



Digital Detox: A Holistic Approach Through Homoeopathy & Yoga

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Abstract:

Screen addiction among kids is on the rise, a reason for frequent headaches, anxiety, poor concentration, more aggressiveness, sleeplessness and detachment from family members and values, along with increases irritability- all connected to gadgets addiction. For Digital Detox various counseling centre and workshops are springing up and children seen to form a big chunk of the clientele. With Homeopathic treatment followed by yoga we can improve the child's behavior and learning ability followed by improving metabolic and brain function.

Keywords: Screen Addiction, Homoeopathy, Yoga.

Introduction:

Screen addiction in kids is a significant issue that can affect their development, well-being, and daily functioning. Children today are exposed to screens from a very young age, and while technology can offer educational and entertainment benefits, excessive use can lead to several concerns. By hooking up onto Smart Screens push toddler to laziness and permanently damage their cognitive abilities such as solving problems, paying attention to other people and falling asleep in time. If screen addiction becomes severe, it hinder their holistic development, disobedience, repetitive demanding and tantrums gives birth to modern life style psychological handicapped disorders named as **Inattentive, Irritable, Detached Kids**.^[1]

As of now, screen addiction isn't formally recognized as a specific disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) or the International Classification of Diseases (ICD-11). However, screen addiction shares similarities with other behavioral addictions and conditions like internet gaming disorder and substance use disorders.

Researchers and clinicians often use criteria that overlap with these conditions to assess screen addiction in terms of:^[2]

- A. Craving:** Not for food but to spend more time on the screen, often at the expenses of other activities like playing;
- B. Tolerance:** A child who was happy to spend 20 min on social media needs to spend more time on the screen to achieve the same level of sense of satisfaction;
- C. Withdrawal:** Kids can show stark negative changes in mood and behaviour, when devices are taken away. Craving may begin soon, forming a difficult to break cycle;
- D. Avoidance:** Of food, parents, friends and regular physical and social activities.

Researchers view:^[3, 4]

- In a new set of guidelines, the World Health Organization (WHO) stated that infants should not be exposed to electronics screen at all and that children between the ages of 2-4 yr should not have more than an hour of "Sedentary Screen Time" daily.
- Limiting or preferably eliminating, screen time for children under the age of five will let them grow into healthier adults, the United Nations Health agency states.
- According to AAP- American Academy of Paediatrics, only 15-20 min of screen exposure is healthy and acceptable for babies under 18 months of age.
- The U.S. study has determines that children who uses screens for 7 hrs daily showed signs of brain cortex thinning with low IQ.

Addressing a dismal scenario of screen addiction requires urgent and comprehensive intervention to mitigate the severe impacts and support the individual's path to recovery and improved well-being. And the most dismal scenarios resulting from screen hook for hours by kids: ^[5]

A. Physical and Mental Health Decline:

- **Severe Physical Symptoms:** The child experiences chronic eye strain, severe headaches, poor posture leading to debilitating back and neck pain, and significant sleep disturbances, such as insomnia or irregular sleep patterns. They may also suffer from severe obesity or malnutrition or Type – 2 Diabetes Mellitus due to sedentary behavior and poor eating habits linked to screen use.
- **Intense Mental Health Issues:** Higher risk of meeting with Attention Deficit Hyperactivity Disorder (ADHD) as impulsive behavior. The child develops severe anxiety, depression, or other mental health conditions. They may exhibit symptoms like constant irritability, emotional instability, and suicidal thoughts. Their cognitive functions decline, leading to trouble with concentration, memory problems, and impaired decision-making abilities.

B. Severe Social Isolation:

- **Complete Withdrawal:** The individual withdraws entirely from social interactions, avoiding family gatherings, friendships, and social activities in favor of spending time on screens. This withdrawal leads to profound loneliness and alienation, making it difficult for them to re-engage with the outside world.
- **Broken Relationships:** Relationships with family and friends become strained or irreparably damaged. Communication with loved ones becomes minimal or non-existent, and conflicts related to screen use may escalate, causing severe family discord.

C. Neglect of Responsibilities:

- **Educational and Occupational Failure:** The individual neglects or completely abandons educational or job responsibilities. They may fail to attend school or work regularly, leading to significant academic or career setbacks. In severe cases, this could result in job loss or expulsion from educational institutions.
- **Financial Problems:** Persistent neglect of financial responsibilities, such as spending excessive money on digital content or gaming, can lead to financial instability or bankruptcy.

D. Legal and Safety Issues:

- **Legal Trouble:** Excessive screen use could lead to illegal activities, such as involvement in cyberbullying, online scams, or other unlawful online behavior. This could result in legal consequences, such as criminal charges or fines.
- **Personal Safety Risks:** The individual might engage in risky behaviors online, such as sharing personal information or engaging in dangerous online challenges, which could jeopardize their safety and well-being.

E. Increased Dependency and Compulsive Behavior:

- **Compulsive Screen Use:** The individual develops a strong compulsion to use screens, even when aware of its harmful effects. They experience intense distress or agitation when unable to access screens, leading to significant impairment in their daily functioning.
- **Failure of Interventions:** Previous attempts to reduce screen time, whether through self-efforts, family interventions, or professional help, fail repeatedly, exacerbating the addiction and making recovery increasingly difficult.

Addressing the Dismal Scenario:

In such severe cases, a comprehensive and multi-faceted approach is required:^[4]

1. Uninstall games or apps on which they liked to spend time on.
2. Spend times with them to play board games or outdoors games and mingle with other children and people;
3. Keep phones password protected. Don't let the kids stay alone for a long time with gadgets. No use of gadgets on dining.
4. Kids imitate what they see. Avoid being hooked to mobile screens.
5. Provide therapy, medication, or other treatments to address underlying mental health issues and screen addiction.
6. Encourage the use of educational apps and programs that have positive developmental benefits.
7. Be a Role Model by demonstrate balanced screen use and engage in non-screen activities.
8. Designate certain areas or times of day as screen-free, such as during meals and before bed.

What Master has prescribed in Organon of Medicine for kids: ^[6]

Master's Hahnemann; "Organon" is the high water mark of medical philosophy, whose practical approach guide the physician by means of the Law of Cure to a new world in therapeutics (Translators preface by William Boericke of Organon 6th edition).

Who is responsible for all this Psychological handicapping of children- Parents, latest technology, competition or child himself?

Unlike conventional medicine, Master's Homeopathy seeks to treat each child as an INDIVIDUAL. The remedy must reflect everything about the child's disposition particularly noted along with SYMPTOM TOTALITY (§ 210).

A detailed case history (§ 218) about the health of the child and the family, the pregnancy and delivery, early development, vaccinations, life events, schooling, favorite foods, drinks to mention just a few points. The more information gathered, the easier it is to find that tailor-made remedy. For digital detox, we need to remove the maintaining causes like fault of education, bad practices and neglect of mind or ignorance, academic expectations, Overloaded, over prepared, hyped up and stressed out with fraction of the rest. Which leads to the development of mental diseases (§ 224).

Psychological therapies like behavioral, inter personal psychotherapy, family therapy. (§ 226) - Display of confidence, friendly exhorts sensible advice with appropriate diet and regimen.

AUXILIARY MENTAL REGIMEN: (§ 228)

- To furious mania- Oppose calm intrepidity and cool firm resolution;
- To doleful, querulous lamentation - A mute display of commiseration in looks and gestures;
- To senseless chattering - A silence not wholly inattentive;
- To disgusting and abominable conduct and to conversation of a similar character - Total inattention;
- To prevent the destruction and injury of surrounding subjects, do not reproach the kids for his acts, so that avoid the corporeal punishments and tortures.

If the mental disease be not quite developed then it can be improved by sensible friendly exhortations, consolatory arguments, serious representations and sensible advice. (§- 224)

(§229)- Patient of contradiction, eager explanations, rude corrections and invectives, as also weak, timorous yielding, the physician and keeper must always pretend to believe them to be possessed of reason. All kinds of external disturbing influences on their senses and disposition should be if possible removed....Just the CARE;

(§ 229)- F.N.126 - The treatment of the violent insane manic and melancholic can take place only in an institution specially arranged for their treatment but not within the family circle of the patient.

Being fundamental cause of mental disease is Psoric miasm, so patient should be subjected to a radical anti Psoric treatment (§ 227).

(§ 221) The first place of proved medicaments indicated for suddenly broken out patient like Aconite, Belladonna, Stramonium, Hyoscymus, Mercury etc. in highly potentised, minute, homoeopathic doses in order to subdue it so far that the psora shall for the time revert to its former latent state, wherein the patient appears as if quite well.

Yoga & Screen Kids: ^[7]

Apart from Homoeopathy Yoga for children offers not only emotional benefits but, of course, physical benefit also. Regular practice promotes flexibility, balance, strength, coordination and posture. Additionally, it improves body awareness and helps children to focus their attention on the present moment and on each part of their body. Pranayama, or yogic breathing techniques, are especially effective in reducing hyperactivity and distractibility. There is also evidence that vagal control during meditation correlates with differential activation in brain regions regulating threat appraisal, interoception, emotion regulation, and facilitating greater flexibility in response to challenge. Yoga asanas like Downward-facing Dog Pose, Happy Baby Pose, Child's Pose, Tree Pose, Cat-Cow Pose & Relaxation Pose: Shavasana with a twist can be performed by kids daily for calmness of brain.

Medicines repertorisation according to symptom similarity: ^[8, 9]

In Kent repertory rubrics having 3+ and 2+ drugs that can be choose for behavioral changes resulting from Screen hook:

- a. Absent-Minded: Hell., hyos., ign., Lach., Naja, Nat-m., nux-v., Plat., Puls
- b. Absorbed, buried in thoughts: Hell., Mez., Nux m., Sulph., Nat.mur.
- c. Answers, abruptly, shortly, curtly : Ars-h., ars., cic., coff., gels., hyos., jatr., mur-ac., ph-ac., phos., plb., rhus-t., sec., sin-a., stann., sulph., tarent.
- d. Anger, irascibility: Acon., Anac., Bry., Cham., Hepar., Ign., Kali-c., Kali-s., Lyc., Nat-m., Nit-ac., Nux-v., Petr., Sep., Staph., Sulph.,
- e. Conscientious about trifle: Ign., Sil.,
- f. Contradict disposition to: Hep., Hyos.
- g. Contradiction intolerance of: Ambr., Ign., Nat-m.,
- h. Destructiveness: Bell., Hyos., Stram., Tarent., Vert.,
- i. Discontented, dissatisfied: Anac., Calc-p., Merc., Nat-m., Sulp.,
- j. Disobedience: Tarent.,Cina,
- k. Escape attempt to: Bell., Hyos.,
- l. Frightened easily: Arg-n., Ars., Bar-c., Lyco., Nat-m., Stram.,
- m. Hurry: Nat-m., Sulph., Tarent., Stram.
- n. Irritability: Acon.,Aur., chamo., Cina., Graph., Hep. Sulph., Kali., Mag. Car., Nat.m., Nux.v., Plat., Stry., Vert.v.,
- o. Loquacity: Hyos., Lach., Stram.,
- p. Memory weakness of: Arg.nit., Bary.carb., Bufo., Hyos., Phos.Ac.,Stram., Tarent.

- q. Mischievous: Anac., Cann.ind., Hyos., Nux vom., Stram., Tarent.
- r. Obstinate: Alum., Arg-n., Bell., Calc., Cham., Nux-v., Tarent.,
- s. Quarrelsome: Aur., Ign., Nux-v., Sulph., Tarent.,
- t. Reserved: Cal.carb, Hyo., Hell., Ign., Plat., Puls., Stann.
- u. Restlessness: Acon., Arg-n., Ars., Bell., Calc., Hyos., Lyco., Merc., Puls., Sep., Sili., Stram., Sulph., Tarent.,
- v. Violent, vehement: Aur., Bell., Cic., Hyos., Nux-v., Stram.,

Mental characteristics of some selected medicines: ^[10]

1. Aconite - Acute, Violent, Sudden, Nervous and Emotional tension. Fear Frantic, Screaming, Anxiety and Restlessness.
2. Arsenic Album – Insecurity, Dependency, Desire Company, Possessiveness, Fastidiousness, Anxiety.
3. Belladonna - Furious Excitement, Wildly Delirious, Excited Ferocious, Desire to escape or hide himself. Quarrelsome.
4. Chamomilla child goes from one person to another is never completely still, never at peace. Emotional, Temperamental and oversensitive. Ugly in behaviour, cross and Uncivil, Quarrelsome, vexed at trifle.
5. Hepar Sulph – Hyperactive, Oversensitive, Abusive, Immediate reactive.
6. Hyoscymus - Violent, Jealousy, Suspicious, Obsessive, Erotic, Insanity, Delirium tremens, Fear of being alone, being pursued, Restless, Desire to strike, fight, insult and scold.
7. Mercury – Instability, Insufficiency in action, Impulsivity, Hurried in speech. Nervous with tremor, Violent, Hurried impulses. Restless, Indifference to everything. Slow in answering questions. Memory weak. Precocious. Filthy in mind and body. Mischievous.
8. Stramonium – Sudden Violent insanity, Persistent disorder of mental faculty. Hallucinations. Terror. Ceaseless talking. Dread of darkness. Loss of reason or speech. Does all sorts of crazy things. Wildly excited. Violent speech.
9. Sanicula - Irritable, Unstable, never sticks long at anything, Obstinate and difficult to control.
10. Tarentula Hispania - Tarentism, Restlessness, Hysteria, chorea dances up and down, Screaming. Destructive, Insanity, Erratic. Impulsive. Symptoms suddenly appear with violence.
11. Tuberculinum - Contradictory characteristics of Tuberculinum are mania and melancholia, insomnia and sopor. Irritable, especially when awakening. Depressed, melancholy.

Summary: Not only kids, adults are hooked to screens as well. This generation is being pampered incessantly. But sometimes mainly due to a busy life style, we succumb to children’s demand. It has its benefits but one has to make sure that the children don’t get addicted. Despite being taking homoeopathic medicines according to individualization with yoga therapy, that can help to calm down the kids.

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