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REVIEW ARTICLE

ROLE OF HOMOEOPATHIC MEDICINE IN MANAGING POST - TRAUMATIC -STRESS DISORDER IN CHILDREN

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Abstract

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Key Word- PTSD,
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This article tries to share some major awareness about the child psychiatry and issues related to child mental health and how deteriorate mental health can affect the child physically. But the more emphasis will be discussed upon mental makeup of child as poor mental health in child can be cause for the poor personality development of child during their growth phase. Post traumatic stress disorder which are very common these day in children but often get neglected by their - parents, teacher, daycare taker as there is lack of awareness about child psychiatry.

INTRODUCTION

Post traumatic stress disorder is condition characterized by sudden change in behaviour of child followed by extreme anxious state, fear after he had suffer from the event that has been traumatic to him/her in any way. Some symptoms that are characteristics of PTSD - re-experiencing

the trauma in painful recollections, flashbacks, nightmares, feelings of detachment and estrangement from other chronic physiological arousal, leading to such symptoms as an exaggerated startle response, disturbed sleep, difficulty in concentrating or remembering, and guilt

about own survivors where other member not.

Children diagnosed with PTSD will show persistent threatening thought and painful recalling of those events. Physical symptom would be seen in the form of - sleep disturbance, bad nightmare along with sweating, screaming in sleep, sudden loud crying without any known cause. Sudden change in behavior after bad event bad memory, poor score card in school showing learning difficulties. These changes in behaviors can be seen after the 4 month of incident or may be present after a year. PTSD diagnosis can be made if the child had the symptom till 6 month after the incident. How homoeopathy can be helpful in dealing with such cases which are often get neglected in our societies.

CLASSIFICATION OF POST TRAUMATIC STRESS DISORDER

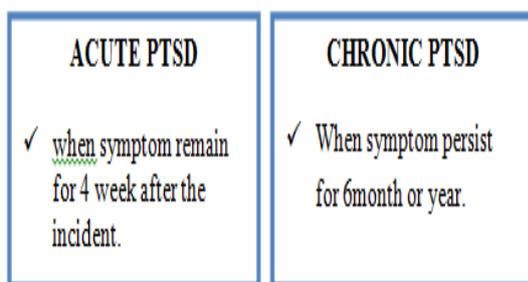


Fig -1 Type of PTSD

How PTSD Affect The Child Develpoment

Early-life traumas can alter the thinking process in young brains and may restricted their learning thinking capacities

because the most cases of PTSD have negative impact in child mind which result in defective personality development and behavioral problem in children .

Sign and Symptoms of PTSD in Child

Early childhood educators can play an essential role in observing, identifying, and advocating for children who show signs of trauma - daycare, preschool, kindergarten, and elementary school. Common signs & symptoms of trauma which can be seen in child during schooling period these could be either in physical or mental form –

Children up to 2 years old shows

- Demonstrate poor verbal skills.
- Poor memory problems.
- Excessive temper.
- Scream or cry excessively in school.
- Regressive behaviors.

Children till 3–6 years old shows

- Develop learning disabilities.
- Demand attention through positive and negative behaviors.
- Are verbally abusive and lack concentration in study.
- Recurrent suffering from stomachaches and headaches.

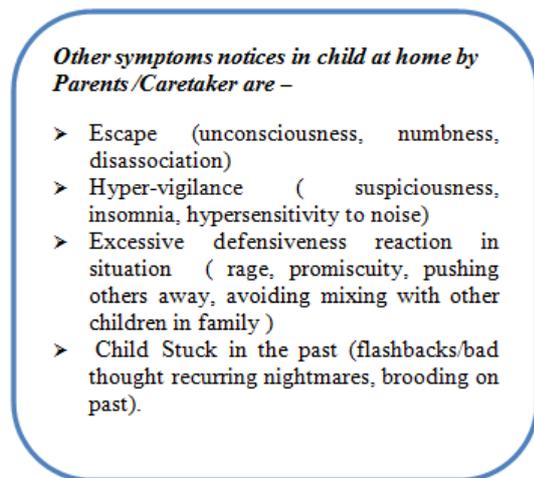


Fig-2- common sign &symptom of PTSD

DIAGNOSIS OF PTSD ACCORDING TO DSM-5 give more attention to the behavioral symptoms that accompany PTSD and proposes four distinct diagnostic cluster of signs &symptom –

- **Re –experiencing**
- **Avoidance**
- **Neglected**
- **Sudden Mood change**

Neglected PTSD in childhood time , can make the child to grow into traumatized adults which often show abnormal reactions to stress, chronic physical ailments, relationship problems, learning difficulties, and tendencies to engage in risky behaviors like drug abuse and lawbreaking activities .

PTSD should be always be differentiate from other psychological disorder which reflect same signs &symptom as PTSD some of the other disorder examples are –

- **Bipolar Disorder.**
- **Depression.**
- **Behavioral Disorder.**
- **Autism /ADHD.**
- **Manic Disorder.**

Role of Homoeopathy in PTSD

Homoeopathy is science of medicine which treat the individual as whole not only diseases in person. Homoeopathic medicine works dynamically at both the level in human body that is mind and body by evaluating the totality of symptom of whole body through proper case taking of child ,by observing child action ,change in behavior as told in DSM -5 criteria ,change in routine activity. Homoeopathy along with some pyscho therapy like -CBT ,counseling of child ,family member ,parent ,teacher can be beneficial in treating PTSD cases of children this will help in promoting good mental state and will stop child turning into traumatized adults. Here are some homoeopathicmedicine in our materiamedicawhich plays significant role in covering the following symptoms related to PTSD in both the form mental as well as physical let have brief details about such medicines .

1. **Arsenic Album**–work when child suffering from PTSD have symptom of the sudden anxiety at midnight,. He may have insecurities both emotionally

and financially so he doesn't want to mix with other people /child, don't trust people easily when history is taken he may become irritable and moody. There may be history of parental separation in family history. Arsenic suited best to those children who at very early age learn to manage all his work by own and want everything to be in his control and in perfect manner. When things go against his /her wish he may become sick where he finds himself in suffering which is impossible to cure by any treatment and may go in state of obsessive compulsive disorder patient with severe anxiety attack.

2. **Calcarea Carbonica**—remedy will be given in cases where PTSD has been developed in child after he /she has been badly scolded or beaten by teacher for not completing homework on time. The Calc Carb child tends to be very stubborn, although highly sensitive to being teased or criticized. The Calc Carb child may avoid going to school after such harsh behavior shown by teacher and may become fearful after this incident. The child may develop anxious when he has been told to attend school after such incident. He may have flashback at night or horrible nightmare. It may be difficult for child to learn new things at

school and may have learning problems, weak memory, lack of concentration in work, pain in head after long mental exertion.

3. **Magnesium Carbonicum**—Medicine given in cases of PTSD where child has become orphan because his /her parents had died in car accident/parental separation after which he became all alone in this harsh environment. Child developed fear and anxiety how he survives in this world. They have emotional insecurity but cause of insecurity is different. Magnesium insecurity is due to unpleasant childhood trauma. So the magnesium child whenever, he or she will see any car accident he may become anxious, pale or may develop severe panic attack which may be difficult to control with along the severe pain in right side of head.
4. **Ignatia Amara**— PTSD developed due to sudden death of loved one by some illness. Child may get stuck in past and starts brooding over those events as sudden shock can create fear, anxiety issue, irritable mood, pain in head only after too much thinking about that event which is constant and continued for years in child.
5. **Stramonium**— Works effectively when child has anxiety issue at night or in dark child may develop fear of dark

after something bad had happen at night eg-{may have seen some murder of /child himself may be victim of any abuse}. May have physical symptom like disturbed sleep at night and suffer from frequent-headache ,bad nightmares .

CONCLUSION

The concept about the health in society need to be changed being physically fit doesn't define the healthbut to be healedmentally give proper and balanced health definition in child and here homoeopathy plays a vital role a good homoeopath treat mind first and the body automatically get healed, homoeopathy tells importance of mental health and how its should be best understood from the childhood time only this will help in promoting good health and sound mind in person and may prevent poor personality development of child/or protect them from turning into traumatized adult.

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