



TARENTULA HISPANICA AS A SIMILLIMUM IN THE MANAGEMENT OF ATTENTION DEFICIT HYPERACTIVITY DISORDER

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This work is a part of Ph.D. Thesis of The Tamilnadu Dr. M.G.R. Medical University, Chennai

ABSTRACT

Homoeopathy, the system of Similars has its action both in the physical and the mental sphere of an individual. This system is formed upon the basis that symptoms of the disease mimic symptoms of the drugs, which has been long ago recorded in the official pharmacology of Homoeopathy. Tarantula hispanica belonging to Arachnidae family is one of the main groups in Materia medica for both physical and mental restlessness, which is found in many psychiatric cases especially occurring in pediatric age group presenting as Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Intellectual Developmental Disorder etc., Hitherto this study illustrates two cases of Attention Deficit Hyperactivity Disorder treated with Tarentula hispanica with accord to its symptom similarity.

KEYWORDS: ADHD, Hyperactivity Disorder, Simillimum, Tarentula hispanica.

INTRODUCTION

A neurodevelopmental illness called attention deficit hyperactivity disorder (ADHD) is characterized by persistent hyperactivity, inattention, and impulsivity that significantly impairs educational achievements and / or social functioning. ⁽¹⁾ Sir Alexander Crichton provided the first instance of a disease that seemed to be comparable to ADHD in 1791. He, in 1798, published "An inquiry into the nature and origin of mental derangement comprehending a concise system of physiology and pathology of a human mind and a history of passions and their efforts". ⁽³⁾ In his lectures to the Royal Academy of Medicine, Sir Alexander reported a case series of 40 kids who had issues with inattention, excessive activity, and a lack of "volitional inhibition." The disease that we today know to as ADHD was originally included & called "Hyperkinetic Disorder of Childhood" in the 2nd edition of Diagnostic and Statistical Manual of Mental Disorders (DSM) in 1968. ⁽⁴⁾ The most prevalent neurobehavioral and neurodevelopmental disorder in children is attention deficit hyperactivity disorder. It is both one of the most common chronic health diseases affecting school-aged children and the most thoroughly researched paediatric mental disorder. ⁽²⁾ Common presentation in the affected children includes academic underachievement, low self-esteem and problem in the interpersonal relationship with the peers. ADHD is also seen along with other emotional, behavioral, language and intellectual disorders. ⁽²⁾

Epidemiology

Based on the studies conducted, it has been reported that ADHD is prevalent in 5-10% of school going children and 2-6% of adolescence across the globe. Due to the differences in the sampling and testing techniques the rate of prevalence may vary in different countries. ⁽²⁾ If the symptoms (inattention, impulsivity, and hyperactivity) alone are taken into account in the absence of functional impairment, the rates may be greater. ⁽²⁾

Pathogenesis

According to the recent studies of Functional MRI in ADHD patient, this condition may be brought on by abnormal functioning in the frontal lobes, corpus callosum, basal ganglia, and cerebellar vermis (ADHD). The genetic inheritance play a vital role in conferring susceptibility to ADHD. ⁽²⁾ Few studies show that the predisposing factors for ADHD include psychological adversity and low birth weight. ⁽⁵⁾

Clinical features

ADHD is characterized by inattentiveness, impulsivity, and hyperactivity, according to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV). It occurs mainly in field trials of children between 5-12 years of age. The current DSM-IV criteria states for ADHD is that the behavior must be age-inappropriate, start before the age of seven, last at least six months, occur in two or more contexts, and not be secondary to another disorder. ⁽²⁾

Inattention

A child who exhibits a pattern of inattention may frequently fail to pay close attention to details or make careless mistakes in schoolwork; have difficulty staying focused in tasks or games; appear not to listen, even when spoken to directly; have difficulty following through on instructions and fail to finish school work or chores; have difficulty organising tasks and activities; avoid or dislike tasks that require focused mental effort, such as homework; and more⁽²⁾. Toys, schoolwork, and pencils are some examples of lost goods. People who are easily distracted also tend to forget to do several daily tasks. ⁽⁶⁾

Hyperactivity and impulsivity

A child who shows a pattern of hyperactive and impulsive symptoms may often fidget with or tap his or her hands or feet, or squirm in the seat; have difficulty staying seated in the classroom or in other situations; be on the go, in constant motion, run around or climb in situations when it's not appropriate; have trouble playing or doing an activity quietly; talk too much; blurt out answers, interrupting the questioner; have difficulty waiting for his or her turn; Interrupt or intrude on others' conversations, games or activities.⁽⁶⁾

Symptoms also vary from motor agitation, aggressiveness and disruptive conduct among preschoolers; disorganised, distractibility and symptoms of inattentiveness among older adolescents and adults.

Tarentula hispanica: (7, 8, 9, 10, 11, 12, 13)

Tarentula hispanica commonly known as the Spanish spider has a remarkable nervous phenomenon: extreme restlessness, even though walking aggravates must keep in constant motion. Twitching and jerking. Extraordinary contractions and movements. Yawning with uneasiness of legs, must move them constantly.

High levels of anger and tact; urge to strike both oneself and others. Mental chorea. Fits of nervous laughter. Nervous ecstasy includes insanity and hysteria, as well as restlessness and dreaming. Great excitement caused by music. Sensitiveness to music.

Aversion to company but wants someone present.

Leg weakness prevents feet from landing firmly on the ground during walking. Legs don't obey.

Destructive impulses, moral relaxation. Must constantly make one-self busy or walk. Sudden fox-like destructive efforts, requiring utmost vigilance to prevent damage, followed by laughter and apologies.

Cross with a propensity for irrational rage and harsh speech; compelled to move legs. Paroxysms of madness, leg restless, and deathly and destructive phrases. Attacks of hystero-mania occur every day at the same hour, starting with intense anxious irritation, hopelessness, and argumentative temper. A sudden change from this state to one of immense exaltation, hitting and abusing everyone, destroying anything she can get her hands on, tearing her clothes, singing, and laughing; making fun of the elderly by their age; becoming violent if restrained; Attacks

end in a comatose sleep, during which she responds to questions correctly; upon awakening, she remembers little of what happened; during the first stage of the attack, the pulse is slow and the arteries are greatly constricted; during the second stage, the pulse is frequent and full; there is a lack of appetite and thirst; there is pressure in the head; and there is confusion.

Doctrine of signature

The intelligence of this spider, *Tarentula Hispanica* is at the level that it lures its unsuspecting prey by digging a vertical hole in the ground and covering it with its web so that the hole resembles the surrounding. Similarly, Tarantula patients are also extremely intelligent to the extent of being cunning and foxy. The *Tarentula* patients are cunning and great manipulators who are prone to deception and lying. These patients often tend to feign an illness by magnifying their symptoms or portraying their symptoms in vivid colors for their secondary gain. They also have a tendency to steal tiny objects of least significance (Kleptomania).

There is also enormous violence seen in the mental sphere of this spider, the *Tarentula Hispanica* quietly waits for its prey to fall into the trap hole and it then with sudden violence pounces and attacks its prey and retreats back. This violence is seen in the Tarantula patients in the form of violent movements like jerking, twitching and epilepsy.

These spiders are also well known for their destructiveness and aggressiveness. During the mating season, this species follows a ritual where the male spiders dance around the female. After the amatory dance, the female spider selects a single partner for mating then kills the partner if the space is insufficient. Such a destructiveness and aggressiveness is seen in Tarantula patients. These patients are quick acting and acute and can be very angry if contradicted. Their complaints are frequently aggressive. These patients even though not very violent physically, they are very aggressive verbally. Later on, the aggressiveness progresses to banging of head, tearing of clothes and other destructive states that gets worsened. These patients have an aversion to colors of red, black and green. These patients exhibit 'hysteria' as dislike of contradiction and they outcast hysteria on a sexual level as nymphomania and lascivious hysteria. They have increased sexual desire although it aggravates.

The hustle in the nest of a *Tarentula* attributes to the hurried nature of the Tarantula patient. They feel forced to move constantly and there is restlessness of the lower extremities. Tossing about with restlessness in bed in the morning when he wakes. The bed feels as if in complete disarray. The restlessness is frequently present with anxiety. On the physical plane, anxiety is experienced in the stomach, region of the heart or chest. The patients either have an impending feeling of something bad will happen or are afraid that things won't get done due to their hyperactivity. Hurriedness is prominent in these patients. If people before them walk slowly they get annoyed and hurries everybody. Due to their restless compulsion they tend to walk very fast or will often run. The poison of this spider which hyper-accelerates the nervous system attributes to the hurried nature of the patient. They are industrious people who are highly productive in their work which often stems up from their need to diffuse all the energy in their bodies.

TARENTULA HISPANICA as a SIMILIMUM:

Considering the doctrine of signature and the symptoms obtained during the proving of Tarentula Hispanica, there are many similarities of the symptoms as that of ADHD. The impulsiveness, aggressiveness, inattention, hyperactivity, restlessness, easy distractibility, fidgety of an ADHD child is also observed in a Tarentula Hispanica child. Hence according to the fundamental laws of homoeopathy (Law of Similia) Tarentula Hispanica can be effectively used in the treatment of ADHD.

MATERIALS AND METHODS**Case I:**

A 7 year 3 months old female child reported with the complaints of weak memory, difficulty in concentrating, poor attention and difficulty in learning phonics. The patient is also restless (always running here and there) and always wants to be engaged in any activity. The patient's parent complaints that the child always makes careless mistakes while reading and writing and doesn't pay attention to any work or activity or study.

Past History: Nothing relevant.

Family History: Nothing relevant.

Life Space Investigation:

The patient hails from a moderate family. The developmental milestones of the patient were normal. She is affectionate to her family members but has difficulty in concentrating, poor attention, weak memory and difficulty in learning phonics.

Generals: All good

Reaction to: Desire egg, spiced dishes, icy dessert, cold food and beverages.

Mental generals:

Weak memory, difficulty in concentrating and poor attention, difficulty in learning phonics, careless mistakes while reading and writing and doesn't pay attention to any work or activity or study.

O/E:

Developmental screening test:

- Developmental age = 6 years 10 months.
- Developmental Quotient= 94 %

Vineland social maturity score:

- Social Quotient= 107%
- Social age = 7 years 6 months

Gessel's Drawing Test = 75%

Draw-a-person test score = 87.5%

Vanderbilt ADHD diagnostic parent rating scale shows predominantly inattentive subtype of ADHD and predominantly hyperactive and impulsive subtype.

Prescription:

Based on the symptoms such as restlessness (always running here and there) and always wants to be engaged in any of the activity, difficulty in concentration and attention, making careless mistakes while reading and writing and doesn't pay attention to any work or activity or study, Tarentula hispanica which also covers the symptoms of restlessness, aggressiveness, inattention was prescribed in 1M potency (Minimum dose).

Follow-up:

The detailed follow-up was tabulated in table 1.

Table 1: Case 1 follow-up

04.06.2016	Restlessness reduced. Running here and there reduced.	Rx Tarentula hispanica 1M / 1 dose.
08.07.2016	Writing improved, reading not clear. Restlessness persists (always engaged in any of the activities)	Rx Tarentula hispanica 1M / 1 dose.
Follow-up after one year 03.08.2017	Difficulty in writing and reading improved. Concentration difficult. Restlessness improved.	Rx Tarentula hispanica 1M / 1 dose.
01.09.2017	Restlessness improved. Concentration improved	Rx Sac lac / 1 Dose.
01.11.2017	Restlessness improved. Concentration improved. Difficulty in writing and reading improved.	Rx Tarentula hispanica 1M / 1 dose.
07.12.2017	Restlessness improved. Concentration improved. Difficulty in writing and reading improved. Can do mathematics very well than before.	Rx Tarentula hispanica 1M / 1 dose.

Case II:

A 13 year 6 months old male child reported with complaints of restlessness (cannot stay still and is constantly seeking entertainment), inattention, difficulty in reading and writing since childhood. The patient's parent added that he keeps on irritating others and gets angered easily.

Past History: At 4 years - Fracture of elbow joint - Surgery done.

Family History: Nothing relevant

Life Space Investigation:

The patient comes from a moderate family. All his milestones are normal. From his early childhood he has restlessness (can't stay still in one place and always seeks entertainment and plays all time), inattention, reading and writing difficulty. Now since a few years he keeps on irritating others and get angered easily.

Generals: All good

Reaction to:

- Desire : Icy cold drinks, spicy food, fish.
- Aversion : Banana.
- Thermal: Ambi towards Hot.

Mental Generals: Irritating others and gets angered easily, Desires company ,can't stay in one place and always seeks entertainment and playful, inattention, difficulty in reading and writing.

O/E:

Developmental screening test:

- Developmental age = 12 years 6 months.
- Developmental quotient = 92.5 %

Vineland Social Maturity Scale:

- Social age: 12 years.
- SQ : 88.8 %

Senguin form board test trials [SFBT] = 68.5%

Gessel's Drawing test = 74%

Draw a person test = 66.6%

Prescription:

Based on the symptoms such as restlessness (cannot stay still and is constantly seeking entertainment), inattention, reading and writing challenges and keeps on irritating others and gets angered easily Tarentula hispanica which also covers the symptoms of restlessness, aggressiveness, inattention was prescribed in 200th potency (minimum dose).

Follow up:

The detailed follow-up was tabulated in table 2.

Table 2: Case 2 follow-up

06.02.2021	Restlessness persists (always wants to play & can't remain in a place) Difficulty in reading and writing	Rx Tarentula hispanica 200 / 1 dose.
27.02.2021	Restlessness feels better than before yet persists. Difficulty in reading and writing improved.	Rx Tarentula hispanica 200 / 1 dose.
13.03.2021	Restlessness feels better. Difficulty in reading and writing improved.	Rx Tarentula hispanica 200 / 1 dose.
10.04.2021	Restlessness improved and is able to sit calmly in a place. Goes to play if only invited by friends. Difficulty in reading and writing improved is able to read small words without any difficulty. Anger and irritability reduced.	Rx Tarentula hispanica 200 / 1 dose.

CONCLUSION:

According to the doctrine of signature, Tarentula hispanica covers symptoms like Extreme restlessness, aggressiveness, impulsiveness, inattention which are present in ADHD as well. Thus with the follow-up it is evident that Tarentula hispanica acts as a similimum in ADHD and can be used in the effective treatment of the same.

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