



<https://africanjournalofbiomedicalresearch.com/index.php/AJBR>

Afr. J. Biomed. Res. Vol. 27(3s) (October 2024); 3310 -3315

Research Article

Homoeopathic Remedies And ADHD: Understanding The Similarity Principle

Dr. Kanchan Atoliya^{1*} , Dr. Anjali Thakur² , Dr. Iitika Khatri³ , Dr. Khushboo Yadav⁴ , Dr. Rakesh Kumar Meena⁵ , Dr. Rashmi Agrawal⁶ , Dr. Meenakshi Jhanginia⁷

¹*Ph.D. Scholar (Homoeopathy) , Tanta University, Sri Ganganagar (Raj.) and Assistant Professor, Department of Practice of Medicine, University College of Homeopathy, Kekri (Raj.)

²B.H.M.S., M.D.(Hom.), Ph.D. (Homoeopathy), Associate Professor & HOD, Department of Repertory and case taking, University College of Homeopathy, Kekri (Raj.)

³Ph.D. Scholar (Homoeopathy), Homeopathy University, Jaipur (Raj.) and Assistant Professor, Department of Homoeopathic Materia Medica, University College of Homeopathy, Kekri (Raj.)

⁴Ph.D. Scholar (Homoeopathy) , Homeopathy University, Jaipur (Raj.) and Assistant Professor, Department of Physiology and Biochemistry, University College of Homeopathy, Kekri (Raj.)

⁵B.H.M.S., M.D.(Hom.), Assistant Professor, Department of Community Medicine, University College of Homeopathy, Jodhpur (Raj.)

⁶B.H.M.S., M.D.(Hom.), Associate Professor & HOD, Department of Obstetrics and Gynaecology , University College of Homeopathy, Kekri (Raj.)

⁷B.H.M.S., Resident Medical Officer, University College of Homeopathy, Kekri (Raj.)

***Corresponding Author- Dr. Kanchan Atoliya**

*Assistant Professor, Department of Practice of Medicine, University College of Homoeopathy (Constituents with Dr. SRRAU Jodhpur), Old CHC building, Near Ajmeri Gate, Kekri (Rajasthan) Pin code- 305404
Email- kanchanatoliya18@gmail.com Mob. - 8005946759

Abstract: Attention Deficit Hyperactivity disorder (ADHD) is neuropsychiatric condition affecting preschools, children, adolescents, and adult around the world, characterized by a pattern of diminished sustained attention, and increased impulsivity or hyperactivity. Homeopathy is a rational art of healing based on the principle “**similia similibus curentur**” which is proven on healthy human beings by scientific manner. Homeopathic medicine increases the power of body to defend itself from any external influence.

Author for correspondence: kanchanatoliya18@gmail.com

Received 11/10/2024,

Acceptance 16/10/2024

DOI: <https://doi.org/10.53555/AJBR.v27i3S.2922>

© 2024 The Author(s).

This article has been published under the terms of Creative Commons Attribution-Noncommercial 4.0 International License (CC BY-NC 4.0), which permits noncommercial unrestricted use, distribution, and reproduction in any medium, provided that the following statement is provided. “This article has been published in the African Journal of Biomedical Research”

Introduction:

Attention-deficit hyperactivity disorder (ADHD) is classified under ICD-11 6A05 in the International Statistical Classification of Diseases and Related Health

Problems (ICD-11 series). The ICD-11's most recent listings for ADHD are:

6A05.0: Predominantly inattentive presentation

6A05.1: Predominantly hyperactive-impulsive presentation

6A05.2: Combined presentation

6A05.Z: Presentation unspecified

Based on family history, genotyping and neuro-imaging studies, although multiple regions of the brain and several neurotransmitters have been implicated in the emergence of symptoms. ¹The prefrontal cortex of the brain has been implicated because of its high utilization of dopamine and its reciprocal connections with other brain regions involved in attention, inhibition, decision-making, response inhibition, working memory, and vigilance. ²

In India, the estimated prevalence of attention-deficit/hyperactivity disorder (ADHD) ranges from 2% to 17%.³For the combination and hyperactive/impulsive types, there is a higher male preponderance. Girls are more likely to be underdiagnosed or to obtain a diagnosis later in life and frequently present with inattentive symptoms. In 60% to 80% of cases, the symptoms of ADHD, especially impulsivity and inattention, last into adolescence and adulthood.⁴

.Attention deficit hyperactivity disorder (ADHD) is a neurobehavioral disorder in children; it is characterized by difficulty in paying attention, difficulty in controlling behavior and hyperactivity.⁵

Homoeopathy treats a person suffering from disease, not only disease. It treats child as a whole along with diagnostic symptoms. Case taking includes detailed information of child – past medical history, medical history of parents, mental and physical constitution of the child, information regarding pregnancy and vaccination. Homoeopathic remedies have deep influence on emotional sphere of the patient. In homoeopathic case taking the emotions which the child is experiencing with the psychological problems are also given importance. The prescription of Homoeopathic medicine is based on symptom similarity, here are indications of some major Homoeopathic medicines used in ADHD.

HOMOEOPATHIC THERAPEUTICS FOR ADHD

6,7,8,9,10

1. Tarentula Hispanica:

Mind-Sudden alternation of mood, foxy, Destructive impulsive, moral relaxation. Must constantly busy her/himself or walk. Sensitive to music, Averse to company, but Wants someone present. Ungrateful, Extreme restlessness, must keep in constant motion, though walking aggravate, Could not keep quit in any position. Tarentula has most striking and peculiar action upon cerebro-spinal nervous system. Is a nervous remedy, acting deeply and powerfully on the cerebro-spinal system, hysteria, restlessness.

Physical generals- craving for sand or raw food, Aversion to meat, breads. Thirst for cold water. Sleepless before midnight from excitement dreams sad with weeping. Alternate heat and chill, sweat profuse and excoriating.

Symptoms of ADHD - Destructive impulsive, Sensitive to music not keep quiet in any position. Irritable, lacks

control, Erratic, impulsive, and selfish. Laugh mocks, runs, dances, and makes jokes.

General Aggravation- Motion, contact, noise, company
Generals Amelioration- in the open air, music. Mental symptoms better evening after eating.

2. Veratrum Album:

Mind-Melancholy, with stupor and mania. Sits in a stupid manner, notices nothing, sullen indifference, frenzy of excitement, shrieks curses, violent mania alternates with silence and a refusal to talk: Cannot bear to be left alone, yet persistently refuses to talk. Mania with desire to cut and tear everything, especially clothes.

Physical Generals-voracious appetite, thirst for cold water, but is vomited as soon as swallowed. Craving ice water, cold or sour drinks and juicy fruits, salts. Aversion to warm foods, potatoes and green vegetables disagree. Cold sweats on forehead. Temperature is chilly

Symptoms of ADHD- with stupor and mania. Sits in a stupid manner, notices nothing, Mania with desire to cut and tear everything especially clothes.^[9] “she/he is inconsolable over a fancied misfortune, runs about the room howling and screaming; or sits brooding, wailing and weeping, and in inconsolable”.

Generals Aggravation- At night, wet and cold weather

Generals Amelioration- walking and warmth.

3. Stramonium:

Mind-Loquacious, talks all the time, sings, make verses. The mania more, Disposed to talk continually, incessant and incoherent talking and language, praying beseeching, entreating. Desire light and company cannot bear to be alone, worse in dark and solitude, cannot walk in a dark room. Rapid changes from joy to sadness, “loquacious delirium; disposed to talk continually, with desire to escape out of bed”. “Mock laughter when looking at the picture of his father”

Physical generals- Aversion to all fluids, violent thirst, great desire for acids, citric lemons. profuse sweat. Frightful dreams, weeping in dreams.

Symptoms of ADHD- Devout, earnest, beseeching and ceaseless talking. Fixed notions, terrifying delirium, delusion about his identity, thinks himself to be tall, double, as if part is missing. Religious mania. Cannot bear solitude or darkness, must have light company. Delirium, with a desire to escape.

General Aggravation- from shining objects, mirror, surface of water, from fright, in dark room, when alone after sleep, on swallowing, by touch, by pressure, sun.

Generals Amelioration- from bright light, company, warmth.

4. Arsenic Album:

Mind-Melancholic, indifferent, anxious, fearful, restless, full of anguish, irritable, sensitive, Mentally restless but physically too weak to move, cannot rest in any place, changing places continually, Wants to be moved for one bed to another, great prostration, cannot bear the smell or sight of food, great thirst for cold water, drinks often but little at a time: Great anguish, restlessness; can't rest anywhere; goes from one bed to

another. Pricking the bed clothes; hasty in all his motions; grasps anything he wants eagerly, with excessive prostration, irritable, confusion.

Physical generals- desire for acids, sour things, brandy and coffee. Intense, thirsty, drinks, little and often, Craving ice cold water, Milk or warm tea. Loss of appetite with unquenchable thirst, Aversion to sweets, butter, Fats, Meats. Sleep disturbed, restless, Sleeps with hands over head.

Symptoms of ADHD-indifferent, anxious, fearful, restless, full of anguish, irritable, sensitive, Mentally restless but physically too weak to move, cannot rest in any place, changing places continually, Wants to be moved for one bed to another, great prostration, attack of anxiety at night so severe that he jumps out of bed.” Great anguish, restlessness; can’t rest anywhere; goes from one bed to another. Pricking the bed clothes; hasty in all his motions; grasps anything he wants eagerly, with excessive prostration, irritable, confusion.

Generals Aggravation-Periodically, seashore, wet weather, cold damp from cold air, ices, cold drinks or food, right side, midnight after 11p.m to 2 a.m. worse exertion.

Generals Amelioration-from company, heat, warm drinks and food, hot dry applications, motion, walking about.

5. Chamomilla:

Mind-Child exceedingly irritable, fretful, quiet only when carried, impatient, wants this or that and become angry when refused or when offered, petulantly rejects, peevish, cannot return civil answer, must be carried up and down the room all the time.

Physical generals- is for highly sensitive, irritable, hot and numb. Over sensitiveness from abuse of coffee and narcotics. Night sweats, one cheeks red, the other pale, face sweats after eating or drinking. Chamomilla is hot and thirsty.

Symptoms of ADHD- Child exceedingly irritable, fretful, quiet only when carried, children want to be carried and held. Child wants too many things which he refuses again. Ugly behavior, cross and uncivil, quarrelsome.

Generals Aggravation-by heat, anger, opens air, wind, night.

Generals Amelioration-from being carried, warm wet weather.

6. Iodium:

Mind-Loss of flesh with great appetite. Anxiety when quiet, sudden impulse to turn and get violent, forgetful, must be busy, and fear of people. Suffer from hunger, must eat every hours, anxious and worried if he does not eat, fear> while eating or after eating, when stomach is full.

Physical generals-Ravenous hunger with great thirsty, drinking cold milk better constipation. Restlessness prevents sleep. Temperature flushes of heat all over the body. Profuse sweat.

Symptoms of ADHD- Anxiety when quiet, sudden impulse to turn and get violent, forgetful, must be busy, and fear of people fretful, forgets what is to be spoken or

done, does not know what. Does not understand why he has done some joint thing. Impulse to do some strange things without any cause to kill somebody to kill himself.

Generals Aggravation-when quiet, in warm room, right side.

Generals Amelioration-walking in open air.

7. Tuberculinum:

Mind-Child always tired, motion causes intense fatigue, aversion to work, wants constant, rapid emaciation, nervous children, Mentally deficient children, fear of dogs, animals especially desire to use foul language, curse swear.

Physical generals- loss of appetite, especially in morning. Aversion to meat to all food. Desire for cold milk. Craves sweets. Thirst extreme, day and night. Insomnia and spoor, child wakes screaming with restlessness. Night sweats, profuse sweats, chilly.

Symptoms of ADHD-Depressed, hopeless, anxious, whines and complaints with very little ailments. Contradictory behavior, change moods, fear of animals of dogs, desire to travel, does not want to remain in one palace long.

Generals Aggravation-Moton, music, before a storm, standing, dampness from draught, early morning and after sleep.

Generals Amelioration-open air.

8. Hyoscyamus Niger:

Mind-Intense sleeplessness of irritable, delirium with restlessness, jumps out of bed, tries to escape, make irrelevant answer, fears being alone, suspicious, with jealousy, rage, incoherent speech or inclination to laugh at everything, will not be covered. Involuntary, loud laughter, with silly actions, and convulsive trembling. Lascivious furor, without modesty; she wishes to uncover and expose herself. Muttering, and picking at the bedclothes, he lies in bed nude and chatters; he walks about insane, naked.^[12] performs ludicrous actions like monkey, talks more than unusual ; more animatedly hurriedly. Sing amorous songs.

Physical generals- Aversion to water, loss of taste. Bulimia with violent thirst with inability to swallow. Thirst with drinking but little at a time. Nightly sleeplessness, laugh during sleep warm sweat.

Symptoms of ADHD-mania, erotic, expose genitals, sings amorous song, laugh, quarrels, talkative, lascivious mania, uncovers body part, foolish things, behave like mad, inclined to laugh at everything, muttering delirium, very suspicious. range with desire to strike, bite, fight insult, scold and to kill.

Generals Aggravation-At night, after eating, when lying down.

Generals Amelioration-Stooping

9. Bryonia Alba:

Mind-The baby cannot bear a disturbance of any kind, either mental, or physical. Can’t sit up in bed, even when rising to take a drink of water. Moving from one side to the bed to the other is not so bad, but the patient cannot sit up. Aggravation<<produced by any motion. Dreams

full of quarrelling. Amelioration>> Better for pressure. Very thirsty for long drinks of cold water, very irritable, angry, delirium “wants to go home”

Physical generals- Thirst for large quantity of cold water, loathing for foods, Aversion to milk, great desire for coffee, wine and acid drinks. Falling asleep, dreams of hard work, about business, walks is sleep. Chill with external coldness.

Symptoms of ADHD-Irritable, everything push him out of humor, irritable and ugly behavior, delirium want to go home, desire for things which are rejected when offered.

Generals Aggravation-warmth, any motion, morning, eating, hot weather, exertion, touch, cannot sit up, gets faint and sick.

Generals Amelioration-lying on the painful side, pressure, rest, cold things.

10 Pulsatilla:

Mind-baby becomes irresolute, mild, timid, emotional and tearful. Changeable moods, easily offended. Weeps easily, whining. Craves sympathy. Desire company. Children like to be carried and held. Cries easily, fear of abandonment, fear to be alone of dark of ghosts in the evening, therefore wants to hide or run, very irritable and touchy, feels slighted or fears slight. Disgusted at everything, suspicious, Answers yes or no.

Physical generals-changeable appetite, food taste too salty, Aversion to pork, meat, water, fats, Craves or dislike butter, desire for tonics, sour, refreshing things, lemonade, Irresistible sleepiness in afternoon, wide awake in the evening. Chilly.

Symptoms of ADHD-mild, timid, emotional and tearful. Changeable moods, easily offended. Weeps easily, Craves sympathy, fear of abandonment, suspicious, Answers yes or no, wants to hide or run, very irritable touchy, feels slighted or fears slight

Generals Aggravation-from Heat, rich fatty food, after eating, in warm room.

Generals Amelioration-open air, motion, cold food, cold application, and cold drinks.

11. Cina Artemisa:

Mind-Cina is much more than a worm medicine. Extreme sensitiveness to touch of mind and body. Baby become ill humor, child is very cross, does not want to be touched or carried. Desire many things, but rejects everything offered. Abnormal consciousness, as if having committed some evil deed. Very touchy, ugly, irritable, petulant and dissatisfied, nervous, unreal feeling of having done something wrong. Convulsion in children when they are scolded or punished. Grinding the teeth during sleep.

Physical generals- Craving for sweets, aversion to mother's milk. Restless, gets on hands knee or on abdomen in sleep, face is cold and hands warm.

Symptoms of ADHD-Extreme sensitiveness to touch of mind and body. Baby become ill humor, child is very cross, does not want to be touched or carried. Desire many things, but rejects everything offered.

Generals Aggravation-looking fixedly at an objects, from warm, at night, in the sun, in summer

Generals Amelioration-from lying on abdomen, wiping eyes, motion, better shaking head.

12. Sepia:

Mind-loathing of life prostration of mind and body; fears to starve, is peevish and feels mortified, easily frightened and full of evil fore-boding; inability for mental labor and aversion to the usual duties; indifference to persons formerly loved and especially to household matters (citric ac., indifference to household affairs from weakness); restless and fidgety in company and still afraid of being gesture; constant contradiction of himself; frequents alternation of gayety and sorrowfulness; portal stagnation, humid letters.

Physical generals-Voracious appetite, everything tastes too salty. Desires chocolate, Vinegar, acids and pickles. Talks loudly during sleep generally lack of warmth of body, easily chilled.

Symptoms of ADHD-Angry, sensitive, irritable, easily offended and miserable. Indifferences, takes pleasure in teasing other. Aversion to family to those loved best to sympathy to company. Poor memory.

Generals Aggravation-forenoons and evenings, washing, laundry works, dampness, after sweat, cold air.

Generals Amelioration-by exercise, warmth of bed, after sleep.

13. Natrum Mur:

Mind-Melancholy; likes to dwell on past unpleasant occurrence, Weeps on being merely looked at, and rejects consolation, joyless indifference and indolent indisposition to talk; quarrelsome fretfulness, gets into a passion about trifles; attack of great cheerfulness and merry disposition, with inclination to laugh, dance and sing; great distraction I all his actions and constant wandering in his thoughts; weakness of memory and forgetfulness; awkwardness.

Physical generals-Desire for salt and salty food, Sour things, aversion to meat, fat, coffee, tobacco. Unquenchable thirst. Thirsty, drinks large quantity of water. Sleepless from grief. Dreams of robbers, sleepwalking.

Symptoms of ADHD-Ill effects of grief, fright, anger, depressed and introverted wants to be alone to cry. Awkward, hasty, tears with laughter. cannot cry in front of other, children learn to talk slowly, consolation aggravates.

Generals Aggravation- noise, music, warm room, at the sea shore, mental exertion, talking.

Generals Amelioration-open air, cold bathing .

14. Rhus Tox:

Mind-Anxiety and irritability,<< at twilight, restless. Change of place, wants to go from bed to bed; fear of being poisoned; suicidal mood, wants to drown himself; stupefaction, cannot recollect the most recent events.

Physical generals- No appetite for any kind of food. Great thirst with dry mouth and throat. Craves cold drink, desire for milk, sweets.

Symptoms of ADHD-Extreme restlessness with continued change of position. Cannot recollect the most recent events. Mind and senses become cloudy, low mild

incoherent talk; answer correctly but slowly or hastily or reluctantly. Fears, worse at night, cannot lie in bed.

Generals Aggravation-during sleep, cold, wet rainy weather.

Generals Amelioration- warmth dry weather, motion, walking, change position, rubbing.

15. Kreosotum:

Mind-Stupid feeling in head, with vacant gaze, neither seeing nor hearing; sorrowful mood, inclined to weep, and longing for death; music and other emotional causes impel him to weep.

Physical generals- Craves smoked meat, cold food worse. Sleep disturbed. Children would not sleep unless caressed and fondled. Cold sweat.

Symptoms of ADHD-child wants everything but throws it away when given. Stupid. Vanishing of thoughts, forgetful, peevish, irritable.

Generals Aggravation- open air, cold, rest.

Generals Amelioration- from warmth, motion.

16. Gelsemium:

Mind-Melancholia stupida during its early stage, after protracted work and anxiety, after night- watching with loss of sleep, after grief; depression of spirits, hates consolation, wants to be let alone and brood over real or imaginary loss; inability to attend to anything requiring mental effort; great lack of courage and fear of death; dull heavy pains on head and neck.

Physical generals-Thirstless, little appetite. Heavy stupid sleep, chills up and down back.

Symptoms of ADHD-Dullness, dizzy, drowsy and droopy. Answer slowly, desire to be quiet to be left alone.

Generals Aggravation- damp weather.

Generals Amelioration- Continuous motion, bending foreword.

DISCUSSION:

The child's personality, temperament, skills, and capacities determine whether their ADHD/ADD is manifested as a slight disruption or a serious handicap. Even now, the standard testament approach involves of psychotherapy and educational interventions that are increasingly mixed with stimulants. Parents who are unsure of where to turn for support frequently turn to homoeopathy, which says it can make a significant contribution to resolving this issue.¹¹ Several researches^{12,13,14,15,16,17,18} has been conducted that demonstrates how well homoeopathy works to treat ADHD. But in addition to maintaining composure, constancy, patience, and equanimity, the following ideas demand particular consideration.

CONCLUSION:

The field of homoeopathic treatment holds great promise for healing the mind-body connection resulting from maternal emotions especially in cases of ADHD. To prove the efficacy of individualized homoeopathic medicine, more research using carefully plan ed study designs is required.

REFERENCES:

- 1) Gomez R, Chen W, Houghton S. Differences between DSM-5-TR and ICD-11 revisions of attention deficit/hyperactivity disorder: A commentary on implications and opportunities. *World Journal of Psychiatry* [Internet]. 2023 May 19;13(5):138–43. Available from: <https://www.wjgnet.com/2220-3206/full/v13/i5/138.html>.
- 2) Kaplan HI, Benjamin James Sadock, Virginia Alcott Sadock. *Synopsis of psychiatry: behavioral sciences, clinical psychiatry*. Philadelphia, Pa, U.S.A. Lippincott Williams & Wilkins; 2003.
- 3) Joseph J, Devu B. Prevalence of attention-deficit hyperactivity disorder in India: A systematic review and meta-analysis. *Indian Journal of Psychiatric Nursing*. 2019;16(2):118.
- 4) Marcdante KJ, Nelson WE. *Nelson essentials of pediatrics*. Philadelphia, Pa.: Saunders/Elsevier;
- 5) Ghai OP, Gupta P, Paul VK. *Ghai's Essential Pediatrics*. 2005.
- 6) Allen HC. *Keynotes : rearranged and classified with leading remedies of the materia medica and bowel nosodes including repertorial index*. Noida, U.P., India: B. Jain Publishers (P) Ltd; 2017.
- 7) Boericke W. *New manual of homoeopathic materia medica and repertory*. New Delhi: Kuldeep Jain For B. Jain Publishers; 2003.
- 8) Burt WH. *Physiological materia medica*. New Delhi: B. Jain; 2019.
- 9) Dr Robin Murphy. *Lotus Materia Medica*. S.L.: B Jain Publishers Pvt Ltd; 2021.
- 10) Tyler ML. *Homeopathic drug pictures*. New Delhi, India: Indian Books & Periodicals Publishers; 2003.
- 11) Frei H. *Homoeopathy and ADHD: A New Treatment concept with polarity analysis*. Germany. Narayana Verlag. 2009
- 12) Oberai, et al. Homoeopathic management of attention deficit hyperactivity disorder: A randomised placebo-controlled pilot trial. *IJRH*. Oct-Dec 2013. 7 (4). 158-167.
- 13) Lamont J., *Homoeopathic Treatment of Attention Deficit Hyperactivity Disorder (ADHD)*. *British Homoeopathic Journal*, 1997: 86:196-200.
- 14) Frei H., Thurneysen A. Treatment for hyperactive children: Homeopathy and methylphenidate compared in a family setting. *British Homeopathic Journal* 2001 (90): 183-188, Revised 2013.
- 15) Frei H et.al. Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial. *Eur J Pediatr* (2005) 164: 758–767.
- 16) FreiH. *Attention Deficit / Hyperactivity Disorder and Polarity Analysis: Features, Cases, Results*. *Simillimum Journal* 2014.1-24.
- 17) Jacobs J, Williams A, Girard C, Njike VY, Katz D. Homeopathy for attentiondeficit/hyperactivity disorder: apilot randomized controlled trial. *Journal of Alternative and Complementary Medicine* 2005;11(5):799–806.

- 18) Brulé D. An Open-Label Pilot Study of Homeopathic Treatment of Attention Deficit Hyperactivity Disorder in children and Youth. *Forsch Komplementmed* 2014;21:302– 309.