

HOMOEOPATHIC MANAGEMENT OF GROWING PAINS: A CASE REPORT

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Abstract: Growing pains are a usual and not serious kind of pain in the muscles or legs that many kids feel as they get older. They usually affect kids aged 3 to 12 and most often happen in both legs. The pain usually begins in the late afternoon or evening and can sometimes make a child wake up during the night. Children who have growing pains do not show swelling, redness, fever, or any other symptoms of being sick, and when they are checked by a doctor, their body seems healthy. Although the pain might feel unpleasant, it's not linked to any serious medical issue.

Case Summary: A 5-year-old female child presented with pain in legs at night which is relieved by flexing legs, a complete case history was taken and therapeutic approach was done. Based on the physical and mental totality of the symptom APIUM GRAVEOLENS in potency 30 was selected and was given once a week. The case was closely followed for 3 months, which shows the effectiveness of APIUM GRAVEOLENS in growing pains.

Keywords: Homoeopathy, Keynote approach, Apium graveolens, Growing Pains.

INTRODUCTION

Growing pains is a harmless condition that causes frequent discomfort in young children. The pain usually happens in both legs, especially at night. It comes and goes, and there's no swelling or other physical signs to go along with it.^{[1][2]} Growing pains were first mentioned by French doctor Marcel Duchamp in 1823. These are considered the most common reason for muscle and bone pain in young children. These pains typically happen in kids between the ages of 3 and 12, and they usually affect both sides of the body.^{[3][4]}

ETIOLOGY^{[1][5][6]}

The exact cause isn't known, but experts believe it might be connected to things like exercise, rapid growth, or family history. There isn't a particular illness that explains the pain, but there are many possible reasons that could be making the body show more signs of trouble.

Exogenous Factors: -

- Playing outdoor games
- Exercise

- Running
- Any Injury

Endogenous Factors: -

- Vitamin D deficiency
- Low Calcium Intake
- Improper/low diet
- Urban Sedentary Children

EPIDEMIOLOGY ^{[7][8]}

Growing pains affect approximately 10-40% of children, with varying prevalence rates reported in different studies. They are most commonly observed in children aged 3 to 12 years, with a slight predominance in females. The condition tends to self-limit as children grow older. Studies of the prevalence of growing pains have presented a wide range of estimates from 2.6 to 4.9%.

PATHOPHYSIOLOGY ^{[9][10][11]}

The pathophysiological mechanisms underlying growing pains are not well understood, but several hypotheses include:

- ☆ Non-Inflammatory Pain Syndrome: Growing pains are thought to be a non-inflammatory pain syndrome, possibly linked to muscle fatigue or overuse.
- ☆ Somatosensory Processing: Some evidence suggests that children with growing pains may have altered somatosensory processing, leading to a diffuse pain response.
- ☆ Bone Strength: Studies have indicated that children with growing pains may have reduced bone strength, which could contribute to the pain experienced.

THEORIES

The exact reason why growing pains happen is not fully known, but there are several ideas that have been suggested to explain them.

- ✧ THE ANATOMIC THEORY: The Anatomic Theory came into existence in the 1950s. This theory says that musculoskeletal issues like generalized hypermobility, flat feet, knock knees, or scoliosis can change how a person walks and lead to pain. Studies have not found evidence to back this idea. A new study that looked at kids who had growing pains and those who didn't see any big differences in how their foot bones were positioned. ^{[12][13]}
- ✧ THE MUSCULAR FATIGUE THEORY: The Muscular Fatigue Theory was introduced in 1894. It suggests that when people do more physical activity, their muscles get tired over time. This can be supported by the view of many caregivers who believe that harmful experiences are worse on days when kids are especially energetic. The tool meant to cause pain can be broken down into either muscle tiredness or bone fatigue. Muscle weakness leading to further muscle problems might be a possible reason for the issue. No research has looked directly at the muscular fatigue theory, and this idea is still based on what people have observed. ^{[14][15]}
- ✧ THE LOWER PAIN THRESHOLD THEORY: The lower pain threshold theory suggests that children who had growing pains that lasted longer than 5 years had a lower pain threshold than healthy children and those whose growing pains had stopped or were getting better. Children who had ongoing growing pains were more likely to have relatives who also experienced pain-related conditions. ^{[16][17]}

- ✧ **THE PSYCHOLOGICAL THEORY:** The psychological theory was introduced in 1951 and suggests that children who experience growing pains may be more likely to have emotional issues. Research shows that kids who have growing pains might act or feel differently from other children their age.^[18]
- ✧ **THE FAMILIAL AND ENVIRONMENTAL FACTORS THEORY:** The theory about family and environment suggests that feelings and mental factors inside the family setting might play a role in causing growing pains. Research shows that painful events from a parent's past may affect how their child experiences pain.^[19]
- ✧ **THE GROWTH-RELATED THEORIES:** Some theories suggest that growing pains might happen during times when a child is growing quickly, but there isn't enough evidence to show that growth spurts actually cause the pain.^[20]
- ✧ **OTHER THEORIES:** Other theories suggest that weaker bones or changes in blood flow might be involved, but these ideas haven't been proven for sure.^[10]

CASE REPORT

A 5-year-old female child presented at OPD at Dr. M.P.K. Homoeopathic Medical College, Hospital and Research Centre, Saipura, Sanganer, Jaipur, OPD No. 12149 on 06/09/2025 with the following complaints:

Duration: Since 1 years

Location: legs

Sensation and Complain: Pain in legs: at night, while going to sleep, throbbing type of pain.

Modalities: Aggravation: Not Specific

Amelioration: flexing legs.

Physical Generals

Thermal reaction: Sensitive to both heat and cold

Cravings: Oranges and apples

Aversion: Nothing Specific

Appetite: 2 meals/day, ½-1 chapati/meal

Thirst: 3-4 glass/day

Stool: Normal

Urine: 2-3 times/day

Perspiration: Normal

Sleep: Unrefreshed sleep, not fatigued from loss of sleep.

Dreams: Nothing Specific

Mental Generals

Irritable

Anger+: Cry in anger

Energetic

General Examination

Nutrition: Fair

Cachexia/Emaciation: Present

Tongue: Moist and clean

Analysis of Case

Mental Generals	Physical Generals	Particulars
• Irritable • Anger+: Cry in anger • Energetic	• Thermal reaction: Sensitive to both heat and cold • Cravings: Oranges and apples • Aversion: Nothing Specific • Appetite: 2 meals/day, ½-1 chapati/meal • Thirst: 3-4 glass/day • Stool: Normal • Urine: 2-3 times/day • Perspiration: Normal • Sleep: Unrefreshed sleep, not fatigued from loss of sleep. • Dreams: Nothing Specific	Pain in legs: at night, while going to sleep, throbbing type of pain. >flexing legs

Evaluation of Case

- Irritable
- Anger+: Cry in anger
- Energetic
- Thermal reaction: Sensitive to both heat and cold
- Cravings: Oranges and apples
- Aversion: Nothing Specific
- Appetite: 2 meals/day, ½-1 chapati/meal
- Thirst: 3-4 glass/day
- Stool: Normal

- Urine: 2-3 times/day
- Perspiration: Normal
- Sleep: Unrefreshed sleep, not fatigued from loss of sleep.
- Dreams: Nothing Specific
- Pain in legs: at night, while going to sleep, throbbing type of pain.
>flexing legs

Totality of Symptoms

- ☆ Irritable
- ☆ Anger+: Cry in anger
- ☆ Energetic
- ☆ Cravings: Oranges and apples
- ☆ Sleep: Unrefreshed sleep, not fatigued from loss of sleep.
- ☆ Pain in legs: at night, while going to sleep, throbbing type of pain.
>flexing legs

Prescription with Justification

The first prescription was 06/09/2025 Apium graveolens 30/ 1 Dose/ EMES for 7 days. (Justification of remedy selection: According to the presenting totality and based on symptoms given in W. Boericke Materia Medica- Growing pains during night; better flexing legs. Hungry for apples and desire for oranges. Depressed, energetic, feeling of fidgets, cannot sleep from thinking. Sleepless; not fatigued by loss of sleep.) ^{[21][22]}

Follow-ups

Date	Follow- ups	Prescription
14/9/25	Patient was feeling a slight increase in the intensity of pain	Apium 30/1 Dose/ EMES Rubrum 30/TDS *7 Days
22/9/25	Pain intensity slightly decreased and sleep slight better.	Rubrum 30/TDS Phytum 30/1 Dose * 7 days
30/9/25	Intensity still the same. There was no further relief, the symptom was still the same as previous.	Apium 30/1 Dose/ EMES Rubrum 30/TDS *7 Days
8/10/25	Patient now feeling a lot less pain in his legs. Started to sleep slight comfortable, but wakes up sometimes between sleep at night.	Apium 30/1 Dose/ EMES Rubrum 30/TDS *7 Days
16/10/25	Patient is better with no pain in legs at night.	Rubrum 30/TDS Phytum 30/1 Dose *7 Days

	Sound sleep without being disturbed.	
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CONCLUSION

Homoeopathy is a specific type of medicine that not only helps to cure the illness but also takes care of the person's overall health. The patient starts to get better slowly after taking the medicine that was given based on their symptoms. This case demonstrates how Apium graveolens works well when used in a homeopathic way for children's leg pain that happens as they grow. This case shows how taking a detailed history and using a key point approach can help improve a patient's symptoms and overall quality of life. Now the patient is happy because he no longer has his problems.

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