



Review Article

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UNDERSTANDING THE “PSYCHOSOCIAL ISSUES” IN CHILDREN THROUGH THE LENS OF HOMEOPATHY

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ABSTRACT

Psychosocial issues focuses on silent struggles related to emotional imbalance in relation to social factors and individual thought and behavior. This condition often encounters in childhood and adolescence with global prevalence of 14 to 33 percent. Some studies indicates a higher incidence in males. Homeopathy is a holistic system of medicine treating the patient as a whole considering the miasmatic background. This article reviews the psychosocial dimensions of disease and evaluates the role homeopathic remedies.

KEYWORDS

Psychosocial, Behavior, Children, Homeopathy

INTRODUCTION

PSYCHOSOCIAL means the interrelation of social factors and individual thought and behavior. Psychosocial disability is a term used to describe a disability that may arise from a mental health issue. It is about the functional impact and barriers which may be faced by someone living with a mental health condition. A psychosocial disability arises when someone with a mental health condition interacts with a social environment that presents barriers to their equality with others.¹

Psychosocial disability may restrict a person's ability to:¹

- ▶ Be in certain types of environment
- ▶ Concentrate

- ▶ Have enough stamina to complete tasks
- ▶ Cope with time pressures and multiple tasks
- ▶ Interact with others
- ▶ Understand constructive feedback
- ▶ Manage stress.

ERIKSONS Stages of Psychosocial Development²

Stage 1 – Infancy period: Trust vs. Mistrust

- ▶ Virtue: Hope, Maldevelopment: Withdrawal
- ▶ Concomitant Freudian stage: oral stage
- ▶ Example: Secure environment provided by the caregiver, with regular access to affection and food

Stage 2 – Early Childhood period: Autonomy vs. Shame, doubt

- ▶ Virtue: Will, Maldevelopment: Compulsion
- ▶ Concomitant Freudian stage: anal stage
- ▶ Example: Caregiver promotes self-sufficiency while maintaining a secure environment

Stage 3 – Play Age period: Initiative vs. Guilt

- ▶ Virtue: Purpose, Maldevelopment: Inhibition
- ▶ Concomitant Freudian stage: genital stage
- ▶ Example: Caregiver encourages, supports, and guides the child's own initiatives and interests

Stage 4 – School Age period: Industry vs. Inferiority

- ▶ Virtue: Competence, Mal development: Inertia (passivity)
- ▶ Concomitant Freudian stage: latency stage
- ▶ Example: Reasonable expectations set in school and at home, with praise for their accomplishments
- ▶ Stage of Adolescence

Stage 5 – Adolescence period: Identity vs. Identity confusion

- ▶ Virtue: Fidelity, Maldevelopment: Repudiation
- ▶ Example: Individual weighs out their previous experiences, societal expectations, and their aspirations in establishing values and ‘finding themselves.’

CAUSES OF PSYCHOSOCIAL ISSUES³

Biological-Genetic disposition, Down’s syndrome

School-Academic Stress, Peer group differences, Over Discipline, Antisocial encouragement

Family-Attitudes of parents, Overprotection, Rejection by parents, Expectation by parents, Sibling Conflicts, Alcoholism

Culture-Media, Terrorism, Violence, Neighborhood, Ethnicity

CLASSIFICATION-

Based on Stages^{4,5}

- ▶ Infancy-Feeding problems, Stranger anxiety, Breath holding spells, Temper tantrum
- ▶ Preschool age –Head banging, Body rocking, Thumb sucking, Nail biting, Bruxism
- ▶ Toddler-Intellectual disability, Autism, ADHD
- ▶ Childhood- Communication disorder, Pica, Sleep problem, Enuresis, Encopresis, Tic, Enuresis, Anxiety disorder
- ▶ Adolescence – Depression, Psychosis, Mania, Conduct disorder

IT INCLUDES-Bullying, Oppositional defiant disorder, Masturbation, Gender identity disorder, Anxiety disorders, Phobias like school phobia, OCD, Anorexia nervosa and Bulimia nervosa, Improper Feeding, Breath holding spells, Temper tantrum, Head banging, Thumb sucking, Nail biting, Bruxism, ASD or ADHD, Communication disorder, Pica, Sleep disorder, Enuresis, Encopresis, Tic, Depression, Psychosis, Mania, Conduct disorder^{3,4,5,6,7,8}

BULLYING

- ▶ It is an intentional and unprovoked abuse of power.
- ▶ It is categorized into-

1. Low psychological well being
2. Poor social adjustment

3. Psychological distress

4. Physical unwellness

OPPOSITIONAL DEFIANT DISORDER

- ▶ Extreme demanding
- ▶ Striving for independence and experimentation with risky behavior become exaggerated , severe and disruptive
- ▶ More in boys

MASTURBATION

- ▶ Self abuse
- ▶ Abuse as a means of self pleasure
- ▶ When children are lonely and insecure, they seek self stimulation

GENDER IDENTITY DISORDER

- ▶ Presence of strong and persistent cross gender identification manifested by a desire to be of other sex, wearing clothes of other gender.
- ▶ Both biological and psychological factors can precipitate this behavior

ANXIETY DISORDERS

- ▶ Separation anxiety disorder
- ▶ Social anxiety
- ▶ Overanxious disorder
- ▶ Examination anxiety

PHOBIAS

- ▶ School phobia

OCD

- ▶ Children present with repetitive thoughts or movements.
- ▶ Obsessions have been defined as intrusive thoughts , which become imposed on conscious mind repeatedly

ANOREXIA AND BULIMIA NERVOSA

- ▶ Anorexia nervosa- Restriction of energy intake relative to requirements leading to a significantly low body weight.
- ▶ Bulimia nervosa- Intake of excess energy relative to requirement followed by purging, results in significant weight loss.

BREATH HOLDING SPELLS

- ▶ Reflexive events initiated by provocative event that causes anger, frustration, etc causes child to cry.
- ▶ The cry stops at full expiration and child becomes apneic and cyanotic or pale.
- ▶ It lasts for less than few seconds.
- ▶ Peak at 2 years to 5 years of age.

TEMPER TANTRUMS

- ▶ Defined as out of control behavior including screaming, hitting, head banging, falling down, biting and violent display of frustration .
- ▶ Usually occurring in children of 18 months to 4 years of age .
- ▶ Usually lasts for 30 min at a time.

HEAD BANGING

- ▶ Rhythmic rocking in early life
- ▶ Sensory stimulation or pleasure for the child who is uncared for deprived of human touch or interaction

THUMB SUCKLING

- ▶ Normal in infancy and abnormal in preschool and above
- ▶ It may be due to habitual or stress

NAIL BITING

- ▶ Common in girls and boys in middle and late childhood beyond 4 years of age
- ▶ It may be due to anxiety or or nervousness

BRUXISM

- ▶ Voluntary grinding of teeth

- ▶ It may create problems in dental occlusion
- ▶ It may be due to calcium deficiency, stress mannerism, unexpressed anger or resentment

ASD

- ▶ A neurodevelopmental condition that results in difficulty with social skills, communication and thinking with repetitive behavior.

ADHD

- ▶ A neurodevelopmental condition that results in difficult to concentrate, impulsivity and restlessness.

COMMUNICATION DISORDERS

- ▶ Articulation disorder- Substitution, omission, distortion and addition of speech sounds.
- ▶ Voice disorders-Changes in pitch, loudness, dysphonia and aphonia
- ▶ Fluency disorders: Stuttering or stammering- Repetition of small speech units, continuation is affected, prolongation of speech sounds, effortful speech.
- ▶ Cluttering-Rapid rate of speech, poor grammar, making speech difficult to understand
- ▶ Language learning disability- Poor auditory processing, poor speech discrimination, difficulty in following directions, words, poor auditory visual integration and perception, poor eye-hand coordination, poor social skills

PICA

- ▶ Persistent ingestion of non nutritive substances such as plaster, charcoal, paint and earth for at least 1 month
- ▶ It is common in children less than 5 years of age

SLEEP DISORDER

- ▶ Night terrors, night mares, insomnia, sleep talking, hypersomnia, narcolepsy, cataplexy

ENURESIS

- ▶ Bed wetting is a involuntary voiding of urine

- ▶ The child should be atleast 5 years of age
- ▶ The enuresis is made when urine is voided twice a week for atleast 3 consecutive months.
- ▶ It is primary or secondary

ENCOPRESIS

- ▶ Psychogenic soiling at inappropriate places at any age when bowel control should have been established

TIC

- ▶ Fast repetitive movements
- ▶ Usually represent emotional disturbance or mal adjustment
- ▶ Tics in which bodily movements are accompanied by vocalization , termed as Gills de la Tourette syndrome

DEPRESSION

- ▶ It presents with mood disturbance in children, sad facial expression, easy tears, irritability, social withdrawal, lack of interest in activities, etc
- ▶ Affects child's ability to participate in relationship with parents and peers.

PSYCHOSIS

- ▶ Abnormal fixation on certain toys , objects, people, etc
- ▶ Unpredictable responses
- ▶ Distorted behavior
- ▶ Disturbed speech
- ▶ Impaired socialization
- ▶ Fascination with movements
- ▶ Unaware of personal identity

MANIA

- ▶ Show intense happiness or silliness for long periods of time.
- ▶ Have a very short temper or seem extremely irritable.

- ▶ Talk fast about a lot of different things.

CONDUCT DISORDER

- ▶ Severe repeated acts of aggression and delinquency
- ▶ Diagnosis –Bullies, fights, uses weapons, cruel to animals, robbery, forced sexual activity, sets fire, destroys property of others, violates rules, runaway from home, etc.
- ▶ Disturbance in academic, social and occupational functioning.
- ▶ Individual is below 18 years

GENERAL MANAGEMENT

- ▶ Psychological counselling and support

HOMEOPATHIC APPROACH⁹

MIASMATIC BACKGROUND- Based on symptoms

PSORA

- ▶ Fear
- ▶ Nervous
- ▶ Joyful
- ▶ Timid
- ▶ Sadness
- ▶ Anxiety neurosis

SYCOTIC

- ▶ Anger
- ▶ Awkwardness
- ▶ Absent minded
- ▶ Mistakes in speech
- ▶ Delusions
- ▶ Hastiness
- ▶ Rashness

- ▶ Selfish
- ▶ Uncoordinated behavior

SYPHILITIC

- ▶ Depression
- ▶ Insanity
- ▶ Maliciousness
- ▶ Rage and fury
- ▶ Rudeness
- ▶ Destructive mania
- ▶ Hateful and destructive

FEW INDICATED REMEDIES RELATED TO PSYCHOSOCIAL ISSUES¹⁰

- ❑ BULLYING- Acon, Arg nit, Ign, Nat mur, Opium, Sepia
- ❑ OPPOSITIONAL DEFIANT DISORDER- Caust, Dulc
- ❑ MASTURBATION- Sec, Nux vom
- ❑ PHOBIAS- Abel, Acon, Arg nit, Ign, Kali ars, Stram, Nat carb, Kali ars, Carbn s, Bell, Aur
- ❑ ANXIETY- Borax, Kali carb, Cham, Ars, Psor, Cal cars, Kali ars, Caust, Acon, Ars, Phos, Carbo v, Mag m, Mag c, Alum, Gels, Spig, Rhus t, Arg nit
- ❑ ANOREXIA NERVOSA- Ars, Chin, Tetox, Vanad
- ❑ BULIMIA NERVOSA- V-a-b, Anac, Lyco, Sep
- ❑ BREATH HOLDING SPELLS- Spig, Cham, Sars, Sil
- ❑ TEMPER TANTRUM- Cham, Cupr, Hyos, Nat m, Sulph, Stram, Tarent, Bell, Tub, Medorr, Ign,
- ❑ HEAD BANGING- Bell, Mill, Tub, Phos
- ❑ THUMB SUCKING- Ipec, Cham, Calc, Sacch
- ❑ NAIL BITING- Baryta c, Aurum met, Medorr, Lyco, Hyos, Mag c, Acon, Ambr gr, Aurum met, Ars, Brom, Nat mur, Sil, Stram

- ❑ Bruxism- Apis, Bell, Hyos
- ❑ AUTISM- Tub, Agar, Baryt c, Bufo, Lyc
- ❑ HYPERACTIVE CHILD- Lach, Medorr, Lyss, Lyc, Tarent, Tub, Verat, Agar, Arn, Carcin
- ❑ Communication disorder-
- ❑ PICA- Lach, Sil
- ❑ SLEEP DISORDER- Cham, Aur met, Graph, Kali carb, Nux vom, Suplh
- ❑ ENURESIS- Amm c, Puls, Carbo veg, Sulph, China
- ❑ ENCOPRESIS- Hyos, Sep
- ❑ TICS- Mag phos, Ignatia, Calc carb, Carcin, Artemesia, Zinc, Agar, Stram, Cupr, Hyos, Caust
- ❑ DEPRESSION- Sepia, Acon, Ars iod, Ars alb, Aur mur, Aur met, Cal cars, Calc carb, Caust, Cham, Ferrum iod, Kali brom Ign, Verat, Zinc p
- ❑ PSYCHOSIS- Arg nit, Bell, Cal sil, Cann I, Cocc, Hyos, Hydrog, Lach, Stram, Tarent, Staph, Verat
- ❑ MANIA- Ars, Bell, Canth, Hyos, Stram, Verat, Opim, Merc, Nux vom, Kali mur, Kali brom, Agar
- ❑ CONDUCT DISORDER- Agar, Bell, Mosch, Stram, Verat, Canth, Lyco, Hyos, Lac c

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