

Every Child born into the world
is a new thought of God,
an ever fresh & radiant possibility



- Dedicated to children with different ability
- Working through multi disciplinary holistic approach



M.B. BARVALIA FOUNDATION'S SPANDAN HOLISTIC INSTITUTE

Centre

Naidu Colony, Opp. Building 161, Near Jain Temple, Pant Nagar, Ghatkopar(E), Mumbai – 400 075

Special School

Municipal School No. 3, Near Police Station, Pant Nagar, Ghatkopar (E), Mumbai - 400 075.

Proposed Holistic Mother – Child Hospital:

Near Deonar Fire Brigade, Municipal Colony, Deonar, Mumbai – 400 043.

Satellite Clinics

Ramabai Nagar

Near Dr Babasaheb Ambedkar's Statue, above Hotel Dhanraj, Ramabai Ambedkar Nagar, off E. E. highway, Ghatkopar (E), Mumbai 400075.

Mankhurd

R. No. 250 Building No. 7, P. M. G. Colony, Opp. Sai Vidyalaya, Mankhurd, Mumbai – 400 043.

Deonar

Bal Krida Kendra, B.M.C Colony, Deonar.

Ahmedabad Branch

Himavan, Mehndi Jung Hall, Paladi, Char Rasta, Towards V.S. Hospital, Ahmedabad - 380 006.

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Attention Deficit Hyperactivity Disorder

M.B. BARVALIA FOUNDATION'S
SPANDAN HOLISTIC INSTITUTE

M.B. Barvalia Foundation is registered public charitable trust established in February 1997 which has promoted institutes dedicated to special children operating through Holistic Multidisciplinary approach.

- HOLISTIC CHILD CARE CENTRE
- SPANDAN HOLISTIC INSTITUTE OF APPLIED HOMOEOPATHY
- COMPREHENSIVE HOMOEOPATHY MOBILE CLINIC
- MEDICAL CENTRE
- INDIAN JOURNAL OF HOMOEOPATHIC MEDICINE
- HIV/AIDS CENTRE

Institute is based on strong philosophical foundation of HOLISTIC – PSYCHO EDUCATIONAL APPROACH: SYMPHONY. This is an innovative method based on integration of holistic concept propounded by Dr. Samuel Hahnemann, founder of Homoeopathy & Jean Piaget's concept of child development.

In order to inculcate awareness about various disabilities we are presenting educational material useful for people at large.

ADHD (Attention Deficit Hyperactivity Disorder)

ADHD is the most commonly diagnosed behaviour disorder of childhood. ADHD is characterized by mainly following symptoms

- Hyperactivity
- Impulsiveness
- Inattention

Major types of ADHD include the following

1. ADHD Inattentive type is defined by an individual experiencing at least six of the following characteristics:

- Fails to give close attention to details or makes careless mistakes.
- Difficulty sustaining attention.
- Does not appear to listen.
- Struggles to follow through on instructions.
- Difficulty with organization.
- Avoids or dislikes activities requiring sustained mental effort.
- Often loses things necessary for tasks.
- Easily distracted.
- Forgetful in daily activities.



2. ADHD Hyperactive/Impulsive type is defined by an individual experiencing six of the following characteristics:
 - Fidgets with hands or feet or squirms in seat.
 - Difficulty remaining seated.
 - Runs about or climbs excessively (in adults may be limited to subjective feelings of restlessness).
 - Difficulty engaging in activities quietly.
 - Acts as if driven by a motor.
 - Talks excessively.
 - Blurts out answers before questions have been completed.
 - Difficulty waiting in turns taking situations.
 - Interrupts or intrudes upon others
3. ADHD Combined type is defined by an individual meeting both sets of attention and hyperactive/impulsive criteria.
4. ADHD Not otherwise specified is defined by an individual who demonstrates some characteristics but an insufficient number of symptoms to reach a full diagnosis.

Incidence and Prevalence:

This disorder is marked by chronic behaviours lasting at least six months with an onset often before 7 years of age. Estimates suggest that at least about 3-5% of children suffer from ADHD. Boys are two or three times more likely to have ADHD than girls.

Impact on developing personality:

W.H.O. states that mental and behavioural disorder of childhood and adolescence are very costly to society in both human and financial terms.

Children with ADHD face great difficulty in focusing on a task thereby affecting their overall performance.

These symptoms, however, disrupt everyday life. Children and adults who have ADHD exhibit degrees of inattention or hyperactivity/impulsivity that are abnormal for their ages. This can result in serious social problems or impairment of family relationships, success at school or work or in other life endeavors.

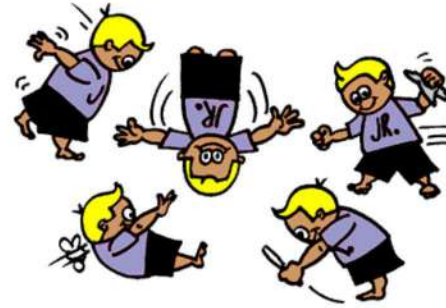
Children and adults can exhibit other psychiatric disorders, along with their ADHD symptoms. Most commonly, these include oppositional defiant or conduct disorder, along with or separate from internalizing disorders such as anxiety and depression.

If not managed at an appropriate age, it can well continue into adulthood. If managed early, these children can show remarkable progress and can develop into sound personalities. Hence early diagnosis and intervention is must.

What can be done for children with ADHD?

- Behaviour modification therapy
- Play therapy
- Water therapy
- Family counseling
- Children with perceptual difficulties may need remedial education
- Homoeopathy is a holistic science and plays a vital role in the management of ADHD

Foundation provides integrated care. Our multidisciplinary team of homoeopath, psychologist, occupational therapist and counsellor work in coordination for the management.



Rahul was around five years old when we observed that his restlessness was going beyond control. He started behaving very restless and didn't sit in one place even for a minute. He never sat quiet even for a minute; constantly running around in the house and it was extremely difficult to manage him in any manner. Though he was a very affectionate child his mischief was a nightmare for us. We just could not understand that how could a child from our house become like this.

We had not left anything short in bringing him up. My uncle is a very well known Special educator – how could this child be like this in our house? Even in school he would only move around in the class and disturb other students. The teachers were so fed up as they were never before because of any other child. Once they got so frustrated that one of the teachers made him parade in the school without his shirt on. Rahul was so disturbed with the incident he completely refused to go to school again.

It was very difficult accepting that he could be having ADHD, but then we started with counseling and special therapy for him. Even after a substantial period of time there was no change in his state. Finally we were referred to Spandan for Homoeopathic treatment. The team of doctors thoroughly evaluated him and started with Homoeopathic Medicines. For the first time we started noting that he was gradually calming down. He also started sustaining his attention on one thing for a while. Over a period of time he was much calm and his running around, disturbing others and others behaviour that we had been so troubled with were decreasing. We were happy to see him join the school again and even to see him pass in the exams. The teachers were so happy to see him amenable to instructions and behave like all other normal children. Indeed homoeopathic medicines worked miracles for Rahul.



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