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# ADHD FOR CHILDRENS IN HOMEOPATHY &ALTERNATIVE METHDOS

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## ABSTRACT

This review explained that homeopathy as rectified for attention deficit/hyperactivity disorder. Homeopathy and alternative methods like Diet &Herbal remedies are complete clear the symptoms, core symptoms or related outcomes of deficit/hyperactivity disorder.

### Keywords:

ADHD, Diet, Herbal remedies, Homeopathy

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## Introduction:

Attention-deficit/hyperactivity disorder (ADHD) is a brain disorder, hyperactivity and impulsivity interferes with functioning or development on behaviour. ADHD is affected commonly childhood people. Generally these behaviour can appear as early as between the ages of 3 and 6 and can continue through adolescence and adulthood. Know a day's One- to two-thirds of all children's and adults are suffered ADHD. Homeopathy is best way to treat ADHD.

**Inattention means** a person wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganized; and these problems are not due to defiance or lack of comprehension.

**Hyperactivity means** a person seems to move about constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks. In adults, it may be extreme restlessness or wearing others out with constant activity.

**Impulsivity means** a person makes hasty actions that occur in the moment without first thinking about them and that may have high potential for harm; or a desire for immediate rewards or inability to delay gratification. An impulsive person may be socially intrusive and excessively interrupt others or make important decisions without considering the long-term consequences.

## Causes of ADHD

- Genes
- Cigarette smoking, alcohol use, or drug use during pregnancy
- Exposure to environmental toxins during pregnancy
- Exposure to environmental toxins, such as high levels of lead, at a young age
- Low birth weight
- Brain injuries

## Signs and Symptoms of ADHD

- has trouble paying attention
- makes careless mistakes

- seems not to listen when spoken to directly
- has trouble following instructions and finishing tasks
- has trouble planning and organizing work or activities
- avoids certain tasks or does them grudgingly, especially those requiring sustained mental effort
- loses things necessary for tasks or activities, such as toys, homework assignments, pencils, books, and so on
- becomes easily distracted
- forgets things
- squirms in chair or fidgets
- gets up, runs around, or climbs during class or in other situations where one should stay seated
- is often "on the go" or acts as if "driven by a motor"
- talks too much and blurts out answers before questions have been completed
- can't wait his turn
- interrupts or intrudes on others' conversations or games

## Alternative Methods for ADHD

### Nutrition and Diet

- Take high-quality food like calories and high in protein and complex carbohydrates.
- Eliminating sugar and artificial sweeteners
- Drink plenty of water
- Focus on healthy fats - salmon, sardines, avocados, walnuts, chia seeds, and dark green leafy vegetables.
- Garlic and oregano boost blood flow to the brain.
- The hot spicy taste of ginger, cayenne, and black pepper comes from gingerols,

capsaicin, and piperine, compounds that help boost metabolism.

- Take fruits like Apples, Pears, Oranges, Kiwi, Beans, Grapefruit,

### Vitamins and Minerals

- **Magnesium.** Decreased mental confusion.
- **Vitamin B6.** Improving behaviour among hyperactive children.
- **Zinc.** Zinc regulates behaviour.
- **Essential fatty acids.** Fatty acids are key role in normal brain function.

### Herbs

Below Herbs may be helping on strengthen the Mind and body's system for ADHD.

- **Stramonium**
- **Roman chamomile** (Chamaemelum nobile).
- **Passiflora incarnata**
- **Gingko** (Gingko biloba)
- **American ginseng** (Panax quinquefolium)

### Homeopathy

Homeopathic medicines are effect on human psychology and have been found effective in various mental and psychological disorders. The focus of homeopathy is not to treat the isolated symptoms of ADHD but to treat the child as a whole. Not only the symptoms of ADHD but also the general physical and mental constitution of the patient, past medical history, medical history of parents, information about pregnancy and vaccination –There are...

Anacardium, Aranea, Argentum-nit, Aurum-met, Baryta carb, Baryta-iodid, Bismuth, Bufo, Calcareea brom, Calcareea carb, Cannabis indica, Capsicum, Carcinocin, Chamomilla, Cina, Cornus, Ferrum met, Gallic acid, Helleborus, Hyoscyamus, Kali brom, Lachesis, Lycopodium, Lyssin, Mancinella, Medorrhinum, Natrum mur, Natrum sulph, Nux mosch, Opium, Phosphorus, Platina,

Scorpion, Stramonium, Sulphur, Tarentula, Tuberculinum, Verat-alb.

Suggested that the Barkley, R. A. (1990), Julian N. Kenyon(1993) study that the supplement use of homeopathy treatment in hyperactivity. John Lamont (1997) Arnold L.E(1999), Erk, R. R. (2000). significant that the neuro counselling treat on multifaceted disorder. Frei H, and Thurneysen A.(2001) reported that the homeopathic treatment to effects of Multiple personality disorder (MPD). Frei H et al .(2005) proved that the homeopathy reduced hyperactivity disorder, Valeria Ricotti and Norman Delanty (2006), Heirs M and Dean ME (2007) significant that homeopathy treat inattention, hyperactivity or impulsivity Deficit/Hyperactivity Disorder. Praveen Oberai et al.(2013), Klaus von Ammon(2013), Kumar M Dhawale et al(2014) significant that the remedies was Medorrhinum, Argentum nitricum, Calc-flour, and Natrum salts were indicated to reduced ADHD. Jose M. Moran and Juan D. Pedrera-Zamorano (2016)suggested that the Homeopathy remedies are cured ADHD.

### Conclusion:

Homeopathy and alternative methods like Diet and Herbals are safe and often effective curing on natural therapy for children (and adults) with attention deficit disorder and attention deficit/hyperactivity disorder (ADD/ADHD) and its associated symptoms.

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