

CHAPTER SIX: CONCLUSION

In measuring the efficacy of *Phosphorus* 6CH on children with symptoms of ADHD, it was discovered that significant improvement was seen in children receiving treatment. However, improvement (although not as significant) was also noted in children receiving a placebo. Reasons for this could include the use of too low a potency, the reaction of all children to the increased attention they received throughout the study, conducting the trial over too short a trial period, and other factors highlighted in the previous chapter.

There is, however, still evidence that *Phosphorus* could provide an alternative treatment to conventional allopathic medical treatment. This may provide a valid option for children with ADHD once researched in more depth in order to become a viable and more accepted choice.

The majority of children with ADHD receive medication to help them to behave in more socially acceptable ways, despite much research and debate about the many side-effects that can be experienced by these children on drugs such as Ritalin®. It is clear that there is room for more research in the field of alternative treatments, since there is evidence to support the effect of homoeopathy on symptoms of ADHD, and evidence to show that this form of treatment is gentler and has less side-effects than the allopathic choices (Lockie & Geddes, 1995).

Children are a precious commodity to families and their greater communities, and since they are unable to make decisions on their treatment options without the guidance of their elders, it is necessary that the people on whom they depend are armed with as many well-researched options as possible.

ADHD is a complicated, multi-faceted disorder, and it is unlikely that merely medicating the children diagnosed would ever be effective enough for long-term benefit to the child. Rather, children need to receive a multi-faceted type of treatment with medication (allopathic or homoeopathic) as only one of the facets involved. Children may also need such treatments as counselling, physical therapy, dietary interventions, and family group therapy.

Children in the study were found to respond positively to the increased level of attention they received from both teachers and parents throughout the trial period. This brings to light the possibility that these children may simply require more individualised attention from these sources in order to behave in more acceptable ways, and that perhaps this should be an avenue pursued before medical intervention needs to be involved.

Since homeopathic prescription considers the individuality of a patient, and is based on the administration of a specific medicine closely matched to that patient, it is difficult to assess the effect of one medicine on a particular condition, due to the wide range of possibly indicated medicines for that condition. It is therefore very encouraging that suggestive evidence of efficacy is found when a statistical framework is applied to a medicine that typically requires individualised prescription to prove effective.

Although the evidence in this study is not overwhelmingly conclusive, further research of *Phosphorus* and other homeopathic medications in various different doses would be of enormous benefit to a society that is searching for better treatment of its children, and is discontent with a situation where medical treatment of ADHD is dominated by allopathic medication with alarming documented risks.

Parents and guardians of the children used in this study shared one common concern – that Ritalin® was being given by both teachers and doctors as the only solution to the problems experienced by their children. Many of these parents had done extensive reading about alternative treatments for ADHD, but found that very little support was given to these methods by the medical profession.

On approaching medical professionals about this situation, it was established that lack of scientific evidence supporting homeopathic treatments was their main reason for being reluctant to suggest this alternative treatment to their patients. This provides a further reason for the desperate need to fund and support further research into this area, and to provide better information to those people associated with children with this disease.