

## CHILDREN AND HOMOEOPATHY

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The year 1979(IYC), indeed, offers a rare opportunity to all of us to demonstrate what Homoeopathy can do for the benefit of mankind's future—its children. There are 2000 million children scattered across the globe. In India every one and a half second a child is born. According to 1976 population projection the child population (0-14) in India is about 250 million comprising over 40 per cent of the total Indian population, i.e. more than the entire population of the United States. Of all the babies born in India, 40 per cent perish before they reach the age of five. Out of every 1,000, five children die during the first year of birth. Approximately 1,00,000 children die every month as a result of malnutrition. Development of children and child health care are the primary responsibilities of the parents and the nation at large.

Christian Friedrich Samuel Hahnemann was born in Meissen in 1755. His parents were people of education and taste but extremely poor. His father's profession was that of a painter on porcelain. When Hahnemann was a young chap his mind was shaped by his father who would set the child a problem and then put him in a room on his own and give him time to think it out. He thus developed a faculty for concentration which later enabled him to take up the study of medicine, which resulted in the discovery of Homoeopathy.

Homoeopathy, the divine art of healing, is not a philosophy but is a science based on observation and experience. It has stood the test of time during the last 170 years and its principle has not changed. Looking back over the centuries doctors tried bleeding, purging, cupping etc. When these methods proved inefficient, the surgical techniques became safer from the 19th century onwards and the tonsils, teeth were extracted as a matter of routine. This was succeeded by the widespread application of sulphur drugs, which were followed by the antibiotics to which germs have become resistant. The use of cortisone has also been restricted due to its side effects. And now there are different tranquilizers in the modern medicine, which are prescribed for a variety of stress ailments. But Homoeopathy has not changed. It is the same which was 170 years ago. In this system of medicine only the number of medicines have increased to fit in each individual on the basis of his totality of symptoms. Homoeopathy has changed the concept of medicine with the children. A child doesn't want to go to an allopath for treatment due to the fear of getting an injection or bitter pills, whereas it goes happily to a homoeopath to get sweet pills from him.

Child health care begins not at the time of birth but in utero. It is essential to guard the health of the mother during pregnancy if you wish that

the best possible child should be born. There are various disabilities from which a mother may suffer, which have an adverse effect on the unborn infant. There are certain conditions peculiar to pregnancy which can be easily tackled with homoeopathic remedies in early stages such as:

- (i) Excessive vomiting with Ipecac, Symphoricarpos.
- (ii) Albuminuria with Apis mel, Terebinthina.
- (iii) Constipation with Nux vom, Opium.
- (iv) Diarrhoea with Aloe, Mercurius.
- (v) Fears with Aconite, Arg. nit.
- (vi) Sleeplessness with Coffea, Belladonna.
- (vii) Fright with Opium, Ignatia.

The arrival of a new being in this world of misery and strife is not always exempt from difficulties and pain. Tears and cry mark its first entry into life. The first cries of a child which are caused by the irritating effect of the air upon the lungs need not alarm anyone. On the contrary they show that the child is born with a healthy and strong constitution and it is right and proper that young mothers should be delighted to hear these first cries of their little ones. A pregnant woman who is treated throughout her pregnancy with homoeopathic medicines, will approach her confinement free from the physical and mental ailments. Four tablets at a time, four times a day of Bioplasgen No. 26 during the last three months of pregnancy and two powders of Caulophyllum 30 (daily morning and night) during the last month of pregnancy leads to easy delivery without any adverse effect on the new-comer. A few doses of Arnica mont. 30 immediately after the delivery to the mother will remove her shock and exhaustion of the labour. The following homoeopathic remedies selected on the basis of similimum establish a free flow of healthy nourishing milk for the child in a nursing mother: Pulsatilla, Calc. carb., Lac. def., Nat. carb., Phytolacca, Urtica urens. etc.

Mother's milk is the best diet for the child. It provides a fulfilment to the mother and a reassurance to the child. It is the most complete and balanced diet for the child. It is stored at the requisite temperature at the safest and most convenient place.

The unfortunate child born after a difficult labour may be asphyxiated and may require a dose of Laurocerasus to breathe and cry whereas the pale and collapsed child will revive with a dose of Carbo veg. In the first few months of life there are mainly digestive problems with the child shown by vomiting, diarrhoea and constipation. The complaints brought by milk diet yield to the following homoeopathic remedies: Aethusa, Silicca, Nat. carb., Calc. carb. etc. The following homoeopathic remedies when administered according to homoeopathic indications work wonders in the acute conditions of infantile diarrhoea: Arsenic alb., Aloe, Croton tig., Mercurius, Podophyllum etc. In the course of the development of the infant the next milestone is the eruption of the first tooth. The signs and symptom of the teething troubles are well-known to the physician and the mother such as

the irritability of the child, rise in temperature, loose motions, biting of the gums, affection of the eyes etc. In such conditions Chamomilla and Calc. phos. 6X are the best sheet anchors of the little ones. Now-a-days even the allopathic doctors have started prescribing Calc. phos. 6X for the teething troubles. Infancy generally terminates with the completion of weaning when the child should be able to take a certain amount of solid food and plain cow's milk. Childhood begins from this time and extends upto the period of puberty (12-14 years in females and 14-16 years in males).

Homoeopathy plays an important preventive role in case of children. From the time a child begins to move about he is prone to bruises, lumps and minor injuries. Arnica mont. can safely be called a household remedy to relieve pain, swelling and laceration. It is also very useful in helping fracture to heal. Many surgeons have acknowledged its use in preventing post operative complications and its help in restoring normal sleep. It prevents tissue damage after an operation and speeds up the healing process. In fact the allopathic immunization against six killer-diseases of childhood: tetanus, measles, pertussis, tuberculosis, poliomyelitis and diphtheria is based on the principle of Homoeopathy and its nosodes. The Govt. should embark upon immunization against killer disease of children with homoeopathic nosodes and draw conclusions on the basis of statistics collected with homoeopathic nosodes.

While in many instances it is correct and permissible to speak of diseases of children, still a large number of diseases encountered in childhood are but the ordinary ailments that affect all mankind in general. Childhood proper gives us the largest number of acute infectious diseases like measles, chicken pox etc. The intermingling of children in the school and playground explains the prevalence of contagious diseases at this period of life. Disturbances of nutrition resulting in rickets, marasmus also belong to this period. There are certain conditions like enuresis etc. which pertain to childhood only.

Homoeopathy, the natural art of healing, helps a lot in tackling the exclusive problems of the tiny tots in its own way. Aconite, Bryonia, Pulsatilla, Gelsemium, Rhus tox, Malandrinum, Morbillinum, Variolinum, Thuja etc. help a lot in the acute infectious and contagious diseases of the little ones in bringing out the exanthemata and in saving the child from other complications.

The rickets, marasmus etc. the disease of malnutrition yield to constitutional homoeopathic treatment in a wonderful way if tackled miasmatically. The nocturnal enuresis which may be due to some organic defect or it may be just a habit, can be tackled homoeopathically with constitutional remedies like Sulphur, Calc. carb., Lycopodium, Benz. acid, Causticum and Mullein oil (in drop doses) may remove the dirty habit in a short time. The styes on the eyelids do not require surgical interference. They can easily be dissolved by the homoeopathic remedies like Staphisagria, Pulsatilla, Thuja,

Antim. crud. etc. Similar is the case with acute tonsillitis which easily yields to Calc. iod., Baryta carb, Bacillinium, Phytolacca etc.

The respiratory affections of the little ones can easily be controlled with Aconite, Arsenic alb., Ipecac, Bacillinium, Pothos etc. if given in little pills. The constitutional remedies like Bacillinium may restore them to complete health.

For the aphthous mouth and stomatitis of the children Merc. sol., Borax, Acid nitric, Arum. triph. are the chief homoeopathic remedies.

The liver problems of the sweet ones are solved by sweet powders saturated with dynamic dilutions of Chelidonium, Lycopodium, Card. m., Merc. sol. etc.

Cina, Santonine, Teucrium mar., Chelone  $\phi$  in drops doses are the enemies to every kind of worms settled in the large or small intestines of the small ones.

The remedies mentioned above for different conditions are most commonly indicated. They are not specifics. There are no patent or specific medicines for different diseases in Homoeopathy which treats the person as a whole after taking into account the family, past and present history of the case. The disease as such has no meaning in the homoeopathic treatment which should be based on totality of symptoms and chronic miasm involved in a particular case.

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### COMMON PARASTIC INFECTION IN RURAL CHILDREN

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reinfection of threadworm as the eggs usually come through nails while scratching the irritable perianal region caused by adult threadworm and go to stomach with the food if hands are not properly washed. Wearing of shoes is essential to guard against hookworm infection as they enter through soft skin of feet and go to the circulation of the body and grow inside as adult form. Using of mosquito net can prevent re-entry of malarial parasites through hair follicles. Drinking of boiled water can prevent infection of Entamoeba histolytica and Giardia intestinalis.