Treatment for hyperactive children:
homeopathy and methylphenidate compared in a family setting.

Authors: H Frei , A. Thurneysen (2001)

Source: Br Homeopath J. 2001 Oct ;90 (4):183-8 11680802
http://lib.bioinfo.pl/pmid:11680802

The sharp increase of the prescription of methylphenidate (MPD) in hyperactive children in recent years is a matter of increasing uneasiness among professionals, parents and politicians. There is little awareness of treatment alternatives. The purpose of this prospective trial was to assess the efficacy of homeopathy in hyperactive patients and to compare it MPD. The study was performed in a paediatric practice with conventional and homeopathic backgrounds. Children aged 3-17 y, conforming to the DSM-IV criteria for attention deficit hyperactivity disorder (ADHD) with a Conners Global Index (CGI) of 14 or higher were eligible for the study. All of them received an individual homeopathic treatment. When clinical improvement reached 50%, the parents were asked to reevaluate the symptoms. Those who did not improve sufficiently on homeopathy were changed to MPD, and again evaluated after 3 months. One hundred and fifteen children (92 boys, 23 girls) with a mean age of 8.3 y at diagnosis were included in the study. Prior to treatment the mean CGI was 20.63 (14-30), the mean index of the homeopathy group 20.52 and of the MPD-group 20.94. After an average treatment time of 3.5 months 86 children (75%) had responded to homeopathy, reaching a clinical improvement rating of 73% and an amelioration of the CGI of 55%. Twenty-five children (22%) needed MPD; the average duration of homeopathic (pre-) treatment in this group was 22 months. Clinical improvement under MPD reached 65%, the lowering of the CGI 48%. Three children did not respond to homeopathy nor to MPD, and one left the study. In cases where treatment of a hyperactive child is not urgent, homeopathy is a valuable alternative to MPD. The reported results of homeopathic treatment appear to be similar to the effects of MPD. Only children who did not reach the high level of sensory integration for school had to be changed to MPD. In preschoolers, homeopathy appears a particularly useful treatment for ADHD.

Mesh-terms: Adolescent; Attention Deficit Disorder with Hyperactivity, drug therapy; Central Nervous System Stimulants, administration & dosage; Central Nervous System Stimulants, therapeutic use; Child; Child, Preschool; Comparative Study; Drug Administration Schedule; Family; Female; Human; Male; Materia Medica, administration & dosage; Materia Medica, therapeutic use; Methylphenidate, administration & dosage; Methylphenidate, therapeutic use; Prospective Studies; Time Factors; Treatment Outcome;