

ASIAN JOURNAL OF HOMOEOPATHY

Strengthening Homoeopathy through Research

ISSN -0975-4156 Vol. 7 No. 2 (23) May 2013 July 2013 Rs. 125/- US\$ 15.0

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Efficiency of Homeopathy in Acute Ailments of Under Five Children

Dr.R. P. D'souza*¹

MD(HOM.) Ph.D (Scholar)

Principal, Professor & HOD, Dept. of Anatomy

Dr.A. S. Desai²

G.C.E.H.

Professor & HOD, Dept. of HMM

Dr.R. S. Sirdesai³

G.C.E.H.

Professor & HOD, Dept. of Organon

Dr.S. S. Newade⁴

MD(HOM.)

Professor & HOD, Dept. of Repertory

Dr.N. M. Patil⁵

MD(HOM.)

Professor & HOD, Dept. of Physiology

Dr.Mrs.B. M. Dias⁶

B.H.M.S.

Professor & HOD, Dept. of Pharmacy

**E. B. GADKARI HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL, GADHINGLAJ, DIST-KOLHAPUR,
MAHARASHTRA 416 502, INDIA.**

Cell no. 09850621779 E-mail: rosariodsouza14@gmail.com

ABSTRACT

In a prospective study carried out to ascertain efficiency of Homoeopathy in treatment of acute ailments of under five children, forty-four cases were studied. As the immunity in children is low and the susceptibility in children is higher, hence children are more frequently attacked by the fever, cough & cold, dysentery & diarrhoea, colic, insomnia, teething problems and gastric reflux (vomiting). Homoeopathy has vast scope for these different acute conditions. And it was seen that within a week maximum cases were treated successfully. The result shows that out of forty-four cases, forty-one cases recovered and its percentage is 93% & remaining three cases have not recovered. Thus we may conclude that Homoeopathy works instantly in all different acute conditions of children. The efficiency of Homoeopathy in the treatment of acute conditions in children is excellent and shows high success rate of forty-one out of forty-four patients responding successfully to the treatment with no sign of recurrence in near future.

Key words:

Efficiency, Homoeopathy, acute ailments, under five children.

BACKGROUND & INTRODUCTION

A healthy nation begins from a healthy society and in turn from a healthy mother and a healthy child. Most pregnant women hope to give birth safely to babies and to see them grow up in good health. The successful outcome of pregnancy is a healthy child, who can play a vital role in building a healthy social framework, imperative for development of a healthy nation. Homoeopathy has an immense scope in treating the acute conditions affected in children. The constitutional remedy should not be given during acute stage of disease, as it might prove hazardous. In acute stage of disease remedy should be selected only on the basis of acute totality. The acute totality includes the fixed (altered) generals expressed prior to or during the acute disease and uncommon characteristic symptoms. To know the uncommon peculiar characteristics

symptoms the physician should have the knowledge of disease because all disease symptoms are common symptoms. Therefore, the acute totality is the sum total of characteristic particulars and altered generals. The constitutional medicine should be prescribed only after the acute crisis is overcome with the help of acute medicines in order to facilitate the individual to leave a quick uneventful convalescence.

A correct constitutional remedy is the best preventive against all infections. It is the fundamental in action. It is the perfect simillimum when it covers the totality of symptoms and other individualizing factors such as past and family history of the patient. Thus selected constitutional remedy is the most appropriate curative remedy. Constitutional medicines are useful in overcoming chronic diseases which have a constitutional basis. It removes the disease or disease tendency from the root and helps the child to adapt it's maximum to the environment and helps the child to live with ease and comfort throughout its life.

For anyone dealing with health problems in children, homeopathy offers some excellent benefits. Seven of the most common problems experienced by infants are fever, cough & cold, dysentery & diarrhoea, colic, insomnia, teething problems and gastric reflux (vomiting).

AIMS AND OBJECTIVES

- To ascertain the efficiency of Homoeopathic remedies in the acute ailments of children.
- To study the role of acute remedies in various acute ailments of children.

DESIGN OF STUDY

Materials and Methods:

- 44 Cases of different acute ailments of children which were treated are taken into consideration for the present study.
- Patients below the age of 5 years are included.
- Evaluation and analysis of the symptoms are done in every case from generals to particulars and finally the reportorial totality is made.
- Final differentiation is made with reference from Materia Medica.

- From the 44 cases which are studied, a common Repertory for acute conditions of children is constructed on the basis of generals to particulars taking into consideration the Repertory with maximum representation of the rubrics.
- The confirmations and /or affirmations derived from these cases are mentioned in the end.
- Selection of medicine in each case was based on the data such as etiological factors, qualified mentals, physical generals, concomitants, characteristic particulars, miasmatic approach and clinical indications from different authorities. Potencies ranging from 30 to 1M (centesimal scale) have been used in this study. Repetition and change of potency and remedy were done, as and when needed, according to the homoeopathic principles. In between the period of medications, all the patients were kept on placebo continuously.

Follow ups:

Majority of the patients were reviewed, on a weekly basis to assess the subjective and objective changes. Each case was followed for a minimum of 1 month from the commencement of treatment.

Sources of Data:

- 44 cases of different acute ailments of children as defined by the criteria mentioned and attending O.P.D/ I.P.D. of E. B. Gadkari Homoeopathic Medical College & Hospital, Gadhinglaj. Were considered.
- Cases of different acute ailments of children of under five age group of either sex were taken up for this study.

Method of Collection Of Data:

- Data for the case was obtained from the patient, patient's attendants and physician's observations.
- Investigation i.e. Blood examination, Urine examination, USG, were done wherever required.

Inclusion Criteria:

- Children with acute complaints of both sexes, within the age group of 0-5 years were considered.

- Diagnostic criteria was mainly based up on clinical presentation, local examination and investigations.

Exclusion Criteria:

- Children with complaints of acute conditions with complications from any other systemic diseases were not considered.
- Children with severe colicky pain who did not responded to the indicated homoeopathic medication were excluded.

INDICATIONS OF COMMON REMEDIES USED

FEVER

Aconitum napellus. It corresponds to exposure to dry cold winds. The patient feels anxiety and restlessness from violent fever. There is dry skin, violent thirst and full bounding frequent pulse. Sweating relieves.

Gelsemium sempervirens. The fever is accompanied by languor, muscular weakness and a desire for absolute rest. It is unaccompanied by thirst. Urination relieves.

Belladonna. The fever is worse at night. The skin is hot and burning, the heat seems out from the body; it may be followed by a profuse sweat which brings no relief. Feet are icy cold, perspiration is dry but only on the head.

Nux vomica. The whole body is burning hot, the face is especially red and hot, yet the patient feels chilly when uncovered. The patient is very irritable and unable to sleep quietly.

Bryonia alba. The patient may be restless, with a full, hard and quick pulse. Sharp pains over the eyes, faintness on rising up, dry mouth and the tongue is coated white in the middle. Thirst for large drinks of cold water.

Pulsatilla nigricans. It has a thirstless fever, with a hot head, dry lips and chilliness all over, especially in the evening at about 4 p.m.

Ferrum phosphoricum. Fevers in the first stage of acute illness associated with a rapid pulse. High fever with a flushed face, especially with round red spots on the cheeks, soreness and heat.

Ipecacuanha. Irritation in the chest, inflamed and red eyes with pain through the eyeballs. Coryza with blockage of the nose and nausea. Fever is associated with slight chill, much heat, nausea and vomiting. There is continuous sneezing, coryza, violent cough with every breath, and the chest seems full.

Arsenicum album. Fever with associated anxiety. The patient is restless, feels burning pains in limbs, with chills, exhaustion and thirst for small, frequent sips of warm drinks. The fever is due to cold, windy weather.

Rhus toxicodendron. The fever commences with weakness of the whole body, a desire to lie down, soreness or bruised sensation in the limbs, aching in the limbs and bones, great pain in the back, restlessness worse when lying still, sickness in the stomach. The tongue has a dry and red edge during fever with blisters around the mouth and chin.

COLD

Aconitum napellus-Cold comes on suddenly, especially after exposure to dry cold, wind. Sneezing, restlessness; symptoms are worse at night.

Nux-Vomica-Baby more thin usually irritable, feels cold, nose runs during the day but becomes blocked at night.

Silicea-Baby feels cold always.

Mercuris solubilis-Sweating, excessive salivation, sneezing, catarrh thick and yellowish-green, offensive breath.

Pulsatilla-Baby not at all thirsty but wants attention.

COUGH

Aconite-Dry, barking or spasmodic cough, better for lying on the back and worse from dry, cold wind, speaking, on expiration, at night and after eating or drinking

Ant tart - Loose rattling cough without expectoration, better sitting upright, worse for anger, warm drinks, after eating, after midnight and on lying down.

Belladonna - Dry cough, worse in the evening and just after lying down and is not relieved by sitting up.

Bryonia - Dry, concussive cough, better for open air, worse from talking, eating, drinking or speaking.

Hepar sulph - Dry or loose, hoarse, croupy cough. Better for damp air or warmth, worse in the morning, for cold air, any body part becoming uncovered or from cold food or drinks.

Ipecac - Loose spasmodic violent cough, better in the open air and cold drinks, worse from warmth or motion.

Pulsatilla - Spasmodic cough which is dry at night and loose through the day. Better for open air, cold food and drink, worse for warmth. Urine is often emitted with the cough.

COLIC

Belladonna - Colic with abdominal distension accompanied by regurgitation of liquids. Child attempts bending backwards to relieve pain. Symptoms are better from firm pressure but worse for the slightest touch.

Chamomilla - Spasmodic colic pains that come and goes suddenly. Symptoms are better from being carried, and worse from touch and at night and worse from warmth.

Colocynthis - Severe colic pains that are worse in the morning, better from pressure and lying face-down and better from bending double, worse from being angry or excited.

Dioscorea - Colic with regurgitation or diarrhoea. Better from bending backwards, stretching or hard pressure and worse from lying down or doubling up.

Mag-phos - Symptoms relieved warmth and gentle motion.

INSOMNIA

Aconite - The child tosses and turns and may be kept awake by the fear of nightmares. Symptoms are better

from warmth and worse from anxiety, cold wind or cold dry weather.

Belladonna - Restless sleep due to nightmares or recent weaning, sees dreadful images on closing the eyes and jerks and/ or screams out during sleep. May be accompanied by bed-wetting. Better from a light covering, worse from draughts, light or noise.

Coffea - Insomnia from mental overactivity and wakes from the slightest noise. Would rather play than sleep. Often wakes at 3 a.m. Symptoms are better from warmth and worse from cold, noise or overeating.

Ignatia - Insomnia from grief or worry. Sleeps light and wakes too easily from noises etc with a loud cry and tremors. Jerks limbs on going to sleep and whimpering while asleep.

GASTRIC REFLUX (vomiting)-

Aethusa cynapium - Vomitus full of green or yellow curds, perhaps because the baby has developed an intolerance of milk and baby is exhausted and distressed.

Calcarea carbonica - Vomiting in a fat, flabby baby who is prone to a sour smelling head, sweats during sleep, teeth are late in coming through.

Carbo veg - Reflux with bloating and belching that arises half an hour after eating. Accompanied by a desire for sweet or salty food, worse at night and when lying down.

Nux vom - Irritability and reflux with cramping stomach pains, hiccoughs, hunger, flatulence and arching of the back several hours after eating. Worse from pressure of clothes.

Phosphorus - Reflux in children who are very hungry and particularly thirsty for cold drinks, but these are regurgitated as soon as they are warmed by the stomach. Better (initially) from cold food or drink and lying on the right side, worse from warm food or drink and worse from touch, weather changes or lying on the left side.

Pulsatilla - Reflux with bloating, belching, flatulence and abdominal distension in children who are not thirsty.

Better from standing and moving around, worse in the evening and twilight, worse in warm stuffy rooms and rest.

TEETHING PROBLEMS

Calc carb- Teething in plump children who may be slow to develop (including dentition) and tire easily. Worse from cold air or warm food or drink.

Calc phos- Teething in irritable and easily bored children who may also have diarrhoea and delayed dentition.

Chamomilla- One of the best remedies for teething. Child is very irritable, wants to be picked up, has diarrhoea and one red cheek, gums are red and tender and child refuses toys, food or drinks. Better from cold drinks and worse from warm food or drink.

Kreosote- Teething with restlessness, irritability, constipation and inflamed, spongy gums that

bleed easily. Teeth may decay easily. Better from warmth and worse from cold.

DIARRHEA & DYSENTRY

Aconitum napellus - Diarrhea comes on after exposure to cold wind.

Chamomilla - Diarrhea associated with teething, greenish stools, baby irritable and difficult to please.

Nux vomica - Diarrhea caused by over-feeding.

Colocynthis - Diarrhea associated with colic.

Podophyllum - Baby passes watery stools after eating or drinking and even during bathing.

Bryonia alba - Diarrhea caused by sour fruit or by drinking cold drinks, slightest movement makes diarrhoea worse.

OBSERVATIONS

On the basis of the results achieved in this study, the following information has been gathered and put into frequency distribution table for further analysis as below.

Table No. 1: Case distribution according to Acute conditions

Acute conditions	Age Group	No. of cases	Percentage
Fever	0-5 yrs.	13	29.54 %
Cough & Cold	0-5 yrs.	06	13.64 %
Dysentery & Diarrhoea	0 months-1 yr.	05	11.37 %
Colic	0-1 yr.	07	15.90 %
Insomnia	0-1 yr.	04	9.09 %
Teething problems	6 months-2 yrs.	05	11.37 %
Gastric reflux(vomiting)	0-6 months	04	9.09 %
Total		44	100 %

As the immunity in children is low and the susceptibility in children is higher, it can be seen that children are more frequently attacked by the fever, cough & cold, dysentery & diarrhoea, colic, insomnia, teething problems and gastric reflux (vomiting). Out of forty

four cases studied, maximum prevalence was noted in the acute conditions like fever with 29.54 % and colic with 15.90 %. A similar analysis of the study for sex distribution reveals an almost equal distribution between both the sexes.

RESULTS

Forty-four children of age group of 0 to 5 years with a diagnosis of Acute conditions were included in this study. All these forty-four cases were followed for a minimum of thirty days, and are considered for the statistical study.

Table No. 2 : Results shown for cured and uncured:-

Disease	Response of treatment		Frequency of cases	Percentage
	Cured	Uncured		
Fever	12	1	13	29.54%
Cough & Cold	6	0	6	13.64%
Diarrhoea	5	0	5	11.37%
Colic	7	0	7	15.90%
Insomania	3	1	4	9.09%
Teething	4	1	5	11.37%
Gastric reflux	4	0	4	9.09
Total	41	3	44	100%

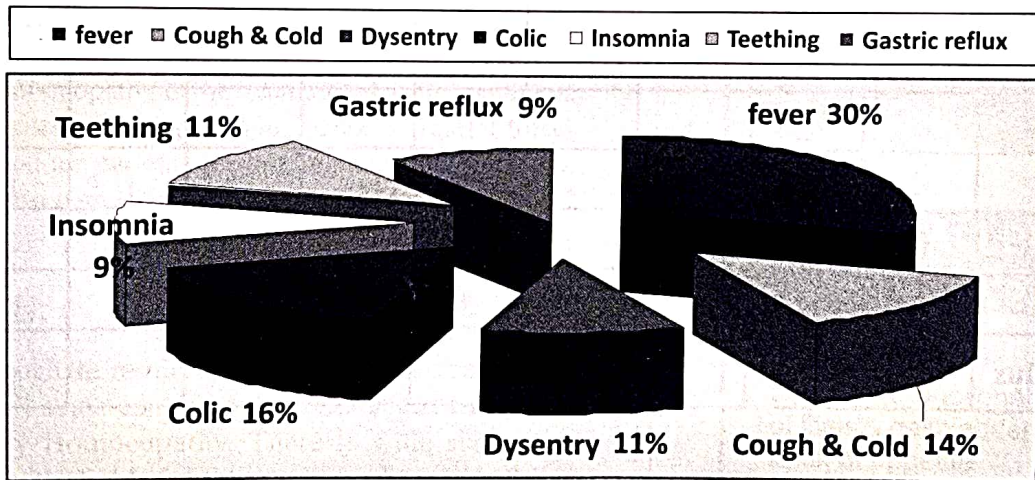


Table No. 3: Response of Treatment in Percentage

Response of Treatment	Frequency of cases	Percentage
Cured	41	93 %
Uncured	3	7 %

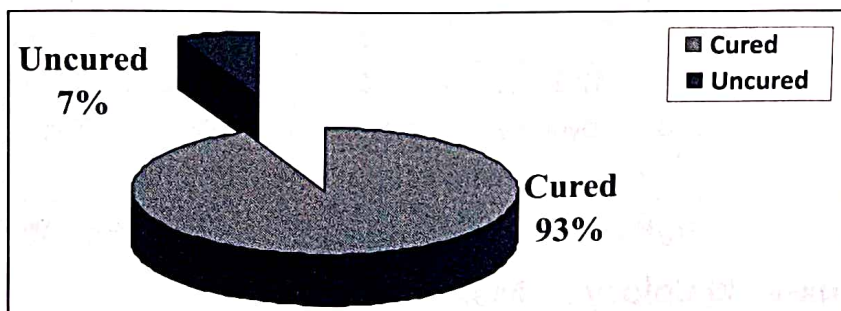
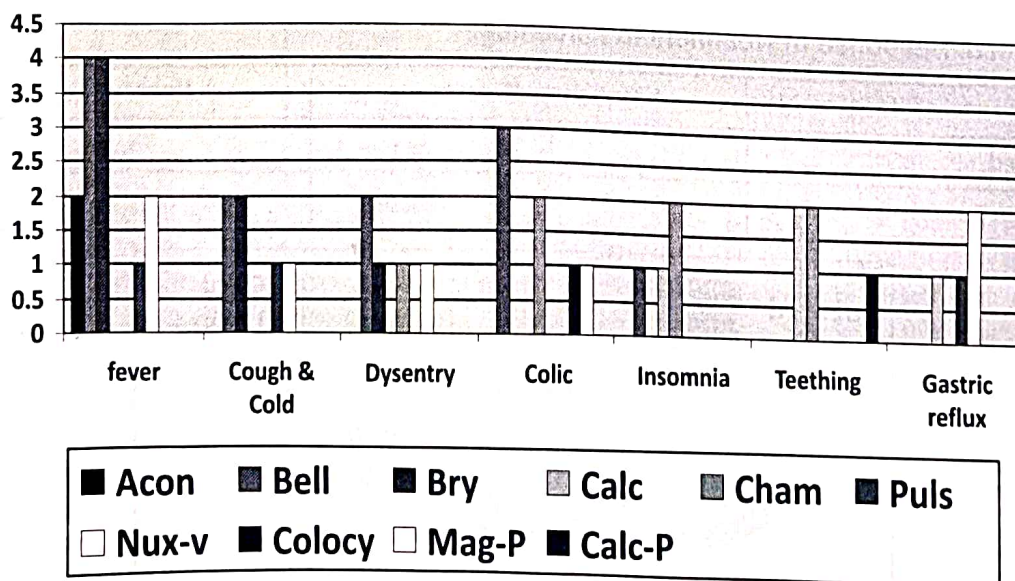


Table No. 4: Distribution according to Potency

Acute Condition	Potency used		
	30	200	1M
Fever	-	09	04
Cough & Cold	03	03	-
Diarrhoea	02	02	01
Colic	01	04	02
Insomnia	00	02	02
Teething problems	01	04	-
Gastric reflux	01	03	01

Table No. 5: Remedies according to the Acute conditions

Acute Conditions	Remedies max. covered in Acute conditions									
	Acon	Bell	Bry	Calc	Cham	Puls	Nux-v	Colocy	Mag-P	Calc-P
Fever	2	4	4	-	-	1	2	-	-	-
Cough & Cold	-	2	2	-	-	1	1	-	-	-
Dysentery	-	2	1	-	1	-	1	-	-	-
Colic	-	3	-	-	2	-	-	1	1	-
Insomnia	-	1	-	1	2	-	-	-	-	-
Teething	-	-	-	2	2	-	-	-	-	1
Gastric reflux	-	-	-	1	-	1	2	-	-	-




SUMMARY

This research work on clinical cases titled, "Efficiency of Homeopathy in acute ailments of under five children" ends over here. The results suggest that, Homoeopathic medicines have great role in the treatment of acute conditions of children and to prevent its recurrence. The aims and objectives which we had planned in the beginning of our study are achieved in total sense. In the case taking of patients the main intention was kept in receiving the case easefully and it was not just taking the case for the purpose of this study only. The cases we have seen are majority from a rural set up of a low socio-economic background, where the Medical Fraternity is by and large approached only when the local modes of treatment get exhausted. The result observed by us are wonderful and ideal. Such results are possible only with the tools of homoeopathy as it is rational science. The work of our research is based on a topic which in it self is a common and important one as for as community medicine is concerned.

We are very happy and eager to pronounce that this study will help a lot of people who are working in the medical field especially physicians and students of homoeopathy. The efficiency of Homoeopathy in the treatment of acute conditions in children is excellent and shows high success rate of forty-one out of forty-four patients responding successfully to the treatment with no sign of recurrence in near future.

CONCLUSION:

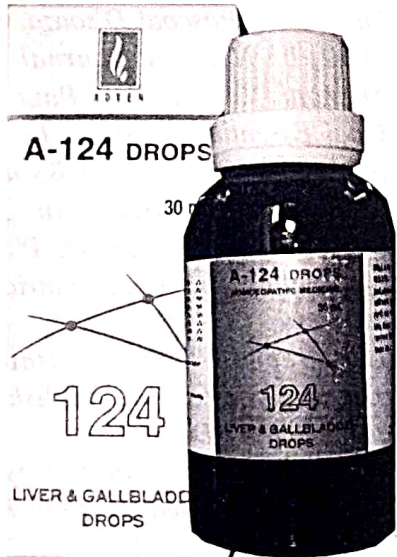
After going through the results and observations it is concluded that the different acute conditions in children can be treated successfully by Homoeopathy. There is wide scope for Homoeopathy in the field of children as it works wonderfully. All that is required in the treatment of acute conditions in children is quick selection of right remedy and right dose for the instant relief rationally. As it is a lot easier to treat in children, as the immunity in children is low and the susceptibility in children is higher. Higher potency medicine will act more frequently. Homoeopathic treatment helps the patient to overcome the disease by raising body resistance. By raising of resistance, complications and sequele become minimal and help to overcome the genetic predisposition or miasmatic obstruction, thereby facilitating the normal mental and physical development of backward children. These are great advantages of Homoeopathic treatment in dealing with diseases of all kinds of children. The second advantage of Homoeopathy in this sphere is that in the neonatal period and in the under two's there is lack of resistance to infection which can be improved or developed by Homoeopathic medicine and hence forth



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become less susceptible to further illness and appear to be happier and are better integrated into the world. We can rightly claim that by proper Homoeopathic treatment we can make the world better for the future generation.

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