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MANAGEMENT FOR HYPERACTIVITY DISORDER IN CHILDREN THROUGH AYURVEDA

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ABSTRACT

Attention deficit/hyperactivity disorder (ADHD) is a behavioural disorder of children. It is the most common neurological disorder of childhood. As modern medicine has failed to provide a cure for a variety of health problems, more and more people are turning to the alternative and complementary medical sciences, especially Ayurveda, in search of relief. Among the problems for which modern medicine has failed to find a solution are the behavioural or psychiatric disorders of childhood. In present article we are studying the Hyperactivity disorder in children

Keywords: Hyperactivity, Children Disorder, Ayurveda.

INTRODUCTION

Psychosomatic disorder affected children are increased in paediatric clinics, out of that Attention deficit hyperactivity disorder (ADHD) is one of them which is characterized by a persistent pattern of inattention and/or hyperactivity as well as forgetfulness, poor impulse control or impulsivity and distractibility. 5-10% of Indian population is affected by this disorder with male predominance. Attention-deficit / hyperactivity disorder (ADHD) is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.

- Inattention means a person wanders off task, lacks persistence, has difficulty sustaining focus and is disorganized; and these problems are not due to defiance or lack of comprehension.
- Hyperactivity means a person seems to move about constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks. In adults, it may be extreme restlessness or wearing others out with constant activity.
- Impulsivity means a person makes hasty actions that occur in the moment without first thinking about them and that may have high potential for harm; or a desire for immediate rewards or inability to delay gratification. An impulsive person may be socially intrusive and excessively interrupt others or make important decisions without considering the long-term consequences.

ADHD AND AYURVEDA

In Ayurveda neither this disease nor the symptoms of ADHD are described but some references about abnormal behavior are discussed under features of vataprakriti Anavasthita Chittatva Mano vibhrama, Buddh vibhrama, Smriti vibhrama, Sheela vibhrama, Cheshta vibhrama and Achara vibhrama can be correlated with ADHD. According to Ayurveda, the main reason for ADHD is vitiation of dheer (rational thinking), dhriti (retaining power of the mind), smriti (memory) which causes abnormality and abnormal conduct resulting into improper contact of the senses with their objectives and give rise to inattention, hyperactivity and impulsivity. According to Ayurveda, psychological problems start when fundamental imbalances develop in the biological intelligence that controls all body processes

ADHD is neurodevelopmental disorder characterized by problems in paying attention, excess activity, uncontrolled behavior which is inappropriate for the age of child. The disease most commonly affects the children of age group 6 to 12. Despite being most commonly studied and diagnosed mental disorder in children and adolescents, the cause is yet not known in majority case. W.H.O.(World Health Organization) (3,4)estimated that it affected about 39 million people as of 2013. 5 to 7 % children are getting affected with similar rates in various countries. It is found more commonly in boys than in girls (ratio 3:1). Stimulant medicines are recommended for treatment but their long-term effectiveness is unclear. Behavioral therapy with medications is also a good

line of treatment but its use is contradictory. The controversies involved physicians, clinicians, teachers, policymakers, parents, and media. Ayurveda consider every life as a different combination of Doshas. There are three Doshas namely vata, pitta and Kapha. Balancing them is the prime protocol of treatment, as per Ayurveda. Normally Kapha dominates in the pediatric age. By considering modern and classical Ayurvedic literature we can have a standard treatment for A.D.H.D. which could be safe, not having any side effects leading controversies. Because of the controversies of the opinion about the disease progress, the diagnosis of the disease becomes difficult and so the treatment also; but behavioral therapy combined with stimulant drugs stands as better line of treatment in Allopathic medicine. As per Ayurveda, disease symptoms can be related to Unmada. Acharya Charaka described mental illness (Unmada is a disease featured by unstable mind, intellect, consciousness, knowledge, memory, inclination, bad manners and poor conducts of behavior. Adult Hyperactive impulsive type of A.D.H.D. may be directly correlated with Unmada. Here behavioral therapy and some herbal preparations, single herbs, kalpas (combinations), herbomineral preparations. A sound mind dwells in the sound body. So the indulgence of the senses (indriyas) from their respective performance (bad habits) should be curtailed. It is assisted with the daily diet regulation and making sleep time-table of an affected child. Diet should be of nutritional balance, on proper time, avoiding excess oil and spice, rich in antioxidants and immunity

boosters. Sound sleep and a good amount of water intake is also a must. Scalp massage (shiro abhyanga), massage of soles of feet with sesame oil is also beneficial in hyperactive type of A.D.H.D. Daily work should be listed and overcoming problems (e.g. during writing) should be handled one by one and slowly. Cow's ghee, cod-liver oil, vitamin D3 are playing good role to develop brain activities.

A number of researches show that children with ADHD have slower reaction times or attention span than the general population.^[6,7] Reaction time is the time from the onset of a stimulus to the time the organism responds. The cerebellum is one of the areas of the brain concerned with making quick responses and so a poor reaction time is consistent with the theory that a weak or underdeveloped cerebellum is partly to blame.

Reaction time is determined by modality and summation of stimulus, foreperiod and preparatory set, motivation, sensory and motor attitudes, individual differences, fluctuation of attention, fatigue, use of drugs, practice, age, sex, intelligence, finger tremors, left vs right hand, vision (direct vs peripheral), sobriety, breathing cycle, and intake of stimulant drugs (e.g., caffeine).

Essentially, the faster one processes information coming into the brain, the more information one has at one's disposal to make a decision. Imagine filling a bottle with water from a tap; how fast you can fill the bottle depends on how fast the water comes out of the tap and how wide the neck of the bottle is. This analogy holds true in the case of the

role of the cerebellum in ADHD. A lot of sensory information pours into the cerebellum, and when the cerebellum is immature it acts as a bottleneck. Any sensory input that cannot be coped with by the cerebellum will be discarded rather than be processed. So when a child with ADHD does not hear your instructions, it may be that the sounds were 'heard' but were discarded before the signals reached the consciousness and the processing parts of the brain.

Adhd is the predominant Vata dosha behavioral condition that affects manovaha strotas. As a result, a therapy that corrects the imbalance of the dosha improves and normalizes brain problems with memory, intelligence, focus, learning capacity, speech production, etc. Can prove successful in treating attention deficit hyperactivity disorder.

In addition to psychotherapy, speech therapy, behavioral therapy, etc. The use of ayurvedic treatment methods will accelerate progress. Medicines to improve the digestive system, intellect, and mental state are provided in Ayurveda and panchakarma therapies.

A symptomatic classification is discussed below which will explore symptoms of specific type in details. 1. Predominantly inattentive: Child has all above symptoms with easy distraction, common forgetfulness. He also have difficulty in focusing on a particular task, becomes bored with a task within a few minutes. He has difficulty in learning something new; have trouble completing homework, often losing things (e.g. Pencils, toys, assignments, books). He

don't listen parents when parents interact with him. He struggles to follow instructions, have difficulty in understandings. 2. Hyper active-impulsive: Child talks non-stop, dash around, touch here and there, plays with anything and everything, have troubles with sitting silently, constant in a motion, have difficulties in doing quiet tasks or activities, very impatient, acts without regard for consequences, show out emotions without restraint, often interrupt conversations or activities of other children(10). 3. Mixed: both types of characters are found in the child inattentive and hyperactive.

As modern medicine has failed to provide a cure for a variety of health problems, more and more people are turning to the alternative and complementary medical sciences, especially *Ayurveda*, in search of relief. Among the problems for which modern medicine has failed to find a solution are the behavioral or psychiatric disorders of childhood(11).

Many of these problems are of a transient nature and often go unnoticed. However, attention deficit/hyperactivity disorder (ADHD) is a behavioral disorder of children that comprises perhaps 50% of referrals to child neurologists, behavioral pediatricians, and child psychiatrists. It is characterized by inattention, with increased distractibility and difficulty in sustaining attention, poor impulse control, and decreased self-inhibitory capacity, as well as motor overactivity and motor restlessness.[1,2] The incidence of ADHD in school-going children in the West and India ranges from 5%–10%.[3] Two to four times more boys than girls are

affected.[4,5] It often continues into adolescence and adulthood and can cause a lifetime of frustrated dreams and emotional pain.

Panchakarma treatment for ADHD:

It is commonly used in children to develop voice, memory, and intelligence. 'Vacha' indicates 'talking.' Rejuvenates the brain and nervous system. It balances the Vata with the Kapha dosha. Helps improve the digestion force. Due to its scraping properties, it eliminates excess Kapha and is thus commonly used in obesity.

1. Abyanga (body oil massage)

Body oil massage is performed in a classical approach that helps alleviate Vata dosha, relaxes the muscles of the body, and soothes the mind.

2. Shirodhara

A classical technique for pouring medicinal liquids over the head. And is used to treat heat-related illness. It calms your mind, increases your concentration, relieves sleeplessness, depression, anxiety, etc. Vata relieving liquids is more effective for patients with ADHD.

Our Take

Ayurveda seeks to maximize the benefits of all the available ayurvedic medicines so far to achieve their best results among children who come to us to eventually recover from the adverse effects of autism and hyperactivity and issues with attention. Try to achieve the most advantages of children who approach us

by rehabilitating the ill-impact consequences of autism, including hyperactivity and care issues all the Ayurvedic medications available up to now.

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by the cerebellum will be discarded rather than be processed. So when a child with ADHD does not hear your instructions, it may be that the sounds were 'heard' but were discarded before the signals reached the consciousness and the processing parts of the brain.

2. Nootropic herbs: following herbs have possible action on psycho-neurological deficits: – Shankhapushpi (convolvulus pluricaulis): it is one of the nature's precise remedy for preventing brain weakness. It has been used since ages to sharpen intellect and to promote mental power. In Ayurveda shankhapushpi is believed to be medhyarasayana (brain tonic). Half teaspoonful powder of the herb with milk should be taken twice a day. It is beneficial in insomnia, anxiety, stress, loss of memory. – Brahmi (14) (centella asiatica): it is another useful brain tonic. It can be taken in powder or paste form along with milk. Fresh juice of leaves in a dose of 10ml once a day is also proved beneficial. – Jatamansi (nordostachys jatamansi): it tones up the brain and strengthens mental abilities. It is specially used in mental diseases like depression, epilepsy; insomnia nice results are shown by jatamansi extract. – Kushmanda (16) (white gourd/ benincasa hispida): it is useful in treatment of pitta vikara, bleeding disorders, epilepsy, and insanity. The juice of the fruit is prescribed by Susruta for mental disorders and insanity. – Kalyanakaghrita: Described by Acharya Charaka, useful in Unmada patients. It proves useful in children A.D.H.D. – Dhoopana chikitsa: Acharya Kashyapa described various herbs incinerated and their fumes are

inhaled in dhoopakalpadhyaya. It may prove useful. – Herbo-mineral preparations: as per Ayurveda, metals like gold in their soluble form (suvarnaprashana are prescribed in MedhyaChikitsa (treatment of intellect). They may seem useful. Minerals and heavy metals should be avoided in their metalloid form in pediatric group. – Changes of environment, tranquil music at bed time, decoration of rooms of children as per their likings also modify the behavior of child.

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