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A review from researches available in the management on Pediatric diseases

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Abstract

Childhood is the most delicate stage of life. For a better immunity and healthy life it should be handled carefully and homoeopathy is the most easy mode of treatment for children. Besides, homoeopathy is helpful in behavioral changes in children of all ages showing symptoms like irritability, obstinacy, bed wetting, thumb sucking, etc. Homoeopathy has a very good scope for mentally and physically challenged children. The paper discusses diseases commonly found among children and their effective homoeopathic treatment.

Keywords: Diseases in children and homoeopathy, respiratory diseases, diarrhea in children, mental diseases in children

Introduction

A healthy mental health in children is marked by the child's everyday behavior, age-appropriate development, and a satisfied frame of mind^[1]. Childhood is the most precious and delicate stage of life. So, prescribed medicines for children should also be able to handle that delicacy. For their better immunity and healthy life, homoeopathy is the only guard for them. Homoeopathy is the most comfortable mode of treatment for the people of all age groups. And homoeopathy is the best effective treatment for children as well. Besides, homoeopathy is also helpful in behavioral changes in children of all ages. Patients who show symptoms like irritability, obstinacy, bed wetting, thumb sucking, etc. can be treated with homoeopathy most frequently, data says. There is a very good scope in the treatment of mentally and physically challenged children through homoeopathy as well^[2].

Methods

Current literature search was performed using different medical databases including PubMed, EMBASE (Elsevier), research gate, IJRH, International Journal of homoeopathic sciences, and Google Scholar by using specific keywords such as 'children diseases', 'respiratory diseases in children', 'Skin diseases in children', 'Pediatric in general', 'Diarrhoea in children', 'Skin diseases in children' and 'homoeopathy'. All kinds of research papers on randomized controlled trials, non-randomized controlled trials, case series and community-based studies, and review papers on pediatric cases and homoeopathic management were included.

Discussion

To begin with respiratory diseases in children, there are a few research articles available on respiratory diseases in children. Few of them were not accessible. An article from Cochrane Database of 2018 Sep by Hawke K, van Driel ML, Buffington BJ, McGuire TM, King D., "Homeopathic medicinal products for preventing and treating acute respiratory tract infections in children", author stated that children generally experience three to six ARTIs each year. Acute respiratory tract infections in children are commonly found throughout the year which are self-limiting but sometimes they may lead to complications. Oral homoeopathic medicine played an important role in treating ARTIs according to this study^[3]. One of the RCTs by Steinsbekk A, Bentzen N, Fønnebø V, Lewith G. "Self-treatment with one of three self-selected, ultra molecular homoeopathic medicines for the prevention of upper respiratory tract infections in children. A double-blind randomized placebo-controlled trial" explained that homoeopathic medicine can prevent the new episodes of upper respiratory tract infection in children^[4].

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Bronchitis is more prevalent in children between age group of 0 to 10 and homoeopathic medicines that showed their marked improvement in improving the sufferings of the children are Arsenicum album, Bryonia alba, Rhus Toxicodendron, Pulsatilla, Antimonium tartaricum etc. [5]. Moreover, in a case series of 30 case evaluations from published papers between 2000 and 2004, Ramchandani NM reported that homoeopathy is 67.3% effective in URTI as compared to 56% with conventional treatment but lower at cost and homoeopathy is safer than any other conventional medicines [6].

Acute diarrhea is said to be the most frequent GI disorder in children and the primary causes are bacterial, viral and rarely alimentary intoxications. In cases of acute diarrhea dehydration and negative nutrition are the main complications, so compensation of lost body fluids and adequate diet forms the basis of the child's treatment [7]. In a clinical trial and also a meta-analysis study on acute childhood diarrhoea authors concluded that duration of diarrhea and number of stools per day in children decreases with individualized homoeopathic treatment [8, 9].

Again, different research conducted in school children in school-based surveys shows prevalence of skin diseases in children ranges from 8.7% to 35% in India. Skin diseases of pediatric age group can be transitory or chronic and recurrent. In cases of infectious skin diseases like scabies, tinea corporis, dermatitis etc., lack of awareness about such skin conditions and delay in approaching to doctor result in the transmission of the disease to the members inhabiting with them [10, 11]. The role of individualistic homoeopathic medicines in the management of skin diseases in children was quite satisfactory in many RCT already had done in children [12].

Mental health is the main source for the growth and productivity for a healthy life. Homoeopathic system is a holistic approach which helps in the treatment of both physical and mental illnesses [13]. Several studies on psychological diseases in children rectified the usefulness of homoeopathic medicine in brain-related abnormalities found in patients of different age groups [14]. Studies on autism demonstrated the significant reduction of signs and symptoms like hyperactivity, behavioural dysfunction, sensory impairment and communication difficulty of autism disorder in children by homoeopathy [14, 15]. A study on behavioural changes in children done in a school of mentally challenged children in Delhi from age group 6-14 years reveals the prevalence of behaviour problems in mentally challenged children was high and prevalence of behaviour problems in lower age group (5-11 yrs) was higher in comparison to higher age group (12-14 years) [16].

From a long-term result of a cohort study in Germany and Switzerland, patient and physician assessments on quality of life rating from 0 to 10 at baseline, and after 3, 12, and 24 months, authors explained that disease severity and quality of life improves after homeopathic treatment and indicate that homeopathic treatment may play a beneficial role in the long-term care of patients with chronic diseases.

Conclusion

Homoeopathic literature suggests the use of medicines in diseases of children but the research evidences in pediatric cases remain compromised. Homoeopathy is gentle, holistic healing system with no side effects and it is very easy to administer and very effective in chronic diseases. So, it can

be the first line of choice of treatment for many diseases in children.

Conflict of Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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