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## “SWEET PILL TO CHILL THE FRENZY TEEN”

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### Abstract-

In this fast life, where social networks and new challenges are on hierarchy, not the few but all of us are being trapped, especially our new generations, and if observed minutely the adolescence are affected more, where they must face the challenges and also to grow with the tough competition. Because of this it has made them to overthink, giving rise to lack of confidence, immaturity to judge between right and wrong which leads to development of stress, depression, and anxiety. To overcome this problem, Homoeopathy plays a definite role in these difficult times with ease. Through its holistic approach, Homoeopathy considers 'Man as a Whole', where it places the psychological problems on hierarchy. Thus, this article describes about what exactly Adolescence means, what problems are faced by them and how the Homoeopathic drugs help to conquer on this!

**Keywords-** Homoeopathy, Holistic, Adolescent, Mental diseases.

## Introduction-

What adolescence means- The 'Teen-age'.

Adolescence is a phase of development or can state the growth between the childhood and adulthood.

The WHO defines, teenagers as- a person between ages, 10-19 years.

In some societies, adolescence is narrowly, equated with puberty and including physical changes, also the reproductive maturity. Also, this term encompasses psychological, social, moral terrain also because of the strictly physical aspects of maturation.

According to an epidemiological studies report, prevalence rates for psychiatric disorders varies from 9.5 to 370/1000 population not only in India, but also in International studies, it included this increasing rate of increasing psychological problems in adolescence are increased.

In this world, of new technologies and modesty with rapid increase in economic growth, all are relying on this. Now mostly we see the micro-family pattern, where people are working and busy with their routine schedules. As there are no elders in the family, where the children here are not able to express their feelings, and not getting proper love, affection, attention and quality time from parents. And so, the picture we get is that these children are remaining in depressed state of mind, and also have become indecisive in nature, most of the times angry, rude, careless, anxious, remain stressful always, and some having suicidal tendencies. Thus, if these emotions are unexpressed, may cause psychosomatic disorders.

As there are many hormonal and neurodevelopmental changes, there are disturbances in psychosocial and on emotional plane, with increase in cognitive and intellectual capacities. Over the second decade, there is increase in developmental skills, logical and moral thinking, in adolescence. Also have become more capable of rational judgements with high abstract thinking. Due to the ever-increasing external influences, various cultures, trends, various social values and norms differ in every human being. These values and traditions become difficult to accept mostly by the teens who are lacking in self-confidence. Due to over expectations of parents, it leads them into a depressive state of mind.

In the primitive period, there were different cultures and traits. Such psychological problems were considered as an abnormal behaviour. It was considered that such behaviour was caused by demons, also due to evil spirits. The treatment was also related to the rituals, like prayers and use of utmost measures like flagellate and starvation and likewise. Then Hippocrates put forth the humoral theory, stating that the body consists of 4 humours. If there is imbalance between the humours which leads to abnormal behaviour.

As adolescence means the development between childhood to adulthood, psychological problems and physical changes go hand in hand. The changes in physical appearance, with development of reproductive health changes are observed. Sometimes the other conditions are observed including infectious diseases like Schistosomiasis, may result from the daily activities. The other important point to be focused on the increase incidence of alcohol consumption, resulting into changes in behaviour, habits, addictions for deliriant substances. Such things not only compromise the physical issues but on mental level as well, giving rise to disturbed health in present and in future state too.

These are some of the points that indicate what problems the teens are suffering from including the psychological disarray.

As we know teens undergo various changes both on physical and emotional level, giving rise to obnoxious behaviour. As the age of these teens progresses, the parents are also perplexed about this behaviour.

In study of the child's growth between 12-15 years, the brain releases certain hormones- Luteinizing and Follicle Stimulating Hormones that are responsible for giving rise to physical and emotional changes.

The foremost change seen will be Depression-

**1) Major Clinical Depression-** These children usually present with the episodes of 2 weeks.

- In this Children mainly present the picture of overwhelming emotions; there is sadness with intense irritability, feeling of worthlessness and of guilt.

They start losing interest in activities that usually gives them pleasure, like sports, video games and avoiding the social media.

- Sleep is typically disturbed, with frequent nightmares.

- Have contradictory symptoms like overactive and aggressive behaviour.

They have Suicidal thoughts- where they feel that they are of no use and nothing productive will take place in their lives. The children attempt to do suicide when their parents fail to comply their wishes.

**2) Disruptive mood dysregulation disorder-** Children with such disruptive mood are often irritable and these mood swings last for longer time and usually it becomes difficult to control the children. The anger reaches to the extent where they outburst and sometimes start destroying the things or will hurt themselves.

Considering all these measures, is there any solution that comes to the mind?

Yes! Homoeopathy has a solution for these type of problems with ease.

How to get Help from Homoeopathy?

Since Homoeopathy is that system of medicine, which has a basic principle of 'Individualisation'.

Master Hahnemann has described vital force in his Organon of Medicine stating that "Within the healthy condition of man the spirit like force, the body that animates the fabric body, rules with unbound sway and retains all the parts of organism in admirable harmonious vital operations as regards both sensational and functions.

In addition to this, Dr. Hahnemann gave a 'law of similia'. He then observed and treated every human considering the mental symptoms i.e., the psychological aspects in all the ages on hierarchy, with the physical symptoms.

In addition, Dr. Kent, Dr. Robert and Dr. Stuart Close stated in their lectures that the will and understandings are like family member that stays with a Man in his body, also the life is like intelligent, individual and co-ordinating power that solely controls the power which revolves inside the individual. And that is why no two individuals are same and differ in physical mental and social level.

Therefore, the Homoeopathic physician's approach towards each case will be based on different levels. Thus, along with Homoeopathic medicines, the physician will fully indulge into that children and will get often friendly, and will maintain a balance between his body, mind and soul. This is often one crucial part of healing process; in addition to this, the physician will ensure some points to be considered while taking a case and asking questions like-

1) About routine / quality of spending time?

2) About any specific dreams?

3) What are the emotions, that are making them distressful or making them depressed?

4) What are the difficulties experienced in their day-to-day life or whether they had experienced in the past?

❖ Some of the Homoeopathic Medicines with their characteristics are given below-

**1) ARSENIC ALBUM-** This is recommended when the child is deeply anxious about health.

There are panic attacks seen in the children which are often come around midnight.

Anxiousness is marked in this age group children. Anxious about minor things.

**2) ANACARDIUM ORIENTALE-** A/F- Fright and mortification.

They have feeble mind; the child is slow to comprehend with the people around.

Having weak memory with dullness and sluggishness is most marked in this drug. Feels as if having two wills. These children they have some fixed ideas.

**3) BARYTA CARBONICA-** This is used in the children who are immature and finds difficulty in concentrating on one thing.

There is dullness of mind, in children having lack of response.

Best suited in children who are lacking in enthusiasm.

These children are Shy, cannot express out.

There is slow development in all aspects, in these children.

**4) BELLADONNA-** “MANIA”

These children are very violent with remorselessness which is mental feature of this remedy.

They are Bossy with those, whom they are close with.

Have tendency of daydreaming.

**5) CALCAREA CARBONICA-** “Inertia” is the keynote of calcarea carb.

They are oversensitive when their feelings are hurt or by being insulted, thus causing the physical symptoms. They are slow and sluggish in their work and cannot comprehend with the time.

**6) IGNATIA AMARA-** Best suited to those who are anxious, because of grief, loss, disappointments by loved ones, criticism, loneliness.

They have defensive attitude.

Mood swings are frequently.

Outbursts of laugh and then unexpectedly break into tears.

**7) LYCOPODIUM** - These people, attempt to cover an inner sense of inadequacy by putting up a brave attitude of pretending to be something they are not. There is anxiety, from mental stress and they suffer from lack of confidence.

Also be afraid of failure.

Cowardice is main feature of lycopodium.

Tendency of forgetfulness especially proper names, unable to correlate.

**8) NATRUM MURIATICUM**- These people are always aloof but have a social conscience and desire to help others.

They have deep emotions and are self-protective, shyness can make these people reserved all the time. Even if they are alone or feel lonely, they tend to stay away from situations.

They get easily hurt and offended.

Brooding is the main feature of this remedy and refuse to consolation.

Anxiety all the time.

**9) MEDORRHINUM**- There is profound nervousness which leads to exhaustion.

There is impatience, hurry and hustling which ends soon with loss of ambition.

**10) AGNUS CASTUS**- In this there are ailments from sexual excess.

There is loss of memory with suicidal thoughts.

Also, loss of nerve energy, and that's why children get easily fatigued.

**11) APIS MELLIFICA**- In this there are ailments from fright, vexation, jealousy, hearing bad news.

The awkwardness feeling is mostly present in this drug.

Extreme irritability, suspicious always.

The complaints are attended with violence and rapidity.

**12) ALUMINA**- This remedy acts well on the children with confused mind, ideas and thoughts.

Inability to follow up a train of thoughts.

When sees the sharp instruments or blood, impulsiveness to kill themselves.

Confusion about self-identity.

**13) CONIUM-** In these there is aversion to society. There is dullness of mind, indifference runs through the remedy. Likes to wear his best clothes, makes useless purchases.

Cares very little about material things, wastes or ruins them. Does not want to work. Always prefers to play.

**14) AURUM METALLICUM-** There is 'loathing of life', blames himself when things go wrong in life.

Feels as if a dark cloud is overhead, eliminating all joy and light.

Suicidal thoughts and even attempts are characteristic of this deep type of depression. Physical symptoms often involve heart problems such as rapid palpitations. Absent minded children with great forgetfulness. There are alternating moods seen in children.

**15) CANTHARIS-** in this there is violent amorous frenzy, blasphemy.

Restlessness ending in rage. There is violent delirious state intermingled with sexual ideas and talk. The child is afraid, and has confusion of ideas.

**16) PLATINA-** Low self-esteem is usually behind the arrogance of an individual.

Suited to hyperactive children who argue constantly, insist they are always right, are impatient and have contempt for others, soften and lose their edge with.

**17) PULSATILLA NIGRICANS-** These children are mild, yielding, disposition, timid and weeping tendency. The person is suspicious, with marked changeability runs through this remedy.

### **Conclusion-**

The end point states that, all adult mental health is in the roots of Adolescence stage. Each child has its own personality with different upbringings as well, and the way of reaction to certain situations are different, which then give rise to emotional patterns of behaviour.

So, it's not so difficult to manage their tantrums, emotional moods. Making them comfortable by giving them love, attention, support and care. Thus, the role of parents is keener and more important in all their crucial stage of life, by ensuring these children get the support and care that they deserve and encouraging them to believe in themselves and be the master of their destiny.

Thus, Homoeopathy will work in its way, by procuring these 'Teens' to enjoy their adolescence period with exhilaration and in ease, not only in present but in future too.

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