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A wonderful case of ADHD with delayed speech treated successfully with Homoeopathic similimum: A case report

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Abstract

ADHD is attention deficit hyperactivity disorder which is very common neurodevelopmental disorder. This case report signifies how individualistic holistic Homoeopathic similimum cured a male child of 3 years with ADHD and speech delay within 18 months of treatment. His ADHD score before treatment was 45. After taking Homoeopathic similimum his ADHD score was reduced to 6 along with overall improvement in academic as well as personal well-being.

Keywords: ADHD, Homoeopathic similimum, delayed speech

Introduction

Attention deficit hyperactivity disorder and conduct disorder are among relatively prevalent disorders during childhood and adolescence. The patients who have this disorder mainly face difficulty in focusing their attention along with hyperactivity and impulsivity. The treatment of ADHD mainly involves Behaviour therapy and ADHD medications which typically are stimulants, non-stimulants and anti-depressive medications which have side effects as well as only short-term benefits. In Homoeopathy the treatment of ADHD is holistic and individualized. The goal of the treatment is to cure the patient along with no side effects. In Homoeopathy individualized remedy is selected after taking case in full details including mother's history during pregnancy, stress factors during pregnancy, birth history of patient, vaccination history, physical symptoms, mental symptoms, developmental milestones etc. In Homoeopathy when medicine is selected carefully by taking totality of symptoms the medicine cure the patient.

Materials and Methods

Informed written consent was taken. Case was repertories by using HOMPETH ECO TEAK software. His ADHD score was checked and analyzed by using ADHD rating scale IV-Preschool version before and after treatment. Medicine selection was done after getting totality of symptoms.

Case profile: A 3 years male child was brought by his parents with the complaints of hyperactivity, impulsivity and problems in making speech. He was very much restless and unable to sit in one place for even 5 seconds. He only knew to say 'pa' and 'ma' and in total 8-10 words. On the basis of totality of symptoms Homoeopathic similimum natrum mur 1m was prescribed to him. After 1 month he was able to speak few more words and was little attentive and his hyperactivity was reduced significantly. He took treatment for 1 year and 6 months and now he is totally cured. Before treatment his ADHD rating scale IV-Preschool version score was 45 and after treatment it came to 6.

Case details: A male child of 3 years along with his mother came with the complaints of hyperactivity, impulsivity, difficulty in following instructions along with difficulty in speaking words. The patient was very restless and as per his mother he was unable to sit in one place even for 5 seconds. He used to throw things away. He was able to say only 6-8 words irrespective of constantly being taught by his mother many words. He was not paying attention towards instructions. He was playing with himself. Before treatment his ADHD rating scale IV-Preschool version score was 45.

The patient used to play with himself and sit in one corner. Whenever he was asked to sit in one place he used to sit in other place. He used to play with his own hands. He used to

talk incoherently with himself. He used to throw things away. He was very impulsive. He didn't like to be in company.

| Circle the number that <u>best describes</u> the child's behavior over the past 6 months. | | Rarely or never | Sometimes | Often | Very often |
|---|--|-----------------|-----------|----------------------------------|----------------------------------|
| 1. | Fails to give close attention to details (i.e. rushes through activities, makes careless mistakes) | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 2. | Fidgets with hands or feet or squirms in seat (taps hands or feet) | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 3. | Has difficulty sustaining attention in tasks or play activities | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 4. | Leaves seat in classroom, during meals, or in other situations in which remaining seated is expected | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 5. | Does not seem to listen when spoken to directly (tunes you out) | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 6. | Runs about or climbs excessively in situations in which it is inappropriate | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 7. | Does not follow through on instructions or fails to finish tasks (i.e. "go upstairs, get your shoes and socks"; has difficulty with transitions) | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 8. | Has difficulty playing quietly (alone or in groups) | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 9. | Has difficulty organizing tasks and activities (i.e. choosing an activity, getting materials, doing steps in order) | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 10. | Is "on the go" or acts as if "driven by a motor" | 0 | 1 | 2 | <input checked="" type="radio"/> |
| 11. | Avoids tasks that require sustained mental effort (i.e. puzzles, learning ABC's, writing name) | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 12. | Talks excessively | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 13. | Loses things necessary for tasks or activities (i.e. mittens, shoes, backpack) | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 14. | Blurts out answers before questions have been completed | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 15. | Is easily distracted | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 16. | Has difficulty awaiting turn | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 17. | Is forgetful in daily activities (i.e. forgets papers, forgets directions) | 0 | 1 | <input checked="" type="radio"/> | 3 |
| 18. | Interrupts or intrudes on others | 0 | 1 | <input checked="" type="radio"/> | 3 |

Fig 1: Total ADHD score: 27+18=45

History of Mother during Pregnancy: Mother told that she was in stress during pregnancy as her husband and his family members used to quarrel with her on daily basis for even slight matters. Her husband used to beat her for small household matters. She used to feel that injustice is being done with her. She used to cry and get angry but was unable to express her anger. She suppressed her anger. She used to feel disappointed with her husband and with mother in law.

Birth history of Patient: Patient was born on time and delivery was normal. The patient had no history of jaundice, pneumonia or any other disease

Developmental milestones: all milestones were on time except speech. He started to say 'maa', 'pa' at the age of 2 and half years which is considered as delay. He even at the age of 3 years was able to speak only 6-8 words.

Physical Generals: thermally the patient was Hot, he craved salty things, sweat used to come on scalp, used to speak maa, paa in sleep, constipation on alternate days.

Mental Generals: Patient was introverted, impulsive and

restless. There was aversion to company. He used to be angry when interrupted or stopped to play.

Physical Examination: All the parameters were normal
Systemic Examination: None abnormality detected

Diagnosis: ADHD with speech delay. ICD 11 code:- 6A05&6A01. 2

Therapeutic Intervention: Repertorization on present totality was done for the selection of remedy. Following symptoms were considered for repertorization

1. Concentration difficult
2. Restlessness mental
3. Children talk late
4. Anger ailments from suppressed anger
5. Indignation
6. Talks sleep during
7. Jerking legs sleep during
8. Company aversion
9. Constipation alternate days agg
10. Salt desires

Table 1: Repertorization sheet

| Remedy | Nat-m | Phos | Lyc | Sill | Ign | Cham | Sulph | Verat | Arg-n | Staph | Nux-v | Ars | Calc | Anac | Bell |
|--|-------|------|-----|------|-----|------|-------|-------|-------|-------|-------|-----|------|------|------|
| Totally | 24 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 15 | 15 | 15 | 14 | 14 | 14 |
| Symptoms Covered | 9 | 7 | 7 | 6 | 6 | 5 | 7 | 7 | 6 | 6 | 5 | 4 | 7 | 5 | 5 |
| [Murphy] [Children] Concentration, difficult: Attention, can't fix : | 0 | 2 | 0 | 3 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| [Murphy] [Mind] Restlessness, mental, (see Hurried, Impatient): Children, in (see Hyperactive): | 0 | 0 | 1 | 0 | 1 | 2 | 1 | 2 | 2 | 0 | 2 | 3 | 1 | 2 | 1 |
| [Phatak] [Phatak A-Z] Children infants: Talk late: | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| [Murphy] [Mind] Anger, general, (see Irritability, Rage): Ailments, from: Suppressed, from | 2 | 0 | 3 | 0 | 2 | 2 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 1 | 0 |
| [Complete] [Mirilli's Themes] Indignation: | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| [Complete] [Mind] Talk, talking, talks: Sleep: During: | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 1 | 1 | 0 | 4 | 4 | 4 | 3 | 4 |
| [Murphy] [Food] Salt, general: Desires: | 4 | 4 | 0 | 1 | 0 | 0 | 1 | 4 | 3 | 1 | 0 | 0 | 2 | 0 | 0 |
| [Complete] [Mind] Company: Aversion to: | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 4 | 4 |
| [Boenning] [Mind] Hands: Plays with: | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| [Allen] [S] Scalp: Sweat: | 1 | 1 | 0 | 3 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 |
| [Murphy] [Rectum] Constipation, general, (see Inactivity): Alternate, days, agg. | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| [Boenning] [Mind] Aggravation: Interruptions: | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| [Murphy] [Legs] Jerking, legs, of Sleep, during | 2 | 2 | 2 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 |

Justification for the selection of Remedy and dose: Natrum mur was selected on the basis of totality of symptoms. The main reason to select Natrum mur was suppression of anger which resulted in this disease. The other symptoms which lead to selection of the remedy was late learning to talk, company aversion, jerking of limbs in sleep and company aversion and constipation on alternate days which are covered mainly was Natrum mur. Natrum mur in 1M

potency was selected.

Date with Prescription: 5/11/2022

1. Natrum mur 1M X 1 dose X Stat
2. Placebo X TDS X 2 months

Follow ups

Table 2: Follow ups

| Sr. No. | Date | Symptom | Prescription |
|---------|------------|---|---|
| 1. | 6/1/2023 | His attention was improved was improved to 10 percent His restlessness was improved to 20 percent His jerking of legs in sleep was improved to 30 percent He started to speak 15 words which was 6-8 earlier | PLACEBO XTDS X 2 months |
| 2. | 7/3/2023 | His all symptoms improved to 40 percent He started to speak 40 words | PLACEBO X TDS X 2 months |
| 3. | 8/5/2023 | His all symptoms improvement status was same as 2 months before No new improvement was there | NATRUM MUR 1M X 1 Dose 2. PLACEBO X TDS X 2 Months |
| 4. | 10/7/2023 | His all symptoms improved to 60 percent He was able to speak 150 words and was able to sit in one place for longer time than before He was able to speak 26 alphabets along with 2 poems and table of 2 and 4 He started following instructions properly | PLACEBO X TDS X 2 months |
| 5. | 11/9/2023 | His all symptoms improved to 70 percent He was able to speak 250 words and was able to sit in one place for longer time than before He was able to speak 4 poems and table of 2 -10 He started following instructions properly Restlessness was reduced to 60 percent | PLACEBO X TDS X 2 months |
| 6. | 12/12/2023 | His all symptoms were improved to 90 percent He started to perform well in school tests as well as participating in school dance competition | PLACEBO X TDS X 1month |
| 7. | 10/1/2024 | He was totally cured as there were no more ADHD symptoms and ADHD scale score come to 6 which is totally normal so no remedy was prescribed | |

ADHD scale score after treatment

| Circle the number that <u>best describes</u> the child's behavior over the past 6 months. | | Rarely or never | Sometimes | Often | Very often |
|---|--|-----------------|-----------|-------|------------|
| 1. | Fails to give close attention to details (i.e. rushes through activities, makes careless mistakes) | 0 | 1 | 2 | 3 |
| 2. | Fidgets with hands or feet or squirms in seat (taps hands or feet) | 1 | 1 | 2 | 3 |
| 3. | Has difficulty sustaining attention in tasks or play activities | 0 | 1 | 2 | 3 |
| 4. | Leaves seat in classroom, during meals, or in other situations in which remaining seated is expected | 1 | 1 | 2 | 3 |
| 5. | Does not seem to listen when spoken to directly (tunes you out) | 1 | 1 | 2 | 3 |
| 6. | Runs about or climbs excessively in situations in which it is inappropriate | 0 | 1 | 2 | 3 |
| 7. | Does not follow through on instructions or fails to finish tasks (i.e. "go upstairs, get your shoes and socks"; has difficulty with transitions) | 1 | 1 | 2 | 3 |
| 8. | Has difficulty playing quietly (alone or in groups) | 1 | 1 | 2 | 3 |
| 9. | Has difficulty organizing tasks and activities (i.e. choosing an activity, getting materials, doing steps in order) | 0 | 1 | 2 | 3 |
| 10. | Is "on the go" or acts as if "driven by a motor" | 1 | 1 | 2 | 3 |
| 11. | Avoids tasks that require sustained mental effort (i.e. puzzles, learning ABC's, writing name) | 0 | 1 | 2 | 3 |
| 12. | Talks excessively | 1 | 1 | 2 | 3 |
| 13. | Loses things necessary for tasks or activities (i.e. mittens, shoes, backpack) | 0 | 1 | 2 | 3 |
| 14. | Blurts out answers before questions have been completed | 1 | 1 | 2 | 3 |
| 15. | Is easily distracted | 1 | 1 | 2 | 3 |
| 16. | Has difficulty awaiting turn | 1 | 1 | 2 | 3 |
| 17. | Is forgetful in daily activities (i.e. forgets papers, forgets directions) | 1 | 1 | 2 | 3 |
| 18. | Interrupts or intrudes on others | 1 | 1 | 2 | 3 |

Fig 2: ADHD scale score afer treatment

Good morning Sir AND Thanks Dr
 साहब मैं मजबूत आवाज़ों और एक्टिविटी के
 लिए बड़े मात्राओं को लिखता करता
 था। मेरी पढ़ाई में भी बड़े AD/HD Problem
 थे। मैं लगभग 1 year 6 months पहले को
 जब मैं नो जवाबों उम्र उ सही उमरी
 थी। वे बने मम्मी, पापा, और
 ससुर। Thanks और लगभग totally
 8-10 words ही बोलता था। वो भी
 कोबो करता था। (AD/HD) मम्मी ने
 Highder active child और Speech delay
 की problem का पूरा एम ए मिलान
 (Dr. Parul) को visit किया और
 Homeopathic Treatment start किया।
 अब मैं पूरा सुनी है। पढ़ाई में
 और अपने mind में मैं बहुत
 समझ कर लिखता है। class में मैं
 Improvement है। Written में 30% में।
 मम्मी मैं है Thanks Sir
 Gratitude Sir Ji
 Thanks a lot
 मन्मथ और -

Fig 3: Patient's perspective

Discussions

This case report signifies Homoeopathic similimum is able to cure ADHD with speech delay in the shortest period. This patient was cured completely in a span of 1 year and 2 months without any side effects. This case report also signifies the importance of mother's history of pregnancy. As through mother's history of pregnancy reveals suppression of anger and feeling of indignation through pregnancy period. This suppression of Mother's anger in pregnancy lead to the development of ADHD along with speech delay in child. Homoeopathic similimum Natrum mur cured patient completely and permanently.

Conclusion

This case report signifies that Homoeopathic similimum is able to cure ADHD with speech delay in the shortest period. This patient was cured completely in a span of 1 year and 2 months without any side effects. This case report also signifies the importance of mother's history of pregnancy. Homoeopathic similimum Natrum mur cured patient completely and permanently. His health related quality of life (HRQOL) was increased to optimum level.

Patient's Mother Perspective: The patient's Mother shared her experience in the following written form in Hindi language which tells the effectiveness of the treatment.

Informed consent: Written consent was taken from the patient.

Conflict of Interest: None

Source of Funding: None

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