

A REVIEW: HOMEOPATHIC MANAGEMENT IN AUTISM AND ADHD CASES

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ABSTRACT

Neurodevelopmental disorders represent one of the most pressing public health challenges of the 21st century. Autism Spectrum Disorder (ASD) is a complex, lifelong condition characterized by persistent challenges in social communication and interaction, alongside restricted, repetitive patterns of behaviour, interests, or activities. Attention Deficit Hyperactivity Disorder (ADHD) refers to the pervasive patterns of inattention, hyperactivity, and impulsivity that interfere significantly with daily functioning and development of children. Surveys indicate that 28–54% of children with ASD and up to 67% of children with ADHD use at least one CAM therapy. Among these, homeopathy is one of the most frequently sought modalities globally. Homeopathy uses an individualized approach that aims to manage symptoms and improve overall well-being of the patients suffering from AUTISM AND ADHD. In homeopathy the Disorders are treated by extremely diluted constituents that cause, in healthy persons, symptoms like those of the condition to be treated. In homeopathy the approach is not to target the syndrome directly, its works by encouraging the body's native recovery systems to rebuild expressive and mental balance. It try to find and cure the root cause, whether it lies in inheritance, emotional stress, or lifestyle features. The purpose of this case study is to explain the homoeopathic treatment and progress patients diagnosed with ADHD and ASD.

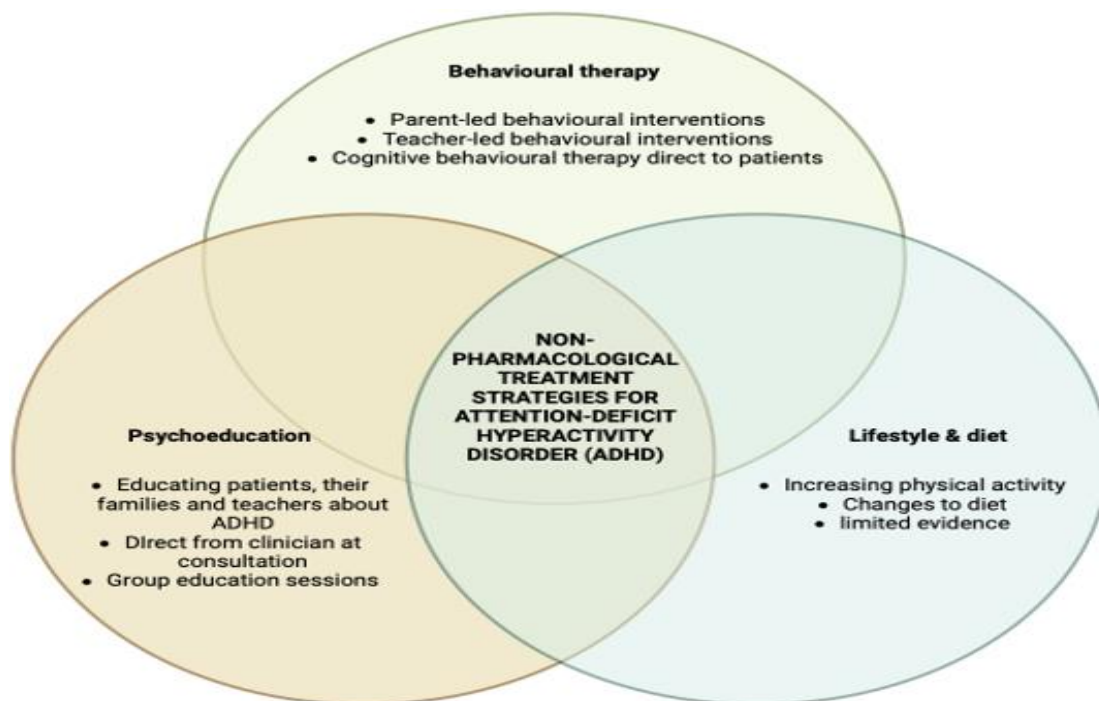
KEYWORDS: Neurodevelopmental Disorders, Autism Spectrum Disorder (Asd), Attention Deficit Hyperactivity Disorder (Adhd), Inattention, Hyperactivity, Impulsivity, Homeopathy, Homeopathic Medicines Etc.

INTRODUCTION

Global prevalence of ASD is approximately 1 in 100 children, according to the World Health Organization (2023). In the United States, the CDC reports that 1 in 36 children has been identified with ASD which is a dramatic increase from 1 in 150 just two decades ago.

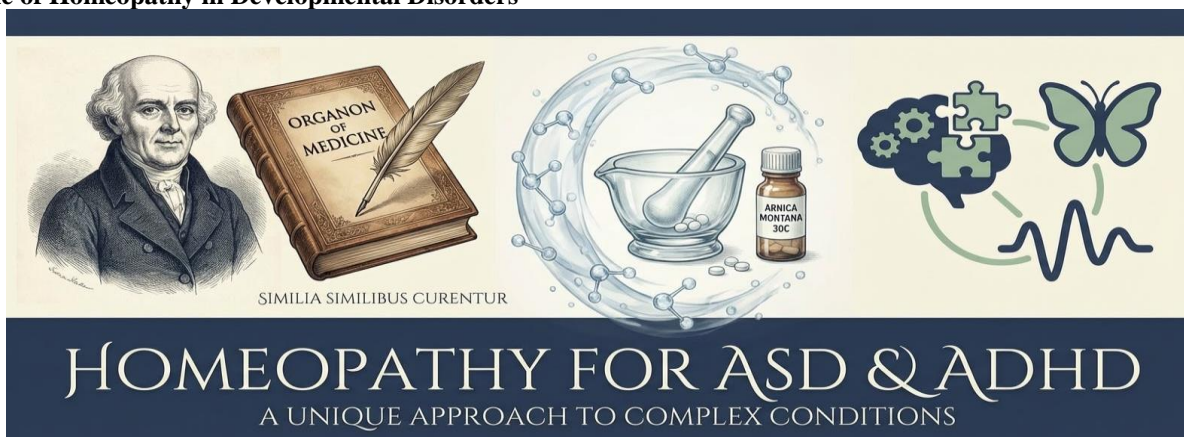
ADHD affects approximately 5–7% of school-age children worldwide, with prevalence rates in some regions reaching as high as 9–12%. These conditions often co-occur, with studies showing that 30–50% of children with ASD also meet diagnostic criteria for ADHD. The overlapping nature of these disorders further complicates conventional treatment paradigms.

Current conventional treatment approaches rely heavily on behavioural therapies such as Applied Behaviour Analysis (ABA), speech and language therapy, and occupational therapy. Pharmacological interventions including stimulant medications like methylphenidate for ADHD and atypical antipsychotics for severe behavioural manifestations in ASD are widely used but carry significant side effects including sleep disruption, appetite suppression, cardiovascular concerns, and emotional blunting. This growing burden of side effects has prompted a significant proportion of families to seek Complementary and Alternative Medicine (CAM) options.



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Role of Homeopathy in Developmental Disorders



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Homeopathy, a 200-year-old medical system developed by Samuel Hahnemann, operates on principles fundamentally distinct from conventional biomedicine. The core tenets of the Law of Similar (Similia Similibus Curentur), the principle of infinitesimals, and individualized constitutional prescribing render it uniquely adaptable to the complex, multifaceted presentations of ASD and ADHD.

Historically, homeopaths have long engaged with conditions that today would be classified on the autism spectrum or as ADHD. Early 20th-century homeopathic literature documents case observations of children with extreme behavioural disturbances, sensory peculiarities, and developmental delays treated with constitutional remedies such as Carcinosin, Baryta carbonica, and Stramonium. All these remedies are still in active clinical use today.

Contemporary usage trends reflect a global resurgence of interest in homeopathy for neurodevelopmental conditions. India, the United Kingdom, the United States, Germany, and Brazil have all reported increasing patient populations seeking homeopathic care for ASD and ADHD. In India alone, an estimated 100 million people use homeopathy as their primary healthcare system with a growing paediatric caseload in developmental medicine.

Understanding Autism and ADHD Through a Homeopathic Lens

Now, let's understand homeopathic management in autism and ADHD cases through the lens of homeopathy:

Homeopathic Philosophy and Approach



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One of the most distinctive features of homeopathy is its insistence on individualisation. Unlike conventional psychiatry, where diagnosis leads to a standardized protocol, homeopathy demands a granular understanding of the unique individual, their precise symptoms, their reactions to environmental stimuli, their emotional and intellectual world, their family history, and even their physical preferences such as food cravings and thermal sensitivities.

In the context of ASD and ADHD, this individualised approach is not merely philosophically sound, but it is also clinically essential. No two autistic children are alike. One child may be profoundly withdrawn, hypersensitive to touch, and craving solitude, while

another may be highly social but dysregulated, with explosive emotional outbursts. Homeopathy does not attempt to treat a diagnostic label but instead it treats the person who carries that label.

The holistic assessment in homeopathy encompasses the totality of symptoms: physical, behavioural, emotional, and mental. This totality known in homeopathic terminology as the 'symptom picture,' becomes the basis for remedy selection. The mind-body connection is not merely acknowledged in homeopathic theory, but it is central to the treatment procedures. Emotional trauma, family history of illness, and gestational or perinatal events are all considered valid clinical data.

Symptom Analysis in Homeopathy



Homeopathic practitioners conducting case analysis in ASD and ADHD evaluate several distinct domains

- Physical Symptoms:** Gastrointestinal disturbances (a near-universal finding in ASD), sleep architecture abnormalities, seizure disorders, skin manifestations, and immune dysregulation are all carefully catalogued.
- Behavioral Patterns:** Repetitive and self-stimulatory behaviors (stimming), rage reactions, attachment styles, play patterns, and responses to routine disruption are analyzed in depth.
- Emotional & Mental Characteristics:** Anxiety profiles, emotional regulation capacity, cognitive flexibility, and the nature of any obsessive or compulsive tendencies are mapped.

- **Sensory Sensitivities:** Hyper- or hyposensitivity to sound, light, texture, taste, and proprioceptive input constitutes a critical domain, given the central role

of sensory processing differences in both ASD and ADHD.

Common Homeopathic Remedies Used

Here are some common homeopathic remedies used to treat autism and ADHD cases:



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For Autism Spectrum Disorders

Several constitutional remedies have emerged as clinically significant in the homeopathic management of ASD:

a. **Carcinosin**

Widely regarded as one of the most important constitutional remedies in autism, Carcinosin is indicated in children who are highly sensitive, conscientious, fastidious, and often driven by a profound need for order. These children may have a personal or family history of serious illness, a love of animals and music, and a tendency towards perfectionism. They are often deeply affected by reprimands and respond poorly to authoritative control.

b. **Baryta Carbonica**

Indicated for children with intellectual disabilities, shyness, and delayed developmental milestones. Children requiring Baryta carbonica are often extremely dependent, easily embarrassed, and exhibit childlike behaviour well beyond their chronological age. Physical features such as enlarged lymph nodes and recurrent tonsillar infections may accompany the developmental picture.

c. **Stramonium**

A remedy for intense, violent behavioural states. Children needing Stramonium often exhibit terror-based aggression, night terrors, extreme clinging, and profound fear of the dark or being alone. The remedy is particularly indicated where there is a history of trauma or fright. Rage reactions in ASD with a Stramonium picture are characteristically explosive and difficult to de-escalate.

d. **Natrum Muriaticum**

Suitable for children who are emotionally guarded, highly private, and grieve deeply while refusing to show vulnerability. They may have experienced emotional loss or disappointment and exhibit social withdrawal not from fear but from a need to protect themselves emotionally. These children are often intellectually precocious but struggle with trust and intimacy.

e. **Silica**

Indicated for delicate, fine-featured children who are physically frail, hypersensitive, and obstinate beneath a yielding exterior. Silica children often have immune system challenges, poor nutritional absorption, and an extreme aversion to any form of challenge or novelty.

For ADHD**Representative Images****a. Tarentula Hispanica**

One of the most frequently prescribed remedies in hyperactive ADHD presentations. Children requiring Tarentula are characterized by extreme restlessness, rapid movements, destructive tendencies, and a notable love of music, particularly rhythmic, loud music which paradoxically calms them. Their hyperactivity has an almost frenetic, driven quality that does not respond well to restraint.

b. Hyoscyamus

Indicated where ADHD is accompanied by disinhibition, lewd behavior, and a complete lack of social filtering. These children may be compulsive talkers, exhibitionists, or prone to making inappropriate comments without awareness of social boundaries. There may be elements of paranoia or suspicion.

c. Tuberculinum

A nosode (remedy prepared from pathological material) used in restless, dissatisfied children who crave novelty and change. Children who benefit from Tuberculinum

are often highly intelligent but bored easily, irritable, and prone to aggressive outbursts when thwarted. A family history of tuberculosis or respiratory illness may provide confirmatory support.

d. Medorrhinum

Indicated in children who are impulsive, emotionally intense, and hurried. They live entirely in the present moment and struggle profoundly with delayed gratification. There may be a family history of gonorrhoea or chronic pelvic disease. These children are often warm, affectionate, and vivacious — but their volatility can be challenging.

e. Veratrum Album

For children who exhibit extreme, precocious behaviour, attempt to dominate social situations, and present with grandiose ideation alongside emotional coldness. Physical symptoms such as profuse perspiration and gastrointestinal disturbances may accompany the behavioural picture.

Remedy Selection Process**Representative Images**

The remedy selection process in homeopathy is rigorous and methodical. It begins with an exhaustive case-taking interview typically 60 to 90 minutes in duration for an initial consultation involving both the child and their caregivers. Behavioural observation is integral; the child's demeanour, play style, interaction with the practitioner, and responses to various stimuli are all carefully noted.

Repertorization, the systematic cross-referencing of symptoms against a materia medica database is employed to generate a ranked list of potential remedies. Modern homeopathic software such as MacRepertory,

Radar Opus, or Complete Dynamics facilitates this process with considerable precision.

The importance of working with a qualified, experienced homeopathic practitioner cannot be overstated. Self-prescribing in complex neurodevelopmental cases is discouraged; the subtleties of constitutional prescribing require clinical training and case experience.

Clinical Approach and Management Strategies

Let's talk about how homeopaths use a clinical approach and management strategies for children struggling with autism and ADHD:



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Initial Assessment

The initial homeopathic assessment for a child with ASD or ADHD is a comprehensive, multi-dimensional process. The practitioner begins with a detailed developmental history, examining gestation, birth events, vaccinations, early illnesses, and the precise chronology of symptom emergence. The timeline of developmental regression which is a particularly significant finding in a subset of ASD cases is mapped carefully.

Parent and caregiver interviews form the backbone of the assessment. Parents are often the most astute observers of their child's unique behavioural patterns, and their insights are invaluable. The practitioner also conducts direct behavioural observation of the child in a minimally structured environment, allowing the child's natural tendencies to emerge.

Treatment Planning

Homeopathic treatment of neurodevelopmental disorders is not a rapid intervention. It is a process of gradual, sustained improvement over months to years. Setting realistic expectations with families is an ethical imperative. In the early stages of treatment, a mild

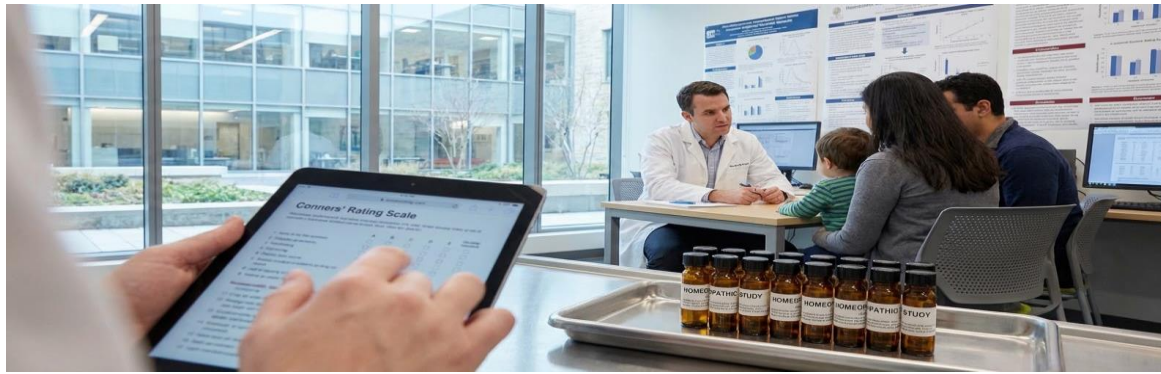
aggravation i.e. a temporary intensification of existing symptoms may occasionally be observed, typically preceding improvement.

Potency selection is a nuanced decision based on the sensitivity of the individual, the depth of the pathology, and the clarity of the symptom picture. In neurodevelopmentally complex cases, many experienced practitioners favor higher potencies (200C, 1M) given less frequently over lower potencies given daily, in order to allow the body's vital force adequate time to respond.

Follow-up consultations, typically monthly for the first 6 months, allow the practitioner to assess the direction and pace of change, make potency adjustments, or consider intercurrent remedies where acute conditions arise. Integration with occupational therapy, speech therapy, and behavioural interventions is not only compatible with homeopathic treatment but actively encouraged.

Research and Evidence

Let's talk on how evidence-based research has shaped the homeopathic management in these case



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Current Studies & Trials

The evidence base for homeopathy in ASD and ADHD, while still developing, contains a growing number of clinical observations and controlled trials that merit serious consideration. A randomized, double-blind, placebo-controlled trial conducted at the University of Vienna demonstrated statistically significant improvements in ADHD symptom scores in children receiving individualized homeopathic treatment compared to placebo. The study, published in the *European Journal of Paediatrics*, used validated assessment tools including the Conners' Rating Scale.

A 2007 systematic review published in *Evidence-Based Complementary and Alternative Medicine* identified 5 randomized controlled trials of homeopathy in ADHD, with 3 showing positive effects. The same review noted that methodological quality, while variable, was comparable to many early pharmaceutical trials.

In ASD research, observational and cohort studies have documented improvements in social responsiveness, communication, and behavioural regulation in children receiving constitutional homeopathic treatment. The work of prolific American homeopaths Judyth Reichenberg-Ullman and Robert Ullman includes detailed observational data from hundreds of ASD cases treated over three decades.

Integrative Approach



Here are some insights on how homeopathic management can be combined with conventional treatment for treating autism and ADHD cases:

Limitations and Controversies

Scientific community perspectives on homeopathy remain divided. Critics point to the implausibility of homeopathic mechanisms at the molecular level, the potential for placebo effects, and the heterogeneity of research methodology. The 2015 Australian National Health and Medical Research Council (NHMRC) systematic review concluded that there was no reliable evidence for the efficacy of homeopathy in any health condition. It is a finding that remains widely cited but has also been critiqued for significant methodological biases in its exclusion criteria.

Proponents of homeopathy counter that the individualised nature of homeopathic prescribing makes standard double-blind RCT design inherently challenging, a limitation that is acknowledged even by critics. Pragmatic trial designs, which preserve individualization while maintaining control conditions, are increasingly proposed as more ecologically valid research models.

A 2022 meta-analysis in *Homeopathy* journal reviewed 45 placebo-controlled trials across multiple conditions and found that the overall odds ratio for individualized homeopathy over placebo was 1.98 (95% CI: 1.65 -- 2.38), suggesting a statistically significant effect beyond placebo.

Combining with Conventional Treatment

Homeopathy functions most effectively not as an isolated intervention but as a component of an integrated, multidisciplinary treatment plan. Collaboration with the child's conventional healthcare team pediatric neurologists, developmental pediatricians, psychiatrists, and therapists is essential to ensure safety, prevent contraindications, and track outcomes comprehensively.

When a child is concurrently on psychotropic medications, the homeopathic practitioner must proceed with particular care. Abrupt discontinuation of any medication is never recommended without medical supervision. Instead, homeopathy can be initiated alongside existing medication, with gradual review of pharmaceutical needs as clinical improvement is observed over time.

Complementary Interventions

The integrative framework for ASD and ADHD management encompasses several evidence-informed complementary approaches that synergize well with homeopathic treatment:

- **Dietary Modifications:** Gluten-free and casein-free (GFCF) dietary protocols, while not universally effective, have demonstrated benefits in a subgroup

of children with ASD. The elimination of artificial additives, food colourings, and refined sugars is a commonly recommended adjunct.

- **Nutritional Supplementation:** Omega-3 fatty acids, magnesium, zinc, vitamin D3, and B-complex vitamins have documented roles in neurological function and behavioural regulation. Gut microbiome support through probiotics is increasingly relevant given the emerging gut-brain axis research in ASD.
- **Behavioural Therapies:** ABA, DIR/Floor time, and Relationship Development Intervention (RDI) provide structured behavioural scaffolding that complements the deeper constitutional work of homeopathy.
- **Sensory Integration Techniques:** Occupational therapy focused on sensory processing offers immediate, tangible benefits in managing the day-to-day sensory challenges that both ASD and ADHD children face.

Practical Considerations for Parents and Caregivers

Here are some practical points that parents and caregivers must consider while handling children dealing with autism and ADHD cases:



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Finding Qualified Practitioners

Finding a qualified homeopathic practitioner is perhaps the single most important step in embarking on this treatment journey. Parents should seek practitioners who hold recognized credentials from established homeopathic institutions such as the Council for Homeopathic Certification (CHC) in North America, the Society of Homeopaths in the United Kingdom, or the Central Council of Homeopathy (CCH) in India.

Key questions to ask a potential practitioner include: How many neurodevelopmental cases have you managed? What is your case-taking process? How do

you track outcomes? Do you work collaboratively with the child's conventional healthcare providers? What is your approach if there is an initial aggravation?

Red flags to avoid include practitioners who promise rapid cures, who discourage all conventional medical care categorically, or who prescribe complex combination remedies rather than single, well-individualized constitutional remedies.

Safety and Precautions

Homeopathic remedies, prepared through serial dilution and succussion, are generally regarded as safe with a

very low risk of adverse effects. Unlike pharmaceutical agents, they carry no risk of organ toxicity or pharmacokinetic drug interactions. Nonetheless, a temporary aggravation of symptoms known as a homeopathic aggravation may occasionally occur in sensitive individuals and should be discussed in advance.

Parents should always maintain open communication with their child's paediatrician or specialist. Any acute medical emergency febrile convulsions, anaphylaxis, or

severe behavioural crises requires immediate conventional medical care. Homeopathy should never be presented as a replacement for emergency medicine.

Meticulous documentation of symptom changes, behavioural observations, sleep patterns, and dietary intake provides invaluable data for both the homeopath and the conventional care team. Apps designed for tracking developmental progress can facilitate this process considerably.

Case Studies & Clinical Observations



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The following anonymized case presentations illustrate the clinical application of homeopathic principles in ASD and ADHD management:

Case 1: ASD with Severe Sensory Hypersensitivity (Age 5, Male)

A five-year-old boy was brought for consultation with a diagnosis of ASD Level 2. His predominant challenges included extreme sensory hypersensitivity (particularly to sound and touch), near-total absence of verbal communication, self-injurious head-banging, and profound sleep disruption. Case-taking revealed a family history of cancer (maternal grandmother) and the child's marked love of music. He demonstrated a characteristic response to being held tightly. Constitutional remedy: *Carcinosin 200C*, administered monthly.

Over six months, the parents reported gradual but sustained improvement in sleep duration and quality (from 4-5 hours to 7-8 hours per night), a reduction in head-banging episodes by approximately 70%, and the emergence of two-word spontaneous utterances. At the 12-month mark, the child was engaging in reciprocal play for the first time. Continued treatment at 18 months showed further consolidation of gains, with school reports noting improved peer interaction.

Case 2: ADHD with Oppositional Defiance (Age 8, Female)

An eight-year-old girl presented with ADHD Combined Presentation, severe oppositional defiant behaviours, and marked emotional dysregulation. She had tried two stimulant medications with intolerable side effects (insomnia, appetite loss, and significant mood swings). Case-taking revealed extreme restlessness, a compelling attraction to music and dance, and a history of destructive outbursts that were dramatically calmed by rhythmic movement. Constitutional remedy: *Tarentula Hispanica 1M*.

Within eight weeks, her mother noted that the frequency and intensity of explosive episodes had reduced significantly. By month four, she had begun successfully completing homework for the first time and her teacher independently noted improved focus in classroom settings. By month nine, her parents were working with her psychiatrist to gradually taper the remaining low-dose medication she had retained.

Ethical and Legal Considerations



Some ethical and legal considerations pertaining to this topic are shared below:

Informed Consent

Informed consent is a non-negotiable ethical requirement in all healthcare, and homeopathic practice is no exception. Parents and guardians must be provided with accurate, balanced information about the evidence base for homeopathic treatment, including both the supportive findings and the acknowledged limitations. They must understand that homeopathy is a complementary approach and not a cure.

Age-appropriate involvement of the child in treatment decisions should be pursued wherever possible. Adolescents with ASD or ADHD who are sufficiently cognitively capable should participate meaningfully in decisions about their own healthcare. This autonomy-respecting approach is both ethically sound and therapeutically beneficial.

Regulatory Framework

The legal status of homeopathy varies significantly across jurisdictions. In India, homeopathy is a fully

recognized system of medicine regulated by the Central Council of Homeopathy Act (1973), with its own undergraduate and postgraduate degree programs. In the United Kingdom, homeopathy was available on the National Health Service until 2017, when commissioning was restricted. In the United States, homeopathic products are regulated by the FDA under DSHEA, though practitioner licensing varies by state.

Practitioners are advised to stay current with the regulatory requirements of their jurisdiction and to maintain professional liability insurance appropriate to their scope of practice.

Future Directions

Some steps to be taken in the future for making homeopathic treatment feasible for autistic patients and ADHD cases are explained below:



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Research Needs

The most urgent research needed in this field is the development and execution of large-scale, pragmatic randomized controlled trials that preserve the individualized nature of homeopathic prescribing while

maintaining adequate methodological rigor. Biomarker-based outcome measures including inflammatory cytokine profiles, gut microbiome analysis, and EEG-based neurofeedback markers offer exciting possibilities for objectifying treatment response.

Collaborative research between homeopathic institutions and academic neuroscience centers is increasingly feasible and could yield data of considerable value. The emerging field of network pharmacology may also offer mechanistic frameworks for understanding how ultra-high dilutions interact with biological systems, an area of active inquiry in Europe and India.

India's Ministry of AYUSH has allocated significant research funding to homeopathy, with the Central Council for Research in Homoeopathy (CCRH) currently running multi-centre trials in ASD and neurodevelopmental disorders.

Evolving Treatment Approaches

New remedy protocols emerging from experienced international homeopaths including the use of imponderabilia (energetic substances such as light, magnetism, and electricity as remedies) and the growing application of newer proving are expanding the therapeutic toolkit available to practitioners. Technology integration, including AI-assisted repertorisation and teleconsultation platforms, is making expert homeopathic care more accessible globally. The concept of personalized medicine already driving innovation in genomics-based conventional psychiatry resonates deeply with the core homeopathic principle of individualization.

CONCLUSION

In our case study we found that the Treatment given using homeopathy medicine has given very positive and encouraging improvements in ADHD and ASD status and patient got relief. Behaviour alteration using Homeopathic medicines is an age old well acknowledged function. Homeopathic medicine effects qualitative transformation at a broad extent of warning sign in children with autism. Homeopathy helps in behaviour adaptation to decrease child's hyperactivity, prickliness, aggression etc. Thus it plays a diverse role in plummeting or eradicating autistic features.

Ultimately, homeopathy does not offer a cure for autism or ADHD nor does any other modality. What it offers is the possibility of meaningful, sustainable improvement in quality of life for the child and for the entire family.

BIOGRAPHY

Dr. Vikas Singhal (drvikassinghal38@gmail.com, +91-7897178971) is a classical homeopath with over two decades of experience, treating patients from 70+ countries. He is Founder Director, Homeo Saga Pvt. Ltd. He is also Founder Director at Dr. Singhal Homeo Clinic. He is a supporter and donor member of UNICEF. Also working and making research in the field of chronic and although otherwise called as incurable diseases and creating scientific publications. His expertise in managing chronic viral and autoimmune disorders, including HPV-related and syphilitic infections, reflects the power of homeopathy as a holistic, natural system of healing. He is

one of the best Homeopathic Physicians to treat acute & chronic, recurring, autoimmune, and resistant diseases in the Tricity and India. He is offering treatment for rheumatoid arthritis, Ulcerative Colitis, Vitiligo, Ankylosing spondylitis, Psoriasis, Osteomyelitis, and various rare diseases considered incurable in other systems of medicines to Indian Patients and patients from different parts of the world. Dr. Singhal is known for his individualized, evidence-based approach to treatment. His commitment to evidence-based, classical homeopathic practice has earned him respect and recognition which also earned him several honors and awards for his selfless service to human being, he is the recipient of prestigious Bharatshri Award (2025). Dr. Singhal is a Life Member of leading professional bodies like the Indian Institute of Homeopathic Physicians (IIHP), Akhil Bhartiya Chikitsak Association (ABCA), Liga Medicorum Homoeopathica Internationalis (LMHI), and the Australian Homeopathic Association (International Allied Member Practitioner). He is also an Honorary Physician at Tiny Tots Preparatory School, Chandigarh. Dr Singhal is a well-known speaker at various national and international seminars and conferences. His **Youtube channel** is very popular named as **Homeo Doctor** (<https://youtube.com/@homeodoctor?si=gAG2li49yCKrOr0k>).

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