



POOR CONFIDENCE DUE TO STAMMERING AND ITS HOMOEOPATHIC MANAGEMENT

Dr. Mohammed Salahuddin¹, Dr. Pramod Singh², Dr. Sandhya Rathour³, Dr. Shivangi Jain³,

Dr. Manju Bijarnia³

1. HOD, Department of Anatomy, Homoeopathy University, Jaipur (Raj.)
2. HOD, Department of Homoeopathic Pharmacy, Dr. M.P.K. Homoeopathic Medical College Hospital and Research Centre, Jaipur (Raj.)
3. PG scholar Department of Paediatrics, Dr. M.P.K. Homoeopathic Medical College Hospital and Research Centre, Jaipur (Raj.)

Corresponding Author's Email ID: drpramodkrsingh1976@gmail.com

ABSTRACT:

Stammering is also known as stuttering. Stammering is a neurodevelopmental disorders, it is characterized by abnormal speech such as prolonged interruption abnormal repetition of syllables, or sudden stop of sound. In stammering emotional, cognitive and other mediating language of a neural system are interact in complex way with speech motor system. In the beginning of childhood stammering is normal or it becomes normal with the age.

KEYWORDS: Stammering, Neurodevelopmental disorders, Poor self confidence, Homeopathy

INTRODUCTION:

Stammering is a neurodevelopment disorders. According to WHO stuttering is a disorder in the rhythm of speech in which the person knows precisely what he or she wishes to say but at the same time may have difficulty saying it because of involuntary repetition, or prolongation or cessation of sound. Mostly developmental stammering appears usually at 3-4 years.¹ Acquired stammering is not common it can be due to emotional trauma or due to neurological illness. In childhood stuttering is common it can be resolve by school age, persistence of stammering is associate with tics or it may be a Tourette's syndrome. He or she with stammering can avoid to speak in public or go into the crowd, feel insulted when teased by society, and they have speech related anxiety.^{2,3} Because of that their self confidence is also affected due to their speech. Such persons can sometimes make themselves isolate from the society because they lack their confidence an feel insulted when bullied by society or friends. Due to this there studies are also affected because of poor self confidence they can't perform well in the studies.^{2,3}

His / Her those have family history of recovery from stammering can show spontaneous recovery by adolescence. Likely 75% cases of stammering are recover by the age of adolescence. Stammering may be due to delayed or inappropriate timing between brain area involvement between language preparation and execution.

Diagnosis: DSM -5 is used to diagnosis of Childhood- Onset Fluency Disorder (Stuttering)⁴

- A. Disturbances in the normal fluency (i.e. - dysfluencies) and time patterning of speech that are inappropriate for the individual's age and language skills, persist over time, and are characterized by frequent and marked occurrences of at least **1** of the following:
 - Sound and syllable repetitions
 - Sound prolongations of consonants as well as vowels
 - Broken words (e.g. - pauses within a word)
 - Audible or silent blocking (filled or unfilled pauses in speech)
 - Circumlocutions (word substitutions to avoid problematic words)
 - Words produced with an excess of physical tension
 - Monosyllabic whole-word repetitions (e.g. - "I-I-I am fine")
- B. The disturbance causes anxiety about speaking or limitations ineffective communication, social participation, or academic or occupational performance, individually or in any combination.
- C. The onset of symptoms is in the early developmental period. (Adults are diagnosed as adult-onset fluency disorder).

- D. The disturbance is not attributable to a speech-motor or sensory deficit, disfluency associated with neurological insult (e.g. - stroke, tumor, trauma), or another medical condition and is not better explained by another mental disorder.

Management:

- 1) Speech therapy
- 2) Counseling to help in building self confidence
- 3) Listen carefully when your child is speaking
- 4) Not react negatively when your child stammer
- 5) Praise your child speak without stammer.

HOMOEOPATHIC MANAGEMENT:^{5,6,7,8}

1. **Aconite:** Trembling and temporary stammering; speech imperfect, loss of power of speech.
2. **Anacardium orientale:** When speaking he find it difficult to utter certain words, as if his tongue were too heavy; great mental weakness.
3. **Atropinum:** Stuttering, especially at words difficult to pronounce. Slowness and embarrassment of articulation. Articulation indistinct, rapid and chattering. Speech thick, probably from dryness of mouth and throat.
4. **Bovista:** Loquacity and unreserved conversation. Misapplication of words in speaking and writing. Weakness of memory.
5. **Causticum:** Chief remedy for stammering. Often pronounces words wrong and transposes letters and syllables. Paralytic state of tongue and lips. Distortion of mouth and of tongue, when speaking.
6. **Cedron:** Stammering after coitus (women). Difficulty of speech.
7. **Cannabis sativa:** Speech difficult, he is unable to speak as usual, misses words or cannot speak at all or repeats the same words over and over. Wavering speech, hasty, incoherent.
8. **Kaliumbromatum:** Slow speech; difficulty to collect his thoughts and to express them; forget what he wanted to say, even his own name.
9. **Lachesis Mutus:** Lachesis Mutus is useful remedy for stammering. Difficulty in pronouncing words but there is great loquacity. Aphonia, or confused, indistinct speech, nasal tone of voice, difficulty in pronouncing certain letters or particular words. The speech is louder more precipitate than the speaker wishes.

10. **Morphinum:** Speech embarrassed and incoherent. Stammering or hesitating; hasty. Forgetfulness. Makes mistakes in writing.
11. **Stramonium:** Stramonium is a chief remedy for stammering. The patient also has delusions about his identity. Loquacious, laughing, singing and rhyming. Imperfect speaking and stammering. Continued murmurs. Complete loss of speech.
12. **Spigelia:** Repeats the first syllable of the first word several times and later speaks plainly.
13. **Selenium:** Stammering speech; articulates with great difficulty. A kind of stammering; he uses syllabus of words in wrong connections, therefore pronounces some words incorrectly. Dread of society.
14. **Tabacum:** While reading he cannot articulate, reads indistinctly. Nervous and restlessness. Talks to himself.
15. **Vipera:** Stammers, with weakness and sleepiness; speech inarticulate and difficult.
16. **Zincum:** Echo- speech; patient repeats in a monotonous singing way the words and sentences of his neighbor without being conscious of it.

SOME IMPORTANT RUBRICS:

- **Murphy's Repertory:**⁹

1. Mind- EXCITEMENT, excitable- stammers when talk to stranger – dig.
2. Mouth-SPEECH, general-stammering, stuttering-quick and stammering – merc.
3. Pregnancy-CONFINEMENT, general,puerperal-convulsions-speech, loss of, or stammering – *Stram*.

- **Synthesis Repertory:**¹⁰

1. MIND- EXCITEMENT-speech stammering with – dys.
2. MIND- EXCITEMENT- stammers when talking to strangers- dig. dys. merc.
3. THROAT- CONSTRICTION- accompanied by- stammering –mag-p.

- **Boger C., Boenninghausen's Repertory:**¹¹

1. SENSATION AND COMPLAINTS IN GENERAL- Infants affection of- stammering – *Bell.euphr. merc. SULPH.*

- **Phatak Repertory:**¹²

1. CHILDREN, infants- stammering- *Bov.*

- **Ward J., Sensation As If:**¹³

1. Clinical –speech stammering – Verat.
2. Clinical – stammering child –Carb- s.

DISCUSSION AND CONCLUSION:

Many times stammering can resolve itself by the time. But sometimes it cannot be resolve by adolescence age group they need treatment for stammering. Homoeopathic medicines can give medicines treat the patient with holistic approach.

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