

EDITORIAL FOR NOVEMBER 2017

Adolescence and Homoeopathy My experiences

Adolescence typically describes the years between ages 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "tween" years (ages 9 through 12).

The disease that are common in this age as I see in my practice is

- Anorexia nervosa
- Anxiety disorder
- Autistic Spectrum Disorders
- Childhood obesity
- Conduct disorder
- Eating disorder
- Emotional and behavioural disorders
- Major depressive disorder
- Menstrual disorder
- Obesity
- Oppositional defiant disorder
- Scoliosis
- Social anxiety disorder
- Substance use disorder
- Type 1 diabetes

I would now like to share my experiences about Oppositional Defiant Disorder which I see regularly in my practice, in nutshell ODD is characterised by Oppositional defiant disorder (ODD) is a childhood disorder that is defined by a pattern of hostile, disobedient, and defiant behaviour directed at adults or other authority figures. ODD is also characterized by children displaying angry and irritable moods, as well as argumentative and vindictive behaviour. While all children will display some type of defiant behaviour throughout their growing years, children suffering from ODD will display such behaviours much more commonly than that of any other type of behaviours.

The specific causes for this disorder is widely believed to be

1. family members who suffer from various mental illnesses like mood disorders, personality disorders, and anxiety disorders. I strongly feel this could be genetic.

2. Imbalances of neurotransmitters,

3. The environment in which a person is raised can have a significant effect on whether or not he or she may fall in to the symptoms of oppositional defiant disorder. If a child is surrounded by a somewhat chaotic home life (where violence, arguments, and other forms of general discord) are prevalent, it would not be unreasonable to assume that the child could begin acting out as a result. Similarly, if children are exposed to violence or have friends who behave in destructive, reckless manners, those children too are more likely to begin displaying behavioral symptoms that correlate with the onset of ODD.

Some causative factors seen frequently are

- Abuse / neglect
- Dysfunctional home life
- Exposure to substance abuse
- Exposure to violence
- Familial discord
- History of mental illness within the family
- Inconsistent parenting (inconsistent discipline, inconsistent interaction, etc.)

Lets start with a case

I saw a boy 12 years old diagnosed with ADHD with ODD on one tablet risperidone (Risperidal) daily for last 6 months without much appreciable changes in his behaviour, He comes from a middle class family lost his mother in cancer when he was 4 years old, he has a younger brother 10 years old who is normal, father works as an engineer in water department of municipal corporation, at an very early age both the brothers were kept under care taker as father worked from 9am to 8pm ,father never remarried, his symptoms of ADHD started as early when he was 5 years old, the care taker was an old frustrated women who herself was a mental case which his father realised after many years but by that time damaged was done.

The frequent complaints from his teachers and care taker were

- Can't sit in one place quietly
- Disturbs the class
- Fights with other children often beating or striking his brother and class mates
- Gets very angry when contradicted can raise his hand on care taker or his own father.
- He can develop severe temper tantrums is restricted from any rules or if you try to discipline him
- Is not afraid of any punishment
- Lack of concentration
- Running away from the house and wander in streets

- Very spiteful by nature can bite or pinch very hard to opposite person.
- Want to roam around in the class

His father said to me in one way he is very bold and fearless but in the night he sees ghost and spectres esp. when there I complete darkness hence I need to put a small lamp or else he gets such frightful visions, also he can't go for swimming class as he is frightened of water, he has myopia due to which he gets frequent temporal headache which need to be gently massaged by coconut oil, as a person he hates to drink water but likes sherbet, coolers etc. His hands are cold and sweaty and whenever he passes urine its forked stream, he is very hot patient. On Sundays when his father cooks meat he enjoys the most.

His symptoms worth considering were

MIND - ABUSIVE

MIND - ANXIETY - health; about - own health; one's

MIND - ANXIETY - hypochondriacal

MIND - BITING

MIND - CONCENTRATION - difficult

MIND - CONFIDENCE - want of self-confidence

MIND - CONTRADICTION - disposition to contradict

MIND - CONTRARY

MIND - CRUELTY

MIND - DELUSIONS - images, phantoms; sees - night

MIND - DELUSIONS - visions, has - night

MIND - DESTRUCTIVENESS

MIND - DISOBEDIENCE

MIND - MALICIOUS

MIND - MENTAL SYMPTOMS - accompanied by - physical symptoms

MIND - RESTLESSNESS - day and night

MIND - RESTLESSNESS - move - must constantly

MIND - SHRIEKING

MIND - STRIKING

MIND - TEMPER TANTRUMS

MIND - WANDERING - desire to wander - restlessly, wanders about

HEAD - PAIN - rubbing - amel.

HEAD - TEMPLES; complaints of

EYE - TWITCHING - Lids

BLADDER - URINATION - forked stream

EXTREMITIES - PERSPIRATION - Hand - cold

GENERALS - FOOD and DRINKS - meat - desire

GENERALS - FOOD and DRINKS - water – aversion

Given below is the reportorial map

	nux-v.	stram.	canth.	bell.	phos.	hyos.	lach.	lyc.	anac.	sulph.	cupr.	ars.	merc.	calc.	r
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	44	41	39	38	35	35	35	33	31	30	29	29	28	28	2
	22	18	29	22	22	21	21	19	13	21	17	16	19	16	1
(72) 1	3	3	1	2	1	2	1	3	2	1	2	-	1	-	2
(75) 1	1	-	1	1	3	1	1	2	-	1	1	3	1	2	4
(58) 1	2	-	1	2	3	1	1	1	1	1	1	2	-	2	3
(39) 1	-	3	2	3	1	2	2	-	-	1	2	-	-	2	-
268) 1	4	2	2	1	3	2	3	3	3	2	2	1	2	2	2
(98) 1	2	1	1	-	1	1	1	2	3	1	-	1	1	1	1
(63) 1	3	-	2	1	1	1	3	3	3	1	2	2	2	-	1
(71) 1	2	-	1	1	1	-	3	1	3	2	-	2	3	1	2
(34) 1	2	2	1	1	-	2	2	-	4	-	-	2	-	-	2
(40) 1	1	-	1	1	1	-	-	1	-	-	1	-	2	1	1
(6) 1	-	2	1	-	-	-	-	-	-	-	-	-	-	-	-
(45) 1	2	4	1	2	1	2	1	-	-	1	2	-	1	1	-
(39) 1	1	1	1	-	1	-	2	2	-	1	-	-	3	-	1
(36) 1	1	3	1	2	2	3	2	-	-	1	1	-	1	-	-
(93) 1	3	3	1	2	1	2	2	2	4	1	2	3	1	2	2
(94) 1	3	3	1	2	3	1	2	1	1	1	1	2	2	3	1
(4) 1	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-
(32) 1	-	-	1	2	-	1	-	-	-	-	-	2	-	-	-

From the symptomatology Nux does not cover the essence of desire, his fear of water, his fears hence I was about to select stramonium since I was convinced about the whole picture esp. The crazy woman who was the care taker in early childhood, then somehow his father insisted about his extremely restless behaviour so I looked at the next remedy that was cantharis!!! Never thought of it honestly hence opened Farrington Materia medica and looked at the remedy (best description of cantharis) I WAS VERY CONVINCED and hence gave cantharis 30c 5 cup method 1 tsf once a day for 3 weeks reducing his risperidone to half dose, then slowly stopping it completely in 3 months, The response was very good after the first 3 weeks hence continued cantharis for next 6 months with infrequent dose also I asked father to give him more time and interact with the child more closely

Some confirmatory symptoms from my practice

- Cantharis vesicatoria
 - Emotional, mental and physical irritability, oversensitive.
 - Convulsions.
 - Burning pains.
 - Haemorrhage.
 - Bladder affections.
 - Acute gonorrhoea.
 - Acute mania, sexual.
 - Accomplishes nothing, constantly attempting to do something.
 - Raging delirium.
 - Puerperal convulsions.
 - Sudden unconsciousness.
 - Violent character like Stram..
 - Fear shining objects.
 - Epistaxis.
 - Burning pain throat swallowing liquids.
 - Abdominal complaints agg. coffee.
 - Bloody diarrhoea, like-merc-c.
 - Burning pain bladder, during urination.
 - Bladder irritation with inflammation of other organs.
 - Constant, violent urging, but only a few bloody drops are passed.
 - Urine bloody, acid.
 - Sexual desire violent with priapism not amel. by coition.
 - Expectoration viscid, tenacious.
 - Exudation in pleurisy, pericarditis.
 - Erysipelas.
 - Burns.
 - Sunburn.
 - Vesicles all over the body, suppurating.
 - Over sensitiveness of all parts.

- Tendency to collaps.
- Agg.: urination; cold drinks; bright objects; sound of water; coffee.