

**CAUSE OF HABIT DISORDERS:**  
Exact cause of these habits is not known.  
Genetic predisposition and many psycho-social factors have a role in causing habit disorders.  
A child who constantly bites his nails may be suffering from severe anxiety or a poor self-image.

**DO'S AND DON'TS IN HABIT DISORDERS:**  
Keep child's hands occupied: try substituting another activity, such as drawing or writing or squeezing a stress ball, when you find your child biting his nails.

Keep a close record of the times when child bites his nails or does thumb sucking in order to support and encourage the child to deal with the situation and be able to stop the habit.



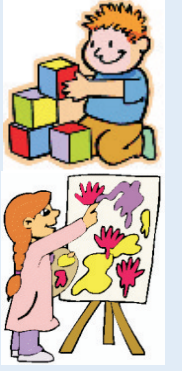
It is always good to educate the child regarding the harmful consequences of nail biting and thumb sucking such as distorted teeth alignment, damage to fingers, repeated throat and nail bed infections etc.



Making children wear gloves or adhesive bandages is generally advised but is not very effective in treating habit disorders.

**WHAT CAN HOMOEOPATHY DO?**  
Homoeopathic medicines together with counseling of the child to shape desired behaviour are beneficial in treating most of the cases.

Following are some of the homoeopathic medicines used for habit disorders but **it is advised that a qualified homoeopathic doctor should be consulted.**



Habit Disorders	Medicines
Thumb Sucking	Calcarea phosphorica, Ipecacuanha, Natrium muraticum, Silicea
Nail Biting	Arum triphyllum, Arsenicum album, Cina maritima, Veratrum album





**General Instructions while taking Homoeopathic Treatment:**

- Medicines for behaviour disorders should be taken as per the advice of a registered and qualified homoeopathic physician.
- Homoeopathic medicine should be taken after clearing the mouth and preferably on an empty stomach.
- Homoeopathic medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.



**Behaviour Problems in Children and HOMOEOPATHY**

**National Campaign on Homoeopathy for Mother and Child Care**

Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, Government of India

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Central Council for Research in Homoeopathy (An Autonomous Organisation of the Department of AYUSH, Ministry of Health and Family Welfare)

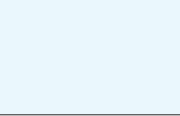

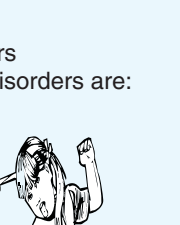

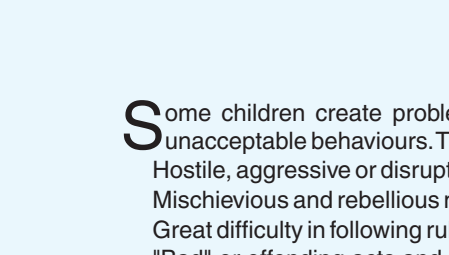

Some children create problems for parents and teachers due to their typical unacceptable behaviours. These are:

- Hostile, aggressive or disruptive behaviours
- Mischievous and rebellious manners
- Great difficulty in following rules and behaving in a socially unacceptable way "bad" or offending acts and deeds

**WARNING SIGNS IN CHILDREN:**  
Lying or stealing things  
Child is often angry and resentful  
Frequent tantrums and arguments  
Damaging or destroying property  
Consistent hostility towards adults  
Harming themselves  
Deliberately annoying other people or pets  
Early sexual activity

**CAUSES:**  
Physical, psychological and social factors which contribute to develop behaviour disorders are:

- Genetic vulnerability
- Brain damage
- Child abuse
- School failure
- Traumatic life experiences
- Early rejection from mother
- Separation from parents
- Mental illness of parents
- Domestic violence



**CHILDREN WITH BEHAVIOUR DISORDERS USUALLY EXPERIENCE:**

Academic difficulties  
Poor relationship with peers or adults  
Difficulty in staying in adoptive, foster or group homes  
Higher rates of injuries, school expulsions and problems with the law


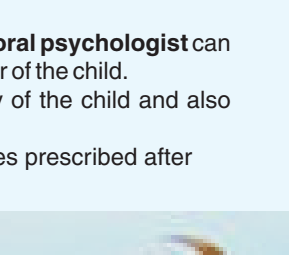
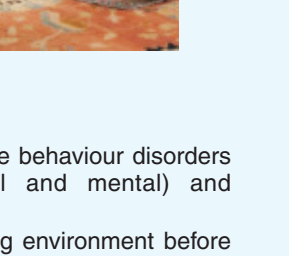
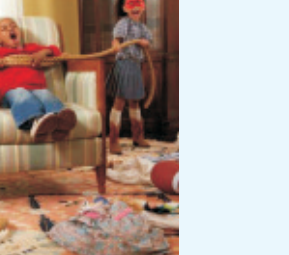
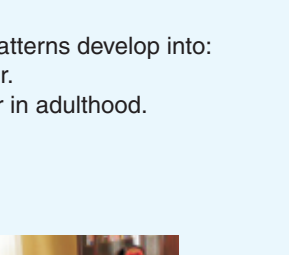

If not managed properly at a very young age the behavior patterns develop into:  
Problems adapting in relationships and holding a job later.  
They often break rules or behave in an antisocial manner in adulthood.

**DO'S AND DON'TS IN BEHAVIOUR DISORDERS:**

- Active co-operation is essentially required from the parent's side.
- Have close and open relation with children as they need frequent guidance and attention.
- Praise and reward good and honest behaviour.
- Punishment as far as possible should be avoided. If required, punishment could include things like helping with small chores at home, denying sweets (not food), denying television time etc.
- Parents may also take help of psychological counsellors in the school in dealing with such behaviour.

**MANAGEMENT OF BEHAVIOUR DISORDERS:**

Homoeopathic medicines are effective in managing the behaviour disorders resulting from past misconducts, injury (physical and mental) and environmental reasons. It is important to keep the child away from the ill-fitting environment before starting the treatment. A combined effort of **parents, homoeopath and behavioral psychologist** can bring about the desired change in the abnormal behaviour of the child. Behaviour psychologist does individual psycho-therapy of the child and also gives training to the parents in child management skills. Such cases need homoeopathic constitutional medicines prescribed after thorough case taking.



Following are some of the homoeopathic medicines used for specific behaviours but **it is advised that a qualified homoeopathic doctor should be consulted for the**

Behaviour Pattern	Name of the Medicine
Stealing	Absinthium
Lying	Opium
Excessive anger, temper tantrums	Chamomilla
Cruel and revengeful	Nitric acid
Destroys property	Staphysagria
Rebellious, does not obey elders	Tarentula hispanica
Harming themselves	Aurum metallicum
Early sexual activity	Bufo rana

**COMMON HABIT DISORDERS**

**1) THUMB SUCKING**

Thumb sucking is considered normal behaviour in young children but is often maladaptive in older children and adolescents. Children suck their thumbs or fingers as it makes them feel secure and has soothing effect on them. In some babies thumb sucking can signal hunger, fatigue, sleep, wetting or shyness. Excessive thumb sucking can harm alignment and positioning of teeth. It also affects jaw bone as it is soft and easy to bend in babies.

**2) NAIL BITING**

Nail-biting is the most common of the typical "nervous habits" which include nose-picking, hair-twisting or pulling, tooth-grinding and picking at skin. It affects as many as one half of all school age children. Nail biting is considered to be a disorder when the habit interferes with his/her daily functioning or with his/her social relationships. Nail-biting can cause your fingertips to be red and sore and sides of nails to bleed. Nail-biting also increases risk for infections around nail beds and in mouth.

