

Suicidal Behaviours in Children, Adolescent & Homoeopathy

G i \UJ'G\Y_1'

Professor, HOD of Department of Repertory, Motiwala Homoeopathic Medical College & Hospital, Nasik, India

7c ffYgdc bX]b[Uih\cf. Suhail Shiekh, Professor, HOD of Department of Repertory, Motiwala Homoeopathic Medical College & Hospital, Nasik, India, Tel: 9890178002; E-mail: drsuhailsheikh@gmail.com

FYW'XUhY. April 08, 2014, 5WW'XUhY. May 27, 2014, DiV'XUhY. May 29, 2014

7cdmf][\h. © 2014 Suhail S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

5VghfUWh

Suicide is a crime, but still it is the third leading cause of death in the world. Suicidal behavior is increasingly becoming a phenomenon associated with children & adolescent all over the world. According to a study by Lancet, as many as 1, 87,000 people committed suicide in India in 2010 (Volume 379, 23 June 2012). The World Health Organization (WHO) estimates that India records nearly 1, 70,000 suicidal deaths each year. Of the total cases of suicide, nearly the 20th

inflicting the education system in India is one of the cause of concern in suicidal tendencies in children .The modern education system was oriented to gaining skills such as reading, writing, convergent thinking, numerical aptitude. It was aimed only for increasing productivity and not for encouraging wisdom, confidence, warm-heartedness and life-dealing skills. Western system is materialistic and they feel that material prosperity is the sole cause of happiness. Today's educational system does not provide value education. India's education system is based on memorizing without thought of the meaning and with a strong emphasis on scoring high marks.

Education in India has become very competitive. In today's India, there is a persisting fear among the youth, the fear of competition. Difficult admission procedures in top educational institutions as well as tough teaching syllabus. Even a six-year-old child who is supposed to be fearless and cheerfulness worries about exams. Come exams and hundreds of students surrender their youthful enthusiasm to the fear of examinations. The insecurity of falling below the cut-off leads into depression and to a tragic end called suicide.

Psychologists say that a child's strongest emotional bond is with parents. Parents rationalize this emotional bond by making children perform under immense pressure. Parents push their children up as per their ambitions and do not look at the ability and condition of their children mental performance. Children are forced to study what their parents want them to study. The consequence of this over ambition of parents leads to stress, anxiety, frustration and despair in children at early tender age, and they are unable to meet the expectations of their parents. Failure in examinations and condemnation by family in such situations break these children emotionally and lead to depression in early age. Majority of students does not know how to deal with this stress and this is one of the reasons a child contemplates suicide because he thinks he is the only person who has ever had those feelings and problems. Their inability to accept failure or loss in self esteem leads to dejection, self reproach and this ultimately leads to suicide.

Job Pressure

According to the World Health Organization, if stress level is not controlled then depression is the No 1 occupational disease of the 21st century. In recent time due to economic growth and open markets there is more job opportunities, higher payments and with it job stress & anxiety. Higher expectations by employer put more pressure on the employee & leads to tremendous anxiety & fears. Corporate employees have more job stress. A survey released recently by the US-based Regus group, a corporate consultancy, found that 57% of Indians thought that their stress levels had become higher, or much higher, since 2007. It is observed that 6 in every 10 corporate employees in India experience stress at their work place. There is always fear lingering in a person mind of losing one's job or not being competitive enough to advance in one's career. In corporate sector especially IT professionals usually show signs of stress related psychiatric disorder. These professionals get addicted to drugs. 1 in every 20 IT professional contemplates suicide, says the study [2].

Social life & depression

Internet and mobile culture is promoting a isolated community. More time is spent on social networks. A meaningful personal relationship with friends, family members and relatives is replaced by social networks such as face book, WhatsApp and other social sites.

Youth and children are living in the isolated virtual world. They are only involved with gadgets which gives them company and no social contacts. Too much addiction to internet and self-centered approach often aggravates their isolated life. A teen in this age of social networking gets isolated and live a solitary life. This isolated life is a very important reason for the rise in suicide among young people. They don't get any moral and emotional support from any one. They don't have any near ones to express their problems and does not get a proper advice. They easily lose confidence in life and hopelessness is one of the most crucial factors in the development of their serious

Stressful life event or loss

Homoeopathic medicines

Aurum metallicum

Feeling of self-condemnation and utter worthlessness. Profound despondency, with increased blood pressure, with thorough disgust of life, and thoughts of suicide. Talks of committing suicide. "Looks on the dark side, weeps, prays, thinks she is not fit for this world, longs for death, strong inclination to commit suicide." Brood over some sin which they have committed. Sense of unworthiness. Violent if contradicted. Dr. Nash says, "Strange that this noble metal, for which mankind strives for its pecuniary value, should, when taken into the organism, cause the greatest unhappiness. Aurum is the most common and most definite of all the depression remedies. In a case of acute depression the patient is brooding melancholy and just sits and peers in front of him and will not speak. They look extremely depressed and have all sorts of strange ideas. They think they have lost the affection of their friends and family, or that they have done something frightful and that they are therefore feeling like this because they are to blame for it. They blame themselves for everything and get a real disgust of life. They are the patients who become suicidal.

Magnesium carbonicum

Forsaken feeling feels as if not beloved by his parents, friends, etc., intolerant of disharmony. Sensitive to what people think about them. Reserved, easily hurt and depressed, sensitive to noise, touch etc. Remedy often seen in orphans, abandoned children (Kent) and also in adopted children. Can be very irritable (Cham). Discontented, anxiety and fears all through the day, warm food, going to bed. Biting nails.

Magnesium muriaticum

Emotional vulnerability, sensitive to any kind of confrontation,