



**Title:- " Homeopathic therapeutics in cases of Loss of Appetite and Picky eaters
in pediatric age group."**

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ABSTRACT:-The majority of children between one and five years of age who are brought in by their parents for refusing to eat are healthy and have an appetite that is appropriate for their age and growth rate. Unrealistic parental expectations may result in unnecessary concern, and inappropriate threats or punishments may aggravate a child's refusal to eat. A detailed history and general physical examination are necessary to rule out acute and chronic illnesses. A food diary and assessment of parental expectations about eating behaviour should be completed. Where the child's 'refusal' to eat is found to be related to unrealistic expectations, parents should be reassured and counselled about the normal growth and development of children at this age. Approximately 25% to 35% of toddlers and preschoolers are described by their parents as poor or 'picky' eaters. Children's feeding and eating problems are a frequent cause of parent-child conflict and can cause tremendous concern for the parents.^[3]

Key Words:- Picky eaters, Loss of appetite(anorexia), Homoeopathic management.

Introduction:- Loss of appetite (LOA) or anorexia is a condition of absence of hunger in patients and can occur due to a wide variety of reasons such as age, acute or chronic disease conditions, and associated medications. LOA can cause nutritional deficiency and lead to associated



complications that can negatively impact a patient's health, overall well-being, and quality of life (QoL).^[1] loss of appetite in children can cause dyslexia, poor brain functions, anemia, ill growth, malnutrition, long term conditions like anorexia. These conditions can affect the child's mood, energy, sleep, and interest in food.

Picky eating (alternatively known as fussy, faddy, choosey selective eating) is a common behavior in early childhood. It can cause negative impact on physical as well as mental health condition. also It can be extremely stressful for parents and have a bad effect on family ties. Picky eating can occasionally result in nutritional deficiencies, such as an iron, vitamin, and calcium shortage, depending on the foods the child refuses to eat.

The majority of children who are brought in by their parents for refusing to eat are healthy and have an appetite that is appropriate for their age and growth rate. Unrealistic parental expectations may result in unnecessary concern, and inappropriate threats or punishments may aggravate a child's refusal to eat.^[2]

Homeopathy is a form of alternative medicine which is considered as a safe and effective form of treatment for children. The use of alternative medicine, however is not limited to adult but it also common in children with homeopathy being one of the most popular systems.^[2]

Homeopathic therapeutic management:-

1.Gentiana lutea:-^[4]In the homeopathic provings by Watzke, Buchner the chief symptoms have been noted in the alimentary sphere, and among them, "diminished appetite." Acts as a tonic, increasing appetite. Thick Saliva. Colic, umbilical region sensitive to touch. Flatulence.

2.Silicea:-^[4]Disgust for meat and warm food. On swallowing food, it easily gets into posterior nares. Want of appetite; thirst excessive. Bad effects of Vaccination. Imperfect assimilation. Scrofulous , rachitic children with large head, open fontanelles and sutures, much sweating about the head. Distended abdomen , slow in learning to walk..



3.Natrium muriaticum:-^[4]Loss of appetite.Hungry, yet loose flesh. Unquenchable thirst. Sweats while eating. Craving for salt. Aversion to bread, to anything slimy, like oysters; fats. Great emaciation; losing flesh while living well. mapped tongue. aggravation from writing, reading and laying down.

4.Sulphur:-^[4]Complete loss of, or excessive appetite. Putrid eructations. Food tastes too salty. Drinks much, eats little. Milk disagrees. Great desire for sweets. All gone sensation in stomach at 11 a.m.; must have something to eat. Nausea during gestation. aversion to bath. big-bellied child. kick off the clothes at night. Diarrhoea: driving out of bed early in the morning. Constipation: child is afraid to have the stool on account of pain.

5.Pulsatilla:-^[4]Loss of appetite. Aversion to fat food, warm food and drinks. Eructations; Taste of food remains a long time;after ices, fruits, pastry. bitter taste, diminished taste of all food. Dislikes butter. Dyspepsia, with great tightness after a meal; must loosen clothing. Thirstlessness, with nearly all complaints. Vomiting of food eaten long before. Pain in stomach an hour after eating. Gnawing, hungry feeling. Secretion from all mucous membrane are thick, black and yellowish green. symptoms ever changing. Weeps easily.

6.China officinalis:-^[5]Indifference to eating and drinking. Only while eating some appetite and natural taste for food return. Loss of appetite. Aversion to all food. Aversion to bread". His appetite varies. Thirst is peculiar. The patient will say: "I know my chill is coming on now because I have thirst." Eructations, tasting of food, or they are bitter, sour. Frequent vomiting. Vomiting of sour mucus, bile, blood." Likely to occur at night. Cold feeling in the stomach. Fermentation after eating fruit. Acidity. Milk disagrees. weakness. Face pale hippocratic. Ailments from loss of vital fluids.

7.Cina:-^[5]Alternate canine hunger or no appetite at all. The child is cross and ugly, kicks and strikes. the child boring or picking its teeth when asleep. Child suffering from worm. Craving for sweet. Refuses mothers milk. urine becomes milky after standing a while. child want to be carried but carrying gives no relief. cannot bear you to come near it; desire for many thing; but reject everything offered.

8.Lycopodium clavatum:-^[6]Digestion weak. Loss of appetite. hunger, but quick satiety. eating ever so little creates fullness. Desire for sweet things.Vomits food and bile. Food tastes sour. Bad effects of onions. upper part of body emaciated, lower part semi-dropsical. Children, weak; with well-developed head



but puny, sickly bodies. baby cries all day, sleeps all night. fan like motion of alae nasi. canine hunger but few mouthfuls fill up to the throat. child cries before urinate.

Conclusion:-

Homeopathy is dynamic system of medicine. It helps to Improve immunity & appetite in pediatrics age group. In conventional system of medicine usually Dronabinol, Megestrol, Oxandrolone are used for treating anorexia. these drugs can cause many side effects in children. but Gentiana lutea Cure loss of appetite(anorexia) in gentle way without causing any side effect and any kind of damage.

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