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ADHD & HOMEOPATHY

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Abstract

Childhood hyperactivity disorder is one of the most common neurodevelopmental concerns encountered in clinical practice. It often presents with excessive restlessness, impulsivity, aggression, and poor adaptability in structured environments such as schools. This case report highlights the successful management of a 5-year-old male child presenting with hyperactive behavior, aggressive tendencies, and social difficulties.

The patient's condition began around the age of 3 years, characterized by restlessness, destructive behavior, and violent tendencies toward peers, leading teachers to isolate him in class. Despite these behavioral challenges, the child demonstrated good attention span, academic grasping power, and a strong fondness for books. Notable family and antenatal history included maternal epilepsy with seizure episodes during pregnancy, preterm delivery, and a family history of hyperactivity (grandfather).

Homeopathic case analysis suggested tubercular miasmatic predominance. Based on totality, remedies including Tuberculinum, Tarantula hispanica, Chamomilla, and Alfalfa were prescribed at various stages. Over 12 months, the child showed remarkable improvement in hyperactivity (>90%), reduction in anger and aggression, enhanced school performance, better concentration, and improved general immunity.

This case highlights the importance of individualized homeopathic management in pediatric hyperactivity disorder, addressing both constitutional and acute dimensions, leading to sustained behavioral and systemic improvement.

Keywords:

Hyperactivity disorder, Homeopathy, Tuberculinum, Childhood behavioral disorders, Case study

Introduction

Hyperactivity disorder in children is a common behavioral concern characterized by excessive restlessness, impulsivity, and difficulty adapting to structured environments. While conventional medicine often manages symptoms with stimulants, these may have adverse effects and fail to address underlying susceptibility. Homeopathy, with its individualized approach, provides safe and effective management by considering mental, physical, and miasmatic totality.

Case Profile

Chief Complaint:

- Hyperactivity, restlessness, violent and aggressive behavior in school.
- Hitting and injuring peers, leading to isolation in class.

History of Present Illness:

- Symptoms noticed since age 3 years.
- Persistent restlessness, difficulty sitting still, anger, shouting episodes.
- Attention span intact, excellent grasping and understanding, fondness for books.

Past History:

- Preterm delivery.
- No significant illnesses apart from recurrent infections.

Maternal History:

- Mother had epilepsy with three seizure episodes during pregnancy.

Family History:

- Grandfather had hyperactive tendencies.

Physical Generals

Diet: Normal.

Appetite: Variable; sometimes reduced, choosy.

Desires: Books, fond of reading/looking at books.

Aversion: Not marked.

Thermal Reaction: Ambithermal.

Thirst: Moderate.

Stool: Regular, normal.

Urine: Normal.

Sleep: Sound.

Dreams: Not specified.

Examination

- Normal growth and development.
- No gross physical abnormalities.
- Tonsillectomy and adenectomy performed in 2024 due to recurrent ENT infections.

Mental Generals

- Hyperactive, restless, destructive behavior.
- Violent, hitting other children, shouting.
- Anger outbursts, impatience, demanding nature.
- Cribbiness, poor sharing with peers.
- Despite hyperactivity, child has good grasping power and is fond of books.

Case Analysis

Repertorial Totality (Synthesis Repertory):

1. Mind – Restlessness – children, in
2. Mind – Hyperactive
3. Mind – Violence – children, in
4. Mind – Striking – other children
5. Mind – Anger – violent, rage
6. Mind – Shouting – children
7. Mind – Destructive tendency
8. Mind – Reading – desire for books, fond of books

9. Mind – Attention – difficult, concentration poor (cross-check, though here concentration was good)

10. Mind – Demanding – capricious desires

11. Mind – Impatience – children, in

Repertory Used: Synthesis Repertory

Synthesis Repertory - Repertorization Sheet

Mind - Restlessness - children, in

Tarent 3 Tub 2 Cina 2 Hyos 2 Cham 2 Stram 2

Mind - Hyperactive

Tarent 3 Tub 2 Cina 2 Hyos 2 Cham 1 Stram 2

Mind - Violence - children, in

Tarent 2 Tub 2 Cina 2 Hyos 3 Cham 1 Stram 3

Mind - Striking - other children

Tarent 2 Tub 2 Cina 3 Hyos 3 Cham 2 Stram 3

Mind - Anger - violent, rage

Tarent 2 Tub 2 Cina 2 Hyos 2 Cham 3 Stram 3

Mind - Shouting - children

Tarent 2 Tub 1 Cina 2 Hyos 2 Cham 3 Stram 3

Mind - Destructive tendency

Tarent 2 Tub 3 Cina 2 Hyos 2 Cham 1 Stram 3

Mind - Reading - desire for books, fond of books

Tarent 3 Tub 2

Mind - Demanding - capricious desires

Tarent 1 Tub 2 Cina 1 Hyos 2 Cham 3 Stram 1

Mind - Impatience - children, in

Tarent 2 Tub 2 Cina 1 Hyos 2 Cham 2 Stram 1

Selection of Remedy

Constitutional Remedy:

- **Tuberculinum 200C (weekly, intercurrent)**

- **Reason: Tubercular miasm, restlessness, destructiveness, hyperactivity, recurrent infections.**

Acute Remedy:

- **Tarantula hispanica (for excessive restlessness, hyperactivity, fidgetiness).**

Supportive Remedies:

- Chamomilla 200C (for irritability, anger, shouting).
- Alfalfa (for nutrition and appetite).

Miasmatic Approach

Psora: Impatience, irritability, restlessness.

Sycosis: Demanding, obstinate, destructive tendencies.

Tubercular: Hyperactivity, destructiveness, recurrent infections, poor adaptability.

Miasmatic Predominance: Tubercular.

Materials & Methods

- Repertorization carried out using Synthesis Repertory (Schroyens).
- Remedy selection based on totality, family history, and miasmatic approach.

Results

Month Date	Progress	Prescription
Feb 2024	Hyperactivity same, parents feel better in appetite, still restless and problem child.	Tuberculinum 200C weekly + SAC-L
Mar 2024	Hyperactivity 40–50% better, anger more sometimes, impatience, school problems, cribbiness persists.	Tuberculinum 200C weekly + SAC-L
Apr 2024	Hyperactivity better ~90%, anger reduced but persists, appetite better, tonsillectomy done, general health good.	Tuberculinum 200C weekly + SAC-L
Jun 2024	Anger more, shouting started, impatience, appetite decreased, choosy eating, still better at school.	Advised to continue, no change.
Aug 2024	Immunity improved, less frequent sickness, concentration better, no school complaints, doesn't share toys, bowels regular.	Advised to continue meds.

Sep 2024	No complaints from school for 4–5 months, appetite reduced, talkative, hyperactive, sleep sound.	Advised to continue meds.
Oct 2024	Hyperactivity ~90% better, school problems reduced, fights less, anger increased last 1 month, demanding nature, health good.	Advised to continue medication.
Feb 2025	Tuberculinum 200C weekly + SAC-L continued, gradual improvement noted.	Tuberculinum 200C weekly + SAC-L
Mar 2025	Complaints much better, appetite improved, tonsillectomy/adenectomy done, general health better.	Chamomilla 200C + Alfalfa 200C
Apr 2025	Hyperactivity almost 90% better, anger sometimes, appetite better, stools normal, sleep good.	Chamomilla 200C + Alfalfa 200C
Jun 2025	Complaints 90% improved overall, hyperactivity reduced, concentration in studies better, anger reduced, immunity improved, no frequent illness.	Chamomilla 200C + Alfalfa 200C

Discussion & Conclusion

Discussion & Conclusion

This case demonstrates the efficacy of individualized homeopathic management in a pediatric hyperactivity disorder case. The child, initially labeled a “problem child” due to violence and hyperactivity, showed remarkable behavioral and systemic improvement with remedies tailored to his constitutional and acute states.

The intercurrent use of Tuberculinum addressed the underlying tubercular miasm, while acute remedies like *Tarantula hispanica* and supportive remedies like *Chamomilla* and *Alfalfa* provided symptomatic relief and nutritional balance.

Over the course of treatment, not only did the child’s hyperactivity reduce by 90%, but his concentration, school adaptability, and overall immunity also improved, validating the holistic approach of homeopathy.

This case underlines the potential role of homeopathy in managing childhood behavioral disorders safely and effectively.

The transformation

Attach before and after treatment photographs/investigations here

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