



We at

**'Homoeopathy with Dr. Patkar's'**

**take pride in caring for**

**your most treasured possession, your children.**

*Our goal is to provide highest quality,*

*compassionate and comprehensive*

*Homoeopathic care for children from*

*infancy to adolescence and then through adulthood.*

**Our aim at our clinics is to help children achieve**

**longer healthier and productive lives.**

*We understand that a sick child can be physically and mentally draining for a parent so we try our best to give earliest, easiest care and relief to our little angels.*



★ Since 1994 ★

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## How to identify children with special needs?

We have all read about children with Attention Deficit Hyperactivity Disorder (ADHD) or Autism, ADD, a learning disorder (LD) or behavioral problems who have been helped by Homoeopathy. But when you see, firsthand, someone's life and potential improve drastically, it really warms your heart and helps you remember to be grateful for the little remedy doses that keep a child off toxic drugs - and even out of mental institutions.

Though it is a very difficult journey for parents who want to find help for their "problem child," it is imperative that they educate themselves on the pros and cons of conventional as well as complementary treatment. Though many receive the ADHD diagnosis, every child is different and deserves treatment which is individualized. This is rarely the case in conventional medicine where stimulant medications are prescribed routinely.

There are millions of children taking the same powerful but temporary-acting drug every four hours. Those who are not put on stimulants like Ritalin are put on anti-depressants like Prozac. Side effects are not uncommon, and some children start medication at a young age (two years old) and continue for many years. The toll that this takes on their nervous systems will most likely have to be reckoned with down the line.

Attention deficit hyperactivity disorder (ADHD) and autism can look a lot like each other. Children with either condition can have problems focusing. They can be impulsive or have a hard time communicating. They may have trouble with schoolwork and with relationships.

Although they share many of the same symptoms, the two are distinct conditions. Autism spectrum disorders are a series of related developmental disorders that can affect language skills, behavior, social interactions, and the ability to learn. ADHD impacts the way the brain grows and develops. And you can have both.

The correct diagnosis early on helps children get the right treatment so they don't miss out on important development and learning. People with these conditions can have successful, happy lives.

## How Are They Different?

Keep an eye on how your child pays attention. Those with autism struggle to focus on things that they don't like, such as reading a book or doing a puzzle. And they may fixate on things that they do like, such as playing with a particular toy. Kids with ADHD lose initial interest, and they dislike and avoid things they'll have to concentrate on.

You should also study how your child is learning to communicate. Although kids with either condition struggle to interact with others, those with autism tend to be self-centered. They often have a hard time putting words to their thoughts and feelings, and they may not be able to point to an object to give meaning to their speech. They find it hard to make eye contact.

A child with ADHD, on the other hand, may talk nonstop. They're more likely to interrupt when someone else is speaking or butt in and try to monopolize a conversation. Also, consider the subject. Some kids with autism can talk for hours about a topic that they're interested in.

An autistic child loves order and repetition, but one with ADHD doesn't, even if it helps them. A child with autism might want the same type of food at a favorite restaurant, for instance, or become overly attached to one toy or shirt. They'll become upset when routines change. A child with ADHD doesn't like doing the same thing again or for long times.

## Diagnosis

If you think your child has either ADHD or autism, talk to your doctor about what testing you'll need. There's no one thing that can say whether a child has either condition, or both.



To diagnose ADHD, doctors look for a pattern of behaviors over time like being distracted or forgetful, not following through, having trouble waiting for a turn, and fidgeting or squirming. They'll ask for feedback from parents, teachers, and other adults that care for the child. A doctor will also try to rule out other possible causes for the symptoms.

An autism diagnosis starts with a parent answering a questionnaire about the child, often about behaviors that started when they were very young. Further tests and tools may include more questionnaires, surveys, and checklists, as well as interviews and observed activities.

Different kinds of therapy - behavior, speech, sensory integration & occupational, for example - can help kids with autism communicate and get along better. **Homoeopathic medicines can cure autism, ADD, LD, ADHD, dyslexia etc.**

*Those who are told that their family member's behavior and moods are caused by a biochemical imbalance are answered best by this quote from Ritalin Free Kids by Judyth Reichenberg-Ullman and Robert Ullman: "Homoeopathy believes that any biochemical imbalance is a result of an overall imbalance in a person rather than the cause of ADD. It is through bringing the whole person into balance that not only can the symptoms of ADD be improved, but most of the individual's other complaints as well. The goal of homeopathy is to bring deep and long-lasting balance into the person's life and health rather than just to regulate serotonin, dopamine, or some other neurotransmitter or chemical. When the person becomes balanced, the body's chemistry will automatically normalize as part of the overall healing process."*

*Balance in one's mental and emotional life is a dynamic and changing process sometimes helped by thoughtful energy balancing and tactful support systems.*



# Healthy Parenting



★ Since 1994 ★







## Our children are our most treasured possessions



Time has come that every mother, Family, everybody who is health-conscious should realize the scope and role of Homoeopathic science for day-to-day problems. When in doubt, when other systems of medicine fail to work quickly, and if you want your children to grow with natural, safe, non-toxic, effective and quick acting medicine, you should think of Homoeopathy. The child makes the most eligible candidate for Homoeopathy, with its gentle, rapid recovery and innocuous sweet pills.



**Homoeopathy acts on the children, there by increasing the resistance of the individual to fight the disease. The medicine helps to boost the immune system & thus helps the individual to fight the disease. Because the dosages are so small, effective treatment can be achieved without dangerous side effects often associated with Allopathic medicine. In fact, no ill effects would result from a bottle full of Homoeopathic tablets being swallowed, should a naturally curious child happen to open one. Being pleasant-tasting and easy to take, Homoeopathy is an ideal form of treatment for children of all ages including small babies.**



## Why Homoeopathy should be given to children ?



Homoeopathic medicines are prepared mainly from herbs, vegetable kingdom, minerals and are given in very minute doses so that they are 100% non-toxic, having no adverse effects whatsoever. Any toxic effects of a crude substance in nature disappear when that substance is prepared Homoeopathically. Also unlike antibiotics and other such medicines, Homoeopathic pills do not hamper digestion; it does not lower resistance power; does not produce allergy and does no harm even if taken for a long period.

Homoeopathic medicines act very quickly and effectively on each child, more quick acting than the allopathic medicine. In acute and chronic disease, whether the symptoms are physical, mental, or emotional, Homoeopathy produces subtle, yet often dramatic healing.

Children often have recurrent infections due to lowered resistance power. Homoeopathic treatment being based on the 'Holistic approach' treats the disease at the root level, hence enhancing the defense power of the child. As a result, the child does not fall sick frequently. Aim of Homoeopathy is to stimulate child's own curative power to cure them. In a way Homoeopathy helps children's body to heal themselves.



## Which pediatric diseases can homoeopathy cure?



**In reality, it is practically impossible to enlist those innumerable conditions where homoeopathy is found effective.**

Children are more prone to a range of infections such as Cough & Cold, Bronchitis, Pneumonia, Measles, Chickenpox, Mumps, Skin-boils, Gastroenteritis (Diarrhea & Vomiting), Kidney & Urinary infection, etc.

Every mother & father should know that Homoeopathy has remarkably quick acting treatment available for all above-mentioned disorders. It has also to its merit the fact that it provides astonishingly good results in the treatment of Tuberculosis (Primary Complex in lungs found commonly) in children.

Acute as well as recurring attacks of tonsillitis with high-grade fever, is another common complaint found in children. As strikingly, almost all cases of recurring tonsillitis (including suppurating tonsils) can be decidedly found curable completely with homoeopathy. Always take an expert opinion of a homoeopathic doctor, before opting for surgical removal of tonsils.

Child-Asthma (Asthmatic Bronchitis) is becoming increasingly common problem in urban children, where they are frequently down with attacks of wheezing, cough and breathlessness. Every mother of an asthmatic child knows the agony and anguish of the suffering child. Homoeopathy has excellent treatment for such suffering, which helps in long-term as well as to combat effectively an acute episode of wheezing, whereby the child can be kept away from strong medicines such as cortisone (steroids). Besides the respiratory allergy, homoeopathy works miraculously for skin allergy, Eczema, Urticaria, food-allergy, etc.

Infant's colic, Fever, Teething problems, Vomiting, Dysentery, Nephrotic Syndrome (Kidney disease), Growth related problems, Convulsions (Epilepsy), Infantile Eczema, Jaundice, Brain infections (Meningitis), Fungal infections, Warts, Hair-Loss (Alopecia), Growing pains, Poor concentration, Arthritis in children, Psoriasis, Leucoderma (white spots), Pimples, and Thyroid problems can be very well tackled with homoeopathy.

Homoeopathy has very special line of treatment to calm down those hyperactive and aggressive children, throwing temper- tantrums every now and then. Besides a great majority of children, insecure and hesitant, the defensive mind, in order to survive, adopts innumerable passions, often out of proportion, such as rage, jealousy, anxiety, fears, inferiority complex, timidity, lack of confidence, sibling rivalry etc. The imprints of these are carved permanently in the delicate mind of the child, shaping the child's character and personality morbidly, resulting in varied malfunctions and behavioral problems.

Habit Disorders such as nail biting, thumb sucking, head banging, Masturbation, picking of nose, desire to bite, skin scratching, breath holding can be very well tackled with Homoeopathy.

Various psychosomatic disorders such as Bed-wetting, (Bed wetting in children is often simply a result of immaturity. The age at which children become able to control their bladders during sleep is variable. Homoeopathy can offer cure for Bed wetting, it also demands strong parental support. These children present with symptoms like low self-esteem, feeling of guilt and embarrassment, rashes on genitals and bottom. Homoeopathic medicines acts on physiological, physical and mental level to relieve bed wetting.

Speech disorder like late learning to talk, speech is broken, child can't pronounce certain words can be very well tackled with Homoeopathy.

Also conditions like separation anxiety disorder, phobic anxiety disorder, obsessive compulsive disorder, school refusal, functional Enuresis, Stammering, suicide and deliberate self harm, child who has gone through physical, emotional and sexual abuse, sleep walking syndrome, sleep terror and night terror, child who has over eating or no appetite.



## Homoeopathy can help personal growth of children



Every child though not diseased has certain traits in them, which may not be suited to their growth. Each child develops certain behaviors or habits, which are quite often out of proportion. Like some of the children want to cling to the mother strongly while sleeping, without mother they can't sleep. Some children in anger break things and hit others while some are so shy that they hide or run away the moment they see any stranger or guest. Some of them are so cranky that they start crying on the most trivial thing, while some are so stubborn that they want every demand of theirs fulfilled at that time only. Some children are scared of a particular type of animal without any reason. Some children are very shy and don't mix with anyone at all. Some children lack confidence to perform in school or initiate any activity.



These do not show any obvious signs of illness but these are indications, which point to their inner disturbances.

**Every Homoeopath tries to understand these inner disturbances, through various pointers such as fears, dreams, fantasies, movies, cartoons which they like, toys they like, particular T.V. serial they like, their drawings, fairytales, their reaction to illness. Also their feeling regarding illness, what they think about their illness, their imaginations etc.** In all these areas children express themselves, their inner self. Each child has his own imaginary world in which he lives. By understanding the imaginary world of the children (which is his inner world), it becomes very easy for Homoeopath to understand the child and what is going on in his mind.

Also one of the most important factors that help in understanding the child is the mental state of the mother during the pregnancy, since it is often seen that the present state or behavior of child is same as that of mother during pregnancy.

By understanding all this and subsequently treating this, it not only frees the child of his disease and enhances his immunity but it improves the attitude of child towards life, it channelizes energy of child in a proper direction where he can explore his potential and creativity to a maximum. With the Homoeopathic treatment child will experience more energy, to have a clear mind, a sharp memory and more balanced emotions. Their relationship with the siblings and parents changes. They become less dependent, stronger and more resilient.

**Even children who don't have any physical illness should receive the Homoeopathic treatment. This treatment helps them in understanding their life better. We have seen with many cases that the child is able to use creative power, which are there within him to the fullest, thus helping him channelize all his energy for his better growth. Child becomes more aware of his aim in life, his responsibilities in life, does all his work without getting divided, any fears and without any anxieties.**

The management strategy for each case is different and thus this approach is of great use in cases of children suffering from behavioral disorders. Homoeopathic medications are not habit forming and thus one does not need to worry about 'drug dependence' especially in cases of emotional disturbances like ADHD, Autism, and Depression etc.

The benefits of Homoeopathy are much more than any other system of Medicine. Hence its time that you be wise, choose Homoeopathy and give your child the safest and most effective treatment for his or her illness.

A child's self-concept begins to develop at birth. It begins with how adults respond to them. Parents and caregivers create a positive emotional bond with an infant through warm and caring interactions with a lot of eye contact and touch. This positive emotional bond with parents and caregivers promotes a child's healthy self-concept. It is the basis of a relationship in which the child feels the parents' and caregivers' love, acceptance and respect.

As the child grows into a toddler and preschooler, their ability to interact successfully with the environment promotes a healthy self-concept.

A child will continue to develop a healthy self-concept when she is given the opportunity to explore her environment, to ask questions without feeling she is a nuisance, and to engage in make-believe play activities.



## Breastfeeding advantages



Breastfeeding provides health benefits for mothers beyond emotional satisfaction. Mothers who breastfeed recover from childbirth more quickly and easily. The hormone oxytocin, released during breastfeeding, acts to return the uterus to its regular size more quickly and can reduce postpartum bleeding. Breastfeeding Helps the Uterus Contract.

Breastfeeding benefits for baby

- Protects against allergies and eczema
- Causes less stomach upset, diarrhea, and constipation than formula
- Reduces the risk of viruses, urinary tract infections, inflammatory bowel disease, gastroenteritis, ear infections, and respiratory infections
- They also have fewer hospitalizations and trips to the doctor. Breast Milk Provides Ideal Nutrition for Babies
- Breast Milk Contains Important Antibodies
- Breastfeeding May Reduce Disease Risk
- Breast Milk Promotes a Healthy Weight
- Breastfeeding May Make Children Smarter
- Breastfeeding May Help You Lose Weight



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