

Virtue of Homoeopathy in Treating Pica

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ABSTRACT

Pica is an abnormal disorder where there is constant desire to eat undigestible things. This is usually observed in pregnant females and children. Pica gets its name from a bird species, named the Eurasian magpie. In Latin language bird is called as pica pica. This bird has a reputation for eating unusual objects. Eating unusual things leads to many types of problems, in which Homoeopathy plays major role in treating this condition.

Keywords: Pica, Homoeopathy, Children

INTRODUCTION

Pica is a quite common condition. Pica gets its name from a bird species, named the Eurasian magpie. This bird has a reputation for eating unusual objects. It is quite difficult to know that how many are having pica, they may not report. Children having pica usually try to hide their behavior from parents. They hide themselves and try to eat all indigestible things. Research proves that there are few groups where they are more prone towards the risk of pica exposure, likely Autistic child, Developmental conditions, nation where dirt eating is common, Pregnant women.

Usually, a person with pica often eat the below mentioned:

- Ash
- Soap
- Chalk
- Baby Powder
- Clay
- Soil
- Coffee ground

- Egg shells
- Feaces of any kind
- Hair
- Thread
- Laundry starch
- Ice
- Paper
- Pebble
- Wool or cloth

Causes

- Malnourishment, Especially Iron-Deficiency Anaemia
- Such as autism or intellectual disabilities
- Pregnancy and sickle cell anaemia
- Mental health conditions, such as schizophrenia
- Stress or Anxiety

Symptoms

- Child with habit of eating substances like clay, dirt, stones, pebbles, hair, faeces, lead, plastic, pencil, erasers, fingernails, paper, paint chips, coal, chalk, wood, plaster, light bulbs, needles, string, cigarette, wire and burnt matches etc.
- Constipation
- Chronic or acute, diffuse or focused abdominal pain
- Nausea/ vomiting
- Loss of appetite
- Small white patch like appearance on either side of cheeks.

On examination findings like

- Abdominal distension

- Pallor
- Iron deficiency anaemia
- Parasitic infestations such like Ascariasis is commonly seen in children with Pica.
- Intestinal obstruction.
- Lead poisoning
- Irregular heart rhythm
- Electrolyte imbalance
- Constipation
- Change in behavior
- Mental health related conditions

General Treatment

1. Aversive therapy:
This involves people learning to avoid pica behavior using mild aversion to teach to avoid non-food items and reinforcing healthy eating behavior.
2. Differential Reinforcement:
People learn to avoid pica behavior by focusing on other behavior and activity.
3. Behavioural Therapy:
This therapy method involves teaching a person coping with the and strategies and mechanisms to change behavior.

Homoeopathic Remedies

1. Calcarea Carbonica

There is great craving for indigestible things like pencils, chalk, slate pencil, coal, chocolates, chips. Desires for eggs. Severe pain in abdomen which is cramping like. Constipated stools. They are constitutionally fat, fair, flabby. They are fearful, timid, slow and sluggish. Head of calcarea carb sweats profusely during sleep. They are chilly pt. Takes cold easily. Great aversion to milk and meat.

2. Alumina

They have strong craving for eating chalks and charcoal with loss of normal appetite. He also complains of stomach pain and severe constipation. There is craving for starch, charcoal, cloves, coffee or tea grounds, raw rice and acids Alumina patients are exhausted physically and mentally. Aversion to potatoes. There is

constipation, no desire for stools for number of days and soft stool requires great straining. Alumina patients are mild and having a cheerful disposition.

3. Cina

The person is hungry and cross with irritability and bad temper. His appetite varies. Grinding teeth during sleep and even convulsions, with screams and violent jerking of the hands and feet. They always keeps hand in mouth.

4. Calcarea Phos

Calcarea phos persons are chilly, thin, emaciated, unable to stand, rickety. They are easily perspired. They have desires lime, slate, pencils, earth, chalk, clay etc. Desires raw salt and smoked things. There is distension of abdomen and feeble digestion. Aggravation from damp, cold weather, change of weather and mental exertion.

5. Natrum Muriaticum

These patients have craving for salt. They have oily greasy face, poorly nourished and hot patient. Disappointed love. Consolation aggravates the sufferings. Marasmus or emaciated. They take long time for food to digest. Aversion to bread and fatty things Iron deficiency anaemia.

6. Silicea

Silicea patients are extremely chilly, all symptoms are worse by cold except stomach complaints which are better by cold Craving for lime, sand and raw foods. All discharges are profuse and offensive. They are nervous, apprehensive, over sensitive, irritable and fearful.

7. Nitric acid

Nitric acid patients have craving for lime, slate, pencil, papers and charcoal. They are thin, sickly, chilly, and takes cold easily. Desires fat and salt. They have cracks in mucocutaneous junction especially fissures in rectum and corners of the mouth. Nitric acid patients are irritable, fearful,

headstrong, vindictive, sensitive to noise and light

8.Nux Vomica

Nux vomica patients have craving for charcoal, pepper, chalk. Craves fats and spicy food. They are chilly and thin. Nux vomica patients are oversensitive to noise, odours, light and music. They are irritable, zealous, active and quick.

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