

An Observational Study on Cell Phone Dependence Disorder and it's Homoeopathic Management

Dr. Hemant Vyas¹ Dr. Sachin Gupta² Dr. Bharat Sharma³ Dr. Gaurav Gupta⁴ Dr. Rakesh Sharma⁵
Dr. Anil Kumar Vangani⁶

1. Associate Professor, Department of Surgery, Faculty of Homoeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur
2. Professor, Department of Materia Medica, Faculty of Homoeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur
3. Assistant Professor, Department of Pathology, Faculty of Homoeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur
4. Assistant Professor, Department of Forensic medicine and toxicology, Faculty of Homoeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur
5. Professor, Department of Organon of Medicine, Faculty of Homoeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur
6. Professor, Department of Repertory, Faculty of Homoeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur
E-mail: drvyashemant@gmail.com
Contact no. 9096446494

Abstract: Need and Background of the Study: As this problem is increasing day by day there is a need to find out a solution either in the form of psychotherapy or medicinal treatment. Here we are trying to enlighten the scope of psychotherapy and Homeopathic management in treating the cell phone dependence disorders.

The recent advancement related to speed and decreased cost of internet data has increased the use of Cellphones throughout the world. Cellphones are being updated very frequently by improving their design and functions, which is responsible for overdependence, overuse and addiction to the screens. Homoeopathic system of medicine can reduce this tendency of overuse and addiction to Smartphone.

Key-words: Cell phone dependence disorder, Cell Phone Addiction, Observational study, Homoeopathy

Introduction

With the development of India and access of common men to smartphones cell phone addiction is also increasing, which is common in youth & is responsible for the loss of precious time in school or college going and the working youth. A very larger part of the world population own at least one Smartphone or have access to a Smartphone. Smart phones are basically invented to reduce our time and work, we can operate many gadgets and functions at a time without carrying

them separately. Camera, games, newspapers, Watch, different software, music and video players, TV and many things in single compact device. This increases our dependence on Smartphone and ultimately it may lead to dependence disorder and addictions.

Signs and Symptoms of Cell Phone Addiction

- ✓ A compulsion to use the cell phone more often in order to experience the same desired consequence.
- ✓ Repeated failed attempts to use cell phone for less time.
- ✓ Compulsion with Smartphone use.
- ✓ Using cell phone when experiencing unwanted feelings such as sadness, fear, anxiety or depression.
- ✓ Excessive use leading to loss of sense of time.
- ✓ Taking relationship or job at risk due to excessive cell phone use.

General Physical Effects of Addiction of Smartphone

- **Neck problems.**
 - Neck pain resulting from looking down at cell phone or tablet for too long also commonly referred as “text neck”
- **Effects on eyes**
 - Discomfort and pain in eye balls due to constantly looking at cell phone for longer time
 - Burning and itching of eyes.
 - Glare and blurring of vision
 - Fatigue of vision
 - Congestive headache due to over use of eyes
- **Increased illnesses due to over exposure and contamination with Bacteria and viruses.**
 - Due to use of Cell phone in Toilets and Bathrooms there are maximum chances of exposure to Bacteria and viruses which do not get washed after use as phones are not sanitized after coming from toilets.
 - Bacteria like Salmonella and E. coli are found on many phones, which can cause vomiting, diarrhea and fever
 - Painful abscesses on Skin and other body parts
- **Vehicle accidents.**
 - Lots of people use their phones while driving, but this causes significant impairment and puts the driver and others on the risk.
 - Texting and driving is as dangerous as drinking and driving.

- **Male infertility.**
 - Exposure to cell phone radiation has found to be related with reduced sperm count, sperm motility and viability.

Psychosocial Effects of Smartphone Addiction

Disturbances of pattern of Sleep

- Smartphone addiction has been related to an increase in sleep pattern disorders and fatigue.
- Using your Smartphone before bed increases the chances of insomnia or sleeplessness.
 - Sleep quality may decrease due to Bright light of screen.
 - Time required to fall asleep may increase due to screen of Smartphone.
 - Light emitted from the screen of Smartphone may activate the brain.
- **Depression and OCD**
- **Relationship problems:** Decreased sense of responsibility cause disturbance in Offline relationships which could suffer as a result of ignoring in favor of excessive cell phone and social media
- **Anxiety:** Students who use Cell phone for longer time tend to become incompetent and lose their confidence this leads to anxiety during stressful events.

Psychotherapy Suggestions for Cell phone addiction

The cell phone addiction is a fairly new concept and isn't yet included in the DSM-5, there are a few therapy suggestions for those suffering from this condition:

- **One should make rules for them self** concerning phone usage.
 - Time periods should be set in which you shouldn't use your phone.
 - Activities in which phone is forbidden should be designated (e.g., driving, lunch and dinner time).
 - Break times to access your phone or social media should be scheduled.
- **Relaxation techniques such as Yoga, Meditation, Pranayam, mindfulness** can help to bring down cravings to use your cell phone or access social media.
- **Individual therapy:** The therapist works with patient to address any underlying problems or co-occurring mental disorders that could be affecting cell phone use.
 - **Cognitive-behavior therapy** aims to replace faulty and maladaptive thoughts, feelings, emotions and behaviors into healthy and positive ones. This method has been proven effective to treat Internet addiction, which is very similar to cell phone addiction.
 - **Motivational interviewing** by Experts: is centered on individual, the expert, helps to identify the difference between present state and desired state, and allows you to find the motivation to make positive behavioral changes.

Homoeopathic Management

We know that Homoeopathic medicine is effective in treating all type of disorders. There is plenty homoeopathic medicine for treating cell phone dependence disorders also i.e. Euphrasia,

Chamomilla, Ruta, Jaborandi, Kali phosphoricum, Arsenic Album, Lycopodium clavatum, Conium maculatum, Caladium, X-ray etc.

Materials and Methods

An Observational study on 100 patients of cell phone dependence disorders was carried out in the Faculty of Homoeopathic Science at Jayoti Vidyapeeth Women's University, Jaipur and University Hospital, surrounding rural area of the University i.e. Jharna, Kot Jewar, Kesrising Pura, Dewala, Mahalan, and Bagru **from February 2017 to September 2020**, in which the patients were evaluated by using a Questionnaire (Questionnaire for Self-Assessment for Cell Phone Dependence Disorder) and evaluating the patient as a whole. Medicines were prescribed on the basis of individualization.

Medicine Used in All Cases: Euphrasia, Chamomilla, Ruta, Jaborandi, Kali Phos., Arsenic Album, Lycopodium, Conium Mac, Caladium, X-ray etc.

Total no of cases: **105**

All cases are belonged from different clinical fields.

Total number of cases improved: **63**

Total number of cases status Quo: **25**

Total number of cases which are worse: **12**

Total Drop-out cases: **05**

Total no. of cases consider for data analysis for the project: 100

- Cases are treated by Only Homoeopathic remedies & management.
- Cases of eye strain are successfully treated by Euphrasia, Ruta & Jaborandi 30, 200 & 1M (**30CASES**).
- Case sleep disturbances successfully treated by Kali phos 12X & Arsenic alb 30, 200 (**35 CASES**)
- Case of infertility & male sexual dysfunction are treated by caladium, lycopodium & X-ray 200 & 1M (**20CASES**).
- Cases of OCD (Obsessive Compulsive Disorder) were also treated by Chamomilla & arsenic alb 200 (**15 CASES**).

Results and Discussion

The Paired t test was used to find out the significance of the homoeopathic medicine using IBM SPSS version 25. The result showed that p value is < 0.05 & value of t (3.107) is greater than the tabulated value in t-table at $df = 99$ (1.9842), which was statistically significant. 63 patients improved but there was variation in the improvement. 25 patients showed no change in the manifestation and 12 patients show worsening of the symptoms. The analysis of the 100 cases showed improvement varied patient to patient. The statistical analysis shows importance and role of Homoeopathic medicine in cell phone dependence disorders.

Conclusion

The result showed that p value is < 0.05 & value of t (3.107) is greater than the tabulated value in t-table at $df = 99$ (1.9842), which was statistically significant, this shows that overall response of Homoeopathic medicine, for cell phone dependence disorders were encouraging with evidence of improvement in symptoms of cell phone dependence disorders, which varied from patient to patient.

The Self-assessment is necessary to check the cell phone dependence disorder to prevent it in the society. Govt. should conduct the survey and surveillance for such disorders for promotion of healthy life.

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