

Mobile Phone Addiction Among Children and Role of Homoeopathy

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Abstract- MobilePhone addiction impacts on cognitive development, and Poor sleep, Eating disorder,Lower grades and Poor Social skills in Children.

Smartphone addiction has been a matter of serious concern among society and parents because of its high incidence and serious negative effects.

Mobile game addiction has officially been recognised as a Mental health condition by WHO.

Keywords: Mobile Phone, Addiction, Skills, Eating Disorder, Sleep, Children

INTRODUCTION

The use of new technologies has become widespread worldwide. There is increasing concern about “Internet addiction disorder” (IAD), “Internet gaming disorder” (IGD), and “Mobile phone addiction” (MPA). Attention Deficit Hyperactivity Disorder (ADHD) has been associated with IAD and IGD. However, evidence is lacking about the relationship between ADHD and MPA.

Mobile phones can be addictive for anyone and more so in children. While adults can resist their urge to use technology, children find it difficult. When children are introduced to mobiles while eating, they think that it’s an incentive for eating. They make it a habit from which it’s hard to come out and most children won’t even bother to escape from it.

Early childhood is the time when children should be engaging in meaningful and creative activities that can develop their brains and improve their thinking abilities. However, with mobiles, these things take a backseat and children suffer as a result. You must also know that mobile phone addiction can lead to other issues in children’s learning and growth.

ROLE OF HOMOEOPATHY

Millions of people worldwide recognize the effectiveness and safety of Homeopathy treatment and are resorting to it for their children's health needs.

It is becoming the most preferred system of medicine. Homeopathy is effective in treating variety of troubles that a child faces.

The biggest advantage of Homeopathy is that the medicines are easy to administer and not bitter. Kids love them as they are small, sweet sugar pills which can be administered directly or can be crushed with the help of spoon and then given to the child.

Homeopathy can become one of the preferred methods of treatment especially for children.

A detailed account of the child’s complaints is taken. A homoeopath pays attention to these, the way the children live in their world the way they think, feel, perceive themselves and their surroundings, what they love to do, the toys of which they are most fond, the cartoons.

In the case taking process itself the art opens the child’s door of communication.

Homeopathic medicines are effective for memory loss, poor sleep, poor social interaction.

1. Anacardium Orientale : For sudden memory loss, especially under stress, and lack of confidence. Useful for anxious students and cases of senile dementia.
2. Ambra Grisea : Ideal for shy, timid individuals with forgetfulness and difficulty in understanding or calculations.
3. Baryta Carb : Recommended for children with weak memory in studies, difficulty in concentration, and slow learning.

4. Cannabis Indica : Effective for forgetfulness in conversation and difficulty in memorizing words.
5. Ginkgo Biloba : Increases blood circulation to the head, aiding in memory loss treatment.
6. Lac Caninum : For forgetfulness while writing, using wrong words and omitting letters.
7. Lycopodium Clavatum : Suits those with gradual memory loss, confusion, dyslexia, and behavioral issues.
8. Helleborus Niger : For apathy, dullness, and poor concentration.
9. Medorrhinum 1000: Helps those who forget names, spellings, and even their own identity.
10. Kali Phos : An excellent remedy for weak memory due to mental exertion.
11. Kali Bromatum : For complete memory loss, marked restlessness, and sleep disturbances.
12. Nux Moschata : For absent-mindedness, forgetfulness, and confusion, especially during headaches.
13. Phosphoric Acid : Suited for those brooding about the past and future, with an aversion to talking.
14. Sulphur: Ideal for absent-mindedness, difficulty in concentrating, and making mistakes in speaking or writing.

Homoeopathic medicines are very helpful in treating eating disorders.. Antimonium Crudum, Lycopodium, Nux Vomica , Alfa-Alfa Q are a few of the important homoeopathic medicines.

In 2019 the World Health Organization issued recommendations about active lifestyle, sleep and screen time for children up to five years of age.

These recommendations include limiting daily screen time to one hour, and no screen time at all before the age of two years.

They also include three hours of physical activity daily from the age of one year, 14–17 hours of sleep for infants, and 10–13 hours sleep for three year-olds and older.^[79]

Mobilephone addiction is significantly associated with eating disorders, eating habits, and lifestyle. The influence of dietary habits and lifestyle needs to be considered for the prevention and development of an intervention for smartphone addiction.

CONCLUSION

Though mobile phone use helps in maintaining social relationship, mobile phone addiction among children and adolescents needs urgent attention. Interventional studies are needed to address these emerging issues.

Some studies showed that a Mobile phone addiction in children is influenced by parent-related factors as well as personal factors.

Children know what is going on in front of them and it's difficult for them to that device a miss. It's the parents, more than the kids, who are more distracted by the fact that their children are using mobiles.

Even if you try to give your child your best attention, in all probability, it's not going to work. While your child is eating, all they need is as much positive interaction and attention from you as possible. You need to ensure that they see the meal-time as a family bonding time.

Homoeopathic medicines are found effective in combating mobile phone addiction in children.

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