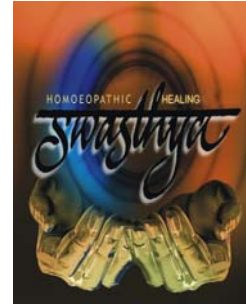


Homeopathy for children

**When it comes to curing
children, the last thing most
people think of is the first
thing they should think of:**

HOMOEOPATHY



“If children grew up according to early indications, we should have nothing but geniuses”. ~Johann Wolfgang von Goethe

“All children are artists. The problem is how to remain an artist once he grows up.”

PABLO PICASSO

Read this quote more than once and you realize that this quote can be related to your children even today!

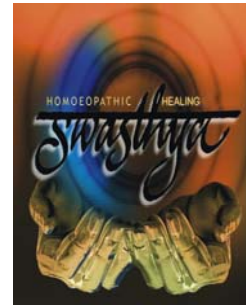
We are often amused by what our children do and the way they think. Sometimes their answers make us feel, “Where did that come from?”

Our children can say and do amusing things because they are very intelligent. Their subconscious is pure and uncompensated so they are uninhibited. Little children have an amazing capacity to observe and a sharp memory. They are full of energy; eager to discover life in their own way.

When they are as talented, observant, and intelligent as children so why can't each one of them excel as adults? Why is every child not an Einstein or a Picasso when he grows up? Where does this pure energy disappear? Does the process of his growing up hide the artist and genius within? Can we remain artist and genius forever?

This is possible only if the pure energy of a child is kept alive. Do not use it up in mundane task; rather, channelise it in the right direction so that the intellect is used in a more creative way in order to be the individual one deserves to be thus achieving optimum success in any field that one chooses.

Homoeopathy –The way of understanding and treating your child completely
Homoeopathy can become one of the preferred methods of treatment especially for children. It treats the child as a whole rather than just one symptom, therefore a homoeopathic practitioner observes the child in terms of overall appearance and behavior patterns including emotions and communication skills. The physical, emotional and mental characteristic history is elicited by interviewing the child itself as well as the parents. A detailed account of the child's complaints is taken especially the unusual symptoms are noted. For instance; a teething infant may be angry about the pain, or clingy and whining. There may be associated fever or bowel irregularities. Homoeopathic



treatments are always tailored to the individual child, as each will express his/her state in their own way.

There is something in every child that needs to be known which he keeps telling us through his little activities. A homoeopath pays attention to these, the way the children live in their world the way they think, feel, perceive themselves and their surroundings, what they love to do, the toys of which they are most fond, the cartoons they like, stories they love to read and hear .All this is an expression of how they would like to live. It is the part of their little world, a fantasy, which they have created around themselves and which is most real to them

Every child has his own way of looking at things and situations. We understand the child completely through his thoughts, fears, dreams, imaginations, drawings, through his world. There are lots of parameters to consider in understanding a child; the medicine is selected individually for each child after a detailed history. The choice of the remedy is based on the understanding of the child's individuality and the remedy not only cures the disease but also revives his energy helps to channelise it in right direction.

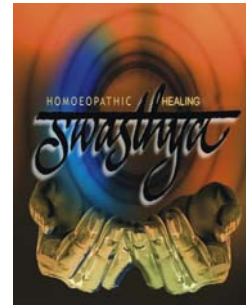
The medicine helps the child to come close to his inner self and makes the child realize his potential. The medicines are not at all addictive and there is no question of side effects or bad effects. It is a myth that treatment takes a very long time, the time period depends on the individual, the depth of his illness and how fast he reacts to the treatment. Homoeopathy acts on the children, by increasing the resistance and ability to fight the disease. As the dosages are so small, effective treatment can be achieved without dangerous side effects. Being pleasant-tasting and easy to take it is an ideal form of treatment for children of all ages including infants.

Homoeopathy develops your children's inner skills and strengths so that they can handle the challenges ahead. We know that children will trip and fall at times but we want to teach them how to pick themselves up, how to turn problems into opportunities and stumbling blocks into stepping stones.

Homoeopathic medicines are prepared mainly from herbs, and minerals and are given in very minute doses so that they are 100% non-toxic Also unlike antibiotics and other such medicines, homoeopathic pills do not hamper digestion; it does not lower the resistance power; does not produce allergy and does no harm even if taken for a long period.

Homoeopathic medicines act very quickly and effectively on each child. In acute and chronic disease, whether the symptoms are physical, mental, or emotional, homoeopathy produces subtle, yet often dramatic healing.

Children often have recurrent infections due to lowered resistance. Homoeopathic treatment being based on the '**Wholistic approach**' treats the disease at the root level, hence enhancing the defense power of the child. As a result, the child does not fall sick frequently. The aim of homoeopathy is to stimulate child's own curative power to cure themselves.



HOMOEOPATHY HELPS THE PERSONAL GROWTH OF CHILDREN:

Every child though not diseased, has certain traits in them, which may not be suited to their growth. A child may develop certain behaviors or habits, which are quite often out of proportion. Some of the children want to cling to the mother while sleeping. Some suck their thumb, some bite their nails, while few do bedwetting, some breaks things and hit others while others are so shy that they hide or run away the moment they see any stranger or guest or do not mix at all. Some are cranky, they start crying about the most trivial thing, while some are stubborn and want every demand of theirs fulfilled at that very moment. These do not show any obvious signs of illness but these are the indications which point to their inner disturbances.

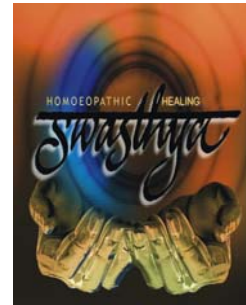
Every Homoeopath tries to understand these inner disturbances, through various pointers such as the child's fears, dreams, fantasies, movies, cartoons, toys, particular T.V. serials, their drawings, fairytales their peculiar demands, their cravings and aversions and their reaction to illness. Also their feelings regarding illness, what they think about their illness, their imaginations etc. In all these areas children express their inner self. Each child has his own imaginary world in which he lives. By understanding the imaginary world of the children (which is his inner world), it becomes very easy for the homeopath to understand the child and what is going on in his mind. This exploration is done with the child alone to avoid getting biased with the parent's perception of the child.

In the process of understanding the individual, child is asked to draw randomly whatever comes to his mind

Art- individual form of expression and its application in homoeopathy

It is said that an art is the expression of the inner most concept and it is a vehicle for the communication of inner conflicts and issues of the subconscious. It represents our inner most self. It connects to the artist's inner storm and conveys his inner vibrations.

Since an art reflects the essence of a person, it is of great importance in Homoeopathy. Since every individual is different from others in the way they think, feel, perceive and sense themselves and the world around them, the aim of homoeopathy is to understand everyone as a whole and to explore his peculiarity which distinguishes him from others. It is this, a homoeopathic prescription is based on. This can be easily understood in adults through the verbal expression of their deeper self. They have a very good expressive capacity usually through their vocabulary. They can recognize their problems and their issues and can express it. But children especially young children are limited in expressing their feelings. Children have abstract thinking and they do not possess the same



ability to verbalize difficult feelings and experiences that adults do. So how does a child express his inner self? How can we know his imaginary world? How he perceives and feels and senses this world? He can't put his emotions into words and hence a question arises in our mind How to understand a child? There must be some other way to become their friend, to understand them and communicate with them. They must have some other representational abilities. Psychologists say that children showcase their feelings through the facial expressions, gestures, movements and through art like drawings, painting, dancing, etc. Among these, they believe, art is the best way to understand children, which always speaks of their subconscious which is deeper than their conscious mind. Their spontaneous and innate creativity facilitates an insight into their inner self and helps a homoeopath to understand their personality.

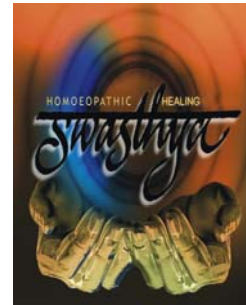
In scientific research it has been found out that children as young as 18 months begin to express subconscious Self. Art is one of the channels for children, which externalize their deeper self. Hence in Homoeopathic case taking it's very important to ask children to demonstrate their arts.

Drawing is the simplest way to understand them. Drawings are valuable in building rapport, facilitating communication, in opening up a new area to explore and understand their unexpressed feelings, perception and the sensations.

When a child comes to the homoeopath for the treatment, he asks the child to draw something on the paper, during the process of case taking. He is provided with color pencils for the drawing. The child is allowed to think on his own. He is asked to draw whatever he wants. So at first, the child is not given any topic for drawing. While drawing he is recalling, recognizing and fantasizing. He tries to draw fragments of his world or imagination. The homoeopath doesn't interrupt the child till he completes his drawing and gives him enough time for the complete flow of his ideas.

When the child is drawing, the whole process of his drawing - how he draws, the movements of his fingers, fast, jerky or slow, the choice of his color etc. is observed. This drawing is not used suggestively or it is not interpreted because each child has his own imaginary world, which only he can explain. In a way he is the actor, director, producer of his life. Hence the child's description of the drawing and his feeling and perception about it is important. Thus when the drawn images are supported by the child's verbal explanation about it, it allows the broader concepts to be read at a glance and at a depth.

Children of different age group have different types of drawing and a homoeopath understands them accordingly.



Also a homoeopath asks a child to bring with him his other arts like crafts, portraits, poems composed by him or any other composers, articles written by him, his dance video cassette if dance is his hobby, etc The homeopath can ask his explanation for it wherever necessary.

Thus children's art enables a homoeopath to understand a child's inner disturbances and helps him to explore the child's whole imaginary world, how he feels, perceives and senses it. Since art facilitates a direct communication to the child's inner self, it becomes very easy for a homoeopath to understand all these things by exploring their art. The child has a dual advantage here

1. In the case taking process itself the art opens the child's door of communication. It allows the child the expression and processing of emotions that may be difficult to put into words. It also makes his verbal expression more accessible and gives him opportunity for the externalization of his deeper self /emotions.

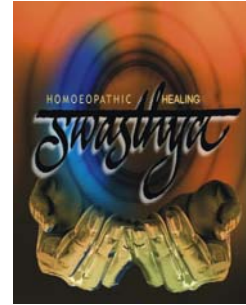
It provides the child with an insight into the issue he is dealing with which create an awareness of his deeper emotions and it will help them to move forward in his healing.

2. Due to the homoeopathic medicinal action:

The treatment helps the child to have more balanced emotions and improves the child's attitude towards life. It helps him to understand his life better. His relationship with his siblings and parents improves. They become less dependent, stronger and more resilient.

He is able to channelise his energy in a proper direction. The child is able to use his creative power

(Art) to his fullest where he can explore his potential in an endless manner. He becomes aware of his aims in life, does all his work without getting distracted, without any fears and anxieties.



After speaking to the child and understanding him, a homoeopath then focuses his attention towards the state of mother during her pregnancy.

Pregnancy: an expression of the child's energy through the mother

During case taking of a child, emphasis is given to the mother's state of mind during the pregnancy. The mother's state during pregnancy helps in understanding the child's state, since it is often seen that the present state or behavior of the child is the same as that of the mother during pregnancy.

So in all children cases the mother's state is inquired into. It is extremely important for a homoeopath as the biography of the life force within the expecting mother starts from day one of pregnancy. Great emphasis is always given on the happiness and good health of the mother during her pregnancy. Reading religious books, stories and singing during pregnancy is considered providing a healthy state for the growing fetus and in turn the child after birth and ultimately as an adult. Hence the mother's state during these nine months of child bearing has a direct impact on the blossoming individual within her for his whole life. The script is written during this period and the future state of health is influenced.

Let us start from the basic knowledge of pregnancy and then take our journey further

WHAT IS CONCEPTION?

Conception is the union of the sperm and ovum leading to the formation of fetus.

WHAT IS A FETUS?

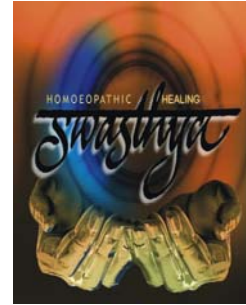
Fetus is a purest form of energy in the womb; the womb is the child's first world. Here the fetus is in an uncompensated form and so he is reflecting the purest sensations and energy patterns through the mother's energy. The child's energy is expressed in an intense way on the host i.e. the mother.

WHY IS THE FOETUS'S ENERGY EXPRESSED THROUGH THE MOTHER?

The mother is the producer of this life force but the fetus is directing her. She begins to feel and behave in ways which are alien to her and craves the foods she hates or detests the foods she loves otherwise. This whole new personality has evolved within her.

According to the law of thermodynamics energy can neither be created nor destroyed it can only be transformed from one form to another.

Fetus is a form of energy and this energy needs to be expressed. In every human being it is expressed through thoughts, delusions, emotions, dreams etc. Since the fetus in the



womb has no form of its own it expresses its energy through the host that is the mother through her emotions, dreams, delusions etc.

And so the fetus energy is only transformed to the mother's energy for the nine months, till the child has his own energy form which he can express himself.

The case history includes the following

Any change in the mother's nature in the form of unusual feeling not experienced ever before, delusion, perception not present before but observed during pregnancy, change in emotions, behavior pattern, particular imaginations, interests, hobbies developed during pregnancy, dream which she had only during her pregnancy, cravings, aversions developed during those nine months, which was never a part of her and is experienced only during pregnancy

These important pieces of information lead us to the child's state and thus help to determine the child's remedy..

WHICH PEDIATRIC DISEASES CAN HOMOEOPATHY CURE?

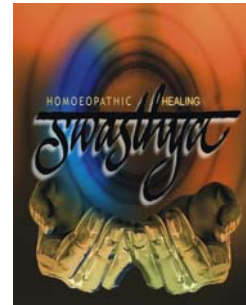
In reality, it is practically impossible to enlist those innumerable conditions where homoeopathy is found effective. Besides the below-listed conditions one must think of homoeopathy for any resistant, difficult disorder.

Respiratory diseases like cold, cough, bronchitis, pneumonia, asthma. Infectious diseases like chicken pox, measles, mumps, skin boils. Gastric problems like diarrhea and vomiting high grade fever with throat infection, teething problems, growth related problems, convulsions, fungal infection, thyroid problems

Homoeopathy is also very effective for emotional or behavioral problems like hyperactivity, aggressive behavior, insecurity, fears, inferiority complex habits like thumb sucking bedwetting, speech disorders etc.

ANTIBIOTICS AND CHILDREN:

There is definite evidence that the vast majority of childhood fevers are due to viruses. These include obvious sore throats, tonsillitis, pharyngitis, rhinitis, acute viral bronchitis and ear aches as well as majority of cold and coughs. The use of antibiotics in these circumstances is not only a waste of time as the infection is not susceptible to antibiotics, but also hazardous as resistant strains of bacteria are likely to arise in the body of the person thus exposed. Antibiotics itself has side effects like decreasing immunity of the child thus reducing the fighting mechanism of the child, abdominal disturbances like diarrhea, lot of skin allergies. Antibiotics also hamper the growth of the children.



Apart from the disease per se there are lots of other parameters that disturb our children in this highly competitive world even our little children are not spared. They too feel stressed some or the other way

THE ROLE OF HOMOEOPATHY IN TREATING STRESS RELATED DISORDERS

Every year, suicides related to failures in school examinations are heard of, which shock our sensibilities. Stress related diseases in children; like asthma, hyperventilation, migraine headache and gastrointestinal illnesses like colitis, irritable bowel syndromes etc are rampant.

When some children are stressed they cry, become aggressive, talk back or become irritable. Others may behave well but become nervous, fearful, or panicky.

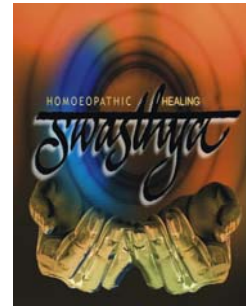
Stress can affect the physical, emotional, social, intellectual and academic well being of children and can interfere in their learning and maturation process.

Causes of stress:

The stress sets in early these days. As soon as a child starts going to school, he starts getting the common rebuke of 'hurry up or else.' The cycle begins with hurrying up in order to catch the school bus, continuing with hurriedly finishing his lunch, finishing the homework, coming home early after play, and then sleeping early to wake up early the next morning. As one grows up, stress manifests itself in the form of school curriculum, exam-based anxiety, and constant changes in schools, parental expectations and stress induced by the social circle in which the child is living. With the advancement of media and technology the stress on the child is increasing.

One of the obvious forms of stress comes with the many tests the students have to take. Many students take drastic measures because they can't cope with these exam pressures. Above all, the child being judged all the time by parents and teachers increases the amount of stress on the child. Most of the times, the child stretches himself beyond his limits to study. The net results being that they cannot handle the pressure of studies and experience failure. The fear of disappointing his parents constantly haunts him. Parents, who set very high unreasonable goals, unnecessarily make their children go through a lot of mental stress and pressure.

Other factors that are causative for stress in some children are when both parents work; or single parenting, difficulty in the financial situation or by the increase of television



violence. A lot of stress can also be added by a teachers' dictatorial and aggressive behavior, demanding silence, obedience, following certain kind of dogmas, comparing the children etc. the Way School children treat each other in and outside school, e.g., bullying and gang behavior also aggravate. Peer pressure and being 'in the group' simply amplifies the stress levels. Competition is another reason for stress. Whether its an exam or an elocution contest or a tennis game, winning is what really matters, this puts tremendous pressure on the child.

Signs and symptoms of stress:

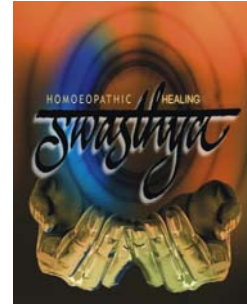
- Recurrent headaches, tummy aches or neck pain
- Increased irritability, sadness, panic, anger
- Being more quiet than usual
- Trouble relaxing or sleeping
- Lethargy, day dreaming
- Withdrawal from activities, which he used to enjoy.
- Excessive energy or restlessness
- Reverting to less mature behaviors
- Nervous habits such as nail biting, hair twisting, thumb sucking, or sighing deeply
- Subtle reactions, a strained look, frowning
- Trouble getting along with friends.
- Have sleep disorders, including sleepwalking
- Bed wetting
- Become fearful, clingy, and anxious

Homoeopathy helps your child to help himself to fight the stress' and use it in a healthy way and live his life to the fullest, to take the stress in a very positive way and boost his morale and remain happy.

“Stress can be very helpful for the child’s growth when they understand it better.

Homoeopathy helps the child to understand their stresses better”.

So these are a few of the things considered in homoeopathy to understand your child, his individuality fully, to help him grow and blossom be successful in whatever his does and use all his energy in the most creative way so that the artist who was born remains an artist throughout his life !



“I’ve opened up
like a blooming
flower open
to endless possibilities”

The child is freed of his disease and his immunity enhanced. It also improves the attitude of the child towards life and canalizes his energy in a proper direction, where he can explore his potential and creativity to a maximum. With the homoeopathic treatment child will experience more energy, to have a clear mind, a sharp memory and balanced emotions. Their relationship with their siblings and parents changes. They become less dependent, stronger and more resilient. Homoeopathy understands the child as an individual and it is one of the most dynamic forms of medicine capable of producing profound and lasting healing!!!

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