

**The Efficacy of *Phosphorus* 6CH in treating  
Attention Deficit Hyperactivity Disorder**

**A research dissertation submitted to the**

**Faculty of Health Sciences, University of Johannesburg,  
as partial fulfilment for the  
Masters degree in Technology  
in the programme Homoeopathy  
by**

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## **DECLARATION**

I declare that this research is my own, unaided work. It is being submitted for the Degree of Masters of Technology at the University of Johannesburg. It has not been submitted before for any degree or examination in any other Technikon or University.

\_\_\_\_\_

(Signature of Candidate)

\_\_\_\_\_ day of \_\_\_\_\_

Dedicated to my loving and supportive family:

My husband Glen;  
My beautiful daughter Hannah;  
my parents and siblings: John, Glyn, Bronwyn, and Alistair Hutcheson;  
and my grandmother, Teddy Cook.

Thank you for your motivation and inspiration.

I love you.

God bless you always.

## **ACKNOWLEDGEMENTS**

I would like to thank the following individuals for their assistance in helping me to complete this dissertation, even with a move half-way across the world.

Supervisor:           **Dr Joanne Roohani**

Co-supervisor:       **Mrs Carolina Henn**

The **teachers, parents, and children** involved in the study.

**Leonie Venter**, for assistance with the statistics.

My father-in-law, **Winston Cockcroft**, for being my South African middle-man without whom this project would never have been completed.

Very special thanks to **Dr Sally White**, for her support and encouragement as both a wonderful friend and respected colleague.

## **ABSTRACT**

This research was conducted to determine the effect of *Phosphorus* 6CH on Attention Deficit Hyperactivity Disorder (ADHD). *Phosphorus* 6CH is a simplex homoeopathic preparation that through repertorisation of DSM-IV diagnostic criteria of ADHD is found to be well indicated for this disorder.

Homoeopathic trials have been conducted previously on complex homoeopathic preparations (Strauss, 1998; Smith, 2001) and have shown overall improvements in the symptoms of ADHD. The use of a simplex homoeopathic remedy has not been effectively documented prior to 2004.

ADHD is a commonly diagnosed childhood disorder characterised by inattention, impulsivity, and possibly hyperactivity. Current management of this disorder is predominantly through the use of highly scheduled central nervous system stimulants, which may produce unwanted and serious side effects, and in some children may produce no response at all.

A double-blind, placebo controlled clinical trial was conducted. Children between seven and eleven years of age with pre-diagnosed ADHD and taking no other medication for the disorder were included in the trial. Children were randomly assigned to either the medication or the placebo groups. Evaluations were conducted by means of the Barkley and DuPaul Teacher Rating Scale (BDTRS), completed by the child's teacher, the Parent Symptom Questionnaire (PSQ), completed by the child's parent or guardian, and the Children's Checking Task (CCT), completed by the child. Evaluation was conducted before the trial, weekly after two weeks of liquid administration, and again a week after cessation of treatment.

Statistical analysis revealed significant improvement in both the BDTRS and the PSQ scores, with the placebo group also showing improvement, although not to as significant a degree as the experimental group. In the CCT, no significant improvement was seen in the total scores of the tests, although there was significant improvement in the time taken to complete the tests.

Because of the placebo effect having a large influence on the results of the study, more effective research would need to be done in order to establish whether *Phosphorus* did in fact account for the more significant improvement found in the experimental group. Further studies need to be conducted on the effect of homeopathic remedies such as *Phosphorus*, with variable dosage and potency being used.

Since all children in the study showed a marked improvement due to the high level of attention met on each child by the teachers and parents involved, it is worth considering a study where no medication is used at all, but where children are given individualised attention and encouragement. It would be a valuable way to assess whether this attention would be sufficient to produce marked improvement in the children over a sustained period of time, or whether the attention given would ultimately no longer be enough but would have to be supplemented with medication.

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## **LIST OF ABBREVIATIONS**

ADHD	Attention Deficit Hyperactivity Disorder
BDTRS	Barkley and DuPaul Teacher Rating Scale
BPD	Bipolar Disorder
CATRS	Conner's Abbreviated Teacher Rating Scale
CCT	Children's Checking Task
CD	Conduct Disorder
CNS	Central Nervous System
DSM-IV	Diagnostic and Statistical Manual of Mental Disorders, Fourth edition
Dr	Doctor
e.g.	Latin: <i>exempli gratia</i> (English: for example)
FMR1	Fragile X mental retardation 1 gene
FMRP	Fragile X mental retardation protein
i.e.	Latin: <i>ibid eft</i> (English: that is)
IQ	Intelligence quotient
MCC	Medical Controls Council
MEC	Minister of Executive Council
mg	milligram
ml	millilitre
MRI	Magnetic Resonance Imaging
fMRI	functional Magnetic Resonance Imaging
ODD	Oppositional Defiant Disorder
<i>Phos</i>	<i>Phosphorus</i>
SPECT	single photon emission tomography
SSRI	selective serotonin reuptake inhibitor