

Dear Readers,

I would like to extend a hearty thanks to all those who met us at the HMAI Congress in New Delhi and gave us suggestions and complements for the last few issues of The Homeopathic Heritage and renewed their subscriptions for longer times. This is really encouraging as our whole idea of Heritage is to bring the finest and latest work in homeopathy to you for which we need your support and encouragement.

Heritage is going to start the question answer session with Dr Joseph Kellerstein again from April issue onwards on demand from readers. Kindly send us your queries. Not just that, we welcome your suggestions for the topics you are looking for in further issues of Heritage. We want to make this journal as per your needs and requirements.

This issue, we have taken a very interesting topic - Attention-deficit hyperactivity disorder (ADHD) which is commonly recognized with children but also affects adults. With nuclear family and single child norm becoming more common, this disorder is on a rise or maybe is brought to notice more.

Homeopathy has a vital role to play in these disorders as they being neurobehavioral disorders. Many researches and case records show the efficacy of constitutional remedies in ADHD and ADD. Role of intercurrent remedy is also important in such cases and in many cases, *Tuberculinum* has been reported to be of help. Many doctors are doing research on this subject and have found very good results. What is important is the continuous follow up for few years to have an evidence based result. A research based study is also being conducted at NHMC, New Delhi where they are doing this project in collaboration with a special school.

A diagnosis of ADHD can be made only by getting information about child's behavior from several people who know the child. A list of questions can be prepared which can be given to parents to fill and also to the teacher if possible. Many times children behave differently in doctor's

clinic. It is also important to consider other associated problems which commonly occur in children with ADHD like behavioral problems, anxiety, depression, learning and language disabilities. In adults, ADHD or ADD can be accompanied by depression, mood disorders, substance addictions, anxiety, phobias or behavioral problems.

It's always good to have psychologist in loop from the beginning of the treatment to have the child evaluated at the start of the treatment and later reevaluate, after homeopathic treatment for having evidence based records.

A team effort, with parents, teachers and doctors working together, is the best way to help the child. It is important to guide the parents and attendants of child about special needs of the child and be patient with the child with constitutional homeopathic remedies ADD and ADHD can be treated very well and help those patients lead a normal life and thus prevent many lives and families go in wrong direction.

In this issue, we have articles from Dr Bidani who has given a very interesting case of Histrionic personality disorder; Dr Shiva Kumar discusses the management of ADHD in detail. Dr Rajneesh highlights the rubrics which indicate the remedies for the same. An article by renowned homeopath Alastair Gray has a proving of Moreton Bay Fig which adds another remedy to our literature. An interesting thing highlighted here is the proving was done at an undergraduate college where the students therefore do homeopathy rather than only learn homeopathy. I feel it's a very important aspect and if taken into curriculum in all schools will certainly play a role in strengthening the belief in homeopathy to a deeper level. Dr Gangar's article reveals that stem differentiation can be controlled remotely by using homeopathic drugs which would otherwise need physical handling.

We look forward to your views about the issue.

Dr Geeta Rani Arora  
Editor



## Unbolt yourself ...

MONTH	TOPIC	LAST DATE OF SUBMISSION
April 2011	LM Potency	February 20th 2011
May 2011	Hypertension	March 20th 2011
June 2011	Second Prescription	April 20th 2011
July 2011	Spiders Group	May 20th 2011

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