



Attention deficit / hyperactivity disorder , Assessment, symptoms and Homeopathy treatment for mental retardation in children

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Abstract : ADHD is a behavioral disorder that begins in childhood, and persists into adulthood in more than half of the cases. Its basic features are inattention, impulsiveness and hyperactivity.

The diagnosis based on criteria established by the Diagnostic and Statistical Manual of Mental Disorders (Fifth Edition - DSM-V), requires the presence of at least six of nine behavioral characteristics

of inattention / hyperactivity/impulsivity, which must be present for at least six months, had begun before the age of seven and these symptoms should result in a maladaptive and inconsistent functioning when compared to the developmental level.

The prevalence varies from 2.2% to 17.8%, and it is likely that this variation is more related to methodological characteristics of the various studies than to geographical differences. Publications of higher methodological rigor, from all regions of the world as well as national studies, indicate a prevalence of around 5% in school age children. Studies in adults estimate the prevalence to range from 2 to 4.0% .

Key Words : ADHD, Homeopathy treatment , Mental Retardation

Neurobiology

Evidence obtained through pharmacological, neuroimaging, and brain damage studies suggests that the catecholamines, dopamine and norepinephrine, play a important role. However, despite this greater involvement of catecholamines, it is likely that an imbalance occurs between the various neurotransmitter systems that interact among themselves, determining the different phenotypes observed. In recent years, a relevant role has also been assigned to other less studied biochemical neurotransmitters such as serotonin, glutamine, histamine and acetylcholine.

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Some areas and brain circuits associated with cognition and attention are considered candidates for the most likely site of dysfunction in ADHD patients. The involvement of the circuits of the pre-frontal and subcortical / fronto-striatal connections has been the focus of several studies. However, research with functional magnetic resonance and imaging (MRI) studies by diffusion tensor have demonstrated the involvement of other areas and functional connections such as the dorsal anterior cingulate cortex, posterior cingulate cortex and mid-posterior parietal cortex, basal ganglia, particularly the caudate nucleus, several circuits involving the white matter, identified by tractography (studies examining the integrity and pathway of the tracts and circuits) and other regions such as, amygdala, hippocampus, thalamus and cerebellum .

Symptoms of ADHD in children

Inattention, hyperactivity, and impulsivity are the key behaviors of ADHD. It is normal for all children to be inattentive, hyperactive, or impulsive sometimes, but for children with ADHD, these behaviors are more severe and occur more often. To be diagnosed with the disorder, a child must have symptoms for 6 or more months and to a degree that is greater than other children of the same age.

Children who have symptoms of inattention may:

- Be easily distracted, miss details, forget things, and frequently switch from one activity to another
- Have difficulty focusing on one thing
- Become bored with a task after only a few minutes, unless they are doing something enjoyable
- Have difficulty focusing attention on organizing and completing a task or learning something new
- Have trouble completing or turning in homework assignments, often losing things (e.g., pencils, toys, assignments) needed to complete tasks or activities
- Not seem to listen when spoken to
- Daydream, become easily confused, and move slowly
- Have difficulty processing information as quickly and accurately as others
- Struggle to follow instructions.



Children who have symptoms of hyperactivity may:

- Fidget and squirm in their seats
- Talk nonstop
- Dash around, touching or playing with anything and everything in sight
- Have trouble sitting still during dinner, school, and story time
- Be constantly in motion
- Have difficulty doing quiet tasks or activities.

Children who have symptoms of impulsivity may:

- Be very impatient
- Blur out inappropriate comments, show their emotions without restraint, and act without regard for consequences
- Have difficulty waiting for things they want or waiting their turns in games
- Often interrupt conversations or others' activities.

Assessment of ADHD

When evaluating patients for attention-deficit hyperactivity disorder (ADHD), or hyperkinetic disorder (HKD), it is typical to use multiple stages of assessment prior to formal diagnosis.

Following assessment, formal diagnosis is based on symptomatology and conducted by secondary care specialists using validated medical classification systems (e.g. the Diagnostic and Statistical Manual of Mental Disorders – 5th edition [DSM-5TM] or International Classification of Mental and Behavioral Disorders 10th revision [ICD-10] classification systems).

Assessment of ADHD typically involves the comprehensive evaluation of information gathered from a number of sources, including parents/care takers, family members, teachers, partners and colleagues, depending on the age of the patient. A range of qualified healthcare professionals may be involved in the assessment and diagnosis of ADHD, such as psychiatrists, psychologists or nurses, who have training and expertise in the diagnosis of ADHD in children, adolescents and/or adults.



Clinical examination

- Clinical examination aims to identify the presence of other illnesses with symptoms that overlap with those of ADHD.
- This typically involves inspections for vision or hearing impairments, neuro developmental immaturity in relation to gross and fine motor functions and motor or vocal tics, and retardation.
- A general examination of patient's physical health may also be performed to highlight any evidence of a congenital disorder.
- Clinicians may also look for evidence of co-morbidities which are often found in patients with ADHD.

Homeopathy treatment for mental retardation in children:

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the symptoms from which the patient is suffering. The aim of homeopathy is not only to treat but to address its underlying cause and individual susceptibility.

Freud, explore conscious and unconscious mind and compared to an iceberg; small part shows on the surface of the water represent conscious experience and much larger mass below water level represent the unconsciousness - a store house of impulses. Freud sought to puzzle out the basic determinants of personality.

Homoeopathic Approach:

Samuel Christian Frederic Hahnemann, father of Homoeopathic system put forward a brand new concept of patient management and physician's role. His crusade fell the Chinese Roll of dual theory (of body and mind being separate entities yet interacting through pineal body) or mind-body dualism. He proposed and practiced unit theory of mind oneness and told to individualize every patient whoso- ever comes, without any prejudice. He also held that manifestation of disease is trait based. As no two persons are exactly similar to each other, so no two disease pictures of same origin will be same or similar, they will differ in many aspects. Two typhoid patients will never be the same; they will differ in as many respects as the persons. So every patient should be given due attention without being prejudiced, upholding the characteristics of the patient as well as his diet and regimen. The characteristics include both physical and



psychological characters. Except for the most modern psychologist, all workers considered both physical and mental features, collectively and / or separated but finally jointly. Homoeopathy has accepted the theory of psora, sycosis and syphilis as the fundamental causes of all chronic diseases. Homoeopathy accepts that the person being dynamic in nature, the disease and subsequent cure should also be dynamic. Disease, health and cure are dynamic and at the same time automatic.

Homoeopathy proposes that the traits are inherited and the manifestations get modified by ways and means of life, other diseases and such other factors. It also proposes that there are 7 traits of which 3 are unit of psoric, sycotic, and syphilitic; 3 are combined Psoric sycotic, Psoric-syphilitic, sycotic-syphilitic and one is complex of all 3 Psoric-syphilitic-sycotic when modern psychologists have stood by the theory of sixteen (Cattell) or big-five traits. Homoeopathic traits of psora, sycosis and syphilis have both physical and psychological aspects. Homoeopathy suggests others to consider both physical aspects as well as psychological because none of these alone can individualize a person as a person has both physical and mental aspects. Thus, both physical traits and psychological traits are to be considered. So, the homoeopathic approach is a totalitarian approach without any compromise.

Attention deficit and Hyper Activity Disorder in mentally challenged children have been briefed above Homeopathically as the work done by Hahnemann, Samuel. Psora is a trait that helps keep healthy, and if failed, become diseased, manifest symptoms according to the trait and get cured. Homoeopathic traits should be dealt with by the psychologist for further applicability.

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