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ADHD and Homeopathy

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Abstract

Attention-deficit hyperactivity disorder (ADHD) is an ordinarily analyzed childhood disorder characterized by impulsivity, inattention, and hyperactivity. Despite the fact that the fundamental etiologies of ADHD might be heterogeneous and various, and numerous conceivable gamble factors in the advancement of ADHD. Regular treatment generally comprises of social facilities and prescription, with stimulant drugs most usually being recommended. The principal worry about the results of long-haul utilization of conventional prescriptions, subsequently homeopathy gives the better consideration and treatment which winds up somewhat working on the personal satisfaction. This article incorporates a methodical investigation of etiology, symptoms and treatment of ADHD and the homeopathic therapeutics.

Keywords: ADHD, Homoeopathy, impulsivity, inattention, hyperactivity

Introduction ^[1,2]

ADHD (Attention-deficit hyperactivity disorder), for the most part brought about by a neurobehavioral issue, is an issue that creates in children and has for some time been acknowledged to influence their fundamental abilities. The powerlessness to get a handle on feelings can influence a kid's schooling, wellbeing, and social connections, showed and determined to have numerous ways of behaving like deferrals and execution issues. It is frequently joined by mental imbalance range problems and dyslexia. Consideration shortage hyperactivity jumble is a mix of tangible debilitations (visual, material, hear-able, and proprioceptive) and hyperactivity/impulsivity or latency (ADHD/ADD).

Autism, otherwise called inescapable formative problem, is a significant sickness. Conflict is described by unfortunate correspondence, connections, and social sentiments. The specific reason for psychosis is obscure, however a few psychoses are made sense of by the "opioid overdose theory" in which many mind peptides have morphine like action. Research shows that lessening the peptide by controlling secretin can work on friendly and language abilities in the individuals with chemical imbalance. Homeopathic secretin is said to have comparable effective. These folks appear to be not exactly right to an incredible beginning. Out of nowhere something occurred and they returned. Any remaining youngsters with formative issues might have a serious, speech impaired/biform face. Kids with mental imbalance may not show up "impaired". All side effects are brought about by mental, social, correspondence lacks and negative ways of behaving.

Etiology ^[1,2]

The biochemical etiology of ADHD is believed to be related with low degrees of catecholamines (ie, epinephrine, norepinephrine, and dopamine) and serotonin in specific areas of the brain.

These synapses are answerable for initiating region of the mind expected to concentrate unendingly. Some new examination has likewise shown proof of anomalies in glutamate/glutamine and creatinine in the brain. Disturbance of the connection among glutamatergic and dopaminergic frameworks is viewed as a significant pathogenesis of ADHD. While ADHD drugs for the most part work to reestablish neurotransmitters in the cerebrum, their capacity to animate the body to bring down synapse levels is seldom talked about, for example, dysfunctional creation of mixtures, brain malabsorption, or expanded transport from the cerebrum to the presynaptic terminals of neurons. Hereditary Impacts A few investigations have shown proof supporting hereditary qualities and its relationship with ADHD, and have detailed five to six family members of ADHD patients.

Not many seeds ought to be incorporated; nonetheless, it was not the particular ADHD qualities that were eventually taken a gander at yet the qualities controlling mental health and receptor improvement.

Risk Factors for ADHD ^[1,2]

1. **Dietary Influence and Nutritional Deficiencies:** Poor diet and resultant deficiencies of various nutrients can contribute to oxidative stress and altered neuronal plasticity, both of which have an impact on children with ADHD.
2. **Genetic Effects:** Genetic Impacts Various examinations have shown proof supporting hereditary causes and relationship with ADHD, with a five-to six-overlay expansion in event among family members of ADHD patients being noted. A few qualities are supposed to be involved; nonetheless, at last the inquiry isn't so much for a particular ADHD quality yet rather for qualities that manage brain development and receptor improvement.
3. **Low-Protein, High-Carbohydrate Diets:** Amino acids are the structure blocks of proteins, as well as antecedents for a large portion of the synapses in the brain. Certain amino acids are viewed as fundamental, as the need might arise to be taken in through the eating routine; accordingly, low protein diets might cultivate amino corrosive lack side effects. Large numbers of the amino acids required by the body to make synapses, like phenylalanine, tyrosine, and tryptophan, are viewed as low in the blood of grown-ups and youngsters with ADHD. Lacks of these synapse forerunners, along with their nutrient and mineral cofactors, may bring about ADHD-type side effects. Exorbitant utilization of refined carbs and sugar can adversely influence learning capacity and increment forceful and fretful conduct in all kids, in spite of the fact that proof for an immediate connection to ADHD is deficient.
4. **Hypersensitivity to Foods and/or Additives:** Exposure to sensitizing foods appears to increase inflammatory mediators and neuropeptides in the blood and overly sensitive youngsters are probably going to show peevishness, rest aggravations and noticeable hyperactive-rash side effects.
5. **Essential Fatty Acid and Phospholipid Deficiencies:** Essential fatty acids (EFAs) and phospholipids are both fundamental for typical neuronal construction and capability and should be provided through the eating routine. The myelin sheath, which protects each neuron in the brain, is comprised of approximately 75-percent phospholipids, with every atom having a connected immersed and unsaturated fat, the last option being either an omega-3 or an omega-6 unsaturated fat. The mind and sensory system rely intensely upon these fundamental supplements, particularly during basic times of improvement like adolescence, and dietary lack during these periods might expand the gamble of creating ADHD-type side effects. Omega-3 fatty acids, specifically docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), appear to improve neurotransmitter reception in the brain. DHA, in particular, protects neurons and glia from death by maintaining brain-derived neurotrophic factor (BDNF), a protein formed within the brain that aids in maintaining neuronal plasticity. The ratio between

omega-3 and omega-6 fatty acids is especially important, and our modern Western diet has produced an imbalance in this ratio, with more foods rich in omega-6 (e.g., canola oil, sunflower oil) being consumed. This imbalance is considered to be a risk factor for ADHD. ADHD children may also have an inability to metabolize EFAs correctly. Children with ADHD frequently manifest EFA deficiency symptoms, which may include dry hair and skin, eczema, recurrent infections, increased thirst and behavioral problems. Correcting underlying EFA deficiencies may improve ADHD symptoms in many individuals.

6. **Mineral Deficiencies:** have shown proof of lacks of mineral in children with ADHD, to be specific, zinc, iron, calcium, magnesium, and selenium, magnesium, glutathione, and additionally omega-3 unsaturated fats, for example, have been connected to focus, memory, and learning issues in kids with ADHD. As zinc and iron are related with dopamine digestion, a lack of both of these minerals may be related with huge debilitation in dopaminergic transmission. Utilization of specific fake food added substances can prompt different supplement lacks in certain people, specifically zinc inadequacy, which can worsen tension and direct issue issues. An unsettling influence in the zinc and copper proportion is likewise obvious, with elevated degrees of copper being tracked down in numerous ADHD children.
7. **Environmental Toxins and Contaminants:** Exposure to metals (lead, cadmium, mercury, aluminum), solvents, pesticides, polychlorinated biphenyls, or other environmental toxins has been linked to ADHD.
8. **Environment, Electronic Media, and Culture:** It is a deep-rooted hypothesis that electronic media can impact kids turn of events. Research has shown that early TV watching (ages 1-3) is related with the advancement of consideration issues in kids by age seven. Another review showed that youngsters who watch at least two hours of TV each day had expanded consideration issues in youth, recommending that the unfavorable impacts of TV might be combined. One potential clarification for these discoveries is that TV watching replaces different exercises that energize fixation and consideration, like perusing. Likewise, kids' TV projects may overwhelm the creating mind of a small kid, prompting tangible compulsion. As per a review distributed in the journal, The study of disease transmission, youngsters presented to cell phones prenatally and, less significantly, postnatally, were 80% bound to show ADHD-type side effects, like hyperactivity and social issues, at school-going age. Natural light deficiency has been suggested as a risk factor for ADHD. Exposure to cool-white fluorescent lights appears to affect learning ability in children, and research suggests that it may also be linked with the incidence of attention-deficit disorder and hyperactivity. Spending time outdoors in "green" natural settings appears to improve ADHD symptoms.
9. **Neurological Anomalies in ADHD:** ADHD has been associated with conditions that cause neurological impairment, such as lead poisoning, chromosomal abnormalities, neurotransmitter deficits, oxygen deprivation at birth, smoking during pregnancy, and fetal alcohol syndrome. A further non-genetic factor

thought to contribute to ADHD is oxidative stress, which causes damage to DNA.

Types ^[2,3]

Three subgroups of ADHD are as follows

1. Predominantly hyperactive-impulsive type (not showing significant inattention)
2. Predominantly inattentive type (not showing significant hyperactive-impulsive behavior)
3. Combined type (displaying inattentive and hyperactive-impulsive symptoms) (APA 2000). Hyperkinetic disorder (HKD) is the term used in ICD-10 (WHO 1992), and refers to a more seriously affected subgroup, similar to patients diagnosed as having DSM-IV 'combined type'.

Clinical features ^[3,4]

ADHD is a group of behavioral difficulties that encompass inattentiveness, hyperactivity and impulsiveness. The symptoms in children and teenagers are well defined and include:

- A short attention span
- Restlessness
- Being easily distracted
- Constant fidgeting

Many children with ADHD also have other problems, such as sleep or learning difficulties. ADHD symptoms affect cognition, behavior, emotions, and social functioning.

Conservatively, its incidence is estimated to be between 3% and 7%, and the diagnosis in boys is 3 to 9 times the disease. ADHD is a disorder that usually appears from childhood and adolescence to adulthood and is often associated with academic and behavioral problems. About 25% of children with ADHD also have anxiety and Comorbid mood.

Diagnosis ^[4]

The American Academy of Pediatrics first published recommendations in 2000 for the diagnosis and evaluation of ADHD in children; Clinical recommendations were made in 2001. For the diagnosis of ADHD/HKD, the symptoms must last for at least six months, cause anxiety and increase in conflict with the child's behavior, two or more occurrences of the damage and occurrence.

These side effects should show up before age 7 and are worse made sense of by other analysis. In any case, in any event, when analyzed at a later age, there might be a background marked by the issue stretching out back to youth, which is more normal in young men, yet there is proof that young men will be determined to have ADHD as well as having more sex. There are less examinations in everyone than in youngsters. The commonness in school-matured kids in Britain is assessed at 1% utilizing ICD-10 rules and ascends to 5% utilizing DSM-IV standards.

ADHD is analyzed by the Symptomatic and Measurable Manual of Mental Problems, Fourth Release (DSM-IV)2, which characterizes three kinds of ADHD: absentminded, hyperactive-indiscreet, and blended. Consideration deficiency hyperactivity jumble (ADHD) is a typical issue with issues that normally start at an early age and become more obvious when the circumstance changes, for example, when the kid begins school. Consideration shortage/hyperactivity jumble (ADHD) has not been remembered for the conclusion since the third distribution

of the Symptomatic and Factual Manual (DSM) in 1980 (Barkley 1990).

Brain testing and genetic research are current interests, but in the absence of reliable biomarker testing, behavioral assessment remains the mainstay of diagnosis. The DSM-IV's diagnosis of ADHD includes the "core" symptoms of inattention, hyperactivity, and impulsivity.

Diagnosis is usually made by a specialist pediatrician/adolescent or pediatrician and should be made in conjunction with one of the above guidelines. ADHD is usually diagnosed between the ages of three and seven, but it can sometimes be much later. Diagnostic criteria for the disease are six or more symptoms of inattention, hyperactivity/impulsivity, or both. ADHD is a common disorder in children with a male/female ratio of 3:1 to 9:1, occurring in 3-5% of children. Medications include stimulants such as methylphenidate (MPD, Ritalin). Parents who do not want to give these drugs to their children are looking for homeopathic remedies.

Homoeopathy view

Stimulant drugs like Ritalin may be effective for ADHD but their flip side is that they can trigger side-effects like sleeplessness, anxiety, loss of appetite, slow growth, tics, etc. In fact, most of the stimulant drugs should not be given to children under age six because of the risk of toxicity or inadequate dosage awareness due to inadequate testing for negative reactions. Homoeopathy is a system of therapeutics based on the Law of Similia, which means 'like cures like'. Conditions are treated by highly diluted substances that cause, in healthy persons, symptoms like those of the condition to be treated.

Organon of medicine: (6th edition, § 211) — This state holds good to such an extent, that the disposition of the patient often chiefly determines the selection of the homoeopathic remedy, as being decidedly characteristic symptom, which can least of all remain concealed from the accurately observing physician. This pre-eminent importance of the emotional state holds good to such an extent that the patient's emotional state often tips the scale in the selection of homoeopathic remedy. This is a decidedly peculiar sign which among all the signs of disease, can least remain hidden from the exactly observing physician.

A detailed case history (Aphorism-218) about the health of the child and the family, the pregnancy and delivery, early development, vaccinations, life events, schooling, favorite foods, drinks to mention just a few points. The more information gathered, the easier it is to find that the remedy. Being fundamental cause of mental disease is Psora miasm, so patient should be subjected to a radical anti psoric treatment (Aphorism-227).^[5]

Homoeopathic therapeutics ^[6,7]

Few important homoeopathic medicines for ADHD are as follows: -

1. **Baryta Carb:** works wonders in treating concentration difficulties in children having ADHD. Children who need Baryta Carb cannot concentrate or pay attention to any work. Difficulty in concentrating during studies is also pronounced in such cases. The affected children cannot fix their attention while reading, thereby forgetting the lesson. Loss of memory, mental

- weakness. Irresolute. Lost confidence in himself. Senile dementia. Confusion. *Bashful*. Aversion to strangers. Childish; grief over trifles. This remedy brings aid to scrofulous children, especially if they are backward mentally and physically, are dwarfish, do not grow and develop, have scrofulous ophthalmia, swollen abdomen, take cold easily, and then always have swollen tonsils.
2. **Chamomilla:** is the homeopathic medicine that are used to treat anger outbursts in children with ADHD. Symptoms of anger coupled with irritable and cross behavior indicate the need for the medicine Chamomilla. The child may also be spiteful and snappish. *Whining restlessness*. Child wants many things which he refuses again. Piteous moaning because he cannot have what he wants. Child can only be quieted when carried about and petted constantly. Impatient, intolerant of being spoken to or interrupted; extremely sensitive to every pain; always complaining. Spiteful, snappish. Complaints from anger and vexation. Mental calmness contraindicates Chamom.
 3. **Cina:** This is a children's remedy, -big, fat, rosy, scrofulous, corresponding to many conditions that may be referred to intestinal irritation, such as worms and accompanying complaints. An irritability of temper, variable appetite, grinding of teeth, and even convulsions, with screams and violent jerkings of the hands and feet, are all within its range of action. The Cina patient is hungry, cross, ugly, and wants to be rocked. Pain in shocks. Skin sensitive to touch. Ill-humor. Child very cross; does not want to be touched, or crossed, or carried. Desires many things, but rejects everything offered. Abnormal consciousness, as if having committed some evil deed. Twitching and jerking distortion of limbs, trembling. Paralyzed shocks; patient will jump suddenly, as though in pain. Child throws arms from side to side. Nocturnal convulsions. Sudden inward jerking of fingers of right hand. Child stretches out feet spasmodically. Left foot in constant spasmodic motion.
 4. **Coffea Cruda:** Made from unroasted coffee beans, the homeopathic remedy coffea cruda claims to have the exact opposite effect as a cup of joe: it unwinds the mind instead of revving it up, and is most often used to combat sleeplessness and racing thoughts in children and adults with ADHD. Coffea suited for Tall, lean, stooping persons, dark complexion, sanguine choleric temperament. Coffea Cruda has Oversensitiveness; all the senses more acute, sight, hearing, smell, taste, touch (Belladonna, Chamomilla, Opium). Coffea Cruda has Unusual activity of mind and body. Full of ideas; quick to act, no sleep on this account.
 5. **Hyoscyamus Niger:** is the homeopathic medicine that are used to control impulsive behavior in children with ADHD. Disturbs the nervous system profoundly. It is as if some diabolical force took possession of the brain and prevented its functions. It causes a perfect picture of mania of a quarrelsome and obscene character. Inclined to be unseemly and immodest in acts, gestures and expressions. Very talkative, and persists in stripping herself, or uncovering genitals. Is jealous, afraid of being poisoned, etc. Its symptoms also point to weakness and nervous agitation; hence typhoid and other infections with coma vigil. Very suspicious. Talkative, obscene, lascivious mania, uncovers body; jealous, foolish. Great hilarity; inclined to laugh at everything. Delirium, with attempt to run away. Low, muttering speech; constant carphologia, deep stupor.
 6. **Lycopodium Clavatum:** is a homeopathic medicine considered in cases where children show difficulty with concentration during reading and conversation. They also tend to be confused and display traits of low self-confidence. Melancholy; afraid to be alone. Little things annoy, Extremely sensitive. Averse to undertaking new things. Head strong and haughty when sick. Loss of self-confidence. Hurried when eating. Constant fear of breaking down under stress. Apprehensive. Weak memory, confused thoughts; spells or writes wrong words and syllables. Failing brain-power (Anac; Phos; Baryt). Cannot bear to see anything new. Cannot read what he writes. Sadness in morning on awaking.
 7. **Synaptol:** Synaptol is a homeopathic liquid specially formulated for the treatment of ADHD in children and adults age 2 and older. It's a mix of green oat grass (*avena sativa*), sweet violet (*viola odorata*), skullcap (*scutellaria lateriflora*), and several other herbs claimed by the manufacturer to improve attention and limit hyperactivity. Synaptol contains no alcohol or sugar, and advertises itself as gluten-free — a potential plus for anyone with ADHD whose symptoms are sensitive to certain foods or other similar triggers.
 8. **Stramonium:** Stramonium, derived from the herb *Datura stramonium* — also known as Devil's snare — is intended to reduce aggressive or violent behavior, a common occurrence in children with ADHD or comorbid oppositional defiant disorder. Proponents also claim that it can be useful for children with post-traumatic stress disorder, or other forms of anxiety, in homeopathic doses. At high doses, however, stramonium can cause illusions, delirium, or, in rare cases, death.
 9. **Tuberculinum:** When symptoms are constantly changing and well-selected remedies fail to improve, and cold is taken from the slightest exposure. Rapid emaciation. Of great value in epilepsy, neurasthenia and in nervous children. Diarrhoea in children running for weeks, extreme wasting, bluish pallor, exhaustion. Mentally deficient children. Enlarged tonsils. Skin affections, acute articular rheumatism. Very sensitive, mentally and physically. General exhaustion. Nervous weakness. Contradictory characteristics of Tuberculinum are mania and melancholia, insomnia and sopor. Irritable, especially when awakening. Depressed, melancholy. Fear of dogs. Animals especially. Desire to use foul language, curse and swear.
 10. **Tarentula Hispanica:** is used when a child is hyperactive with marked restlessness and impatience. Remarkable nervous phenomena; hysteria with chlorosis; chorea, dysmenorrhoea, spinal irritability. Bladder tenesmus. Constriction sensations. Formication; Extreme restlessness; must keep in constant motion even though walking aggravates. Hysterical epilepsy. Intense sexual excitement. Sudden alteration of mood. Foxy. Destructive impulses; moral relaxation. Must constantly busy herself or walk. Sensitive to music. Averse to company, but wants

some one present. Ungrateful, discontented. Guided by whims. Twitching and jerking. Yawning with uneasiness of legs, must move them constantly. Extraordinary contractions and movements. Modalities- Worse, motion, contract, noise. Better, in open air, music, bright colors, rubbing affected parts. Worse, seeming others in trouble.

11. Veratrum album: Melancholy, with stupor and mania. Sits in a stupid manner; notices nothing; Sullen indifference. Frenzy of excitement; shrieks, curses. Puerperal mania. Aimless wandering from home. Delusions of impending misfortunes. Mania, with desire to cut and tear things (Tarant). Attacks of pain, with delirium driving to madness. Cursing, howling all night. A perfect picture of collapse, with extreme coldness, blueness, and weakness, is offered by this drug. Post-operative shock with cold sweat on forehead, pale face, rapid, feeble pulse. Cold perspiration on the forehead, with nearly all complaints. Vomiting, purging, and cramps in extremities. The profuse, violent retching and vomiting is most characteristic. Surgical shock. Excessive dryness of all mucous surfaces. "Coprophagia" violent mania alternates with silence and refusal to talk.

Conclusion

Homoeopathic medicines are given on the basis of totality of symptoms as well as on striking, uncommon, peculiar symptoms in our Materia medica. Homeopathic medicines work productively in ADHD by lessening the side effects and in this way work on the personal satisfaction. It perceives the job of psyche in the beginning, upkeep and the improvement of a sickness and gives prime significance to mental articulation, demeanor and express that communicates as conduct articulation. Homeopathy has incredible breadth in the treating ADHD. Studies showed constructive outcome of homeopathy in the treatment of ADHD.

Conflict of Interest

Not available

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