

AN AYURVEDIC APPROACH TO ATTENTION DEFICIT HYPERACTIVITY DISORDER  
A BRIEF REVIEW<sup>1</sup>Vd. Dattatraya B. Chavan and <sup>2</sup>Vd. Nitesh P. Haral<sup>1</sup>Asso. Professor, Dept. of Kaumarbhritya Govt. Ayurveda College, Vazirabad, Nanded, (Maharashtra) India.<sup>2</sup>PG Scholar, Dept. of Kaumarbhritya Govt. Ayurveda College, Vazirabad, Nanded, (Maharashtra) India.**\*Corresponding Author: Vd. Nitesh P. Haral**

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**ABSTRACT**

Attention deficit hyperactivity disorder (ADHD) is common psychiatric disorder in children, characterized by symptoms. Hyperactivity, impulsivity & inattentiveness leading to secondary problem learning disabilities delayed psychoaocial mileston, emotional & maladjustment. It is found more commonly in boys than girls (Ratio3:1) According to Ayurveda ADHD is vitta -pitta predomination disorder. In Ayurveda *samhita* state if *vyana-vayu* obstructed by *parna vayu* then it results in loss of all the senses & will loss of memory. *Pitta (sadhak pitta)* monitors emotions and effect on the functioning of the heart. *Manovaha strotasa* are mainly affected an Creating blockages in normal functioning of these channels. There is no fully curative treatment to ADND in modern science but according to Ayurveda some panchakarma procedures (like *shirodhara*) internal medication are important therapy in this disease. Ayurveda is not claiming that ADHD is total Curative but can be used to maximize the benefits in ADHD treatment.

**KEYWORDS:** ADHD, *Sadhaka pitta*, *Mahovah strotasa*, *shirodhara*.**INTRODUCTION**

Psychosomatic disorder affected children are increased in pediatric clinics, order of that ADHD is one of them which is characterized by three core group of age - Inappropriate symptoms, hyperactivity, impulsivity and inattentiveness.<sup>[1]</sup>

~5-10% of Indian children is affected by this disorders with striking predominance in boys. Modern science has stimulant are medication for the treatment of ADHD but their term effect are unclear and show some hazards effects.<sup>[2]</sup>

Ayurveda has consider every life is a different combination of *prakuti* & *doshas*. There are three main *doshas* in Ayurveda, Namely *vata*, *pitta*, *kapha*.<sup>[3]</sup>

**MATERIAL AND METHODS**

Classical texts of Ayurveda & modern text including media internet sources are used in this study.

**Sign & Symptoms of ADHD**

1. Inattentiveness
2. Hyperactivity
3. Impulsivity

**Types of ADHD**

1. ADHD, combined type (~25%)

2. ADHD, predominantly inattentive type (~50%).
3. ADHD, Predominantly hyper active/impulsive type.<sup>[4]</sup>

**Causes of ADHD**

1. **Genetics:** Study shows that the ADHD is after often inherited from parents with genetic determining about 75% cases.
2. **Environment diet & abuse:** Some environment factor plays a role like alcohol, tobacco during pregnancy.
3. **Infections:** Premature birth, LBW, infection during pregnancy, Birth injuries

**Diagnosis**

There is no specific diagnostic test for ADHD & diagnosis is exclusively clinical based.

- Diagnosis should be differentiated by anxiety disorders & depression.
- By Quantitative EEG.

**Ayurvedic Approach**

According to our classical literature there is no direct correlation of ADHD with any other diseases. According to Ayurveda, ADHD symptoms can be related to *vataja unmada*. *Acharya Charak*, mental illness is featured unstable mind, poor conduct of Behavior Low IQ etc.

**Nootropic herbs:** Following ayurvedic drugs have possible action psycho-neurological deficits.

- **Shankhpushpi (Convolvulus pluricaulis)**

It is used for treatment of neurodegenerative diseases, used to improve memory, mainly used as brain tonic & brain stimulator.<sup>[5]</sup>

- **Jatamansi (Nordostachys jatamansi)**

*Jatamansi* is famous Ayurvedic herb used in neuro-psychiatric diseases. It has property like medhya.<sup>[6]</sup>

- **Bramhi (Centella asiatica)**

It's Ayurvedic actions include Calming vata of redirecting flow of vata downwards.<sup>[7]</sup> (*Bramhi* is main revitalizing herb for the nerves and brain cells)

- **Abhyanga (Body oil massage)**

Body oil massage performed a classical approach that help alleviate vata dosha, relaxes muscles of Body & soothes the mind.<sup>[7]</sup>

### **Shirodhara**

*Shirodhara* is classical and a established Ayurvedic procedure of slowly and steady dripping medicated warm oil on the center of the forehead in on Oscillating manor. This procedure offer induced a mental state similar to trance, which creates profound relaxation of the mind & body. It is deeply Relaxing & revitalizes the central nervous system. Action of *shirodhara* is supposed to be on *marma*, *charka*, *manovaha strotas* As for modern view there is no. of hypothesis regarding the action on pituitary gland certain studies have been conducted to find out work of *shirodhara* on body.

The action *shirodhara* on body is anxiolytic, and EEG showed increased alpha-waves and decreased bita-activity, score of mood and stress changed significantly. *Shirodhara* helps in insomnia, psychological disorders.<sup>[8,9]</sup> *shirodhara* gives the best results after Abhyanga therapy. Duration - 45 mins.

### **DISCUSSION**

ADHD is neurobehavioral disease. It is identified to affects preschoolers, causing impairment in school, home and in the community. Modern science have medication but those have many side effects. Therefore there is wide scope for Ayurveda to treat ADHD.

According to ayurvedic view ADHD is being consider as *Manas vikara* with involvement of *Vata dosha*. Hence treatment alleviating is mainly *Manas Chikitsa* with vata dosha. For that we can use Ayurvedic drugs which having special effects on *Manovaha strotas* and procedure like *Shirodhara*. *Shirodhara* may help to stimulate many vitals like *stapani marma* and *Ajna chakra*, which are seated in *Bhrumadhya* and are *sthana* of *manas*. Overall picture of study shows that *Shirodhara* help to reduce the symptoms of ADHD.

### **CONCLUSION**

Nootropic herbs and *Shirodhara* were both effective in reducing reaction time in ADHD and thus improve the attention span.

Only medication is not sufficient to treat ADHD in children. The modern science use medication for treatment of ADHD are the psychostimulant therapy medication. These medication having some hazards. Therefore we can use Ayurvedic herbs and *Shirodhara* as the first treatment of choice in ADHD disease.

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