



## **STRESS IN CHILDREN AND HOMOEOPATHY**

***"Stress can be very helpful for the child's growth when they understand it better.***

***Homoeopathy helps child to understand their stresses better".***

Every year, we hear of suicides related to failures in school examinations, which shocks our sensibilities. Every year we hear about stress related diseases in children; like asthma, hyperventilation, migraine headache and gastrointestinal illnesses like colitis, irritable bowel syndrome etc. Children often have difficulty describing exactly how they feel. Instead of saying "I feel overwhelmed" they might say, "My stomach hurts." 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. It can interfere their entire learning and maturation process.

**Each child responds and reacts to stress in his own individual ways. They have different coping abilities and what causes stress in one child may cause none in another. A Homoeopath tries to understand, how each child perceives the stress and how he reacts to it.**

### **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 curricula, exam-based anxiety, constant changes in schools, parental expectations and stress induced by the social circle in which THE child is living. With the advance of media and technology day by day 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 fact that child is being judged all the time by parents and teachers can increase the tremendous amount of stress on the child. In some children stress comes up where both parents work; or by the event of single parenting, of 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 Ways School children treat each other at and outside school, e.g., bullying and gang behavior add a lot to such stress.

Parents who are over ambitious, carrier oriented, dictatorial, overprotective, who stay away from their children, who always fight, are competitive, comparing their children with others, fault finding, criticizing, overly anxious, (who puts their idea on the children) who insist to shape the children according to their ideas instead of listening to the child's own wishes, stress their offshoots in harmful ways.

Sometimes, a child stretches himself beyond his limits in his studies. The net result being that they cannot handle the pressure of studies and experiences failure. The fear of disappointing his parents leads to stress. Parents, who set very high unreasonable goals, unnecessarily make their children go through a lot of mental stress and pressure.

Competition is another reason for stress. Whether it's 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:**

- **Recurring 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**

### **Stress From School Exams Cause Allergic Reactions:**

Drs. Christopher Coe and William Busse set out to investigate the physiological basis for the stress effects of stress on the airway allergic response to inhaled antigen. Undergraduate students were tested during final exam week and at another less stressful time during the semester. All had positive skin tests to allergens such as ragweed, cat dander and dust mites, and had demonstrated an immediate fall in breathing and experienced eosinophilia, a leukocyte in white blood cells which increases during allergic reactions. Blood tests and antigen inhalation challenges were used to evaluate each student before and after exposure to the allergen.

*Researchers found a significantly higher level of eosinophils and activated lymphocytes in the airways during exam week. These findings indicate that school related stress can act as a cofactor to promote airway eosinophilia to inhaled allergens, and such responses could cause asthma episodes.*

### **Role of Homoeopathy:**

*Every Homoeopath tries to understand these stresses, through various pointers such as what the patient thinks about his surroundings, his interaction with people around them, how he copes up with the stresses, reaction to the stresses, fears, dreams, fantasies, movies, cartoons which they like, toys they like, particular T.V. serial they like, their drawings, fairy tales, their particular demands, their cravings and aversions, their reaction to illness. Also their feeling 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 and the effect on his body because of the stress.*



*One of the most important factors that help in understanding the child is the mental state of the mother during the pregnancy, since it is often seen that the present state or behavior of the child is similar to that of mother during pregnancy.*

***By understanding all of the above and subsequently treating through this understanding, it not only free the child of his disease and enhances his immunity but it improves the attitude of child towards life, it channelises the energy of the child in a proper direction where he can explore his potential and creativity to a maximum. Things or situation, which used to give them stress reduces day by day and makes them able to cope up with their so-called stresses. With the homoeopathic treatment the child will experience more energy, will have a clear mind, a sharp memory, and more balanced emotions. Their relationship with the siblings and parents changes. They become less dependent, stronger and more resilient.***

***We have seen with many cases that the child is able to use his creative power, which is there within him to the fullest, thus helping him channelise all his energy for his better growth, even if the child is surrounded with lot of stressful situation. The Child becomes more aware of his aim and responsibilities in life, does all his work without getting distracted without any fears and anxieties.***

***"Homeopathy gives your children inner skills and strengths, so 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".***