

How Can Homeopathy be Beneficial for Treating AD/HD?

Is alternative medicine the way to go? I believe there is a lot of merit in using alternative methods such as Homeopathy for treating AD/HD. It should perhaps be the first line of intervention in conjunction with supplementation, behaviour modification and dietary intervention. If this type of intervention does not achieve the desired results in a specified time, then one can quite readily turn to allopathic medication as an adjunctive to address symptoms left over.

How does Homeopathy work?

There isn't a substitute homeopathic medicine, for example, for a stimulant medication. The aim of homeopathy is to cure a disorder by treating the whole person rather than merely concentrating on a set of symptoms. This process in finding the correct remedy involves a thorough consultation. During the process an attempt is made to get to the root (excuse the pun) of the problem. The information gained through the questioning and examining then points to which remedy to use, but also reveals information regarding aetiology, aggravating factors or other causes.

What do I mean by a remedy that fits these symptoms?

A homeopathic remedy must be suitable for both the symptoms and the characteristics and temperament of the patient. Ten children that meet all the requirements to be diagnosed with AD/HD have many symptoms that overlap, but still each one is an individual with very different characteristics. So there might be certain remedies that are more inclined to be prescribed for the disorder, but you still have to look at the child as an individual and prescribe a remedy that fits the way the symptoms expose themselves specifically in that child.

The principal of 'similars' is a basic understanding that symptoms produced by a particular substance (that has been thoroughly tested and proved) will be used in a diluted form to treat similar disease states. To put this in practical terms, I will use a remedy that is used a little more often than others in the treatment of AD/HD.

Remedy: Stramonium

Mind

- Excessive talking
- Swearing
- Singing
- Doesn't like solitude
- Tends to be violent –
 - Fighting at school
 - Biting
- Element of fearfulness / anxiety
- Could be jealous

Face

- Red cheeks

Mouth

- Stammering
- Thirst
- Craves sweets (what child doesn't?)

Sleep

- Awakens terrified

Factors that aggravate symptoms

- Fright

History

- High fever
- Convulsions

Not all of the abovementioned symptoms need to be present in an individual to be prescribed. Certain symptoms also carry more weight than others, which will thus increase its efficacy. An example of this will be if violence is very evident in your child and it is made worse if a traumatic event occurs or if the child getting a big fright aggravates violence.

In conclusion, homeopathy is a system for the individual. It doesn't necessarily take longer to work; the more precise the prescription, the better the results. To increase efficacy of homeopathy, it is important to be aware and address causes as well as aggravating factors.

Case Study

Stacey, age 11, had trouble in school since starting pre-school. The teachers seemed to call her parents at least once a month to complain about her behaviour. Once she was put in the storeroom adjacent to the class for punishment, but when the teacher came to relieve her of her punishment, she had found some paint and painted most of the shelves and walls green. She frequently disrupted others; they complained about her distractibility, short attention span and that she couldn't sit still. She got into many (fist) fights at school with the other children because she seemed to take things the wrong way. Her parents knew most of these problems first hand. Stacey was a difficult child to raise. She was impulsive and often argued when told to do something. Homework was always a struggle.

Stacey seemingly sounds like any other typically AD/HD child, but the reason I prescribed Stramonium was when this red-cheeked little girl walked into my office and presented her placid self, she showed little of the violence and aggression her mom described. Her medical history indicated that she had fever convulsions as a toddler. Physically, she had dry skin, was a hot and thirsty child. There was a hint of strabismus and stammering was a concern from time to time. She didn't always stammer, only when very tired. In spite of her

Medicine through the ages for diseases

6000 B.C.

Chew this root, it will cure you

5000 B.C.

That root is not enough, you'll have to make an offering to the gods

1000 B.C.

Offerings are for superstitious people, on your knees and pray

1780 A.D.

Drink this medicinal compound

1925 A.D.

That medicinal compound is made of snake oil and pollen, take this pill

1960 A.D.

That pill is useless, take this antibiotic

2000 A.D.

Antibiotics are bad for you, chew this root...