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## 3 “H” For Children: Health, Hygiene And Homoeopathy

<sup>1</sup>Dr. Divya Darji, <sup>2</sup>Dr. Apurva Patel, <sup>3</sup>Dr. Girish Patel

<sup>1</sup>Associate Professor, <sup>2</sup> Professor, <sup>3</sup>Professor,

<sup>1</sup>Department of Homoeopathic Materia Medica,

Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar, India.

### ABSTRACT:

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. For the healthy child growth, the first step is maintaining hygiene. Good hygiene helps children to live a happier and healthier life. It is important that children learn the importance of good hygiene habits. Children have less immunity than adults and lack of hygiene in daily routines of children, they become sick. For the treating a sickness and improving the immune power the best way is “sweet pills” who loves by children. All the children love to take homoeopathic pills. Homoeopathy is not only treating the sickness of but also prevent, promote and improved the quality of life and health of individual or community. Dr. Hahnemann who is the father of homoeopathy, clearly written about importance of health and importance of hygiene. Homoeopathy is worked on the principle similia similibus curenture means like cures like. homoeopathy can treat the children with improving their vital energy. Homoeopathy is the safe treatment, highly effective and easy to give the children. Homoeopathic medicine works on any kind of disease condition which is occurs due to any kind of unhygienic condition like food poisoning, cholera, typhoid, viral infection, Bacterial infection, skin complaints, Respiratory complaints, etc. With the physical hygiene there is also importance of mental hygiene. For the mental and physical growth of the child there is need of healthy atmosphere in the home. Mental hygiene is maintained by the behaviours of the parents, family members and friends. Child are always do and act whatever they see and hear from the surrounding members. They are doing same copy from them. So, the maintain the 3 “H” is most important in children’s life.

**Keywords:** Health, Hygiene, Homoeopathy, Child

### Introduction:

Child’s health includes physical, mental and social well-being. According to WHO, health is, “Health is a state of complete physical, mental and social well-being and not merely absence of disease or infirmity.” It is holistic approach. Homoeopathy is also believing in Holistic approach. Its applicable in the whole sphere of life. The health of children is foundational to their development and future well-being. Ensuring that children grow up healthy involves a comprehensive approach encompassing nutrition, physical activity, preventive care, and mental health.

This article explores key strategies to promote child health and well-being with Hygiene and Homoeopathy. For the Child health maintain Nutrition, Physical activity, proper sleep, and mental health is mostly affected. Healthy child is also need to maintain the personal hygiene and hygiene in surrounding the child. Child having habit to put the toys, fingers, clothes, etc in the mouth. Which is not good for their health and they become sick. For the child best treatment is the Homoeopathy. Homoeopathy not only sickness of the baby but also improve their immunity. Homoeopathy also can stop the recurrence of the disease. Homoeopathic medicine is also taken easily because of the sweetness.

## Child - Health:

Child health is a broad field that encompasses various aspects of a child's physical, mental and emotional well-being. Following points are very important for the maintaining the health;

1. Nutrition: Proper nutrition is crucial for growth and development. Children need a balanced diet which is rich in Fruits and Vegetables, whole grains, Proteins and dairy products.

Fruits and vegetables are providing essential vitamins and minerals. Whole Grains like brown rice, oats, and whole wheat provide fiber and energy.

Proteins sources such as lean meats, fish, eggs, and legumes support muscle growth and repair.

Dairy products like milk, cheese, and yogurt are important for bone health due to their calcium content.

Establishing healthy eating habits early can help prevent obesity, recurrent episodes of diseases and chronic diseases later in life. Limiting sugary snacks and beverages is also important for the maintain the health.

2. Physical Activity: Regular physical activity is vital for maintaining a healthy weight, building strong bones and muscles, and supporting cardiovascular health. Children should engage in at least one hour of moderate to vigorous physical activity each day.

Activities can include like Outdoor Play Such as running, jumping, and cycling. Sports Like soccer, basketball, or swimming.

Active Games like Dancing or playing tag.

Encouraging children to find activities they enjoy can foster a lifelong appreciation for exercise.

3. Sleep: Adequate sleep is essential for growth, cognitive function, and emotional well-being.

The amount of sleep needed varies by age like

Infants (0-1 year) needs 12-16 hours per day.

Toddlers (1-3 years) needs 11-14 hours per day.

Preschoolers (3-5 years) needs 10-13 hours per day.

School going children (6-12 years) needs 9-12 hours per day.

Teenagers (13-18 years) needs 8-10 hours per night.

Establishing a consistent bedtime routine and creating a sleep-conducive environment can improve sleep quality.

4. Preventive Care: Preventive care helps detect and address potential health issues before they become serious.

Key components include Regular Check-ups. Routine visits to a pediatrician can help monitor growth and catch any issues early.

Following the recommended vaccination schedule protects children from various infectious diseases.

To maintain the oral health care regular dental check-ups, prevent oral health problems and establish good oral hygiene practices.

5. Mental Health: A child's mental health is just as important as their physical health. Factors that contribute to emotional well-being includes Supportive Relationships, Open Communication and Stress Management.

Supportive relationship which means Strong family bonds and positive interactions with peers support mental health.

Open Communication is Encouraging children to express their feelings and concerns can help them manage stress and build resilience and Stress Management is done with the Teaching coping strategies and providing a stable environment can help children navigate challenges effectively.

## Child - Hygiene:

Child hygiene is a fundamental aspect of overall health and development. Proper hygiene practices not only prevent the spread of illnesses but also foster good habits that children will carry into adulthood.

This article outlines essential hygiene practices for children and provides practical tips for maintaining their health and well-being. Good hygiene practices prevent the spread of illness and contribute to overall health. Important hygiene habits include Hand Washing, Oral hygiene, Personal Cleanliness, Bathing and skin care, Nail and Hair Hygiene, Clothing and Laundry and personal item sanitization. Regular hand washing with soap helps prevent the spread of infections. Teach children to wash their hands with soap and water for at least 20 seconds, especially before meals, after using the restroom, and after coming in contact with potentially contaminated surfaces. Use alcohol-based hand sanitizers when soap and water are not available. Ensure the product contains at least 60% alcohol.

Maintaining good oral hygiene is essential for preventing dental issues and promoting overall health. Children should brush teeth twice daily using fluoride toothpaste. For younger children, use a pea-sized amount of toothpaste and ensure proper brushing technique. Begin flossing once children have two

adjacent teeth to help remove food particles and plaque. Also schedule visits to a pediatric dentist every six months for professional cleaning and examination.

Regular bathing is important for maintaining skin health and cleanliness. Bathing Frequency is depending on age and activity level; children may need to bathe several times a week. For infants, a few times a week is usually sufficient. Use mild soaps and shampoos which is gentle, fragrance-free products to avoid irritating sensitive skin.

Apply a moisturizer after bathing to prevent dryness, especially in colder or drier climates.

Proper nail and hair care are important aspects of hygiene. Trim nails regularly to prevent dirt accumulation and reduce the risk of nail infections. Teach children to avoid biting their nails.

Hair Care is Depending on hair type and length, wash hair regularly with a mild shampoo. Comb or brush hair daily to prevent tangles and remove debris. Clean clothes and bedding contribute to overall hygiene. Ensure children wear clean clothes daily. Encourage them to change out of dirty or sweaty clothes promptly. Wash clothes and bed linens regularly using appropriate detergents. For sensitive skin, opt for hypoallergenic or fragrance-free detergents.

Children's personal items should be kept clean to prevent the spread of germs. Regularly clean and disinfect toys, especially those that are frequently mouthed or shared with others.

Water Bottles and Lunch Containers are wash daily with hot, soapy water. Ensure they are thoroughly dried before reuse. Certain hygiene-related issues require special attention like any signs of rashes, eczema, or other skin issues promptly. Consult a healthcare provider for appropriate treatment.

Regularly check for head lice, particularly if children are in close contact with others. Treat promptly if lice are found. Regular bathing and wearing clean clothes contribute to physical health.

### **Child – Homoeopathy:**

Homeopathy can be a complementary approach to managing minor ailments, though it should not replace conventional medical treatment. Common remedies are tailored to specific symptoms and should be used under the guidance of a qualified practitioner.

Homeopathy is a system of alternative medicine based on the principle of "like cures like," where substances that cause symptoms in a healthy person are used in diluted forms to treat similar symptoms in a sick person. It aims to stimulate the body's natural healing processes. Here's an overview of how homeopathy is used for children and key considerations:

Common Homeopathic Remedies for Children are Chamomilla, Cina, Arnica, Aconite, Belladonna, Sulphur, Silicea, Nux Vomica, Calcarea carb, etc. Homoeopathic medicine gives on the individualisation based. Homoeopathic medicine is different according to each and every person.

### **Principles of Homeopathic Treatment**

Homeopathic remedies are selected based on the individual's specific symptoms and overall constitution rather than just the disease name. Remedies are used in highly diluted forms to avoid side effects and stimulate the body's healing responses.

Treatment considers the emotional and mental state of the child as well as physical symptoms. Remedies are usually available in tablets, pellets, or liquid form. Dosages are typically recommended by a homeopathic practitioner and are often taken multiple times a day or as needed. The dosage can vary depending on the severity of symptoms and the child's age.

It is important to consult a qualified homeopathic practitioner, especially when considering treatment for children. They can provide individualized recommendations and ensure safe use. Homeopathy should be used as a complementary approach to conventional medicine, not a substitute. Always consult with a pediatrician or healthcare provider for serious or persistent health issues.

Homeopathic remedies are generally considered safe due to their high dilution. However, monitoring for any adverse reactions or lack of improvement is important. For severe, acute, or persistent symptoms, or if there is no improvement with homeopathic treatment, seek conventional medical advice. In cases of medical emergencies, such as severe allergic reactions, high fevers, or respiratory distress, immediate conventional medical intervention is necessary.

### **Conclusion:**

Maintaining good hygiene is essential for a child's health and well-being. By instilling proper hygiene habits early and ensuring that daily routines are followed, parents and caregivers can help protect children from illnesses and promote their overall health. Establishing these practices not only supports physical health but also builds a foundation for lifelong habits.

Homeopathy offers a gentle, individualized approach to managing various health issues in children. While many parents find it beneficial for minor ailments and general wellness, it is crucial to integrate it with conventional medical care and consult healthcare professionals for comprehensive treatment.

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