



## A CLINICAL STUDY ON BEHAVIOURAL DISORDER AMONG ADOLESCENT AND ITS HOMOEOPATHIC MANAGEMENT

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### Abstract

Mental health is vital for the growth and productivity of every society and for a healthy and happy life. Adolescence is often associated with behavioural problems. Student disruption, aggression and academic failure are a problem in schools across nation. Problems behaviour is socially defined as a problem which is undesirable by the social and/or legal norms of accustomed society and its institutions of authority. This behaviour often brings out some form of social control response, either minimal, such as a statement of disapproval, or extreme, such as incarceration. A number of evidences have revealed that young people tend to get involve in offending, substance abuse and truanting, which signify that they are at risk of developing a constant pattern of problem behaviour. Research has acknowledged the fact that school delinquency and substance use are a constellation of adolescent behaviours related directly to negative trajectories in adolescence and adulthood.

**Keyword-** Behaviour, Adolescent, Homoeopathy, Mental Disorder, ADHD, etc

### Introduction:

Every child has their unique patterns of growth and maturity with makes it difficult to set a standard which can be called as 'normal' growth and development. All kids misbehave some times and have temporary behaviour problems due to stresses like the birth of a sibling, a divorce or a death in the family to name a few Behaviour disorders are more serious and long standing, for over more than 6 months. They involve a pattern of hostile, aggressive, or disruptive behaviours inappropriate for the child's age. Behavior disorder is a vast area of study topic among psychiatric disorder. The application of homeopathic treatment quickly becomes a matter of ideological confrontation; however, homeopathy is steadily gaining in sympathy in the population.

### Definition:

Behavioral disorders refers to a category of mental disorders that are characterized by persistent or repetitive behaviors that are uncommon among children of the same age, inappropriate, and disrupt others and activities around the child. It creates criminal behavior in preteens and teens.

The three most common types of behavior disorders are ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD), OPPOSITIONAL DEFIANT DISORDER (ODD), and CONDUCT DISORDER (CD). For diagnosis criteria all three of these disorders are listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM).

### **Causes a Behavioral Disorder:**

A behavioral disorder can be related to biological, family and school-related factors.

A. Biological causes : Physical illness or disability, Malnutrition, Brain damage, hereditary factors

B. Other factors related to an adolescent home life: Divorce or other emotional upset at home, Coercion from parents, Unhealthy or inconsistent discipline style, Poor attitude toward education or schooling.

### **Signs of a Behavioral Disorder:**

Behavioral disorder child may act out or display emotional upset in different ways, which will also vary from person to person. Two basic signs are:

A. Emotional Symptoms of Behavioral Disorders

Easily getting annoyed or nervous, Often appearing angry, Putting blame on others, Refusing to follow rules or questioning authority, Arguing and throwing temper tantrums, Having difficulty in handling frustration.

B. Physical Symptoms of Behavioral Disorders

A substance abuse problem such as burnt fingertips, shaking or bloodshot eyes.

### **Test or Self-Assessment of Behavioral disorder among adolescent:**

The functional behavioral assessments can be assessed by Individualized educational program which offer problem-solving works

### **Management of Behavioral disorder:**

#### **A. Conservative Management**

- A disturbed behavior can be dealt with just by changing the way of dealing with the child, analysis of triggered factors, for example a child disturbed due to a new sibling being added to the family can be dealt in a more sensitive and careful way by the parents, keeping in mind the child does not feel neglected again.
- Behavioral therapy also helps in management by discussing the child's problem and its origin with the parents so that they know best what can be changed in the child's environment so as to help it get over the stress.
- Therapies include individual and group therapy; music, art, pet, and play therapy; and bibliotherapy, which involves reading books with a therapeutic purpose.
- Counseling: The major goal of counseling is to help children eliminate unacceptable behaviors and learn more appropriate ways of responding to people and the environment. In this regard, individual, group, family, guidance, and career and vocational counseling are used.
- Educational Intervention: Methods for intervention have generally been developed according to the various conceptual models. However, no single approach suits each child with a behavioral disorder, and the approach that works today may not work tomorrow. Teachers employ various methods of discipline and management.
- Service Delivery Models: For many school-age children with mild behavioral disorders, the general classroom is the common placement. Nevertheless, a continuing debate centers on whether these students should be included.
- **Positive Behavior Supports:** used to improve a school's general discipline, prevent school violence, and address individual behavioral disorders.

#### **B. Therapeutic Management**

- Medication as Behavior-Modifying Drug
- Long acting stimulant drugs reduce impulsive behavior and reduce motor restlessness.
- People with an anxiety disorder, OCD or ADHD may benefit from antidepressants. These medications are aimed at decreasing impulsivity, reducing hyperactivity, decreasing obsessive-compulsive actions and reducing feelings of depression.

### **Homoeopathic Management of a Behavioral Disorder:**

There is a whole series of positive evidence for the effects of homeopathic remedies for mental disorders, such as depression, anxiety disorders and addiction. Homoeopathic remedies can only be used as an add-on and not alone therapy followed by counseling. Homeopathic philosophy considers every person as a unique

individual, who is evolved very different from all other individuals' right from its conception. Every individual has a mental, physical and emotional plane of development through which they ultimately evolve to be a characteristic person, which is the basis of their Constitution. During their developmental period any ambiguity at any of the three planes namely mental, physical or emotional can lead to a disharmony in their being, which manifests itself as a disease or a disorder.

Unlike conventional medicine, Master's Homeopathy seeks to treat each Behavior Disorder patient as an INDIVIDUAL. The remedy must reflect everything about the patient disposition particularly noted along with SYMPTOM TOTALITY (§ 210).

A detailed case history (§ 218) is very important to find out the root cause of disorder. It includes history about the health of the patient and the family, the pregnancy and delivery, early development, vaccinations, life events, schooling, favorite foods, drinks to mention just a few points. The more information gathered, the easier it is to find that tailor-made remedy.

For any somatic or psychosomatic or psychic disorder, we need to remove the maintaining causes like fault of education, bad practices and neglect of mind or ignorance, Overloaded, over prepared, hyped up and stressed out with fraction of the rest ...leads to the development of mental diseases (§ 224).

In homoeopathy Psychological therapies like behavioral, inter personal psychotherapy, family therapy. (§ 226) - Display of confidence, friendly exhorts sensible advice with appropriate diet and regimen with the patient helps to calm the disorder.

If the mental disease be not quite developed then it can be improved by sensible friendly exhortations, consolatory arguments, serious representations and sensible advice... (§- 224) as given by Master.

(§229)- Patient of contradiction, eager explanations, rude corrections and invectives, as also weak, timorous yielding, the physician and keeper must always pretend to believe them to be possessed of reason. All kinds of external disturbing influences on their senses and disposition should be if possible removed....Just the CARE by friendly counseling.

(§ 229)- **F.N.126** - The treatment of the violent insane manic and melancholic can take place only in an institution specially arranged for their treatment i.e. psychotherapy but not within the family circle of the patient.

Being fundamental cause, the mental diseases are Psoric miasm, so patient should be subjected to a radical anti Psoric treatment (§ 227).

Hahnemann in (§ 221) given The first place of proved medicaments indicated for suddenly broken out patient like Aconite, Belladonna, Stramonium, Hyoscymus, Mercury etc. in highly potentised, minute, homoeopathic doses in order to subdue it so far that the psora shall for the time revert to its former latent state, wherein the patient appears as if quite well.

### **Psora**

Hahnemann recognized psora as the basic miasm has recommended auto- psoric remedies for a cure. Any undue aberrations carried by sudden shock, strong emotion, maladjustment in social-economic life including marital relations, deep resentment, suppressed desires and emotions, simple living, depressing disappointments in life.

### **Sycosis**

A hyperactive, hurried psychism will tend towards a changing and unstable psychism which will make evident from hypertrophy of the ego in the sycotic individual. Hurried; anxious; irritable, Time passes slowly. He cannot tolerate that others are better placed than him. He perpetrates to destroy them out of resentment, greed and or to gain from others successes, for this he may employ cunningness, craftiness, wickedness and malice, forgets social values and becomes extremely selfish. Lacks control. Erratic, impulsive. moral depravity, crafty, cunning. Selfish. Fear, delusion, fabricating the falsehood.

### **Syphilitic**

The degenerative deprivation that the spirit with its tendency towards destruction and death will constitute the syphilitic position. Hostile, manipulative, malicious, revengeful suspicious jealous and envious. Always dissatisfied and discontented and depressed, broods over past disagreeable events and does not forgive or forget any insult or disappointment, conceals feelings and is reserved, non-communicative, secretive and very obstinate.

### **Homoeopathic Therapeutics:**

1. **Aconite** - Acute, Violent, Sudden, Nervous and Emotional tension. Fear Frantic, Screaming, Anxiety and Restlessness.

2. **Arsenic Album** – Insecurity, Dependency, Desire Company, Possessiveness, Fastidiousness, Anxiety.
3. **Belladonna** - Furious Excitement, Wildly Delirious, Excited Ferocious, Desire to escape or hide himself. Quarrelsome.
4. **Hepar sulph** – Oversensitive, Abusive, Immediate reactive.
5. **Hyoscymus** - Violent, Jealousy, Suspicious, Obsessive, Erotic, Insanity, Delirium tremens, Fear of being alone, being pursued, Restless, Desire to strike, fight, insult and scold.
6. **Mercury** – Instability, Insufficiency in action, Impulsivity, Hurried in speech. Nervous with tremor, Violent, Hurried impulses. Restless, Indifference to everything. Slow in answering questions. Memory weak. Precocious. Filthy in mind and body. Mischievous.
7. **Stramonium** – Sudden Violent insanity, Persistent disorder of mental faculty. Hallucinations. Terror. Ceaseless talking. Dread of darkness. Loss of reason or speech. Does all sorts of crazy things. Wildly excited. Violent speech.
8. **Sanicula** - Irritable, Unstable, never sticks long at anything, Obstinate and difficult to control.
9. **Chamomilla** child goes from one person to another is never completely still, never at peace. Emotional, Temperamental and oversensitive. Ugly in behaviour, cross and Uncivil, Quarrelsome, vexed at trifle.
10. **Tarentula Hispania** - Tarentism, Restlessness, Hysteria, chorea dances up and down, Screaming. Destructive, Insanity, Erratic. Impulsive. Symptoms suddenly appear with violence.

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