

Sudha Banerjee

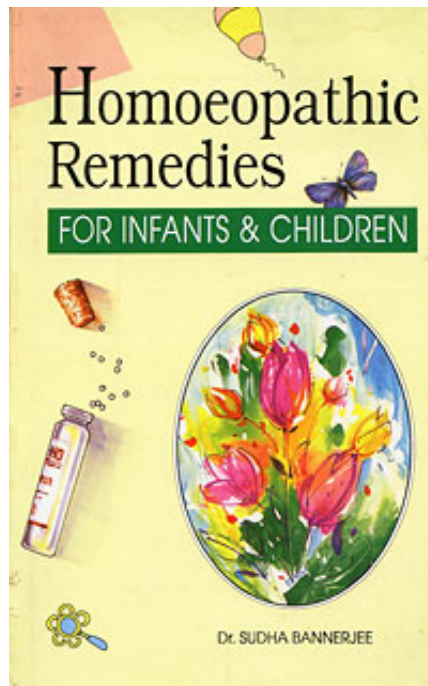
Homoeopathic Remedies for Infants & Children

Reading excerpt

[Homoeopathic Remedies for Infants & Children](#)

of [Sudha Banerjee](#)

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The Growing Years

GROWTH is an essential feature of the life of a child. The process of growth starts from conception till the child grows into a fully mature adult. Children born to tall parents are usually tall, while those born to short parents are usually short. The size of the head, and shape of the hands and feet are also closely related to those of the parents. Parents with a high intelligence quotient (IQ) are more likely to have children with a higher level of IQ. However, the environment also contributes to the IQ level of the child. Children of certified mentally retarded mothers have a lower IQ than the average. Pubertal growth occurs earlier in girls but at full maturity, their mean height and weight are usually less than that in boys of corresponding ages. Daughters often start their menstrual cycle at a similar age as their mothers. They may even have a similar length of menstrual cycle.

During pregnancy the foetus grows in the natural environment. Malnutrition during pregnancy is associated with intrauterine maldevelopment and the small size of the foetus. Medical illnesses in the mother also result in poor growth of the foetus. For example, German measles in the first trimester of pregnancy leads to malformation in the foetus. Children born to mothers suffering from either overt or latent diabetes mellitus have a high birth weight.

After the birth of the child, certain environmental factors play a major role in the pace and pattern of growth and development. Malnutrition results in anaemia,

rickets, and beriberi, while overeating causes obesity. A head injury may cause brain damage and seriously jeopardise the mental development of a child.

**Average Weight of the Infant from
Birth to 12 Months**

<i>Age (Months)</i>	<i>Weight (gm)</i>	<i>Age (Months)</i>	<i>Weight (gm)</i>
At Birth	2500	Seven	6100
One	2900	Eight	6450
Two	3500	Nine	6800
Three	4100	Ten	7150
Four	4700	Eleven	7500
Five	5300	Twelve	7850
Six	5700		

Normal Growth in an Indian Child

<i>Activity</i>	<i>Age</i>
Holding of head	4 weeks 1 month
Hearing	8 weeks
Chin slightly off ground	12 weeks
Chin at 45° angle from ground	16 weeks
Chin at 90° angle from ground	20.5 weeks
Sitting with support	22 weeks
Standing with support	26 weeks
Sitting without support	26.3 weeks
Crawling on belly	32.3 weeks
Crawling on knees	34 weeks
Standing without support	9 months
Making sounds (Da-da, Ma-ma)	10th month
Can be placed on the toilet seat	10th month
Understanding	45 weeks
Walking with support	1 year
Clear speech	52.4 weeks
Walking without support	15-18th month
Walking to the toilet	21-24 months
Makes sentences	2 years
Toilet trainable	

Repeated infections and worms usually reduce the growth of a child. Children kept in hygienic conditions are less prone to infections and vice versa. The velocity of growth is usually higher in spring and lower in summer. Anxiety, lack of security, emotional support, love, a broken home — all affect the growth of a child. Parents who have had a happy childhood are more likely to have children with happy natures.

Adolescence: Adolescence starts from the onset of puberty and extends till sexual maturation is complete. Puberty usually begins around 10 years in girls (8-13 yrs) and around 12 years (10-13 yrs) in boys. There is a rapid spurt in height and weight.

Signs of Maturity

Girls:

- Enlargement of breasts.
- Appearance of pubic hair a little after the onset of breast development.
- Appearance of auxiliary hair a few months before the onset of the first menstruation (menarche).
- Secretion of a clear or whitish fluid from the vagina, a few months before the menarche.
- Appearance of pimples on the face.
- Development of feminine body contours.
- During the first few menstrual cycles, the flow may be irregular.

Boys:

- The testes begin to enlarge and become pendulous around 11 to 12 years of age. The penis enlarges to a length of over 7 cm when stretched.
- The prostate gland becomes larger.
- The pubic hair becomes dark, pigmented, and wavy.
- After 15 years of age, the testes enlarge further.
- The penis also enlarges, more than 13 cm when stretched and 8.5 cm in circumference.
- The pubic hair extends upward to the abdomen — sideways in the medial side of the thighs and backwards till the anal and navel region.

Common Cold

As THE name itself suggests, a common cold is one of the most common ailments. A common cold or acute coryza or a cold in the head is an inflammatory condition of the upper respiratory tract and is always accompanied by general malaise.

Causes and General Symptoms: A common cold often occurs in damp weather and during change of weather. On entering a stuffy, ill-ventilated and crowded room, or suddenly going from a cold to a hot place, or vice-versa, a common cold may be contracted. The condition is highly infectious and is transmitted through sneezing, coughing, and talking.

A common cold, if mild, may not require any treatment in infants and children. In breast or bottle-fed babies, the baby may find difficulty in sucking with a blocked nose and may have to use his mouth for breathing. A cold may also be the initial symptom of diseases like influenza, measles, scarlet fever, or even diphtheria. Hence, a common cold should never be neglected.

Immediately after exposure, or on catching a cold, or in the course of an infectious disease, a sense of fullness in the nostrils develops. There may be a hot and dry feeling in the nose and throat, accompanied by sneezing with slight fever. After a few hours or after a few days, a copious watery secretion from the nose appears. Later on this discharge may become thick and full of pus. Usually it takes one week to stop. Older children may complain of a heavy feeling in the head with a headache. The voice could also be affected as well as the smelling power. A common cold can also cause severe earache or even deafness. In some children this may lead to asthma-like attacks.

General Management: Healthy infants and children should be kept away from infected ones. In case the mother or the nurse is suffering from a common cold, she should wear a mask of muslin over her mouth and

nose. The nose of the affected child should be kept clean. The child should be kept warm and comfortable, though overheating should be avoided.

Cold water and ice-cream should not be given. The diet should be nutritious and balanced. During an attack of cold, 100 to 200 mg of vitamin C should be taken regularly. *Amla*, lemon, and citrus fruits should be given in increasing amounts. Vitamin C tablets are recommended.

In older children when there is complete blockage of the nose and difficulty in breathing, steam inhalation of plain water is very effective. The child should be given complete rest. Parents should ensure that the child's bowels move properly and regularly.

Characteristic Symptoms	Medicines
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Q After exposure to dry cold air, there is sneezing, fever, restlessness, chilliness, increased thirst, and marked anxiety.	4-6 gib of Aco 200, four times a day.
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Q Coryza with thin, watery, profuse, acrid discharge from the nose and eyes. Prolonged sneezing causes the skin above the upper lip to peel. Discharge ceases when the child goes out in the open but returns when entering a warm room.	4-6 gib of Al Cepa 30, every hour till relieved; afterwards, to be given four times a day. off.
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O Blockage of nose at night with long continuous coryza. Difficulty in breathing through the nose. Sniffles with bleeding in the nose after washing the face in the morning or after eating. Discharge of scalding secretion from the nose. Child catches cold in winter.	4-6 gib of Amm C, every two hours, in the morning or after eating.
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Q Winter cold; thin watery discharge from the nose which leads to peeling of the skin above the upper lip. The nose is blocked	4.6 gib of Ars Alb 30 to be taken every two hours,
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66 Homoeopathic Remedies

and sneezing does not provide any relief. The cold worsens in the open air but is better inside the room. The slightest exposure to the cold gives the child a cold in the chest.

Q Feeling of dryness in the nose and thirst. The lips are parched and dry. Coryza with shooting pain and aching in the forehead, swelling of the upper lip and the nose. Thirst for large quantities of water.

4-6 gib of Bryonia 30,
four times a day.

Q A bland discharge from the nose, acrid discharge from the eye. Fluent coryza with cough and phlegm. Coryza with watery eyes is a very marked symptom.

4-6 gib of Euphrasia 30,
four times a day.

Q Coryza after exposure to cold dry winds, and sneezing every time the child is exposed to cold winds. Discharge from the nose is watery, then thick and yellow and offensive. Along with coryza, ear problems may develop.

4-6 gib of Hep Sulph
30, four times a day.

Q Yellow or greenish rope-like, stringy mucus discharge. The nose is dry, there is pain at the root of the nose. Child finds great difficulty in blowing out the nasal discharge. Coryza is often accompanied by obstruction in the nose and violent sneezing.

4-6 gib of Kali Bich
30, four times a day.

Q Running of nose lasting for one to three days followed by blockage of nose. Discharge is thin, like the white of an egg. The child craves for salt and salty foods.

4-6 gib of Nat Mur 30,
four times a day.

Q Dryness and obstruction of the nose. Fullness at the root of the nose and frontal headache. Cold hands and feet with a hot head. Loss of appetite with constipation; fever with irritability. Nose is blocked at night and runs during the day. The child feels cold and no amount of covering warms him. 4-6 gib of Nux Vom 200, once a day.

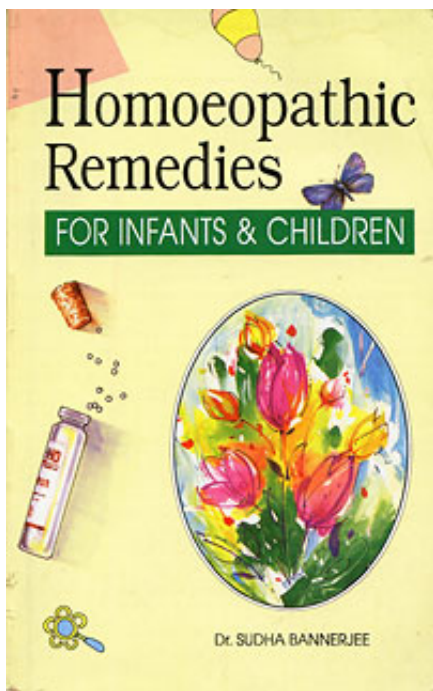
Q Coryza with yellow or greenish-yellow thick discharge. Loss of smell; stuffiness of the nose at night and profuse flow during the day. The lips are chapped and peel and the child frequently moistens the lips with the tongue. Absence of thirst. Coryza is better in the open air and worse in a room. Child is weepy and in need of sympathy. 4-6 gib of Pulsatilla 200, twice a day.

Q Violent coryza with redness and swelling of throat after exposure to cold, damp weather, or exposure to the cold and damp while perspiring. Discharge is thick, yellow, and offensive. The nose is blocked. The tongue is coated except for the tip. Along with coryza there is marked bodyache and a desire to stretch. 4-6 gib of Rhus Tox 200, four times a day.

Constipation

CONSTIPATION is a very common problem during childhood. The word constipation refers to hard dry stools that are difficult to pass.

Causes and General Symptoms: Constipation results from unsuitable food and neglect of certain hygienic measures. Artificial feeding makes a child prone to



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