

Homeopathy for babies and children



Introduction

Homeopathy is a gentle yet highly effective system of medicine, making it ideal for babies and children. Homeopathic medicines (known as 'remedies') are non-toxic, making them safe to use¹ even in the very young. And what's more, the mildly sweet pills, powders or liquids are easy to take.

What is homeopathy?

Homeopathy is a system of medicine which is based on treating the individual with highly diluted substances which trigger the body's natural system of healing. Based on their symptoms, a homeopath will match the most appropriate medicine to each patient. This medical system was developed by a German doctor, Samuel Hahnemann, in 1796 and has been used world-wide ever since.

What complaints can I use homeopathy for at home?

Adding a few homeopathic medicines to your first aid kit will allow you to deal with some minor health problems at home rapidly and effectively. The remedies suggested below can be purchased over the counter in most chemists, homeopathic pharmacies and health shops, as well as some supermarket chains. If your child is already undergoing homeopathic treatment, it is best to check with their homeopath before prescribing at home.

“ Homeopathy works fast with children because they are usually full of vitality ”



Nappy-rash *Calendula cream* is soothing, antiseptic and anti-inflammatory. Use preventatively and/or as a treatment. Can also be used for minor cuts or abrasions.

Bumps and bruises *Arnica 30c* or *Arnica cream* (do not use on broken skin).

Teething *Chamomilla 30c* can give swift pain relief especially when the baby is angry, inconsolable and wants to be carried.

Colic *Colocynth 30c* if the baby is angry, draws its knees up from pain and is better from pressure on the abdomen (e.g. lying on their front or over your shoulder)

Mag phos 30c if the baby draws its knees up and is better from warmth or gently massaging the abdomen

Chamomilla 30c if the baby is angry, inconsolable and wants to be carried. May have green diarrhoea like chopped spinach

Coughs, colds and fevers *Aconite 30c* at the first sign of a sudden high fever, especially after being chilled by a dry, cold wind

Belladonna 30c for high fever with red face that's hot to touch

Gelsemium 30c for a slowly developing fever with dusky face, aching muscles and fatigue

Pulsatilla 30c if they are clingy and upset with lots of thick, yellow/green mucus

Bryonia 30c for irritability, headache and/or dry cough which get worse on movement

When to consult a professional homeopath

Babies and children tend to respond quickly to homeopathic treatment, so if minor symptoms being treated at home don't improve rapidly, you should consult a professional homeopath and/or your GP as they may need more specialist treatment.

Any severe, recurrent or long-term (chronic) problems will need to be dealt with by a professional homeopath from the outset. Homeopaths treat babies and children with a wide range of conditions such as cradle cap, eczema, sleep problems, recurrent colds and digestive problems. Because homeopathy is a holistic therapy, it can also be used to treat youngsters suffering with emotional problems, ranging from temper tantrums and attention deficit hyperactivity disorder (ADHD) to severe shyness and anxiety. Menstrual problems and acne in teenagers are problems often seen by professional homeopaths.

What to expect when seeing a homeopath

Homeopathy recognises the importance of considering the individual as a whole at any age. At a first consultation (usually lasting an hour or longer) the homeopath will ask about all aspects of your child's health, including their medical history, diet, personality type and even any problems which developed during the pregnancy. This information will be used to select a homeopathic prescription matched to your child's symptoms and how they experience them.

What scientific evidence is there that homeopathy works in children?

High quality research studies have demonstrated the effectiveness of homeopathic treatment in some common conditions of infants and children, such as allergies², hay fever³, ear infections⁴ and glue ear⁵.

For example, a study published in the *International Journal of Clinical Pharmacology and Therapeutics* compared homeopathic treatment with conventional treatment for ear infections (acute otitis media)⁶.

Results showed that in the patients treated with homeopathic medicines, pain relief was achieved faster and the infection was less likely to recur than in those treated with conventional medicine. Also, in the group receiving homeopathic treatment only 5 out of 103 children needed antibiotics. The authors concluded that homeopathy should therefore be the first line treatment for this condition.

An integrated approach to your child's healthcare

It is recommended that you maintain the relationship with your family GP and continue with any conventional medical treatment that may have already been prescribed. When necessary homeopathic and conventional approaches can be integrated to give the most effective and appropriate medical care. In serious conditions such as asthma it can be dangerous to suddenly withdraw conventional drugs. However, under the joint care of a professional homeopath and your GP it may be possible to reduce and eventually stop using conventional medication.

Childhood vaccination

The Society of Homeopaths acknowledges that there is much anecdotal and scientific evidence to support the arguments presented for and against vaccination. Registered members of The Society aim to support parents in making an informed decision on the short and long-term implications of vaccination. Whether you decide to opt for the jabs or not, homeopathy can improve natural immunity⁷ and be used to reduce side effects from vaccination.

How to find a qualified and registered homeopath

A homeopath with the RSHom designation is your guarantee of a fully qualified healthcare professional who is fully insured and has agreed to abide by a strict code of ethics and practice.*

To find a qualified and registered homeopath, contact The Society of Homeopaths on 0845 450 6611 or visit www.homeopathy-soh.org

* This does not apply to Registered members practising overseas. For further information, please visit our website.

References:

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- (7) Campa C. et al., *Homeoprophylaxis: Cuban Experiences on Leptospirosis*, International Meeting on Homeoprophylaxis, Homeopathic Immunization and Nosodes Against Epidemics, Havana, Cuba, 11 December, 2008.

Other leaflets available in this series:

- Homeopathy and the Menopause
- Homeopathy in Pregnancy and Childbirth
- Homeopathy for Men
- Homeopathy Simply Explained
- Homeopathy for Stress, Anxiety and Depression

For a copy of any of these leaflets, please contact our office.

Nothing contained in this leaflet should be taken as individual medical advice or as a substitute for consulting your homeopath or healthcare practitioner.

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