

THE OTHER SONG ACADEMY

Monthly newsletter

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Homeopathy & Childhood : Gentle medicine for Tender years

By Dr Yusra Khan



Every child is a world waiting to be discovered — curious, vibrant and filled with stories untold. Children are nature in motion — laughing one moment, crying the next, each emotion pure and complete.

But between the giggles and scraped knees come the little whispers of imbalance — **the colds that keep returning, the tantrums that speak louder than words, the sensitivities that ask for care.** From common concerns like recurrent infections, allergies, digestive upsets, developmental imbalances, and behavioural issues to more complex conditions such as eczema, asthma, or alopecia — each carries its own story.

Homeopathy listens to that story. It listens **not just to the cough or the rash, but to the melody of the child's being — treating the whole child, not just the visible complaint.** It reads each symptom like a sentence in a story and responds with a remedy that resonates with the child's unique rhythm and individuality.

This month, as we celebrate **Children's Day (November 14)**, we dedicate our **October newsletter to the art of understanding children through the lens of homeopathy** — and how this gentle approach can help them flourish naturally.

To illustrate this, we share a remarkable pediatric case by **Dr Rajan Sankaran**, from his book “**Structure — Experiences with the Mineral Kingdom**”, showing how Natrum Muriaticum helped a little girl regain not only her health, but her sense of self.

Case of Natrum Muriaticum

“Tiny doses, powerful results — for every smile that matters.”



A three-year-old girl was brought for consultation with **Alopecia Totalis** — complete loss of scalp hair and eyebrows. Her parents described her as a quiet, sensitive, and withdrawn child who would often bury her face into a pillow or stay still when scolded. She disliked being cuddled when upset and was deeply attached to her mother.

She had a fragile **history of recurrent illnesses** — dehydration, gastroenteritis, and pneumonia — leaving her underweight and weak. Her hair loss too had come suddenly, **after months of frequent antibiotic use**.

Understanding the Child

When asked about her behavior, her parents said: “If she does something wrong and we correct her, she freezes — stands like a statue. If we try to comfort her, she screams.”

She was non-demanding, shy, easily hurt, and often copied others — her brother, cousins, even adults. Her favourite foods were sour, salty, and lemon-flavored, and she preferred cold curd and chips over sweets.

Initially, this pattern pointed toward Natrum bromatum, which brought partial improvement — but her alopecia persisted.

Deeper Case Analysis

A retake of the case revealed a deeper theme. This was not a child who felt guilty for doing wrong (as in Bromine), but one who felt her individuality was constantly suppressed. Whenever she was stopped or corrected, she felt unable to express her will — becoming silent, rigid, and withdrawn.

Her **mother’s history during pregnancy** revealed the same conflict. She often felt unheard, irritated, and forced to comply — “I had no choice; I had to do things his way.”

Both mother and daughter shared the same inner struggle: **“I want to do it my way, but I’m not allowed to.”** This is the very **essence of Natrum muriaticum** — a conflict between **dependence and individuality, love and restraint, closeness and withdrawal**.

Remedy & Prescription

The child was prescribed **Natrum muriaticum 1M, a single dose**. This remedy, part of the Muriaticum series, is deeply linked with care, affection, and emotional independence. It helps those who withdraw when hurt, suppress their feelings, and struggle to assert individuality while yearning for love.

Transformation

Over the following months, her progress was remarkable:

1. Her hair began to regrow, including previously bald patches.
 2. Coughs and colds reduced in frequency and intensity.
 3. She became more playful and expressive, showing curiosity and joy.
 4. The earlier pattern of sulking, copying others, or lying face down in silence disappeared.
 5. She began voicing her preferences and standing up for her point of view. Earlier, she would hide her face and cry when scolded. Now, she looks up, argues, and speaks her mind. Only a trace of shyness with strangers remained.
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The Essence of Healing



This case beautifully reminds us that homeopathy looks beyond what the eye can see. It listens — to a child’s laughter, fears, reactions, and silences — and meets them exactly where they are.

As **Dr. Sankaran** writes, “Children are often at the level of energy, sensation, or delusion — that is the world we must tap into.” When we treat from that depth, healing becomes complete — uniting mind, body, and spirit in balance.

A Note for Parents and Practitioners



Children do not speak the language of symptoms — they speak through stories, play, and small gestures. To understand them, one must listen not only with the mind, but with the heart. **Homeopathy gives us that rare lens — to see beyond the tantrum into the tenderness, beyond the illness into the individuality.**

As **homeopaths**, we learn to listen to their silences, to decode their play, to notice what brings light to their eyes. We learn to understand before we correct, to observe before we prescribe. And as **parents**, you hold the power to give your children something priceless — the freedom to be themselves. Because perhaps that is where real healing begins.

So let us approach every child as a mystery to be understood, not a problem to be solved. Let us nurture the spark that makes them uniquely them.

This **Children's Day**, may we **raise a generation that grows not only in height and health**, but in joy, curiosity, and inner balance — for that is the true gift of holistic care.

ABOUT THE AUTHOR

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Dr. Yusra Khan, BHMS, MCAH is a homeopath with a strong passion for holistic healing and education. She completed her BHMS from Mumbai followed by a Master's course in Advanced Homeopathy under the guidance of renowned teacher and thinker Dr. Rajan Sankaran at The Other Song Academy, Mumbai.

She has gained diverse clinical experience and also consults patients with a focus on individualized holistic care and improving quality of life. Dr. Yusra is deeply committed to spreading awareness about homeopathy worldwide through teaching, writing, and digital platforms. For queries or contribution, you may reach her at drkhanyusra@gmail.com

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