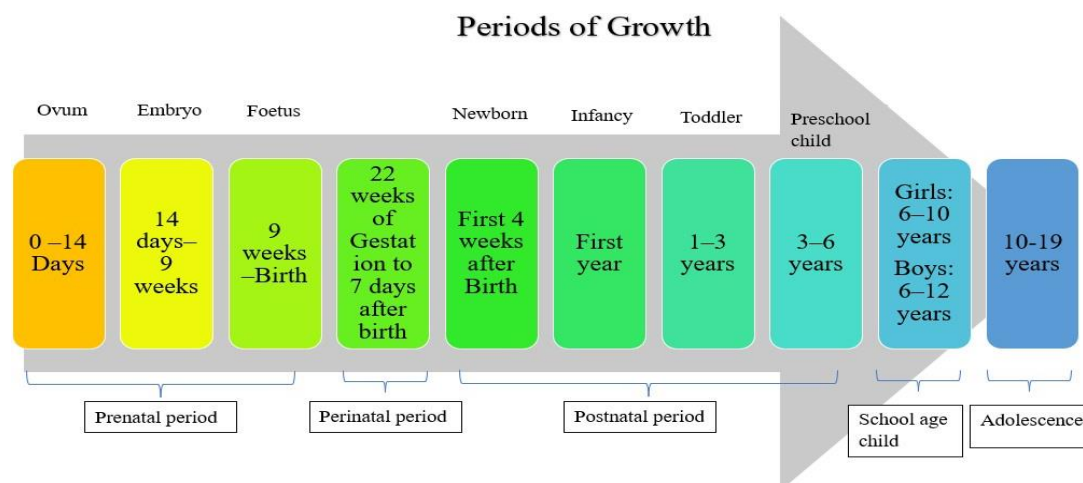
ABSTRACT

Children are naturally endowed with boundless energy, zeal, curiosity and endurance; however, they face numerous and serious maladies which are a process of their natural immunity. Though, a conventional treatment provides instant relief to the sufferings, it is not only harsh but also has various side-effects. So, the topic of discussion in this article will predominantly revolve around a range of health issues frequently encountered by both paediatric-group and homoeopaths along with their homoeopathic approaches.

KEYWORDS: Health Issues, Homoeopathy, Paediatrics.

INTRODUCTION

A child despite being energetic, enthusiastic, and curious, confront various significant illnesses as a part of their natural immunity development – ‘a necessary evil for its survival’.^[1] The word “paediatrics” is derived from two Greek words meaning “healer of children”, and was first introduced in English by Abraham Jacobi, father of American paediatrics in 1859.^[2] The term “paediatric age” commonly denotes the age group spanning from birth to adolescence which includes infancy, childhood and adolescence till 18 years.^[1,2] Generally, paediatric medicine is considered with the health and development characterized by sharp shifts in body, mind and emotions where they pass through various important development stages, growth spurts and hormonal changes associated with puberty.^[8]

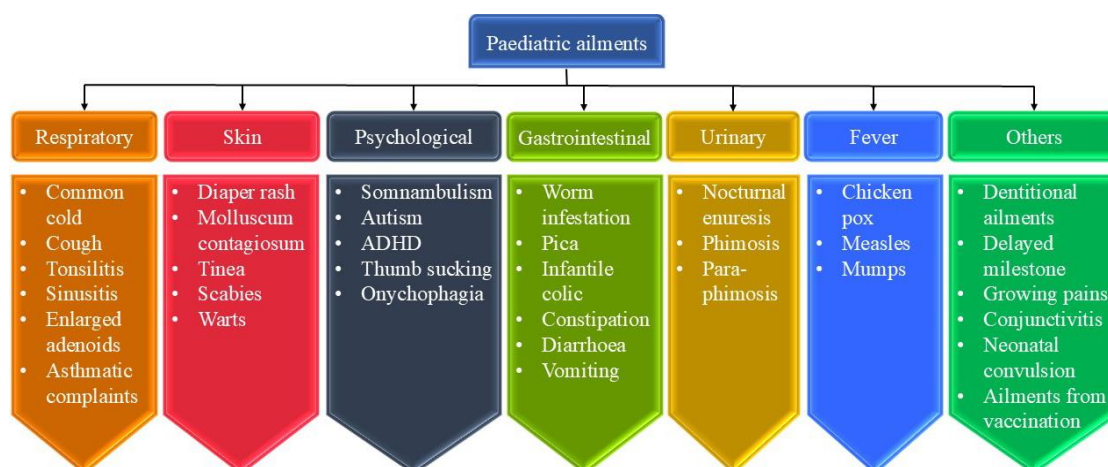


Flowchart: Showing the timeline of development of children from conception to adolescence.^[13]

The American Academy of Paediatrics (AAP) is a professional association, composed of paediatricians, paediatric medical and surgical subspecialists founded in June 1930 by 35 paediatricians in response to a need for an independent paediatric forum to address children's need with the mission to obtain optimal physical, mental, social health and well-being for all children, adolescents, and young adults.^[9,10]

Various literatures have shown numerous, adverse, long-lasting reactions with the conventional treatment in-contrast-to the homoeopathic treatment.^[11]

Common paediatric health issues faced by homoeopaths in their day-to-day clinical practice are:^[3]



Homoeopathic approaches

- *Abrotanum* – Cross, irritable, anxious child. Useful in marasmus especially of lower extremities despite good appetite, rheumatism following checked diarrhoea. Lienteria; alternate diarrhoea and constipation.^[1,4,6]
- *Aconite* – Ailment from fright, fear. Child is cross, afraid of dark, tendency to start, tossing about, restlessness in any complaints.^[1,4,5,6]
- *Aethusa cynapium* – Intolerance of milk in any form. Indigestion with vomiting of frothy, curdled milk and cheese. Epileptic spasm: clenched thumb, red face, pupils fixed and dilated, foam in mouth, locked jaw, pulse small, hard and quick followed by weakness and sleepiness.^[4,5]
- *Allium cepa* – Acrid, watery nasal discharge, dropping from nose tip with profuse bland lachrymal discharge <spring, evening, warm room; >open air.^[4,5]
- *Aloe socotrina* – Cutting, gripping colic and rumbling in lower right abdomen <before, during stool >after stool; leaving profuse sweat and extreme weakness after stool and preceded by obstinate constipation.^[4,5,6]
- *Alumen* – Obstinate constipation with no desire for stool. Marbel like masses passes, but rectum still feels full. Violent ineffectual urging to stool.^[4,6]
- *Alumina* – Constipation of nursing children from artificial food, bottle-fed babies. Inactivity of rectum, even soft stool requires great straining.^[4,5]
- *Ammonium carbonicum* – Children dislikes washing. Snuffles of infant with stoppage of nostrils mostly at night. Loses breath when falling asleep, child cannot sleep, must awake to get breath.^[4,5,6]
- *Antimonium tartaricum* – Child wants to be carried, cries, does not like anyone's touch and will not allow to feel the pulse. Collection of large amounts of mucous in the bronchi difficult to expectorate due to depression of pneumogastric nerve. After vaccination when *Thuja* fails and *Silicea* is not indicated.^[4,5]
- *Argentum nitricum* – Examination funk. Great remedy for anticipation. Emaciation in lower extremities. Ophthalmia neonatorum purulent discharge agglutinated in morning. Craves sugar but results in diarrhoea, characterised by green chopped spinach, flaky after remaining in diaper. Convulsion preceded by great restlessness.^[1,4,5,6]
- *Arsenicum album* – Anxiousness, restlessness, anguish, change place continuously.^[1,5,6]

- *Arum triphillium* – Acrid, ichorous discharge, excoriation of nostrils and upper lip along with sneezing <night. Nose-block, constant pricking and boring finger into nose until it bleeds. Child refuse food due to sore mouth and throat.^[4,5]
- *Baryta carbonicum* – Strong aversion to strangers, would go and hide behind the furniture, thinking all visitors would laugh at him, bashful, slow, backward, stupid, silly looking; prefers to sit ideally in a corner.^[1,5]
- *Belladonna* – Fear's imaginary things, black dogs, ghost, wants to run away. Inclination to bite. Epileptic spasm followed by nausea and vomiting. Child cries during sleep. Grinding of teeth during sleep.^[4,5,6]
- *Bismuth* – Solitude is unbearable; child holds mother's hand. Summer complaints when vomiting predominates stool foul, watery, offensive, extremely prostrating.^[4,5]
- *Borax* – Anxious, dread of downward motion, as if afraid of falling, sensitive to sudden noise; easily startled. Child screams before passing urine. Aphthae in mouth, hot, preventing child from nursing.^[5,6]
- *Bryonia alba* – Child dislike to be carried or raised, desire things but when offered refuses if not given immediately. Constipated stool dry, hard as if burnt. Diarrhoea during hot weather <morning.^[5,6]
- *Calcarea carbonicum* – Children with flabby muscles. Sweat profuse, sour, more on head wetting pillow far around <sleeping, takes cold in consequences. Late learning to walk or stand. Craves eggs, eats dirt and other indigestible things.^[4,5,6]
- *Calcarea phosphoricum* – Emaciated, anaemic children, slow in learning to walk, unable to stand. Rachitis; cranial bone, fontanelles and sutures remain open too long, delayed teething. Oozing of blood from infants naval.^[5,6]
- *Causticum* – Child slow in learning to walk with unsteady gait, falling easily. Constipation with ineffectual desire passed better when standing. Nocturnal enuresis.^[4,5]
- *Chammomila* – Irritable during dentition, whining, restlessness, piteous mourning, wants to be carried all the time >carrying. Wants many things but rejects when offered. Diarrhoea during dentition stool offensive like rotten eggs and chopped spinach. Convulsion of children from nursing, after a fit of anger in mother.^[4,5]
- *Cina* – Cross, ugly, kicks and strikes nurse, wants to be carried, to be rocked or does not want to be touched or looked at. Canine hunger soon after a full meal, craves sugar. Constant digging and boring nose rubs on pillow/shoulder. Cough dry with sneezing <speaking.^[4,5]

- *Colocynthis* – Agonizing abdominal pain causing to bend double >hard pressure.^[5,6]
- *Colostrum* – Infantile diarrhoea with sour smelling body.^[6]
- *Corallium rubrum* – Violent paroxysmal cough with profuse mucous secretion dropping through posterior nares. Minute-gun cough <night.^[6]
- *Cuprum metallicum* – Violent colic with crampy pain <heat, >hard pressure.^[5,6]
- *Cuprum oxydatum nigrum* – All kinds of worms including tapeworm and trichinosis.^[6]
- *Drosera* – Constant titillating cough in children as soon as head touches the pillow <warmth, drinking, singing, laughing, lying down, after midnight.^[5]
- *Dulcamara* – Catarrhal ischuria in grown-up children, involuntary, milky urine from wading with bare feet in cold water.^[4,5]
- *Equisetum* – Urinary incontinence with nightmare, where habit is an ascertainable cause.^[5,6]
- *Filix mas* – Worm symptoms especially with constipation.^[4,6]
- *Granatum* – A vermifuge; expels tapeworm.^[6]
- *Grindelia* – Acts on the pneumo-gastric nerve. Smothering with stopped feeling after falling asleep, gasps for breath must sit up, cannot breathe when lying down.^[4,6]
- *Hepar sulphuricum* – Cough excited by dry cold winds or uncovering, has to rise and bend head backwards. Sour smelling discharges. Sweat profusely day and night without relief.^[4,5,6]
- *Illicium* – Flatulence with colicky pain in three-month babies.^[6]
- *Ipecacuanha* – Clean tongue with no thirst. Cough incessant and violent with every breath.^[5]
- *Jalapa* – Child good all day but screams all night with restlessness due to colic and diarrhoea.^[6]
- *Kali bichromicum* – Snuffles of children especially fat, chubby babies. Foetid, thick, ropy, greenish-yellow discharge like elastic plug with pain at the root of nose.^[4,5,6]
- *Kali muriaticum* – Follicular tonsilitis with greyish patch.^[6]
- *Kreosatum* – Enuresis during first sleep, difficult to raise the child.^[5,6]
- *Lycopodium* – Child cries all day, sleep all night. Peevish, irritable, cannot bear contradiction. Red sand in urine on child's diapers, cries before urinating due to pain >by urinating. Right sided hernia in children.^[4,5,6]
- *Magnesium carbonicum* – Tubercular child has an inordinate craving for meat. Diarrhoea green, frothy, like scum of frog-pond; regularly every 3weeks.^[4,5,6]

- *Magnesium muriaticum* – Unable to digest milk, pain in stomach with passage of undigested food. Head sweats profusely. Dentitional constipation.^[5]
- *Magnesium phosphoricum* – Ailments of teething children; spasm during dentition. Nocturnal enuresis from nervous irritation.^[5]
- *Malandrinum* – Dry, rough, unhealthy skin remaining years after vaccination.^[6]
- *Mezereum* – Eczema and itching eruptions after vaccination.^[5,6]
- *Nux vomica* – Constipation with frequent, ineffectual urging passing small quantities. Constipation and diarrhoea alternating.^[4,5,6]
- *Oleum jecoris aselli* – Atrophy in infants with emaciation, lassitude, restless and feverish <night. Children who cannot take milk.^[6]
- *Opium* – Obstinate constipation; round, hard, black, ball stool with no desire. Spasm of children from nursing after fright in mother. Pricking of bed clothes during sleep. Marasmus in children with wrinkled and old looking skin.^[5,6]
- *Plumbum metallicum* – Stool constipated; hard, lumpy, sheep dunk, black with terrible spasmodic pain in anus. Violent colic as if drawn by a string to spine. Infantile paralysis.^[4,5,6]
- *Podophyllum* – Painless cholera morbus; cholera infantum. Dentitional diarrhoea; after being bathed or washed. Diarrhoea followed by natural stool in evening. Intense desire to press gums together. Head hot with side-to-side rolling.^[4,5,6]
- *Rheum* – Children screaming with sour stool. Whole body sour smelling, even after bathing.^[5,6]
- *Rumex* – Tubercular child, dry, incessant, fatiguing cough <changing air/room, after evening, lying down, inhaling cold air >warm covering of bedclothes.^[5]
- *Saccharum officinalis* – Children having history of excessive sugar intake causing anaemia, wasting disorder with peevishness.^[6]
- *Sambucus nigra* – Scrofulous child awakens suddenly nearly suffocating blue, livid face, sits in bed, grasps for breath. Repeated attack, suffocating cough with crying children <midnight. Profuse sweat over entire body during waking hours.^[5,6]
- *Sanicula aqua* – Dread of downward motion. Profuse sweat on occiput <sleep. Kicks away clothes even in coldest weather. Progressive emaciation; neck skin wrinkled and hangs. Constipated stool partially expels and recedes. Diarrhoea frothy like scum of frog pond. Odour of stool even after bathing.^[4,5,6]
- *Santonin* – Effective in ascaris and threadworms. Itching of nose, restless sleep.^[6]

- *Senna* – Infantile colic with flatulence as if full of wind and constipated.^[6] Diarrhoea when stool is greenish-yellow fluid.^[7]
- *Sepia* – Enuresis always during first sleep.^[5,6]
- *Silicea terra* – Scrofulous, rachitis children, large head, open fontanelles and sutures with head sweat. Obstinate, headstrong, cry when spoken kindly to. Nocturnal enuresis with worms. Night-walking. Abscess and convulsion after vaccination.^[5,6]
- *Spigelia* – Stammering, repeats first syllable three/four times. Child refers naval as most painful part with presence of worms.^[5,6]
- *Squilla* – Child rubs the face with fist during coughing. Cough of measles; exertion, change from warm to cold. Involuntary spurting of urine and sneezing.^[6]
- *Sulphur* – Children cannot bear to get washed or bathed, emaciated, restless, kicks-off clothes. Constipated child, is afraid to have stool due to pain, alternating with diarrhoea. When best selected remedies fail in worms.^[5,6]
- *Tarentula* – Restless; constant motion of legs, arms, trunk with twitching and jerking. Sensitive to music.^[5,6]
- *Teucrum maram varum* – Itching in anus <evening in bed. Ascarides with nightly restlessness. Molluscum contagiosum with itching causing tossing about all night.^[6]
- *Thuja occidentalis* – Bad effects of vaccination causing diarrhoea.^[5]
- *Tuberculinum* – Afraid of animals especially dogs. Diarrhoea running for weeks with emaciation. Mentally deficient child. Valuable in epilepsy in nervous children.^[5,6]

DISCUSSION AND CONCLUSION

A child enters the world carrying within itself a collection of inherited miasms from its parents which gets triggered and worsened by various factors. Superficial treatments not only suppress these conditions but also complicate them, reducing the chances for a lasting cure. Homoeopathy is non-invasive, gentle, permanent and holistic method emphasising every aspect of child, evaluating its physical, emotional and developmental ailments, proving beneficial by acknowledging the individual constitution and susceptibility to various conditions focusing on underlying causes of the disease. Homoeopathic superiority lies in the law of minimum dose and potentization, the process of dynamization thus, minimizing the ill-effects of crude drugs thus protecting the future citizens from harsh medications, making them stronger.^[8] Studies also show the superiority of homoeopathy over conventional treatment for paediatrics.^[12] To consolidate, this article sheds light on homoeopathic utilisation in various paediatric care.^[8]

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