

## Review Article

### Scope of Homoeopathy in Management of Delayed Milestones in Children

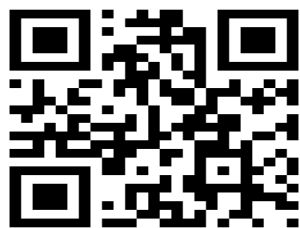
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#### ABSTRACT

Delayed milestone is a condition in which a child does not reach one or more of the developmental landmarks at the expected age. In other words, who is not reaching certain skills as early as expected? Child development is a condition in which child goes through various changes in development of skills during a predictable time period. Developmental delay is a common diagnosis given in clinical practice to young children whose developmental milestones fail to be met in a typical age-expected manner. The purpose is to study the clinical presentation of Delayed milestone in children and to provide with a safe, effective and economic mode of therapy holistically with appropriate homoeopathic management and to improve general state of life.

**Keywords:** Developmental assessment, developmental delay, primary care, Speech, Language, Motor



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#### INTRODUCTION:

Delayed milestone, also called developmental delays, is used to describe the condition where a child does not reach certain stages at the expected age. However, a wide variety of ages can be considered as normal, and not a cause for medical concern. Children reach developmental milestones at their own pace. As a child develops and matures, he achieves various skills, such as smiling, crawling, responding, sitting, walking or talking at expected times. When a child does not reach these developmental skills or milestones as expected and continuously lags behind, it is termed as delayed milestones. Also, delay in reaching speech and language, thinking and understanding skills, gross and fine motor skills, social and emotional development is called developmental delay. Minor, temporary delays are usually no

cause for alarm, but an ongoing delay or multiple delays in reaching milestones can lead to issues later in life.

**Fine and gross motor skills**

Fine motor skills include small movements usually of small muscles like holding a toy or using a crayon.

Gross motor skills require larger movements, like walking, running, jumping, climbing stairs, or throwing a ball.

**Speech and language**

The most active time for learning speech and language is the first three years of life, as the brain develops and matures. The language learning process begins when an infant communicates hunger by crying.

**Cognitive skills:** Thinking skills, including remembering, learning, and understanding.

**Global developmental delay**

**Causative factors:**

Most developmental disabilities occur before a child is born, but some can occur after birth due to infection, injury, or other factors. Causes of developmental delay can be difficult to pinpoint, and a variety of things can contribute to it. Some conditions are genetic in origin, such as Down syndrome. Infection or other problems during pregnancy and childbirth, as well as premature birth, can also cause developmental delay.

Developmental delay can also be a symptom of other underlying medical conditions, including:

- Autism spectrum disorders (ASDs)
- Cerebral palsy
- Fetal alcohol spectrum disorders
- Myopathies, including muscular dystrophies
- Genetic disorders, such as Down syndrome and fragile X syndrome.

**Risk factors for delayed milestone**

There are some risk factors to consider. They include:

- Complications at birth: Being born too early (prematurely); low birth weight; not getting enough oxygen at birth
- Environmental issues: Lead poisoning; poor nutrition; exposure to alcohol or drugs before birth; difficult family situations; trauma
- Other medical conditions: Chronic ear infections; vision problems; illnesses, conditions, or injuries that have a significant and long-term effect on a child’s day-to-day activities

**Clinical features**

1. Fine and gross motor skill delay-
  - Limited movement in arms and legs
  - Inability to sit without support by 9 months old
2. Speech and language delay-  
Speech and language delay aren’t the same. Speaking requires the muscle coordination of the vocal tract, tongue, lips, and jaw to make sounds. A language delay occurs when children have difficulty understanding what other people say or can’t express their own thoughts. Language includes speaking, gesturing, signing, and writing.
3. Teething problems such as delayed

teething, painful and difficult teething, and permanent teeth develop behind the primary teeth. Generally, dentition starts at 5-7 months after birth.

4. Cognitive delay: Thinking skills including delay in learning, understanding and remembering things. Difficulty in problem solving and reasoning.

5. Social delay: Difficulty in interacting with others, having relationships with family, friends, and teachers, cooperating and responding to the feelings of others.

**Diagnosis:**

Usually, diagnosis is based on clinical features.

Initial Assessment -

- Full history and examination including neonatal period
- Developmental assessment
- Hearing and vision assessments
- Growth parameters including head circumference

**Investigation**

These generally include: individual’s history and examination.

**Management**

Gross Motor Skills

- Place infants on their tummies while awake to develop neck and back muscles
- Create a safe home environment and put babies on the floor to explore
- Give older children time outside where they can run and jump

Fine Motor Skills

- Provide toys with different textures that encourage babies to explore with their fingers
- Provide age-appropriate puzzles, blocks, paper, and crayons
- Encourage older babies to feed themselves

Language Skills

- Play music for newborns to stimulate hearing
- Talk to child
- Read to child
- Name objects as point to pictures in a book

Social Interaction

- Laugh and smile with baby
- Limit television and play with child

## Homoeopathic management

Medicines selected as per constitutional symptoms help overcome developmental delay to a large extent to aid normal development of the child. Delayed development, both at the mental and physical level. Medicines for developmental delay.

### 1. Calcarea Carb

This medicine is most suited for children having a fatty, fair and flabby constitution. The children who are slow in learning to walk and have slow dentition. They tend to be obese, with a big head and large belly. The skin often looks pale and chalky. Children are sluggish, dull and lethargic. Fontanelles, especially the anterior one, may also show delayed closure in children who will respond well to this remedy. Another peculiar symptom is the tendency to perspire excessively, mainly on the scalp, neck, and chest.

### 2. Calcarea Phos

Calcarea Phos is majorly effective in delicate, thin, emaciated children with noticeably slow progress. These children are late in learning to walk and talk, the teeth develop slowly and the posterior fontanelle may be slow to close. The skull is soft, thin and brittle in such instances. Extremely useful in treating children with slow mental and physical growth.

### 3. Baryta Carb

The medicine shows excellent results in children who are dwarfish, both mentally and physically. These children often appear dull minded and are slow learners where speech and walking are concerned. Children show a marked fear of strangers as well. The child shows retarded development after trauma or vaccination.

### 4. Tuberculinum

Its works well in children who are weak, emaciated and mentally deficient due to retarded development. Like in all developmental delay cases, they learn to speak late. Excessive sweating, especially at night, may be noticed in children.

### 5. Carcinisin

It is equally effective in children with arrested growth. A child who have very low immunity and thus, suffer from recurrent severe infections. Children in such cases of

developmental delay have difficulty in falling asleep. Therefore, where the child needs to be carried around or rocked to sleep or where he specifically sleeps on the abdomen, Carcinisin is also the medicine for autistic disease in children with development delay. Such cases show marked hyperactivity and restless behavior.

### 6. Silicea

Silicea is one of the most effective medicines for developmental delay that works best in children with a large head and thin legs. The sutures and fontanelles are slow to close in these children. Emaciation, defective assimilation, distended abdomen, delay in learning to talk and walk and worm infestation.

### 7. Aethusa

It is medicine for developmental delay majorly recommended in infants who are unable to hold their head. These children are highly restless and cry too much and inability to digest milk. The child is intolerant to milk and may vomit curdled milk if fed. Weakness, exhaustion and sleepiness may result. These children may also get diarrhea after taking milk.

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