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REVIEW ARTICLE	

DECODING ADHD WITH HOMOEOPATHIC APPROACH: AN OVERVIEW STUDY

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Abstract

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Attention Deficit Hyperactivity Disorder (ADHD) is a prevalent neuropsychiatric disorder affecting the children and the adults worldwide characterized by inattention, hyperactivity and impulsivity. The condition impacts academic, occupational and social functioning with a reported prevalence of 5-10% among children globally and a higher rate in India. It often coexists with the other psychiatric disorders like anxiety, mood disorders, autism spectrum disorder and learning disabilities which makes the early diagnosis and the intervention crucial. While the conventional treatment includes behavioural therapy and medication. Homoeopathy, founded on the “like cures like” principle of individualized treatment and minimum dosing, offers a promising potentially holistic approach in managing the behavioural and the emotional disturbances which associates with ADHD. This review helps to explore the role of homoeopathic remedies in ADHD management, reviewing its relevant literature to assess their efficacy and suggesting that individualized homoeopathic treatment may offer a complementary or alternative therapeutic strategy, improving the symptoms and quality of life for the ADHD patients.

INTRODUCTION

Attention deficit hyperactivity disorder (ADHD) is one of the most common neurodevelopmental disorders in children. And according to the DSM-5 criteria, ADHD can be divided into three subtypes: Major inattention (ADHD-Inattention), hyperactive impulsivity (ADHD-Hyperactivity) and combined (ADHD-Combined). This disease can lead to different degrees of neurological dysfunction in children which brings a huge burden to society due to psychological dysfunction, family pressure and socio-economic costs ⁽¹⁾ Symptoms often emerge in preschool years and frequently persist into adulthood. Children with ADHD often encounter difficulties in executive functioning (EF), which are higher-level cognitive functions essential for goal-directed, adaptive and flexible behaviour. EF involves three central processes: inhibition the control of attention and suppression of predominant responses; switching shifting attention from one task to another, working memory retaining and processing information. Children with ADHD tend to perform worse on EF tasks compared to their typically developing peers and this often translates to greater academic challenges ⁽²⁾. In children, inattention can often be observed as difficulty in staying focused on one task. Symptoms can include

making careless mistakes in schoolwork, overlooking details or finding it hard to follow through on instructions. Organizing tasks prove challenging and activities that demand sustained mental effort might be avoided. Hyperactivity in children frequently manifests as constant motion, inappropriate running or difficulty playing quietly. Such children may fidget, squirm while seated or leave their seats when expected to stay seated ⁽³⁾. This symptom noticeably impacts school settings. It has been estimated that approximately 4% of adults in the general population meet the diagnostic criteria for ADHD. In approximately two thirds of children with the disorder, their symptoms persist into adulthood. Around 50–90% of children with ADHD are estimated to suffer from functional disability due to their ADHD symptoms in adulthood ⁽⁴⁾. The global prevalence of ADHD in children and adolescents ranges from 2% to 7%, with variations observed across different regions and populations. Boys are more frequently diagnosed with ADHD than girls, with a ratio of approximately 4:1 in clinical samples and 2.4:1 in population studies ⁽⁵⁾. The prevalence of ADHD in India among primary school children and pre-school children is reported at 6.3% and 12.2% respectively. A study showed that according to the parents, the hyperactivity-impulsivity (HI) presentation of ADHD

was most frequently observed in children at the age of 3 years and Inattention (IA) in children aged 8 years. According to a 2014 national survey, the median age of diagnosis was 7 years; approximately one-third of children were diagnosed before 6 years of age. The prevalence of ADHD among adolescents and children in India generally aligns with global epidemiological figures and imposes a substantial morbidity burden on individuals under the age of 18⁽⁶⁾. Aetiological studies evaluating families, adopted children and twins with ADHD have identified a strong genetic contribution with a pooled heritability rate of 76%. Meta- analyses have identified genes involved in the dopaminergic and serotonergic systems among other systems, as susceptibility genes. Environmental factors such as intra-uterine exposure to tobacco, prematurity and low birth weight also seem to increase the susceptibility to ADHD⁽⁷⁾. Homoeopathy, a system of medicine developed by Samuel Hahnemann, is based on the principle of “like cures like,” wherein highly diluted substances are used to stimulate the body's self-healing processes. Homoeopathy claim that it offers a holistic approach to manage ADHD by addressing underlying constitutional imbalances rather than merely suppressing symptoms⁽⁸⁾.

This review explores regarding how homoeopathy can claim as an alternative and complementary medicine in the treatment of ADHD.

METHODOLOGY:

Search Area: The search area will focus on the studies related to homoeopathic system on ADHD and its uses as an Alternative and complementary way of the treatment.

Search engines and Databases :

PubMed and Research Gate.

Inclusion Criteria :

- Peer reviewed articles.
- Studies published in English.
- Research published between 2010 and 2024.
- Articles focused on homoeopathic perspective on ADHD.

EXCLUSION CRITERIA :

- Non peer reviewed articles.
- Articles not focusing on ADHD.
- Paper published before 2010.
- Paper published in languages except English.

DATA EXTRACTION:

- A uniform data extraction form was used to gather the data.
- Categorized study characteristics like author, year, country, study design.
- The literature was examined independently for demographic parameters, age and gender as well other population features.

- Details of homoeopathic interventions type of medicine , dosage, duration.
- Outcomes are measured based on the effectiveness of intervention.

STUDY SELECTION :

- Study selection: All collected literature was gathered.
- Initial screening: Titles and abstracts were reviewed for relevance, duplicate was removed.
- Full text review: Full text potentially relevant articles was retrieved ;articles were assessed against the inclusion and exclusion criteria .
- Final selection was done.

A Holistic Therapeutic Approach Homoeopathy And Attention Deficit Hyperactivity Disorder:

Homoeopathy is a system of medicine founded on the principles of "like cures like" and individualized treatment. It involves the administration of highly diluted substances that in larger doses would produce symptoms similar to those being treated ⁽⁹⁾.

Mechanisms of Action and Therapeutic Potential:

- **Individualized Treatment Protocols:** Homoeopathy considers the unique physical, emotional and psychological profile of each patient, allowing for

tailored treatment plans that address specific manifestations of ADHD ⁽⁹⁾.

- **Minimal Side Effects :** Due to the high dilution of homoeopathic remedies, they are generally considered safe and free from the side effects commonly associated with conventional ADHD medications ⁽⁹⁾.
- **Holistic Management:** Homoeopathy aims to restore overall balance and health by addressing underlying imbalances and enhancing the body's natural healing mechanisms ⁽⁹⁾.

Homoeopathic Remedies Mainly Used In Attention Deficit Hyperactivity Disorder :

1. **Baryta Carb:** Commonly used for developmental delays in children, memory issues in the elderly, recurring tonsillitis and swollen lymph nodes. It is also helpful for individuals with dwarfism or delayed physical development. Child cannot concentrate or pay attention to any work. Difficulty in concentrating during studies is also pronounced in such cases. The affected children cannot fix their attention while reading, thereby forgetting the lesson. Loss of memory ^{(9), (10)}.

Main Symptoms: Shyness, difficulty in speaking, chronic infections and sensitivity to cold.

2. **Tuberculinum:** It Treats chronic respiratory conditions, recurrent infections, general weakness and nervous system disorders. It is often used for children who are mentally and physically underdeveloped ^{(9), (10)}.

Main Symptoms: Rapid weight loss, recurring colds, heightened sensitivity and restlessness.

3. **Tarentula Hispanica:** Effective for hysteria, restlessness, chorea (involuntary movements) and certain neurological disorders. It is used for cases of extreme impatience and hyperactivity. A child is hyperactive with marked restlessness and impatience ^{(9), (10)}.

Main Symptoms: Extreme restlessness, desire to constantly move and sensitivity to music.

4. **Hyoscyamus Niger:** Used to control the impulsive behaviour in children with ADHD. It Disturbs the nervous system profoundly. It causes a perfect picture of mania of a quarrelsome and obscene character. Very talkative and persists in stripping herself or uncovering. Talkative, Great hilarity, muttering speech; constant carphologia, deep stupor ^{(9), (10)}.

5. **Veratrum Album:** Treats severe diarrhoea, shock, manic episodes and conditions with collapse and extreme

coldness. It is used in cases of violent vomiting, cramps and hypothermia.

Main Symptoms: Cold sweat on forehead, violent vomiting, severe cramps and mania with destructive tendencies ^{(9), (10)}.

6. **Stramonium :** Is to reduce aggressive or violent behaviour, a common occurrence in children with ADHD or comorbid oppositional defiant disorder. It claims that it can be useful for children with post-traumatic stress disorder or other forms of anxiety ^{(9), (10)}.

7. **Lycopodium :** Effective for digestive disorders, liver issues, chronic fatigue and urinary problems. It helps with conditions like bloating, flatulence and constipation ^{(9), (10)}.

Main Symptoms: Anticipatory anxiety, lack of self-confidence, irritability and fear of public speaking.

8. **Synaptol:** Formulated for the treatment of ADHD in children and adults age 2 and older. It's a mix of green oat grass (*Avena sativa*), sweet violet (*viola odorata*), skullcap (*scutellaria lateriflora*) and several other herbs claimed by the manufacturer to improve attention and limit hyperactivity ⁽¹⁰⁾.

Clinical Studies Of Homoeopathy on ADHD :

Sl No	Title	Author	Year of publication	Country/ Province	Result
1.	Assessing the benefits of homeopathic treatment for ADHD: A comprehensive review of clinical and pathophysiological perspectives	Dr. Kanchan Atoliya and Dr. Itika Khatri	2024	India	The article advocates for homoeopathy as a holistic, low-risk alternative or adjunct to conventional ADHD treatments, aiming to improve quality of life while minimizing side effects. It calls for more research to integrate homoeopathy into mainstream ADHD care.
2.	A case report of attention deficit hyperactivity disorder in A case report of attention deficit hyperactivity disorder in preschool children treated with individualised, constitutional preschool children treated with individualised, constitutional homoeopathic medicine	Karunakara Moorthi and Lalitha K S	2024	India	The outcomes of psychological changes during pregnancy underscore the crucial influence of maternal emotions on both maternal and childhood development. The potential positive impact of homoeopathic medicine in addressing the mind-body connection rooted in maternal emotions is promising. It is imperative that future research, utilising well-structured study designs, be conducted to establish the evidence supporting the use of individualised homoeopathic remedies, especially in pre-school children.
3.	ADHD management: Harnessing the power of modern assessment scales in homoeopathic treatment	Pingali Ananda Kumar, Pulla Uma Maheswari and Dondapati Uma Maheswari	2023	India	This paper positions homoeopathy as a complementary ADHD therapy, strengthened by evidence-based tools while calling for further research to solidify its clinical role.

4.	ADHD and Homeopathy	Dr. Swati Sharma and Dr. Nirmala Sharma	2023	India	Highlighting homeopathy as a complementary treatment for ADHD more focusing on individualized remedies to address symptoms like inattention, hyperactivity and impulsivity.
5.	Homoeopathic management of attention deficit hyperactivity disorder: A randomised placebo-controlled pilot trial	Praveen Oberai, S. Gopinadhan 1, Roja Varanasi, Alok Mishra, Vikram Singh, Chaturbhuj Nayak	2013	India	The pilot trial provides preliminary evidence that individualized homeopathic treatment may improve ADHD symptoms, behaviour, and academic performance in children.
6.	Integrative approaches to attention deficit hyperactivity disorder: Exploring the role of homeopathy	Dr. Kanika Kaur	2024	India	Exploring the role of homeopathy in ADHD and its potential management through homeopathic remedies.
7.	Beyond Pills: Homeopathy's Promise for Attention Deficit Hyperactivity Disorder (ADHD) Relief	Dr. Samina Rabbubhai Khan	2024	India	Homoeopathy shows potential as a complementary treatment for ADHD, particularly due to its minimal side effects and high patient satisfaction. The current evidence is inconclusive. The methodological weaknesses and inconsistent results across studies underscore the need for more rigorous, large-scale research to definitively establish the efficacy of homeopathy in ADHD management.

DISCUSSION: Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder of childhood characterised by attention deficit, hyperactivity and impulsiveness. ADHD is

linked to the imbalance of neurotransmitters like adrenaline and dopamine rather than having a single underlying pathophysiological aetiology. ADHD is a biological disorder, even

though its mechanism of development is complicated. Hyperactivity, inattention, impulsivity and distraction are all prominent symptoms of ADHD. Complex interactions between developmental, environmental and genetic variables lead to this syndrome. Male gender, birth order, low socio-economic level, parents lack of education, mothers occupation and solitary parenting are all risk factors for ADHD⁽¹¹⁾. Traditional treatment approaches primarily involve pharmacological interventions such as stimulants and non-stimulant medications, which despite their efficacy are often associated with side effects dependency concerns and limited long-term benefits^{(12), (13)}. As a result, there has been growing interest in complementary and alternative treatments including homoeopathy, behavioural therapies and dietary modifications^{(14), (15)}.

Homoeopathy provides an individualized treatment approach, considering both psychological and physical symptoms. Several key homeopathic remedies such as Baryta Carbonica, Tuberculinum, and Stramonium have been identified as potentially beneficial for managing ADHD symptoms⁽¹⁴⁾. These remedies have shown promise in addressing core symptoms like hyperactivity and impulsivity while minimizing adverse effects⁽¹⁶⁾.

Additionally, homoeopathy's holistic approach aims to enhance emotional stability and cognitive function which are often compromised in individuals with ADHD^{(16), (17)}.

Despite positive preliminary findings, the evidence supporting homoeopathy in ADHD treatment remains limited. Most studies suffer from small sample sizes, lack of standardized methodologies and potential biases⁽¹⁸⁾. Additionally, the placebo effect and subjective nature of symptom assessment in ADHD studies present challenges in establishing definitive conclusions⁽¹⁹⁾. Therefore, rigorous and large-scale clinical trials are necessary to determine its effectiveness and establish a more substantial evidence base. Furthermore, a greater emphasis on mechanistic studies is needed to understand how homoeopathic remedies influence neurobiological pathways associated with ADHD^{(20), (21)}.

Integrating homoeopathy with conventional ADHD management strategies may offer a holistic approach, potentially reducing the reliance on pharmacological treatments and their associated side effects⁽²²⁾. Collaborative treatment models that involve healthcare professionals from multiple disciplines can enhance patient outcomes by addressing both the physiological and behavioural aspects of ADHD^{(23), (24)}. Future research

should focus on developing standardized treatment protocols and exploring patient-specific response patterns to optimize therapeutic effectiveness. Furthermore, investigating the potential benefits of combining homeopathy with other natural interventions, such as mindfulness therapy and dietary supplementation could provide a more comprehensive treatment approach (25).

CONCLUSION

ADHD is a complex neurodevelopmental disorder that can challenge the conventional treatment approaches, prompting interest in the alternative therapies like homeopathy which is rooted in individualized care. Homeopathy aims to address not only the symptoms but also the broader physiological and emotional aspects of the individual. This narrative review highlights the potential role of homeopathy in managing Attention Deficit Hyperactivity Disorder more emphasizing the need for rigorous, large-scale clinical trials to establish its effectiveness. Homoeopathic Remedies such as Tarentula Hispanica, Belladonna, Baryta Carb, Stramonium, Veratrum Album and Hyoscyamus Niger which is mainly used in the treatment of ADHD have shown the good prognostic improvement for the symptoms like inattention, restlessness and impulsivity.

So, in Future research, we should search more on the development of standardized treatment protocols with an exploration of patient-specific response patterns to optimize therapeutic effectiveness. And additionally, investigating for the potential benefits of combining homeopathy with other non-pharmacological interventions could provide a more comprehensive and evidence-based approach to treatment of ADHD. With the help of continued interdisciplinary collaboration and the scientific inquiry, homeopathy can become a valuable an alternative or complementary way of treatment in ADHD, offering a safer, individualized care options for the ADHD patients.

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