

## Case 4

### Matthias H., 9 yrs old, ADHD

Matthias has trouble at school due to his fidgetiness, clumsiness and short attention span. He is slow in thinking and understanding, and his memory is poor. He has special tuition for dyslexia. Since early childhood he has been afraid of the dark. Since his parents separated three years ago, he behaves in an intolerably overbearing way towards his mother and brother, despite his otherwise poor self-confidence.

Following a comprehensive series of neurological and neuropsychological tests, he is diagnosed with ADHD. Since his mother does not want Matthias to take Ritalin, she brings him for homeopathic treatment.

The patient is thin and dark-haired with dark-coloured skin. Apart from restlessness and marked muscular hypotonia, there are no other pathological findings.

With the *Questionnaire for Disturbances of Perception, ADHD/ADD* Matthias's mother marks the following symptoms:

- Touch: worse (P)
- Looking at something close-up (strained vision): worse (P)
- Sounds, noises: worse
- Sense of smell: oversensitive (P)
- Sense of taste: reduced
- Uncovering: worse (P)
- Understanding: difficult (P)
- Memory: weak
- Writing: worse (P)
- Before falling asleep: worse (P)
- Irritable, aggressive, fits of rage (P)

(P) = polar symptoms

On the *Questionnaire for Additional Complaints*, she only mentions that he often has abdominal pains and that he becomes unbearable whenever he has to skip a meal. He is best with regular but small meals. No other complaints. On the *Conners' Global Index (CGI)* she gives him a rating of 17 points, which indicates a mild form of ADHD.

The initial repertorisation uses only the polar symptoms. To achieve an even better differentiation of the remedies, it is necessary here to also include the relevant non-polar symptoms.

**Repertorisation** (*Boenninghausen's Therapeutic Pocketbook 2000*)

	Bry.	Calc.	Ign.	Lyc.	Puls.	Anac.	Aur.	Bar-c.	Chin.	M-arc.	Nux-v.	Phos.
Number of hits	11	11	11	11	11	10	10	10	10	10	10	10
Sum of grades	23	32	24	39	25	20	20	18	18	15	28	22
<b>Polarity difference</b>	<b>11</b>	<b>16</b>	<b>14</b>	<b>23</b>	<b>9</b>	<b>6</b>	<b>12</b>	<b>13</b>	<b>12</b>	<b>7</b>	<b>16</b>	<b>12</b>
< touch (p) [121]	3	1	1	4	3	2	1	1	1	1	4	1
< looking, at something close-up (p) [85]	1	4	2	4	2	1	3	2	1	1	1	3
smell, hypersensitive (p) [49]	1	2	1	4	2	2	4	2	3	1	4	4
> uncovering (p) [37]	1	3	2	4	2		1		2	3	1	2
understanding, difficult (p) [74]	1	3*	3	4	1	2	2	2	1	1	2	1
< writing (p) [76]	1	4	2	3	1	2	1	2	2		3	2
< sleep, before; while falling asleep (p) [99]	5*	5*	3	5*	4	1	2	2	3	1	2	4
irritability (anger, aggression) (p) [64]	3	2	4	3	3	2	4	3	2*	3*	4	3
< noises [43]	2	3	3	3	1	2	1	1	2	1	4	
taste, dull, diminished (eP) [71]	2	3	1	1	4	2		1	1	2	3	1
memory, poor, weak (eP) [60]	3	2	2	4	2	4	1	2		1		1
> touch (p) [42]	2	4/CI		1		2			1	1		3/CI
> looking, at something close-up (p) [5]												
smell, lost, weak, diminished (p) [46]	2	4/CI		3	4/CI	3/CI	2			1	2	3
< uncovering (p) [56]	1		1		1		3/CI		2		3/CI	1
understanding, easy (p) [17]				1				1				1
> writing (p) [2]												
> sleep, before; while falling asleep (p) [1]												
mildness (p) [37]			3	3	4(CI)	1	1			2		

Key: < = worse, > = better, (P) = polar symptom, [121] = number of remedies matching the symptom (e.g. < touch). CI = Contraindication. Remedies with contraindications are shown with a grey background. See case 1 for the definition of a contraindication and how to calculate the polarity difference. [eP=extended polarities, an experimental function not used in this repertorisation.]

The repertorisation highlights the remedies *Lycopodium*, *Ignatia* and *Bryonia*. *Calcium carbonicum* and *Pulsatilla* drop out because of contraindications, and the remaining remedies do not cover all the essential symptoms. Matthias's overbearing manner obviously points to *Lycopodium*. The abdominal pains also fit this remedy particularly well. When asked whether Matthias suffers from sorrow (*Ignatia*), his mother replies that she thinks not – he seems to have long ago come to terms with his parents' separation.

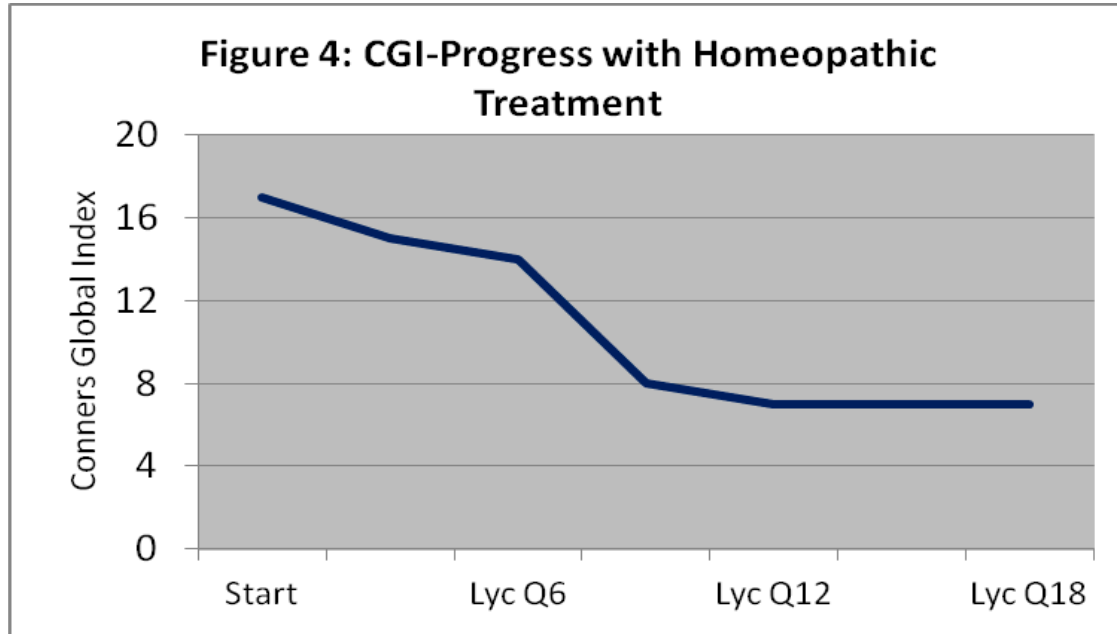
### Remedy and Progress

Due to the outstanding polarity difference, Matthias is given *Lycopodium* Q3, in liquid form, initially twice a day, and then after two weeks once a day.

After four weeks, his mother says he is doing better at school. Matthias has started reading books, which he never used to do before, and his reading is more fluent. When he has arguments or gets excited, he calms down more easily. His CGI has dropped from 17 to 15 points. Although that is not very much of a reduction, we decide to continue with *Lycopodium*, now in the potency Q6.

The next two weeks are difficult and then he calms down again. Matthias starts writing a diary. His mother has a good feeling about the *Lycopodium*. Matthias is paying attention better than before, even

if he still occasionally has fits of anger and wilfulness. His CGI is now 14. Despite the still minor improvement, we again decide to continue for another month with Lycopodium, this time in Q9. After another four weeks, Ms H. Reports that he is very well-behaved, listens well, and calms down quickly after something "isn't right". His CGI has dropped right down to 8! This state of affairs is maintained with Lycopodium Q12, which leads to a further single-point reduction in his CGI. In the longer term his CGI stabilises at 7 (fig. 4).



#### Comments

The slow decline in the CGI is somewhat puzzling. It may be that the mother was hardly able to believe that her son was improving, so she was hesitant to credit the full extent of the improvement in his behaviour. On the other hand, it may be that the general symptoms improved first, followed later by the ADHD-specific complaints.