Homoeopathy for dysgraphia in school children

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ABSTRACT

Introduction: Dysgraphia is a specific transcription disability which results in illegible handwriting, inconsistent spacing, poor spatial planning on paper, poor spelling, difficulty in composing writing and thinking at the same time. There are 3 types of dysgraphia based on which manifestations alter - spatial, motor, or dyslexic. Mostly these 3 types are associated. Dysgraphia can be treated and managed successfully, especially if the disability is identified in early childhood or adulthood. As dysgraphia affects the person completely and impaired his/her quality of life, Homoeopathy is found to be the appropriate choice of treatment as it considers its patients as a whole.

Methods: 30 school children who were diagnosed with Dysgraphia were randomly selected for this study. Medicines will be selected based on individuality of the child.

Conclusion: From this study it is found that Homoeopathy is effective in managing Dysgraphia. The efficacy of Homoeopathy medicine on Dysgraphia was assessed by comparing before and after treatment writing scores with LDDI. In this study it is observed that majority of patients are males who belongs to the age group of 8 to 10 years and Dysgraphia is associated with various co-morbidities like ADHD, Anxiety disorder, ODD and CD.

Keywords: Dysgraphia, Homoeopathy, Psychomotor, Specific Learning Disability


INTRODUCTION:

Acquisition of new knowledge, attitude and skill is known as Learning. Children perceive spoken language first and then learn to speak in their early period of development. The level of learning to read, write and arithmetic calculations in school depends on their age and intelligent Quotient[1-3]. But few children may not be able to learn one or more skill on their age and intelligent. Some children may not be able to possess one or more age appropriate language and arithmetic skills even though having normal intelligent Quotient, normal vision, hearing or physical abilities and provision of adequate opportunities for learning. These children are diagnosed as specific learning disorder (SpLD) [4]. The term Dysgraphia has its origin from two Greek words. “Dys”
“difficulty with” / “poor”, “graph” “writing” [5]. In our society, the skill of writing is a highly valued, even in the era of digital world. It is transmitting thoughts onto paper. It is an essential and complex task that typically develops in early childhood. As the child progresses through school, writing changes from an academic target to a skill that the students are required to possess. Handwriting combines all the complexities of language along with psychomotor activity [6]; hence it is an advanced human ability. Our thoughts and emotions are converted to a physical form through writing. Writing is a complex activity consisting of cognitive processes and motor process. Cognitive process deals with the thoughts involved in writing. The motor process responsible for the production of motor actions essential for the formation of written words. Exams which are mostly written, is the basis on which student’s academic skills are assessed [7, 8]. Writing problems brings out poor scores which causes feelings of anxiety, frustration and inferiority leading to behavioral disturbances in school children [9-12]. Complaints from school will have an impact on the emotional, social and family functioning of a child. The major objective is to identify the school children who are at risk of Dysgraphia and to study the effectiveness of Homoeopathic medicine in the management of dysgraphia in school children.

MATERIALS AND METHODS:

Sampling: Simple random sampling.

In order to achieve the aims and objectives, the study was done in a systematic way. Students were examined and screened from the School Heath Programs which were conducted in different schools of Kanniyakumari district using Colorado Learning Disability Questionnaire. Students who were found to have the risk of dysgraphia on initial screening were subjected to I.Q test with Seguin Form Board Test (SFBT). Those children have above average I.Q were directed to the next level of screening with Learning Disability Diagnostic Inventory Tool and classified them as Likely, Possibly and Unlikely of Dysgraphia. 30 cases with likely dysgraphia were selected for this study after confirm the diagnosis based on DSM V.

Inclusion Criteria

Children of age group between 8 years to 17 years of age who are diagnosed with Dysgraphia. Children having an average and above average intelligence.

Exclusion Criteria

Patients with congenital and chromosomal disorders. Patients with visual or hearing impairment. Patients of unwilling parents.

RESULTS AND DISCUSSION:

According to the gender factor the results were shown in Fig 1. Among 30 cases 23 patients were found to be male and 7 were female.
According to age factor, Out of 30 cases, 13 cases are in the age group 8-10 yrs, 13 cases in the age group 11-13 yrs and 4 cases in the age group 14-16 yrs were shown in Fig.2.

According to the associated complaints found in the scenario, Among 30 cases 10 patients have dysgraphia along with ADHD, 8 have anxiety disorder and 4 have ODD was shown in Fig.3.
According to prescription factor the results were shown in Fig. 4. Out of 30 cases Lycopodium was given to maximum number of cases (10), followed by Natrum Mur (6), Calcarea Carb (5), Silicea (5) and Phosphorus (4).

![Fig. 4. Based on Medicine](image)

According to potency factor the results were shown in Fig. 5. Out of 30 cases 200 potency was used in 12 cases, LM potency 10 cases and 1M potency 8 cases.

![Fig. 5. Based on Potency](image)

This study was conducted to understand the effectiveness of Homoeopathic medicines in managing dysgraphia in school going children. 30 patients who were screened from School Health Programme conducted over different parts of Kanniyakumari District and who attended the Out Patient Department of Saradha Krishna Homoeopathic Medical College. They belong to the age group of 8-18 yrs, who were diagnosed with Dysgraphia. A total of 30 cases were selected as per the inclusion criteria and details of cases were recorded in standardized case record. In the primary level of screening the students were screened using Colorado learning disability questionnaire. The students who were positive in the primary screening were made to undergo the next level of screening SFBT I.Q test. The students with normal I.Q were finally made to undergo Learning disability diagnostic inventory tool -Writing. The symptoms were analyzed and according to the totality constitutional medicine was prescribed. The cases were followed for a period of 6 months and improvement was assessed using LDDI – Writing. With the value of writing scale before and after, paired t’ test was applied. Based on the analysis from 30 cases of dysgraphia, following observations are made with the comparison of available
literature. In this 13 cases are in the age group 8-10 yrs, 13 cases in the age group 11-13yrs and 4 cases in the age group 14-16 yrs. Among 30 cases 23 were male and 7 were female. In this study Dysgraphia is associated with various co-morbidities like ADHD, Anxiety disorder, ODD and CD. Homoeopathy also assists in bringing about a change in treating the co-morbid conditions, commonly Attention Deficit Disorder (ADD/ADHD). Earlier studies also shows that Boys are commonly affected than Girls [13-15]. Out of 30 cases Lycopodium was given to maximum number of cases 10 followed by Natrum Mur 6 cases, Calcarea Carb 5 cases, Silicea 5 cases, Phosphorus 4 cases each. Homoeopathic intervention when combined with standard remedial education has a definite role in bringing about an early change in all parameters of LD [16]. Out of 30 cases 200 potency was used in 12 cases, LM potency 10 cases and 1M potency 8 cases.

CONCLUSION

A sample of 30 cases selected after screening from different school health programs and patients who visited the OPDs of Sarada Krishna Homoeopathic Medical College and Hospital were selected as per the inclusion criteria. Conclusions were made after a statistical analysis of cases with learning dysgraphia. Majority of patients belong to age groups 8 to 10 years. Majority of screened students are males (23) and rest were females (7). Majority of students with dysgraphia have co-morbidities like ADHD, Anxiety disorder, ODD and CD. Lycopodium is the most common constitutional remedy indicated for dysgraphia. 200 Potency is found to be more effective in managing the cases.

REFERENCES


