

## The efficacy of a homeopathic preparation in the management of attention deficit hyperactivity disorder

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### ABSTRACT



The aim of the study was to evaluate the efficacy of the homeopathic combination preparation Selenium-Homaccord in the management of Attention Deficit Hyperactivity Disorder (ADHD). The study completed was a double blind, placebo-controlled clinical trial. The study group consisted of twenty children diagnosed with ADHD, ten on prescribed psychostimulant medication and ten not on any medication.

Current management of ADHD involves the administration of powerful drugs, of which the long-term value is questionable and side effects common. Although orthodox treatment may improve many aspects of general behavior in the ADHD child, studies have failed to show it to be effective in improving school achievement. Prognosis remains unchanged, whether the child is on allopathic drugs or no medication.

Selenium-Homaccord was administered over a two-month period, with three evaluations being done during the treatment period. Children were required to complete the Conners Parent's Symptom Questionnaire.

The results of the above tests were analyzed statistically, using the analysis of variance technique. The alpha value was set at the 0.05 level of significance. From the results, it was apparent that Selenium-Homaccord was effective in decreasing the overall hyperactivity exhibited by an ADHD child. Significant differences were seen regarding the child's inattention, impulsivity, anxiety, and sleep disturbances. These changes were more widespread in the experimental group than in the control group.

## Symptomatic cough therapy in children < 12 years old, Husteel as an alternative to dihydrocodeine

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### SUMMARY



**Background:** Coughing due to diseases of the upper respiratory tract is one of the symptoms most often reported in pediatric medicine. A rapid treatment with few side effects can substantially reduce distress to the patient and to his or her family. Antitussives containing codeine are an established method of treatment, but, because of their range of potential side effects, they are not without criticism. Husteel®, a homeopathic antitussive, is a possible alternative treatment. The objective of this investigation was to obtain comparative data on the efficacy, tolerability and acceptance of Husteel® compared with a control containing codeine.

**Method:** In this reference-controlled cohort study, doctors at 45 practices recruited 170 children under 12 years of age with coughs/dry coughs who were observed over a maximum period of 2 weeks. A case report form was used to collect data on demographic factors, the underlying illness, the characteristics and course of the symptoms and the feeling of malaise, as well as treatment of the cough.

**Results:** There were no significant differences between the 2 treatment groups in respect of sex, weight or size distribution. The patients in the Husteel® group were somewhat younger than the patients in the control group (mean values 5.4 versus 6.3 years). Improvement was observed after 2-3 days in 51% of patients in both groups. Complete freedom from symptoms was obtained in 92% of the patients treated with Husteel® and 82% of the patients in the control group. Compliance was assessed as "good" or "very good" in > 90% of patients in each group. One patient in the control group had to discontinue treatment because of an adverse drug reaction.

**Conclusion:** In this study, the antitussive treatment with Husteel® was about as effective as the codeine-containing reference. The result of the evaluation of the global treatment outcome, viewed overall, was significantly better for Husteel®. There were no significant differences between the groups in terms of tolerability or compliance. Husteel® is an effective, well tolerated alternative to antitussives containing codeine in the treatment of coughs/dry coughs.