



Polarity Analysis

Modul 9

ADHS and Asperger Syndrome

HEINER FREI, MD



ADD/ADHD – what are we
talking about?



The Most Prominent Symptoms

- ▶ Excitable, impulsive
- ▶ Cries easily and often
- ▶ Restless, fidgety
- ▶ Always on the go
- ▶ Destructive
- ▶ Lack of stamina
- ▶ Poor concentration
- ▶ Rapid mood changes
- ▶ Easily frustrated
- ▶ Disturbs other children

Conners' Global Index Rating:

0 = not at all

1 = a little

2 = quite strong

3 = very strong

Diagnosis

Criteria according to DSM IV

- ▶ Inattention
- ▶ Hyperactivity or passivity
- ▶ Impulsivity

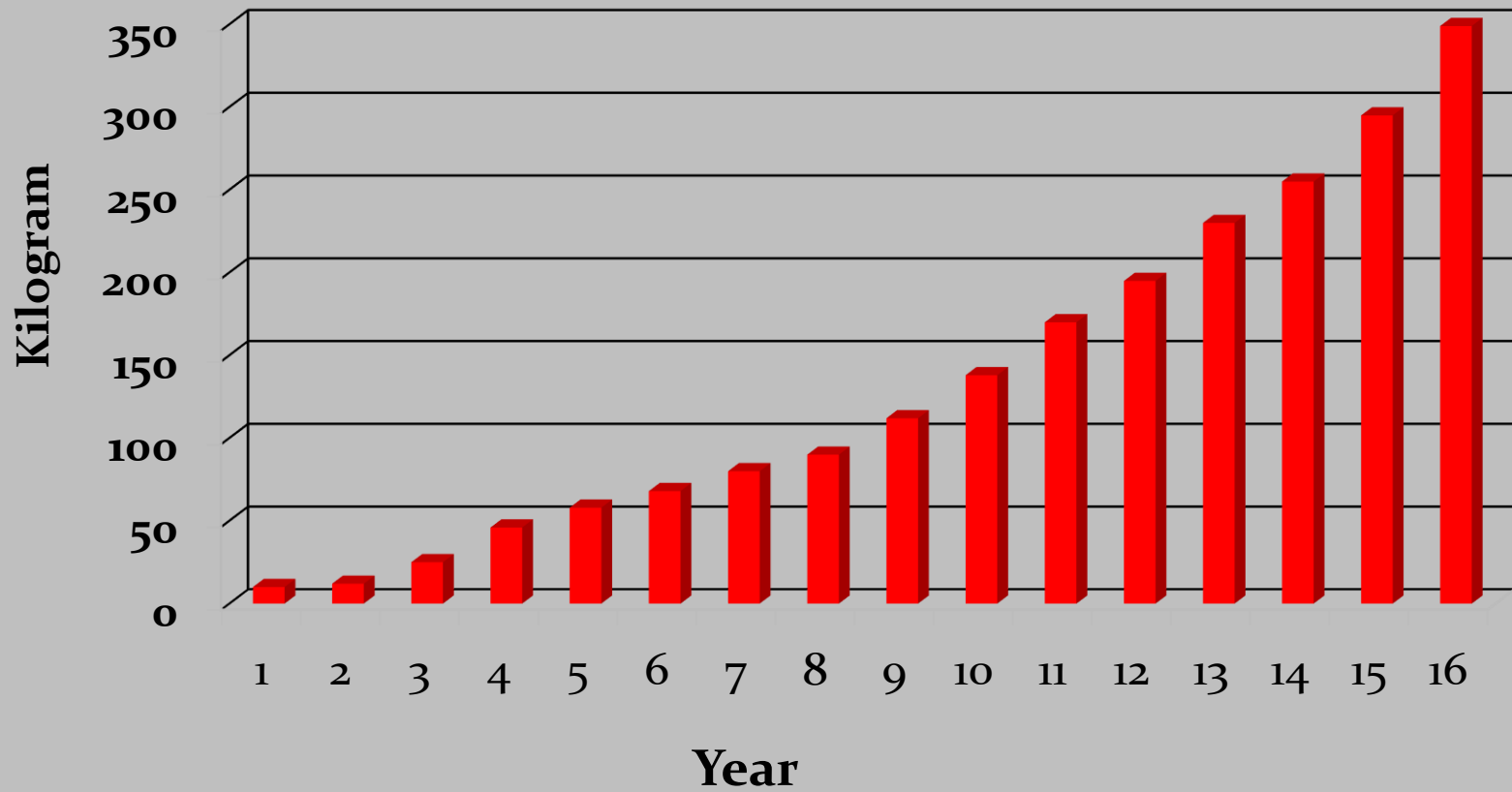
Begin before age 6 years

Minimal duration 6 months

Disturbance in at least two settings (Family, School)

Prevalence: 5-11% of all children, 80% boys

Methylphenidate consumption in Switzerland 1996 -2011



Alternative Treatments

- ▶ Homeopathy
- ▶ Ginkgo biloba
- ▶ Omega-3 and omega-6 fatty acids
- ▶ Others...

Case 1 – an easy patient

- ▶ Twelve year old **Marco G*** is a large, reserved, rather pale, adipose patient with poor muscle tone. He comes to our clinic due to his impulsivity, restlessness, irritability and fearfulness of anything new. The teachers criticize that he is slow and unable to finish anything. Exitement and lack of sleep cause severe headaches.
- ▶ The ADHD is confirmed in a neuropsychological examination. Conners Global Index by parents: 20 points.

* name changed

Checklist Perception Symptoms

High Reliability

- < Strained vision-P
- < Warmth in general - P
- > Uncovering - P
- < Writing: worse - P
- Understanding: difficult – P

Intermediate reliability:

- < Noises
- > Movement-P
- Muscles: flabby - P

P = Polar symptoms

Additional Complaints

- ▶ Mood swings *
- ▶ Overweight
- ▶ Sweating strong
- ▶ Headaches
- ▶ > in open air – P *
- ▶ < lack of sleep *
- ▶ < mental exertion – P *

* Unreliable symptoms in ADHD

Procedure

- ▶ For repertorisation we primarily use the *reliable perception symptoms* .
- ▶ *Symptoms of additional complaints* are included only if the differentiation of remedies by reliable symptoms is insufficient.
- ▶ Repertory: Polarity Analysis Software

M. G.

ADHS

			Lyc.	Calc.	Spig.	Puls.	Sep.	Thuj.	Plat.
Hits			5	5	5	5	5	5	5
Sums			17	15	11	10	12	9	7
Polarity Difference			15	14	9	8	7	7	7
85	< looking, at something close-up, strair	P	4	4	3	2	3	1	1
73	< warmth, in general [worse]	P	2	1	1	4	1	2	2
37	> uncovering [better]	P	4	3	3	2	1	2	2
76	< writing [worse]	P	3	4	1	1	3	1	1
74	understanding, difficult	P	4	3	3	1	4	3	1
5	> looking, at something close-up, strained vision [better]								
90	> warmth, in general [better]		1	1	2	1	2	1	
56	< uncovering [worse]					1	2	1	
2	> writing [better]								
17	understanding, easy		1				1		

Interpretation

- ▶ We have many **remedies** covering all symptoms entered.
- ▶ **Lycopodium** and **Calcium carbonicum** show an outstanding **polarity difference**.

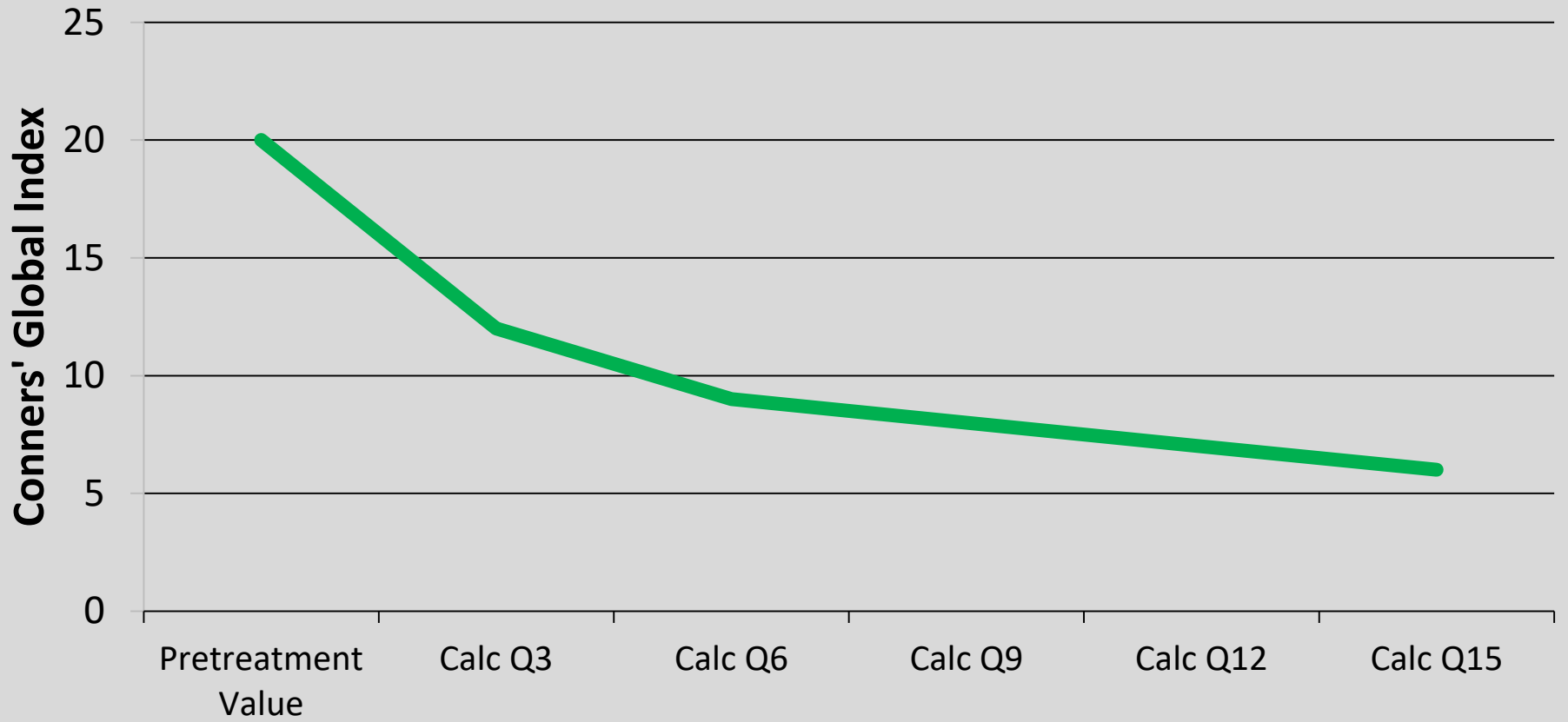
Confirmatory Symptoms for Calc-c

- ▶ Overweight
- ▶ Strong sweating
- ▶ Pallor
- ▶ Flabbiness of muscles
- ▶ Shyness
- ▶ Fearfulness
- ▶ No dictatorial behaviour

Prescription and Progress

- ▶ Marco is given *Calcium carbonicum* Q3 in liquid form, daily.
- ▶ One month later that he concentrates better and can cope with more things at once. The Conners' Global Index (CGI) has dropped from 20 to 12.
- ▶ After another four weeks with *Calc* Q6 the CGI is 9. Family and teachers are impressed.
- ▶ With further *Calc* Q - potencies (9, 12, 15, 18, etc) the CGI drops to 6.

M.G., CGI Improvement under Homeopathic Treatment



Comment

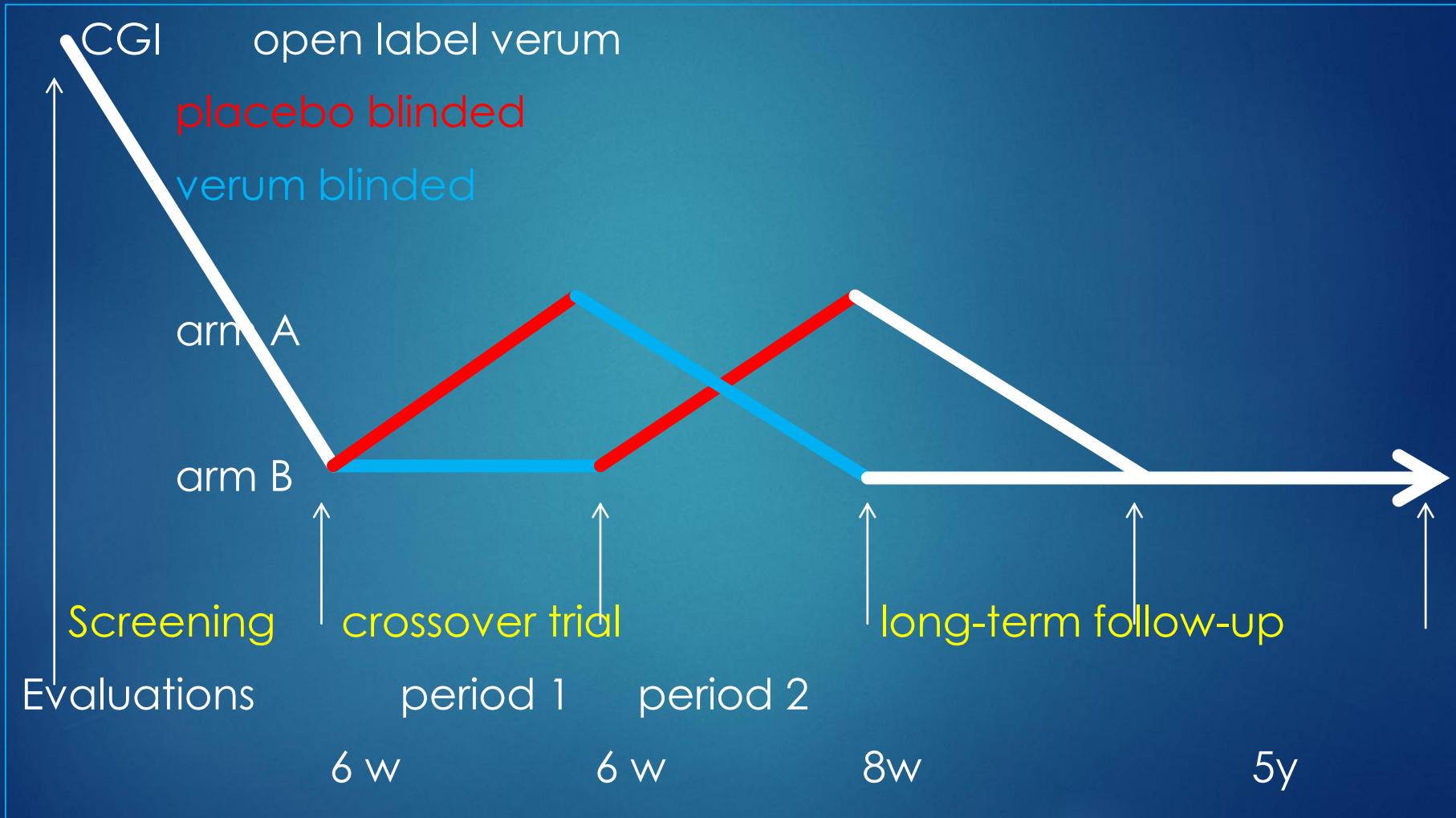
- ▶ In ADHD patients most symptoms the parents report are of a stereotype nature.
- ▶ What is individual is the combination of perception deficits, that differs from child to child.
- ▶ We mainly use them to determine the correct remedy.





Homeopathic Treatment of
Children with ADHD: a
Randomized, Doubleblind,
Placebo Controlled Trial
2001-2005

Study Design



Opinions in the study team...



NO PLACEBO



PLACEBO

Outcome Parameters

Primary

- ▶ Conners' Global Index

Secondary

- ▶ Conners' Parent Rating Scales (CPRS)
- ▶ Conners' Teacher Rating Scales (CTRS)
- ▶ Subtests K-ABC (visual perception)
- ▶ TAP (computerised test for divided attention)

Results

CGI Improvement in Screening Phase

70 of 83 patients (84%) reach an improvement of > 50% within 5 months (range 1-18 mts)

CGI before treatment	19 (15-25)
CGI at end of Screening - Phase	8 (4-15)
Improvement	58%

Cognitive Improvements in Screening Phase

Visual perception (K-ABC)	10%	p=0.0001
Impulsivity (Go/No Go)	104%	p=0.0001
Divided attention	44%	p=0.0001

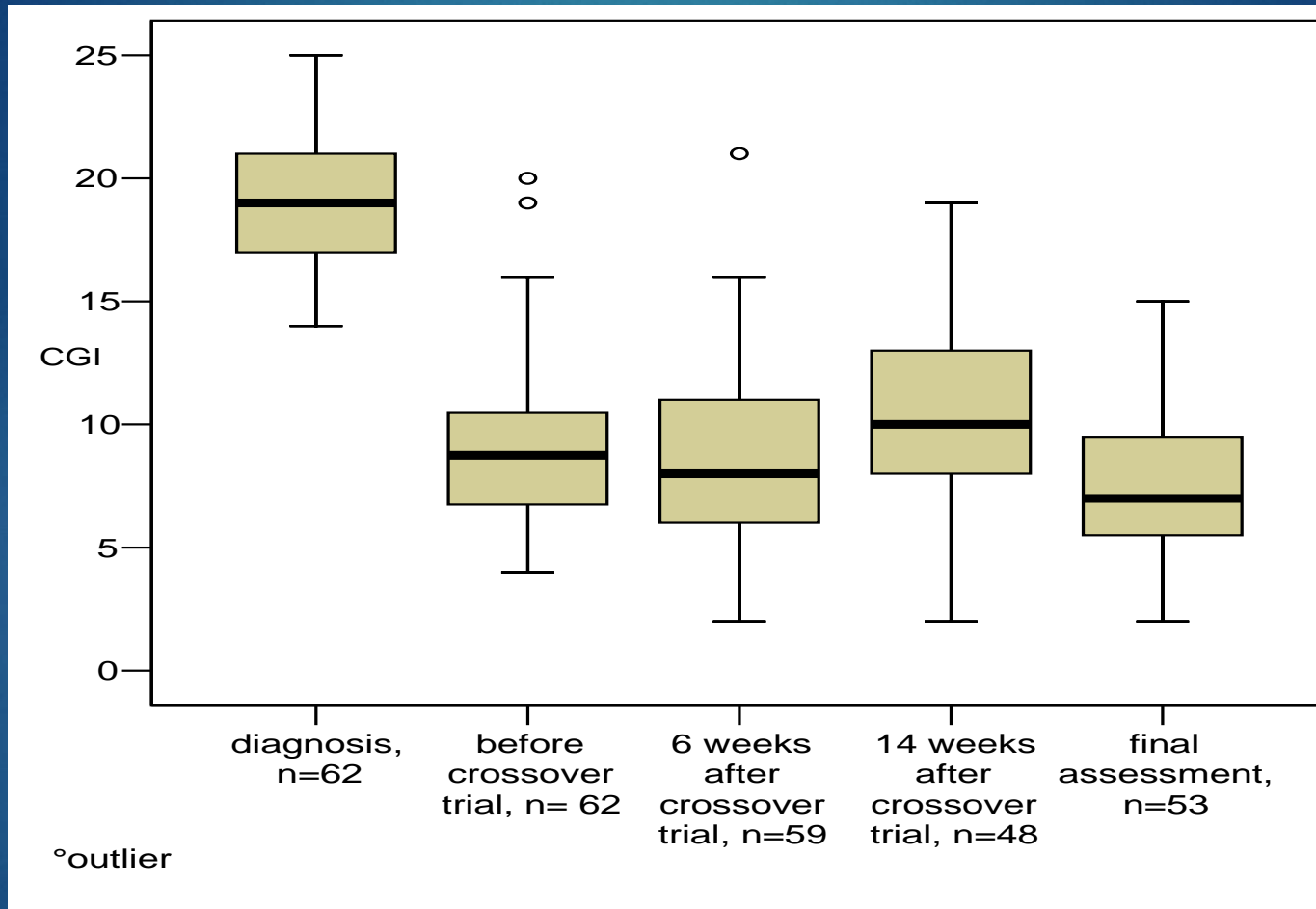
Difference between optimal and suboptimal Prescriptions in Screening Phase

	Suboptimal	Optimal
CGI change per month	-0.53	-4.50
Significance	p=< 0.0001	

Difference between Placebo and Verum in Crossover Trial

1.67 points
 $p = 0.0479$

CGI Course First 18 Months



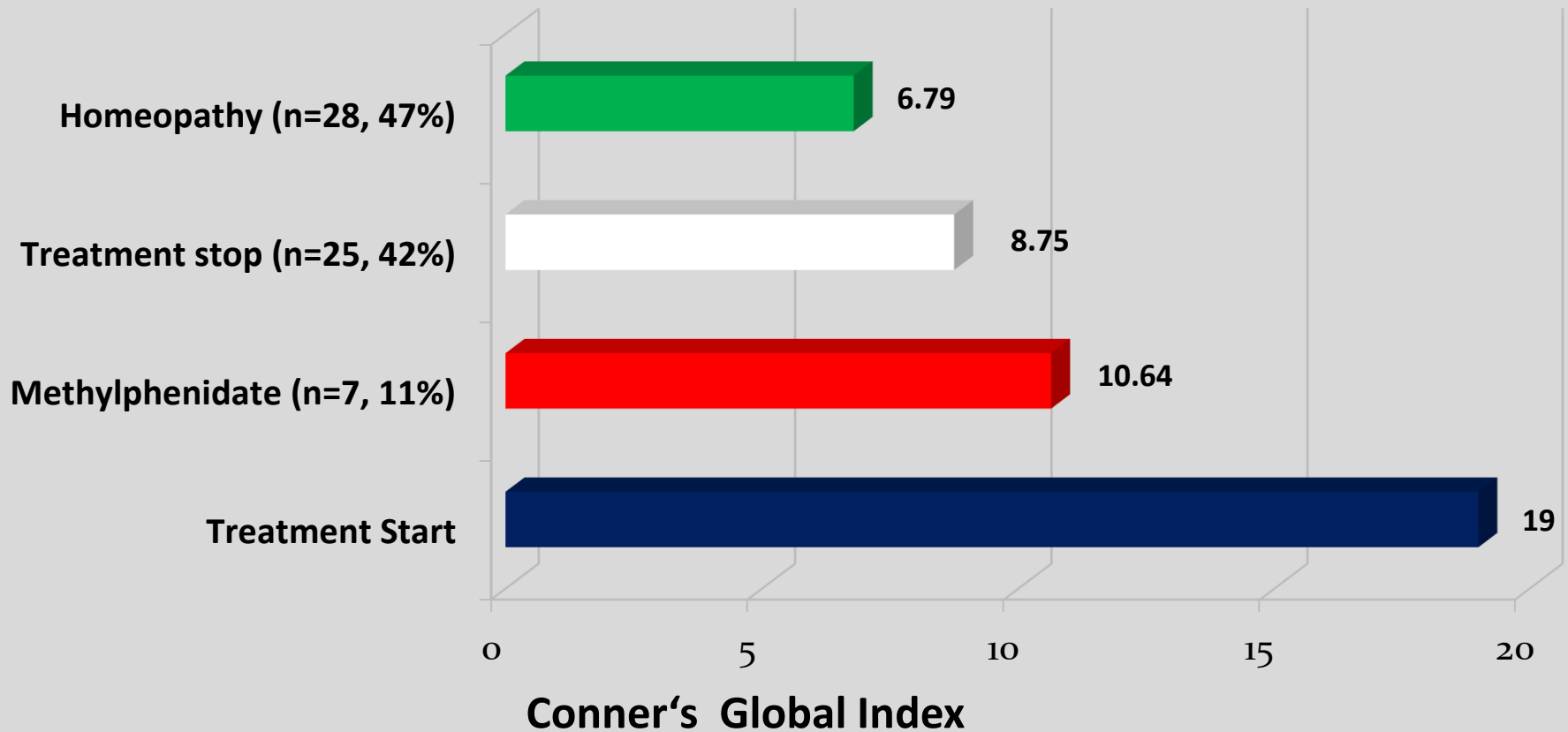
CPRS: Parents Rating 18 Months after Treatment Start

Behaviour	43%	P = 0.0001
Learning / Attention	37%	p = 0.0001
Psychosomatic Symptoms	47%	p = 0.0004
Impulsivity / Hyperactivity	42%	p = 0.0001
Shyness / Anxiety	40%	p = 0.0001
Conners Global Index	42%	P = 0.0001

CTRS: Teachers Rating 18 Mts after Treatment Start

Behaviour	36%	p=0.0347
Impulsivity / Hyperactivity	28%	p=0.1932
Passivity	31%	p=0.1184
Conners Global Index	31%	p= 0.0561

State of ADD/ADHD Treatment 5 years after RCT-Start CGI-Longtime values (n=60)



Conclusions

- ▶ Effects of homeopathy are *not* placebo effects.
- ▶ We observe highly significant improvements of perception parameters.
- ▶ In the long-term patients reach an improvement of 63% of the initial symptom intensity.
- ▶ After stopping long term treatment the improvement goes slightly back to 53%, where it remains stable.

European Journal of Pediatrics (2005), 164: 758-767

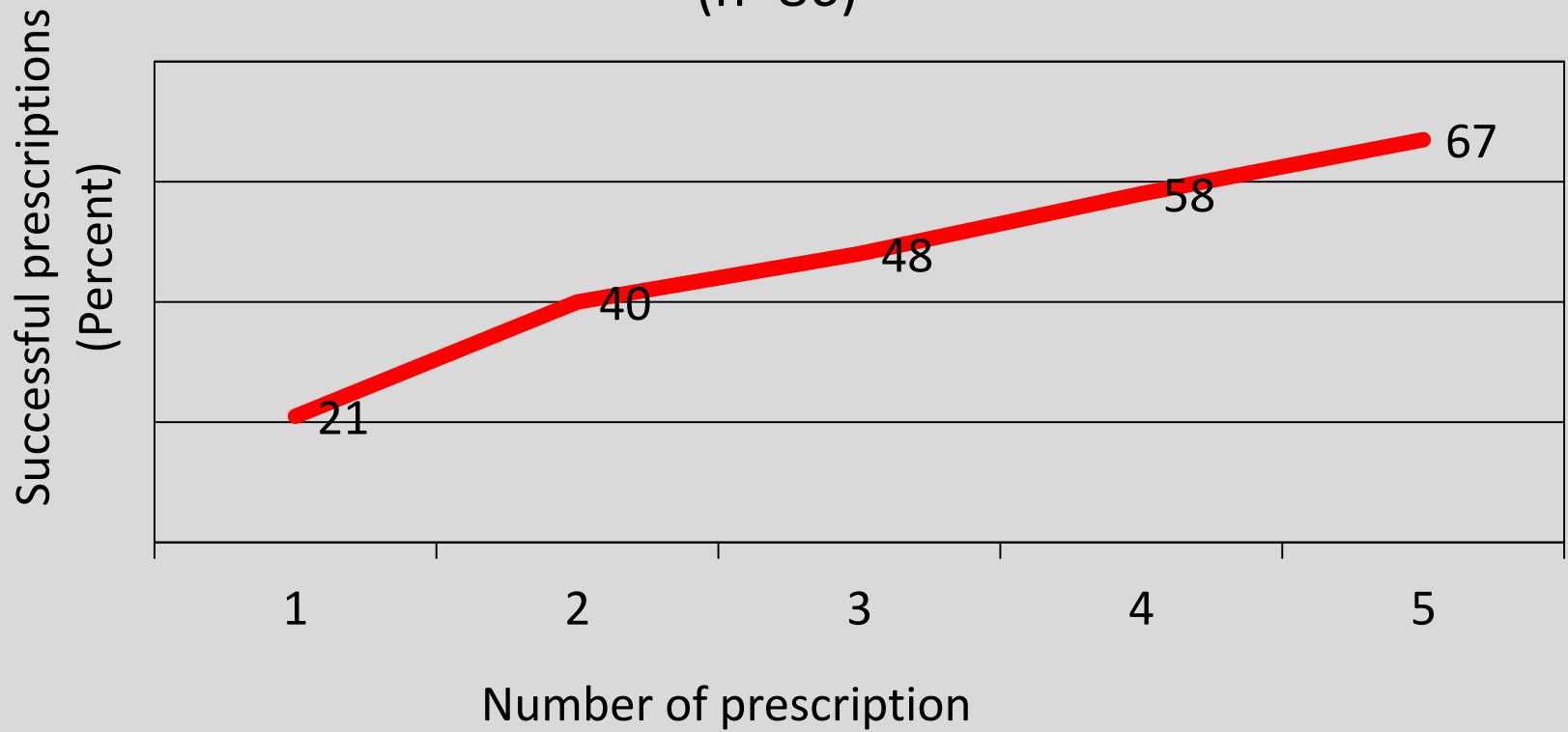
Frei H, Everts R, von Ammon K, Kaufmann F, Walther D, Hsu-Schmitz SF, Collenberg M, Fuhrer K, Hassink R, Steinlin M, Thurneysen A:
Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomized double blind placebo-controlled trial with crossover.

www.heinerfrei.ch → English → Publications



The Evolution of Polarity
Analysis from the
ADD/ADHD study and the
precision it offers in remedy
selection

Conventional homeopathic treatment in ADHD/ADD (n=86)



Why?

77 unreliable symptoms in an analysis of 100 cases

- ▶ Mind symptoms and their modalities 44
- ▶ General modalities and needs 11
- ▶ Perception symptoms 4
- ▶ Musculoskeletal symptoms 6
- ▶ Nutrition (desires, aversions, modalities) 6
- ▶ Weather and climate modalities 6

Consequence Nr. 1

- ▶ Do **not** use the ordinary complaints for repertorisation:
In ADD/ADHD patients they are non-specific.



What is the basic problem in
ADD/ADHD ?

Perception Disorders

- ▶ Visual
- ▶ Hearing
- ▶ Tactile
- ▶ Balance
- ▶ Sensitivity to temperature
- ▶ Taste
- ▶ Smell

- ▶ Oversensitive or insensitive to perceptual stimuli



- ▶ Missing selection



- ▶ Inadequate reaction

Consequence Nr. 2

Find symptoms related to perception!

Checklist Perception Disorders

Polarity Analysis Checklist for Perception Disorders

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Name of Patient _____

Date _____

For a homeopathic remedy determination we need to know exact symptoms. Please note in the field below what you find most striking.

Mainsymptoms

Now mark on this side **between 8 and 16 important symptoms** that pertain to the perception disorder. Symptoms are changes when the patient is not well. They differ from the healthy state.

Reliable Symptoms	Interpretation
Light (bright) aggravates	Over-sensitivity to bright light
Looking, eyes strained, aggravates	Irritability after media consumption (TV/PC)
Reading aggravates	Dislikes reading, tires quickly
Talking aggravates	Slow speech development, speech disturbances
Touch aggravates	Dislikes touch
Warmth in general aggravates	Irritability in warm environment
Warmth of Room/Stove aggravates	Irritability in overheated room
Uncovering ameliorates	Uncovers or takes off clothes often
Cold in general aggravates	Feels cold easily
Uncovering aggravates	Covers himself or wraps up warmly
Aversion against movement	Laziness
Writing aggravates	Writes/draws in cramped way, tires easily
After waking up, aggravates	Irritability after waking up
Before falling asleep, aggravates	Irritability in the evening, before sleep
Understanding difficult	Grasps complex issues only slowly
Sadness	Downcast, weepy
Irritability	Aggressive, fits of rage
Less reliable Symptoms	
Noise aggravates	Irritated by noise of others
Smell sensitive	Intolerant of smells
Taste diminished	Adds spice to everything
Travelling in car aggravates	Nausea/headaches while being driven in a car
Movement ameliorates	Restlessness/irritability improved by sports
Memory weak	Easily forgets things just learned
Muscles tense (must be confirmed by physician)	Basic muscle tone high
Muscles flabby (must be confirmed by physician)	Basic muscle tone low

56

Mind
Mood swings
Sulky
Serious
Fearful
Compulsive ideas
Proud, arrogant
Nasty
Jealous
Greedy, stingy
Brash, cheeky, rude
Dictatorial (Kent, Mind, p. 28)*
Dislike washing themselves

Modalities of mind
Mental exertion: worse
Being alone: worse
Being with people: worse
Darkness: worse
Being in a room full of people: worse
Strangers: worse
Being consoled: worse
Afraid: worse
Upset: worse
Annoyed: worse
Angry: worse
Lack of sleep: worse

Motor phenomena dependent on mind
Stammering (Kent, Mouth, p. 356)*
Grinding teeth (Kent, Teeth, p. 368)*

Performance
Mistakes in arithmetic (Kent, Mind, p. 52)*
Slowness (Kent, Mind, p. 65)*

Fresh air / movement
Fresh air: desire for / aversion to
Fresh air: worse
Walking in fresh air: better
Physical exertion: better
Involuntary movements (tics)

Touch
Pressure of clothes: worse
Combing hair: worse
Touch: better
Rubbing / massaging: better

Weather / phases of moon
Cold wet weather: worse
Autumn: worse
Winter: worse
Windy weather: worse
Change of weather: worse

Full moon: worse
New moon: worse

Eating / Drinking
Disgust
Desires sweet things
Desires salty things
Desires milk
Midday: worse
Hunger: worse
Sweet things: worse
Milk: worse

After eating: better
After drinking: better

4) Write here any symptoms not listed so far that you have noticed in your child:

Instructions for the homeopath

1. Repertorise *only* with the *polar symptoms* on page 1 to generate a list of likely remedies.
2. Use the symptoms on page 2 *only* for the subsequent *materna medica* comparison of likely remedies. It can be misleading to include the symptoms on page 2 in the repertorisation.
The exceptions to this rule are the following symptoms from page 2, which – if present – can be included in the repertorisation: *Stammering, Grinding teeth, Mistakes in arithmetic, Slowness*.
3. * These symptoms are **not listed** in *Boenninghaus's Therapeutic Pocket Book*. See instead *Kent's Repertorium Generale*, English edition, J. Künzli, editor, Barthel and Barthel Publishing, New York, 1990, ISBN 3-88950-074-9, or another version of *Kent's Repertory*.

Recommended resources for polarity analysis:

- Repertory: George Dimitriadis (ed), *The Boenninghaus en Repertory: Therapeutic Pocket Book Method*, Sydney: Hahnemann Institute, 2000, ISBN 0-646-39694-3
- Software: www.boenninghaus.de
- Textbook: Heiner Frei, *Polarity Analysis in Homeopathy: A Precise Path to the Simillimum*, Kadmery: Narayana Publishers, 2013

Consequence Nr. 3

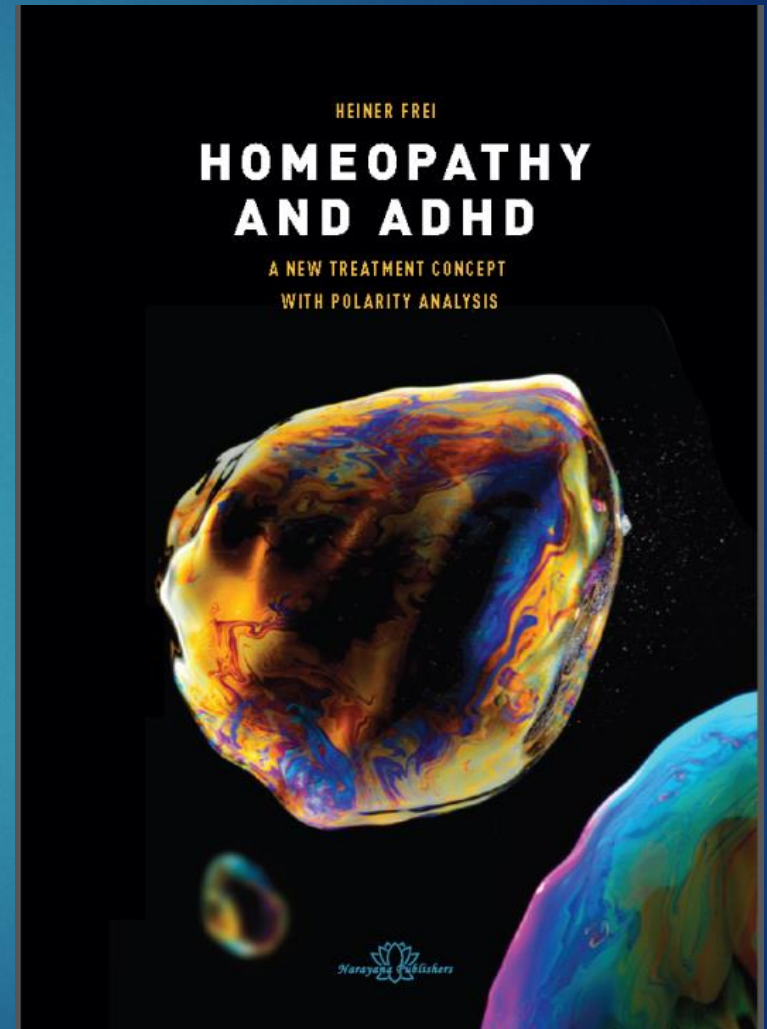
- ▶ Use if possible **only highly reliable symptoms** for repertorisation.

Tools

- ▶ Polarity Analysis Software
- ▶ <http://polarity-analysis.com>

- ▶ Checklists
www.heinerfrei.ch

- ▶ Frei H, Homeopathy and ADHD, Narayana Publishers, Kanderndorf 2015.



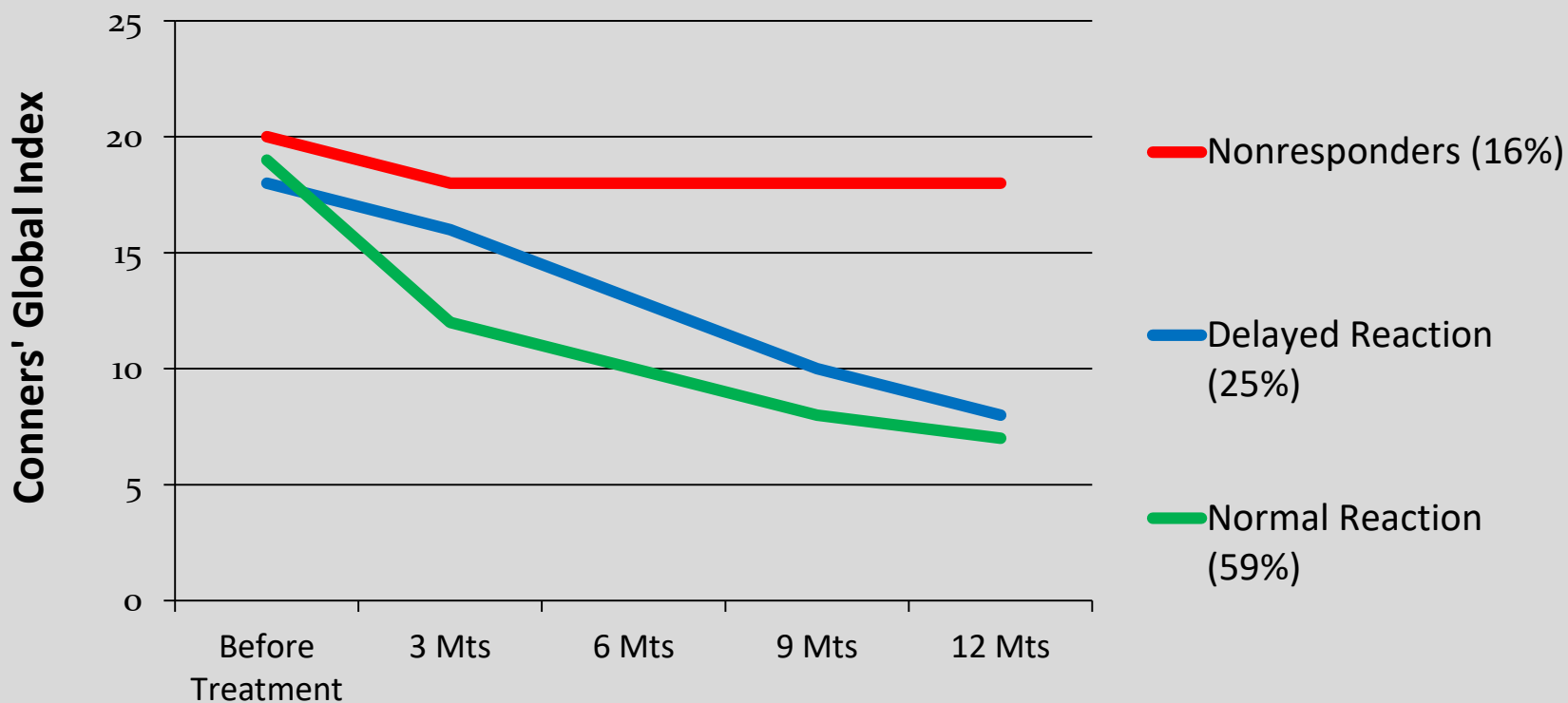
Practical Procedure: 1st Consultation

Preparation of casetaking

- ▶ Case history
- ▶ Examination of the patient
- ▶ Explaining treatment
- ▶ Explaining checklists
- ▶ *What can be expected from homeopathic treatment?*

Responders, Improvement, Time

**Homeopathic Treatment of ADD/ADHD
Responder Types (n=83)**



2. Consultation

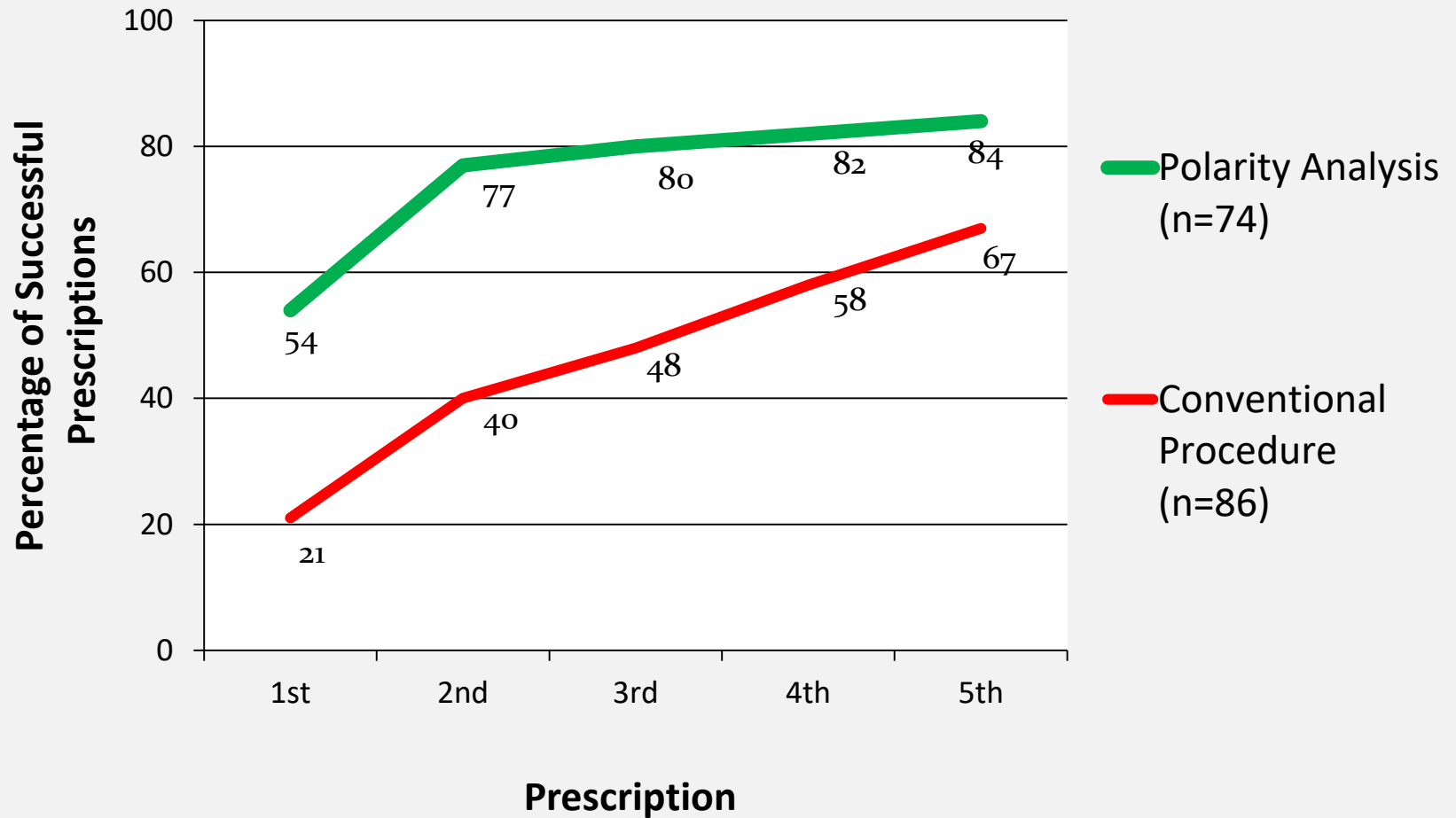
Casetaking after preparation of checklist

- ▶ Discuss symptoms (if necessary)
- ▶ Repertorisation
- ▶ Discuss result of repertorisation (unclear symptoms)
- ▶ Look for confirmatory symptoms
- ▶ Select remedy

Confirmatory Symptoms


- ▶ Calc-c. Pallor, flabby muscle tone, sweat, late teething, anxiety
- ▶ Lyc Dictatorial, lack of self-confidence, poor socialisation
- ▶ Sulf Robust person, skin problems
- ▶ Nux-v. Sensitivity to cold, ambitious, stresses himself, choleric
- ▶ Phos Very sociable, likes to be “centre stage”
- ▶ Sepia Withdrawal, indifference, < consolation, > physical effort
- ▶ Ign Sensitivity, sorrow, anxious expectations
- ▶ Nat-m. Introverted, easily offended, < consolation, recalls insults
- ▶ Cham Angry, aggressive, hitting others, extremely irritable
- ▶ Sil Sensitivity to cold, < consolation, shy, stubborn
- ▶ etc.

Effect of Polarity Analysis on ADD/ADHD Treatment Results



Case 2: Correct judging the treatment effects

- ▶ 9-year old Matt is fidgety and sometimes completely passiv. His attention span is short, the thinking slow and the memory weak, especially concerning abstract matters. Due to dyslexia he receives special teaching at school.
- ▶ Since early childhood he is anxious and lacking self confidence, but at home he can be very dictatorial towards mother and brother, especially since his parents separated three years ago.

- 
- ▶ The ADHD-diagnosis is confirmed by a neuropsychological examination.
 - ▶ CGI-Rating by the mother: 17 points (mild ADHD).
 - ▶ Examination: Slim patient with dark hair and skin, slightly underweight. Nothing else.

Checklist

High reliability

- < Strained vision-P
- < Reading-P
- < Touch-P
- < Warmth in general-P
- > Uncovering-P
- < Writing-P
- < Before sleep-P
- Understanding difficult-P
- Irritability-P

Intermediate reliability

- Sense of smell sensitive-P
- < Noise
- Sense of taste diminished
- Memory weak

Tipp 1

- ▶ When ever possible we make the repertorisation with highly reliable symptoms only.

M. A.

ADHD

			Lyc.	Calc.	Sep.	Puls.	Carb-v.	Sulph.	Nux-v.	Phos.	Ign.	Bry.	Asar.
Hits			9	9	9	9	9	9	9	9	9	9	9
Sums			32	27	24	22	18	23	21	20	20	18	15
Polarity Difference			26	22	18	16	16	14	14	13	13	13	12
85	< looking, at something close-up, strair	P	4	4	3	2	3	2	1	3	2	1	1
69	< reading [worse]	P	3	4	1	2	1	3	3	3	2	2	2
73	< warmth, in general [worse]	P	2	1	1	4	1	2	1	1	1	1	2
37	> uncovering [better]	P	4	3	1	2	1	2	1	2	2	1	2
76	< writing [worse]	P	3	4	3	1	2	2	3	2	2	1	1
99	< sleep, before; while falling asleep [w	P	5	5	4	4	4	3	2	4	3	5	1
74	understanding, difficult	P	4	3	4	1	1	2	2	1	3	1	2
64	irritability (anger, aggression)	P	3	2	3	3	2	3	4	3	4	3	3
121	< touch [worse]	P	4	1	4	3	3	4	4	1	1	3	1
5	> looking, at something close-up, strained vision [better]												
2	> reading [better]												
90	> warmth, in general [better]		1	1	2	1	2	3/CI	4/CI	2	3/CI	2	1
56	< uncovering [worse]				2	1			3/CI	1	1	1	1
2	> writing [better]												
1	> sleep, before; while falling asleep [better]												
17	understanding, easy		1		1			1		1			
37	mildness		3			4(CI)		3			3		1
42	> touch [better]		1	4/CI	1			2		3/CI		2	

Interpretation

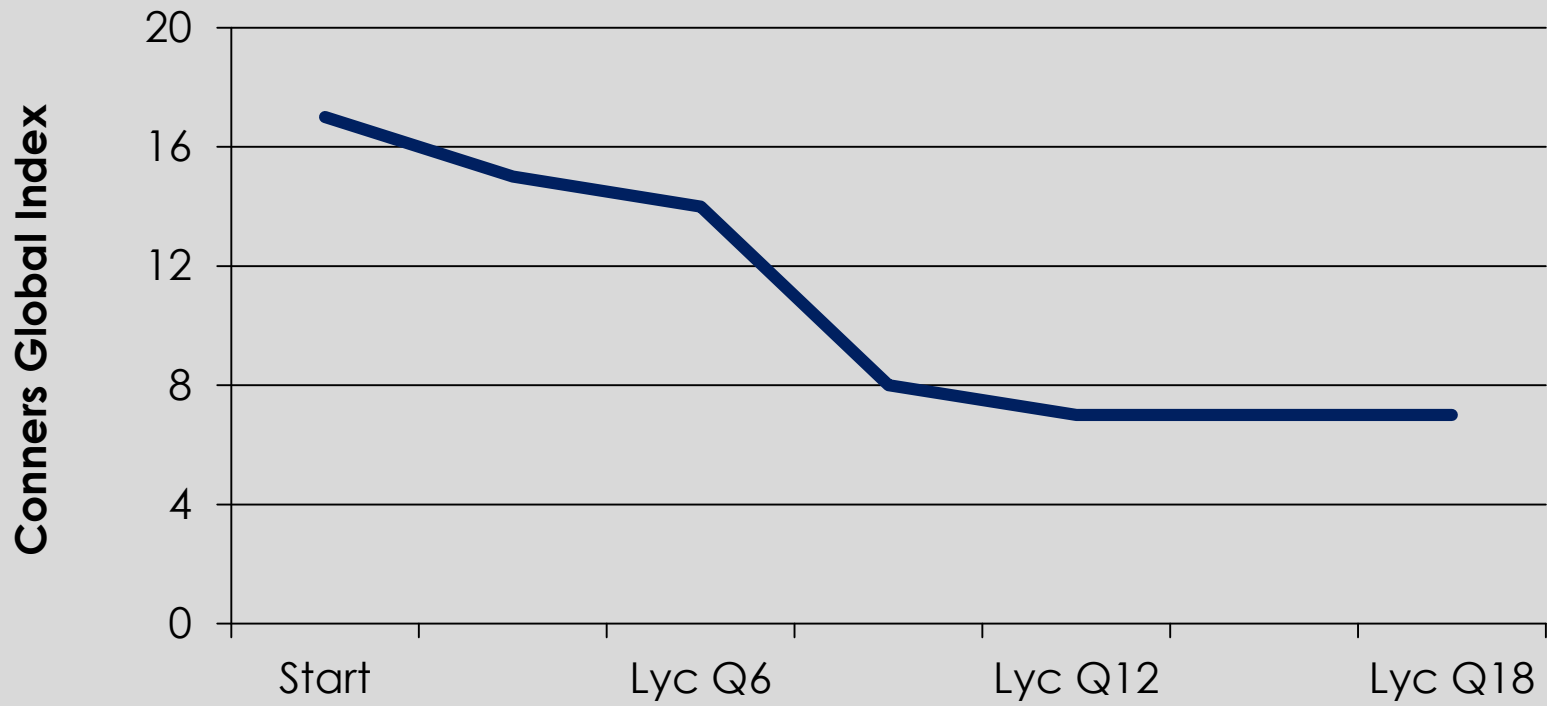
- ▶ Seven remedies cover all symptoms, four of them have contraindications. *Lycopodium* is the favorite due to its high polarity difference.
- ▶ The additional symptoms abdominal pain when skipping a meal and the aggravation after 5 p.m. also fit *Lycopodium* well.



Remedy and Progress

- ▶ Matt receives **Lycopodium Q3** daily.
- ▶ After 4 weeks he does better in school, his reading has considerably improved, he even reads books, what he never did before. And in conflict situations he calms down faster than usual. But his CGI dropped only two points.
- ▶ With **Lycopodium Q6** he has an aggravation over 2 weeks, then he calms down again. He can listen to others now and begins to write a diary. The Conners Index only drops another 2 points.
- ▶ Four weeks after **Lycopodium Q 9** he has become amiable, is much calmer and does very well at school. In the long run his CGI stabilizes at 7 points.

CGI-Improvement under Lycopodium



Comment

- ▶ Ideal case in which the highly reliable symptoms lead directly to the correct remedy.
- ▶ Unusual slow improvement of the CGI (normal improvement with correct remedy is 4 points per months)
- ▶ The verbal communication with the parents clearly reveals that the remedy is correct, despite this slow CGI improvement.
- ▶ We don't change a remedy if there is a continuous improvement from follow up to follow up.

Case 3 – missing cooperation

- ▶ Martin, a 7-year old boy, has been taking Ritalin for the last 12 months. Nevertheless his concentration, memory, fine- and gross motor skills and his self-confidence are poor.
- ▶ The child psychiatrist suggests stopping the medication and starting homeopathic treatment, but the parents are not eager to follow her advice. Finally they turn up in our practice.
- ▶ They rate Martin's CGI at 15.

A Stony Road

- ▶ To the first casetaking they bring nearly empty checklists. I try to find a remedy anyway, and give him first *Lycopodium*, then *Calcium carb.*, *China* and finally *Sulphur* → No effect.
- ▶ Considering to stop this unsuccessful treatment, I urge the parents to finally make an effort and cooperate by closely observing his symptoms.
- ▶ At the next casetaking they report the following:

Checklist Perception Disorders

High reliability

- ▶ Warmth: worse - P
- ▶ Uncovering: better - P
- ▶ Writing: worse-P
- ▶ Understanding difficult - P
- ▶ Sadness - P
- ▶ Irritability - P

Intermediate reliability

- ▶ Movement: better – P

The parents major complaint is the young mans behaviour with *fits of rage, hitting, screaming and throwing around objects.*



M. C.

ADHD

		Calc.	Lyc.	Cham.	Sep.	Asar.	Ign.	Sulph.	Nux-v.	Chin.	Bry.	Puls.	Nit-ac.	Phos.	Aur.	Nat-m.	Acon.	M-arc.
Hits		6	6	6	6	6	6	6	6	6	6	6	6	6	6	5	5	5
Sums		15	19	14	14	11	16	13	13	10	9	14	6	10	11	16	14	10
Polarity Difference		14	12	11	9	8	7	6	6	6	6	5	5	3	1	11	10	8
73	< warmth, in general [worse]	P	1	2	2	1	2	1	2	1	1	4	1	1	1	2	1	2
37	> uncovering [better]	P	3	4	2	1	2	2	2	1	2	1	2	1	2		3	3
76	< writing [worse]	P	4	3	1	3	1	2	2	3	2	1	1	2	1	5	2	
74	understanding, difficult	P	3	4	2	4	2	3	2	1	1	1	1	1	2	2		1
64	irritability (anger, aggression)	P	2	3	4	3	3	4	3	4	2	3	3	1	3	4	3	4
61	sadness (dejection, inclined to weep)	P	2	3	3	2	1	4	2	2	2	3	1	1	2	4	4	1
90	> warmth, in general [better]		1	1	1	2	1	3/CI	3/CI	4/CI	2	2	1	1	2	3/CI	1	3/CI
56	< uncovering [worse]				2	2	1	1		3/CI	2	1		1	3/CI	2	1	
2	> writing [better]																	
17	understanding, easy			1	1			1						1				
37	mildness			3		1	3	3				4(CI)			1	1		2
42	cheerfulness, happiness			2			2					3		3/CI	3/CI	1		

Interpretation

- ▶ Fourteen remedies cover everything, eight have no contraindications, among them Lyc and Calc-c which he has already taken.
- ▶ The fits of rage seem to fit Chamomile well. Sepia and Nat-mur are less probable because he accepts consolation when sad.
- ▶ Asarum or Magnetis polus arcticus could be the second choice.

Treatment and Progress

- ▶ Martin receives *Chamomilla Q3*.

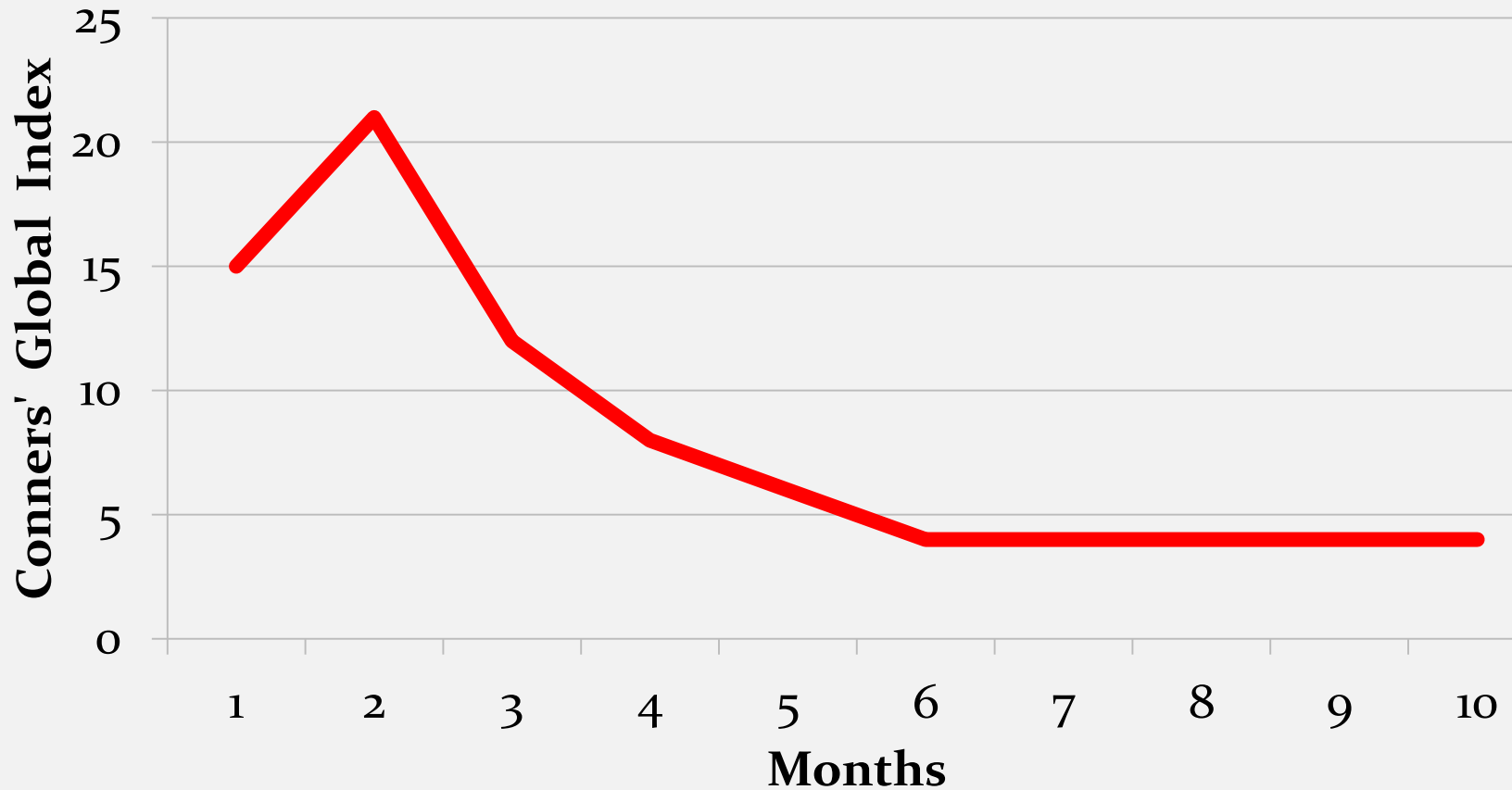
The result is a catastrophe: Hyperactivity and irritability increase massively and the CGI rises to 21.

- ▶ My last try is *Magnetis polus arcticus Q3* which not rarely resolves difficult situations...

Further Progress

- ▶ Martin is given M-arc Q3.
- ▶ After a month he is doing well, no fits of rage anymore, and his CGI has dropped to 12.
- ▶ With higher Q potencies of M-arc the CGI drops to 4 and remains stable at this level. Observation time: 2 years.

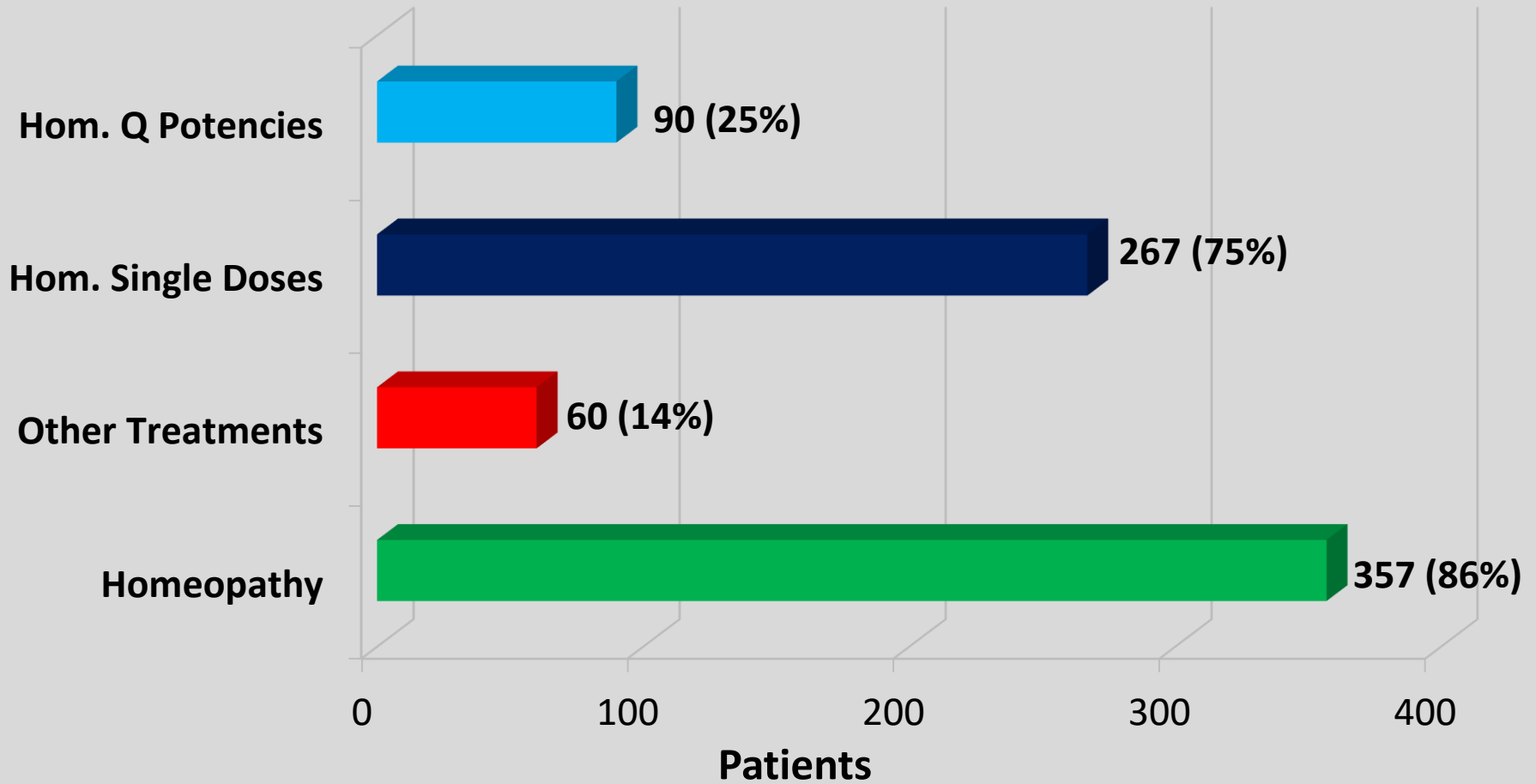
CGI Improvement with M-arc



Comment

- ▶ Unlike conventional medicine homeopathy functions only as teamwork between patient/parents and homeopathic physician.

ADD/ADHD-Treatments in our Practice in 2012 (n=417)



Case 4 - homeopathy and intelligence

- ▶ Five year old Alina is a restless, blond girl who finds it difficult to pay attention to anything. She is talkative, easily offended, and frequently falls into fits of rage with hitting others. Noise is unbearable to her, and she dislikes to be touched. When upset she gets severe abdominal cramps.
- ▶ A neuro-psychological assessment confirms the diagnosis of ADHD, and reveals an IQ of 79. Her mother rates the CGI with 17 points.

Checklist Perception Disorders



High Reliability

< Touch – P

< Cold – P

> Wrapping up warmly –P

< After sleep – P

Sadness – P

Irritability – P

Intermediate reliability

< Noise

Weak memory

Low reliability

Tics (involuntary tongue movements)

Stammering

< Worry (abdominal pain)

< Being alone – P

Hopelessness

The Questionnaire for Additional Complaints is returned empty.

Repertorisation

- ▶ We first repertorise only reliable polar symptoms → 22 remedies cover everything, 12 of which have no contraindications.
- ▶ Then we add *noise aggravates* and *weak memory* → 8 remedies remain, 5 of which have no contraindications.
- ▶ With the symptom *involuntary movements* (Tics) → we narrow it down to Belladonna, Sepia and Ignatia.
- ▶ *Stammering* (Kents repertory) leaves us with **Belladonna** and **Sepia**.

A. S.

ADHD

			Bell.	Acon.	Sep.	Aur.	Ign.	Cham.	Stram.	Con.	Merc.
Hits			9	9	9	9	9	8	8	8	8
Sums			27	23	23	18	25	21	21	20	14
Polarity Difference			13	12	10	9	8	12	10	10	10
121	< touch [worse]	P	4	3	4	1	1	4	3	1	2
90	< cold in general [worse]	P	3	3	2	3	3	1	2	3	1
56	> warmly, from wrapping up [better]	P	2	1	2	3	1	2	2	3	2
111	< sleep, after waking up [worse]	P	3	1	4	2	4	3	3	3	4
61	sadness (dejection, inclined to weep)	P	3	4	2	2	4	3	2	2	1
64	irritability (anger, aggression)	P	3	4	3	4	4	4	2		2
43	< noises [worse]		3	4	3	1	3	3		3	1
60	memory, poor, weak		4	2	2	1	2		3	3	1
32	movements, involuntary (tics, tremor, dysto		2	1	1	1	3	1	4	2	
42	> touch [better]		1		1					1	
73	> cold in general [better]		1	1	1	1	1	2			1
37	< warmly, from wrapping up [worse]			3/CI	1	1	2	2			1
28	> sleep, after; while waking up [better]				4		1	1			
42	cheerfulness, happiness		3			3/CI	2		3/CI	1	
37	mildness					1	3		1		

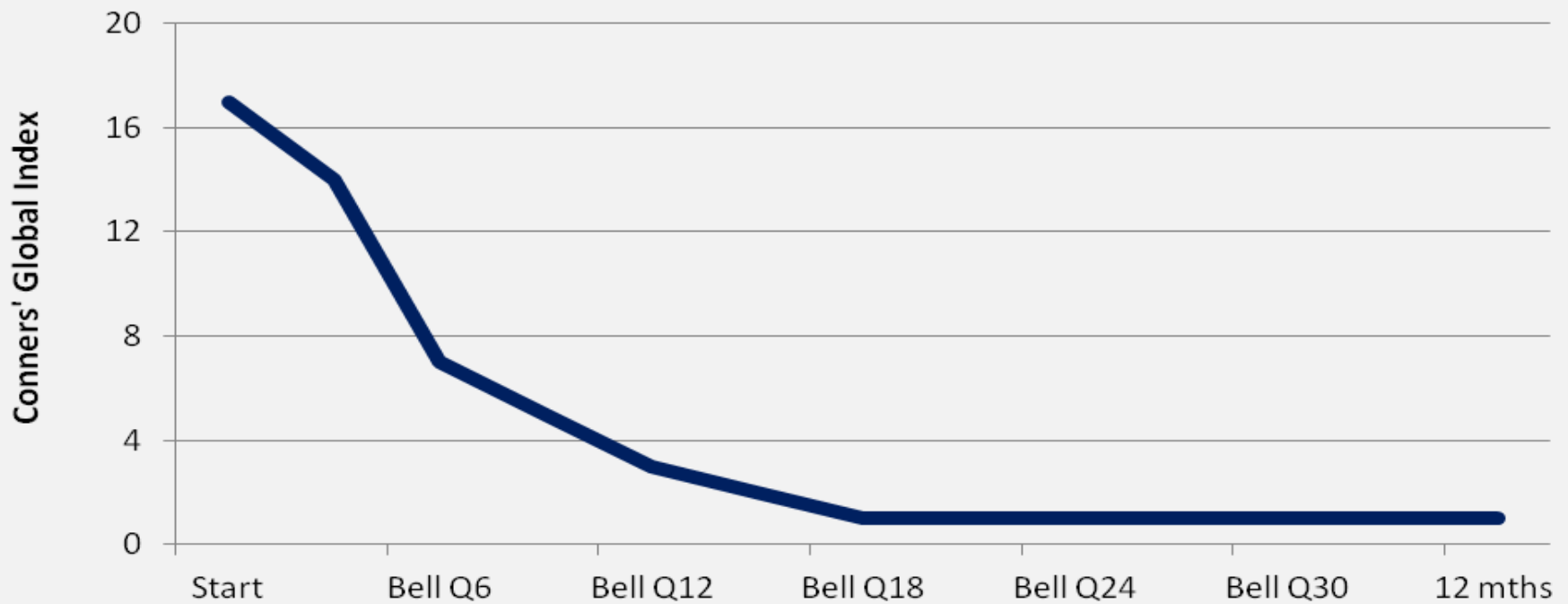
MM-comparison for Belladonna

- ▶ *All senses more acute.*
- ▶ *Excessive nervous excitability, with exalted sensibility of all organs; least noise, least light is annoying.*
- ▶ *Great loquacity.*
- ▶ *Memory impaired; forgets in a moment what he was about to do.*
- ▶ *Melancholy; hypochondriasis; hopelessness. Despair.*
- ▶ *Hysteria, with melancholic mood.*
- ▶ *Disposed to bite and strike those around.*

Prescription and progress

- ▶ Alina is given *Belladonna* Q3 in liquid form, initially every other day, later daily.
- ▶ After a month her mother says that she is doing somewhat better – the child is more restful and the tics have diminished. She rates the CGI at 13.5.
- ▶ With *Belladonna* Q6 there is a very clear improvement in the next month and the CGI drops to 7.
- ▶ In the course of treatment with increasing Q potencies, the CGI drops within a year to 1 .

CGI improvement with Belladonna



Psychological reassessment after 12 Months

“Intelligence in the mid-normal range (IQ=100), clear improvement since the last examination. Partial weak performance in visual and auditory short-term memory, otherwise performance is balanced in the middle to upper normal range. Cooperation, concentration, and stamina good. Speaking almost normal.


The clear improvements in performance and cooperation are certainly largely due to the successful homeopathic treatment.”

Comment

- ▶ If the repertorisation with reliable symptoms leads to a broad differential diagnosis of remedies, we must include further symptoms according to their reliability.
- ▶ Homeopathic treatment can increase an IQ.

Case 5 - the scapegoat

- ▶ Twelve year olds Baran is a tall, slim lad of Serbian descent with enormous behavioural problems. He is stubborn and obstinate, swears, insults other people, is easily offended, and his behaviour tends to be arrogant and dictatorial with outbreaks of rage which often end in fights.
- ▶ Teachers, fellow pupils and even his family fear him.
- ▶ At school, where he attends a special class, he is distracted, slow on the uptake and cannot remember things.

- 
- ▶ As the scapegoat of everyone he is depressed and often says he does not want to live any longer.
 - ▶ The psychiatrist has prescribed Ritalin but this does not improve sufficiently.
 - ▶ Other attempts to help him, such as remedial education remained without any real success.
 - ▶ His mother rates the CGI at 25, which corresponds to severe ADHD.

Checklist Perception Disorders

High Reliability

Understanding difficult – P

Irritability – P

Intermediate reliability

Sense of smell oversensitive – P


> Movement – P

Additional complaints

- ▶ Snoring
- ▶ Painful lymph swellings on the neck
- ▶ Eczema on the face
- ▶ < Wet cold weather
- ▶ < Windy weather
- ▶ < Lack of sleep

Repertorisation

- ▶ Although there are a large number of symptoms, the mother has difficulties to name symptoms of perception, which may be due to her language difficulties.
- ▶ We therefore repertorise everything on the front page of the ADHD questionnaire and arrive at 10 remedies without contraindications.
- ▶ Aurum, Lycopodium and Arsenicum album are the favourites.

- 
- ▶ If we include *painful lymph node swelling* **Aurum** remains without contraindications.
 - ▶ Aurum also fits arrogance, dictatorial behaviour, sensitivity to insults, fearfulness, tics and *suicidal thoughts*.
 - ▶ This last symptom, covered by only seven remedies in the Therapeutic Pocketbook, is tricky and in children we might imagine it corresponds to *hopelessness*.

B. I.

ADHD and Disturbance of Behaviour

			Aur.	Bell.	Puls.	Lyc.	Chin.	Spig.	Calc.	Phos.
Hits			8	8	8	7	7	7	7	7
Sums			20	20	20	24	15	14	15	14
Polarity Difference			10	2	1	7	4	3	2	2
74	understanding, difficult	P	2	2	1	4	1	3	3	1
64	irritability (anger, aggression)	P	4	3	3	3	2		2	3
102	> movement, during [better]	P	4	1	4	4	1	1	1	1
49	smell, hypersensitive	P	4	4	2	4	3	2	2	4
60	memory, poor, weak		1	4	2	4		3	2	1
55	< weather / air, cold and wet [worse]		2	1	2	3	2	2	4	1
27	< weather / air, windy, stormy [worse]		1	2	3	2	3	1		3
19	glands, swelling painful		2	3	3		3	2	1	
17	understanding, easy					1				1
37	mildness		1		4(CI)	3				
126	< movement, during [worse]		1	4/CI	1	1	3/CI	3/CI	2	3/CI
46	smell, lost, weak, diminished		2	4	4/CI	3			4/CI	3

Prescription and Progress

- ▶ Baran is given *Aurum Q3* daily
- ▶ During the first two weeks, his symptoms become slightly more severe, then he improves. After four weeks, the CGI has dropped from 25 to 16, and his mother stopped giving Ritalin.
- ▶ The school asks: *“What have you done with Baran? He's turned into a completely different child!”*
- ▶ As the treatment continues the CGI to 5 points, and aggression and depression completely disappear.

Comment

- ▶ This case was, above all tricky due to the lack of reliable symptoms.
- ▶ It shows that it is possible to select with some luck a proper remedy by going forward step-by-step.

Conclusions

- ▶ Homeopathy is an effective treatment in ADD/ADHD, that changes life from chaotic to normal.
- ▶ 75% of successful treatments with homeopathy alone.
- ▶ Costs 40% of a conventional treatment.



Asperger Syndrome

A similar perception disorder

Key elements

- ▶ Child does not interact with peers, prefers to be alone
- ▶ Avoids eye-contact or hand shaking
- ▶ Can not make smalltalk
- ▶ Does not understand nonverbal signs
- ▶ Lacks empathy
- ▶ Is unable to express feelings
- ▶ Likes ritual stereotype playing
- ▶ Has very special interests

Diagnosis and Prevalence

Diagnosis (ICD 10)

- ▶ Impaired social interaction
- ▶ Stereotype behaviour and special interests
- ▶ Normal speech

Prevalence

- ▶ 2-3 cases in 10'000 children
- ▶ Boys/Girls = 8 : 1

Aetiology

is unclear...

- ▶ Genetic component
- ▶ Selective, detailed perception – but inability to recognize a broader context.

... we conclude

Asperger Syndrome is a PERCEPTION DISORDER
like ADD/ADHD, just a bit different



For homeopathic remedy determination we choose the same
approach as for ADD/ADHD, which is a perception disorder as
well.


Case 6

Iven S., 10 years

- ▶ Minimal Ataxia, Dyspraxia
- ▶ Normal speech development
- ▶ Stereotype playing
- ▶ Prefers to be alone
- ▶ Extreme fits of rage
- ▶ Avoids eye contact
- ▶ Cannot show his feelings, nor react to feelings of others

Diagnosis: **Asperger Syndrome**



- 
- ▶ At school he is socially withdrawn and continues to play on his own. The teachers propose special education or repetition of the third class.
 - ▶ I see Iven with 10 years, after the Asperger diagnosis. In practice he refuses to shake hands and to look at me, and clings to his mother.
 - ▶ We decide to make a comprehensive homeopathic casetaking.
 - ▶ The Conners Global Index (CGI) is 11 points.

CGI Assessment before treatment

Assessment sheet (CGI)	Start	1	2	3	4	5	6
Exitable, impulsive	1-2						
Cries easily, often	1						
Restless, fidgety	1-2						
Always on the go	0						
Destructive	0						
Lack of stamina	2						
Poor concentration	2						
Rapid mood changes	1-2						
Easily frustrated	1-2						
Disturbs others	0						
TOTAL	11						
DATE							
REMEDY							

Checklist Perception Disorders

High reliability

- < Talking-P
- < Writing-P
- < Touch-P
- < Warmth of room-P
- < Before sleep-P
- Understanding difficult-P
- Sadness-P

Intermediate reliability

- < Traveling in a vehicle-P
- < Noises

Additional Complaints

- ▶ Difficulty to fall asleep
- ▶ Fearful dreams
- ▶ Sadness
- ▶ Fearfulness
- ▶ Eczema as small child (past symptom)

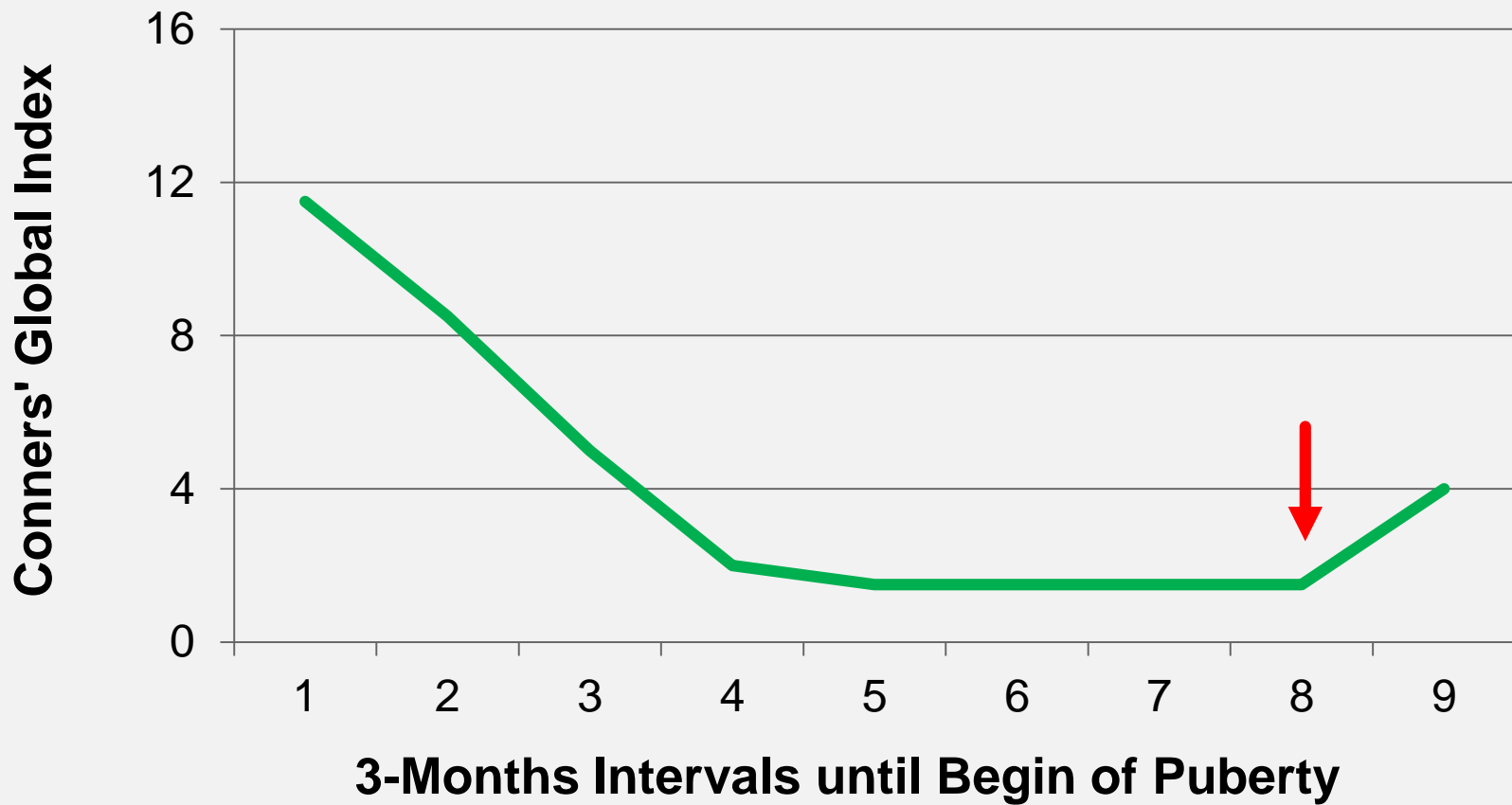
Interpretation

- ▶ Six remedies cover all symptoms. Two of them have contraindications and are discarded.
- ▶ Sepia and Lycopodium are most specific for the patients characteristic symptoms.
- ▶ Iven is not dictatorial which excludes Lycopodium, and he *does not like consolation* when sad, so Sepia is the favorite

Remedy and Progress

- ▶ He receives **Sepia Q 3** in liquid form, daily.
- ▶ After four weeks the mother reports a moderate improvement, he is less irritable, and concentration and stamina have improved somewhat. The CGI has dropped from 11 to 8,5 points.
- ▶ With **further Sepia Q-potencies** it sinks to 1,5 points. The teachers are impressed, and Iven can follow normal school without problems.
- ▶ Two years later he has **an accident (bike against car)**. No injuries. But afterwards he becomes severely irritable, has fits of rage and hits others... The CGI rises to 4 points.

I.S.: CGI improvement under Sepia



Follow Up Remedy

High reliability

- ▶ < Talking-P
- ▶ < Touch-P
- ▶ < Warmth in general-P
- ▶ Understanding difficult-P
- ▶ Irritability-P
- ▶ Sadness-P

Low Reliability

- ▶ < Fright, anxiety, fear
- ▶ < after injury

Iven S.

Asperger Syndrome

			Cham.	Nat-m.	Nux-v.	Lyc.	Hep.	Bry.	Merc.	Sulph.	Calc.
Hits			8	8	8	8	8	8	8	8	8
Sums			22	20	19	21	19	16	12	21	15
Polarity Difference			17	13	11	10	9	9	9	8	8
77	< talking, speaking [worse]	P	3	4	2	2	3	3	1	4	4
121	< touch [worse]	P	4	2	4	4	4	3	2	4	1
74	understanding, difficult	P	2	2	2	4	1	1	3	4	3
64	irritability (anger, aggression)	P	4	3	4	3	4	3	2	4	2
73	< warmth, in general [worse]	P	2	2	1	2	1	1	1	4	1
61	sadness (dejection, inclined to weep)	P	3	4	2	3	1	2	1	4	2
40	< emotions, fright, anxiety, fear [worse]		2	2	3	2	1	2	1	1	1
45	< injuries [worse]		2	1	1	1	4	1	1	3	1
1	> talking, speaking [better]										
42	> touch [better]			1		1	1	2		2	4/CI
17	understanding, easy					1				1	
37	mildness			1		3				3	
90	> warmth, in general [better]		1	1	4/CI	1	4/CI	2	1	3/CI	1
42	cheerfulness, happiness			1		2					

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Interpretation

- ▶ Thirteen remedies cover all symptoms. But eight can be discarded due to contraindications.
- ▶ Chamomile and Natrium muriaticum are up front with highest polarity differences.
- ▶ The fits of rage with hitting strongly indicates **Chamomile**.

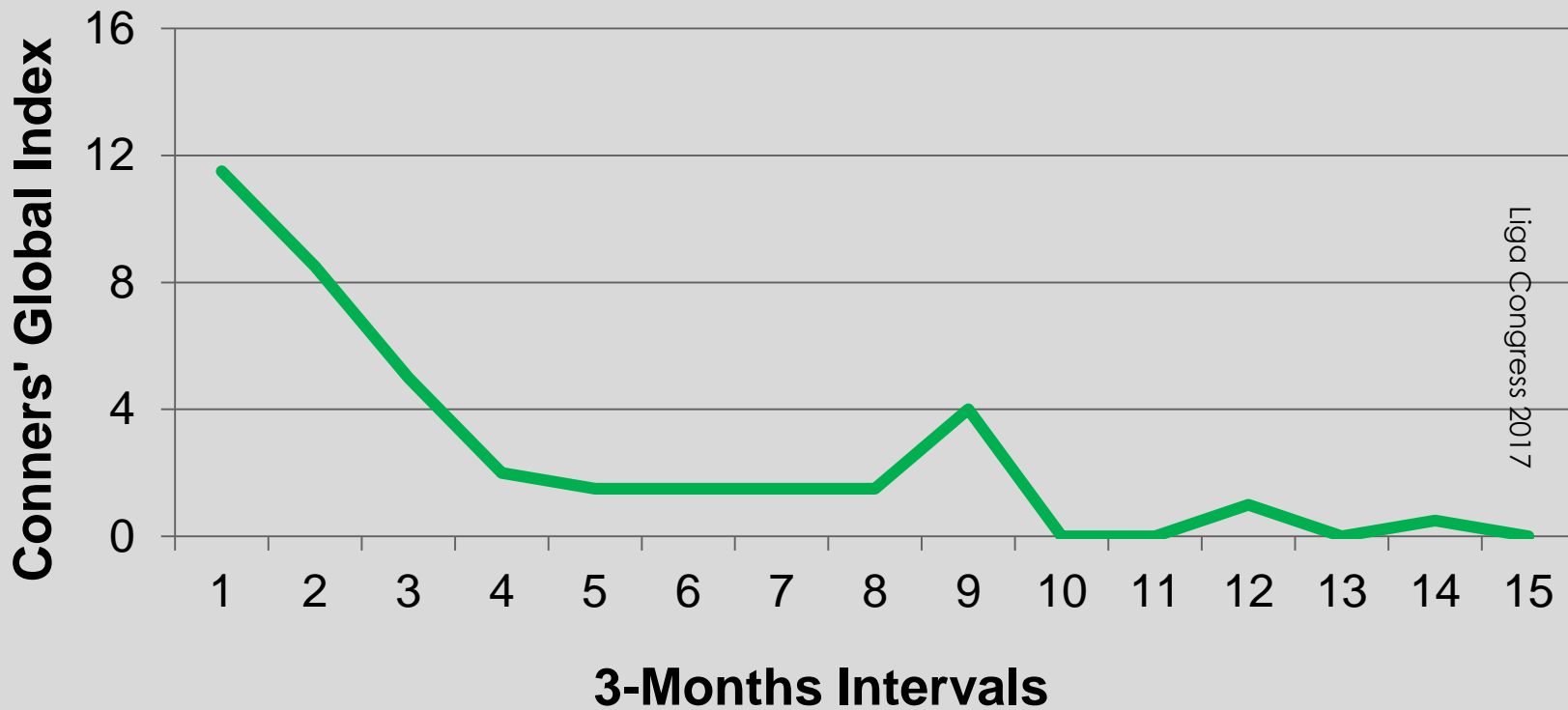
Second Remedy and Progress

We continue treatment with **Chamomile C 200**.

A months later Iven has calmed down, and his CGI dropped to 0.

With further single doses of **Chamomile (M, XM, LM CM)** at monthly intervals he can complete grammar school, and is with 16 years promoted to a higher school level. The CGI stays at 0.

I.S.: CGI improvement under Chamomile



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Comment

- ▶ Perception symptoms are excellent signposts for remedy determination.
- ▶ New symptoms usually require a new remedy.

Iven, 16 years old



CGI in Asperger Patients under Homeopathy

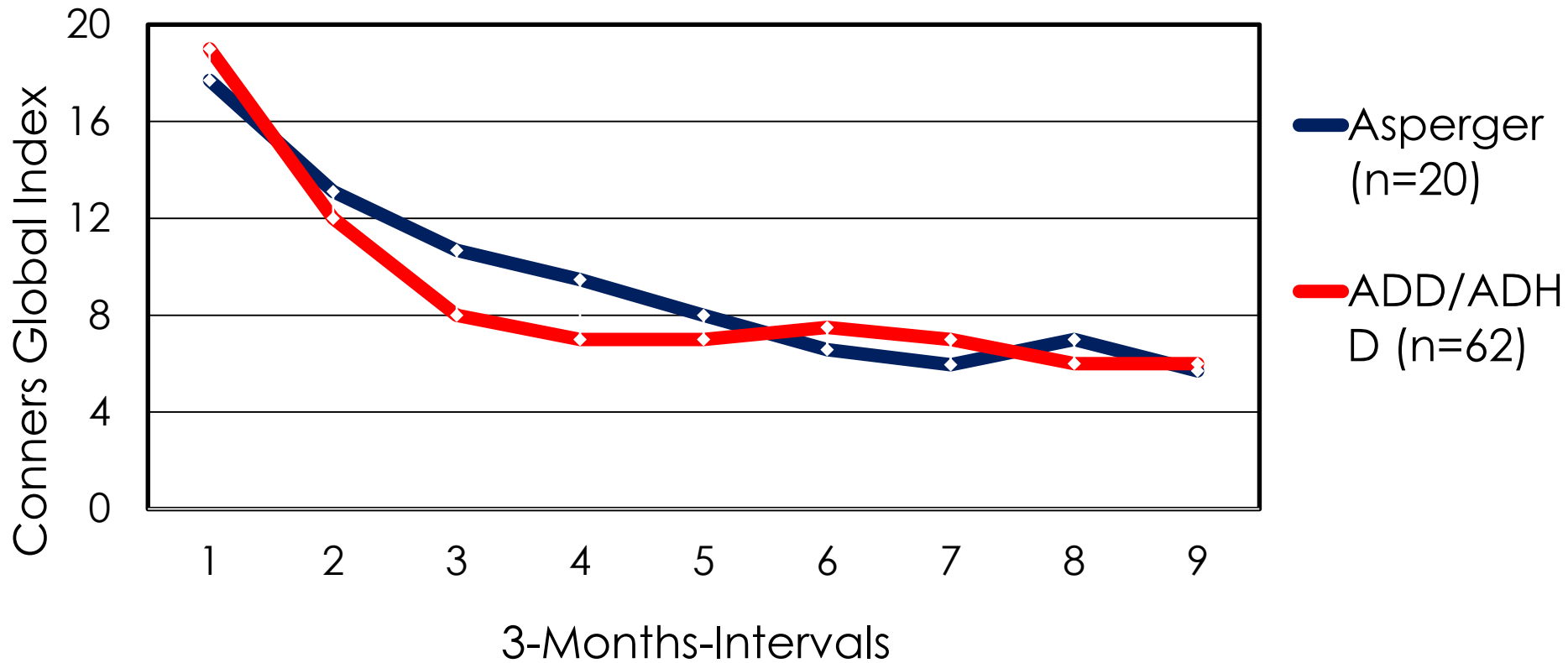
Analysis of 20 Patients (17 Boys, 3 Girls)

- ▶ 17 Responders
- ▶ 3 Nonresponders (included in evaluation below)

Conners Global Index

- | | |
|------------------------------|-------------|
| ▶ Before Treatment | 17,7 points |
| ▶ After 2 years of Treatment | 5,7 points |
| ▶ Mean-Improvement | 68% |

CGI Improvement over 2 Years: Asperger Syndrome vs. ADHD



Observations

The course of Asperger syndrome differs from ADHD

- ▶ The decrease of the CGI is somewhat slower.
- ▶ Initially Asperger patients have more ups and downs than ADHD-patients.
- ▶ We tend to continue treatment until patients have finished grammar school or apprenticeship.

Conclusions

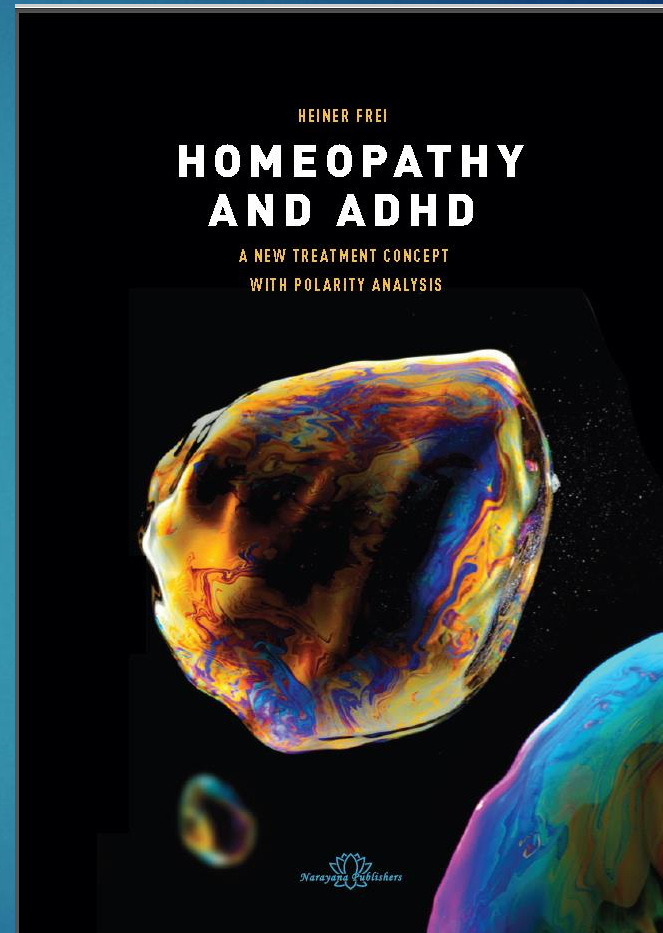


- ▶ The great majority of Asperger patients profits enormously from homeopathic treatment.
- ▶ Many of them can attend regular schools and lead a life close to normality.

Further information

▶ www.heinerfrei.ch

▶ <http://polarity-analysis.com>





Thanks for your attention!