



A Case Report on Ayurvedic Management of Attention Deficit Hyperactivity Disorder [ADHD] in Children.

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ABSTRACT:

Attention Deficit Hyperactivity Disorder - ADHD is the most common neurobehavioral disorder of childhood. It is characterized by inattention, hyperactivity and impulsivity and it interferes with social, academic and occupational functioning. In Ayurveda, disorders related to psychiatric and behavioral disturbances are discussed under the chapter of Unmada. So, according to the sign and symptoms it can be co-related with Unmada. The present case was carried out in Kaumarabhritya OPD & IPD of Government Ayurvedic College & Hospital Dharashiv Maharashtra with an aim to assess the efficacy of Ayurvedic treatment protocol in the management of ADHD in children. Ayurvedic treatment like Basti, Koshthshodhan, Shirodhara and Nasya were followed and assessment was done before and after treatment and during follow ups. The given treatment was found to be effective in management of ADHD.

KEY WORDS: ADHD, Unmada, Behavioral Disorder, Koshthshodhan, Shirodhara, Dharashiv.

INTRODUCTION:

ADHD is a neurobehavioral disorder of childhood. Its prevalence in India was estimated at 1.3 per 1000. Age of onset of disease is after 3 years upto 12 years if presents with academic or behavioral problems with symptoms of inattention, hyperactivity and impulsivity. It interferes with social, academic and occupational functioning. Although the symptoms of ADHD begin in childhood, it can continue through adolescence and adulthood. [1] Mothers of children with ADHD are more likely to experience birth complications such as toxemia of pregnancy, prolonged labor and complicated delivery. Maternal drug use, smoking and alcohol during pregnancy, lead or mercury exposure are commonly linked to attentional difficulties associated with the development of ADHD. [2] In Ayurveda, there is no direct correlation for ADHD, but according to its signs & symptoms it can nearly be correlated with Unmada. According to Acharya Charaka, the causative factors for Unmada are, intake of incompatible, contaminated and unclean foods, possession by spirits like Gods, mental trauma due to recurrent exposure to fear or exhilaration. By these causes the Dasha gets vitiated in the person possessing low level of Sattva Guna and in turn vitiate the mind, which is the seat of intellect. Common features of Unmada are, intellectual confusion, unsteadiness of mind, impatience, restlessness,

incoherent speech, feeling of emptiness in mind, anxiety. Ayurvedic line of treatment has key role in managing Neurobehavioral disorders like ADHD etc., Hence, present case was an attempt to manage the ADHD disorder using Ayurvedic line of treatment. CASE STUDY A 5 yr old male child with the complaints of hyperactivity, restricted behaviour, irritability, inattentiveness, difficulty in speaking, making careless mistakes, lack of concentration, and low memory power had approached our hospital. As per the information by her parents, the child was apparently normal till 3 years of age. Gradually they noticed the behavioral disturbances in their child. He was not able to concentrate on any things in particular for more time. He developed irritability behavior, inattentive and slow learning. He had low memory power that he can't even recognize their parents. Then he developed anxiety and fear towards people and the crowd where he became socially inactive. He also had the problem in his speech. Patient had taken treatment for this but no changes observed in his behavior. So, they approached our hospital for further management.

BIRTH HISTORY:

Full-term delivery with caesarean section [previous LSCS]. No history of Birth Asphyxia.

DEVELOPMENTAL HISTORY:

Gross motor & fine motor development were normal as per the chronological age but there was delayed with Language and Social development.

FAMILY HISTORY:

Non-Consanguineous marriage. Elder sister has no any problem.

PERSONAL HISTORY:

- Diet - Mixed Appetite
- Bowel - Clear (once daily)
- Urine - Normal
- Sleep - Sound

GENERAL EXAMINATION, ANTHROPOMETRY AND VITALS:

- General condition - Fair, Lean, Hyperactive and inattentive.
- Height - 114cm
- Weight - 17.3 kg
- HC - 50 cm
- CC - 55 cm
- MAC - 14 cm
- HR - 102 bpm
- RR - 26 rpm
- Temperature - Afebrile

SYSTEMIC EXAMINATION:

- CVS- S₁....S₂ Normal
- Respiratory system- AEEBS
- P/A- NAD soft.

CENTRAL NERVOUS EXAMINATION:

Patient was conscious, inattentive, easily gets distracted, poor eye contact, not obeying the commands and irritable, can't speak even two words, unable to identify persons, body parts, numbers, colors, low memory power, not able to write.

ASHTA STHANA PAREEKSHA:

- Nadi - Vata-Pittaja
- Mala - Prakruta (once daily, normal consistency, satisfactory)
- Mutra - Prakruta (4-6 times a day / 1-2 times at night)
- Jihwa - Niram (not coated)
- Shabda - Aspashta (unable to speak)
- Sparsha - Prakrutha(N)
- Drik - Prakrutha (normal)
- Akriti - Leena (lean)

SAMPRAPTI GHATAKA:

- Dosha - Vata- Pitta Pradhana
- Dooshya - Rasa, Manas
- Agni - Vishamagni
- Udbhavasthana - Pakwashaya
- Adhithana – Shiras
- Vyakthasthana - Sarvashareera
- Srotas - Manovahasrotas
- Srotodushti - Sanga and Vimargagamana
- Rogamarga – Abyantara
- Rogaswabhava – Chirakari
- Sadya Asadyata - Krichra Sadhya

DIAGNOSIS: Attention Deficit Hyperactivity Disorder (Vata-Pittaja Unmada)

Treatment Plan

DOA – DOD	PANCHAKARMA GIVEN	SHAMANA AUSHADI	OBSERVATION (AFTER 15 DAYS OF DISCHARGE)
1 st sitting 04/03/2023 TO 11/03/2023	1 st and 2nd day Krimikuthar Rasa 1-0-1 A/F Udhwarthana with Kola Kulatta Chuna + Godhuma Churna f/b Nadi Sweda 3 rd day Sadhyo Virechana with Gandarvahastadi Taila - 10ml with warm milk for 1 day 4 th to 10th day Shirodhara with Dashamoola Kwatha. Sarvangaabyanga with Ksheerabala Taila f/b Nadisweda Matrabasti with Ksheerabalataila - 20ml	Syp.Saraswatarista gold 5ml-0-5ml, E/s Syp Memorin = 5ml-0-5ml, Smriti granules -1tsf -0-0 with milk bed time Asyapratirana with Trikatu, Yastimadhu, Vacha Churna, twice daily	Mild decrease in hyperactivity. Slight increase in concentration. Able to spell few words.
2 nd Sitting 03/04/2023 TO 10/04/2021	1 st day Udhwarthana with Kola Kulatta + Godhumachurna f/b Nadi Sweda Trikatu Churna ½ tsf TID 2 nd to 8th day Sarvangaabyanga with Ksheerabalataila f/b Nadi Sweda Takraadhara with Brahmi, Yashtimadu, Vacha, Rasna, Ashwaganda Churna Matrabasti with Ksheerabala Taila - 20 ml	Brahmi Vati Swarna Yukta 1-0-0 with milk E/s Brahmi Ghrita = 5ml-0-5ml Asyapratirana with Trikatu, Yastimadhu, Vacha Churna, twice daily	Able to spell more words than last admission Able to concentrate on particular thing for more time Social activeness increased. Able to follow some instructions given by parents.
3 rd sitting 12/05/2023	1 st day Udhwarthana with Kola Kulatta Churna + Godhuma	Brahmi Vati Swarna Yukta 1-0-0 with milk E/s •	Irritability was decreased. Fear towards stranger decreased.

TO 19/05/2023	Churna f/b Nadi Sweda 2 nd day to 8th day Shirodhara with Brahmi Taila Sarvanga Abyanga with Mahanarayana Taila Matra Basti with Mahanaryana Taila	Brahmi Ghrita 5ml-0-5ml Syp Mentrich 0-0-5ml	Able to spell more words than earlier
4 th sitting 10/06/2023 TO 18/06/2023	1 st day Udhwartana with Kola Kulatta Churna + Godhuma Churna f/b Nadi Sweda 2 nd day Sadhyo Virechana with Trivrut Leha - 15gms with milk on E/S 3 rd to 9th day Shirodhara with Ksheerabala Taila Sarvanga Abyanga with Ksheerabala Taila Matra Basti with Kalyanaka Ghrita - 20 ml	Smriti Sagara Rasa 1-0-1, Brahmi Ghrita 5ml-0-5ml, Pratimarsha Nasya with Anu Taila 2/2 -----0-----2/2	Able to spell more words. Able to recognize the parents Concentration and memory is increased than the earlier.
5 th Sitting 05/07/23 TO 12/07/23	1 st to 7th day Shirodhara with Brahmi Taila Sarvanga Abyanga with Ksheerabala Taila f/b Nadisweda Matra Basti with Mahakalyanaka Ghrita - 20 ml	Smriti Sagara Rasa 1-0-1, Brahmi Ghrita 5ml-0-5ml, Pratimarsha Nasya with Anu Taila 2/2 -----0-----2/2 Asyapratisharana with Trikatu, Yastimadhu and Vacha Churna.	Concentration on particular thing has been increased a lot. Able to recognize her family members and friends. Hyperactivity decreased She is able to attend the school Obeys the commands and does the assigned work properly. Able to spell her name and their family members. Able to recognize the body parts. Socially friendly behavior and friendship developed.
6 th sitting 12/08/2023 TO 20/08/2023	1 st & 2nd day Udhwartana with Kola Kulatta Churna + Godhuma Churna f/b Nadi Sweda 3 rd to 9th day Sarvanga Abyanga with Mahanarayana Taila f/b Nadi Sweda Matra Basti with Brahmi Taila 20ml Shiro Pichu with Brahmi Taila	Syp Saraswataarista gold 5ml-0-5ml, E/s Brahmi Ghrita 5ml-0-5ml, Brahmi, Vacha, Ashwagandha Chruna 0-0-1/2 spoon with honey at bed time	Follow up advised after 15 days

DISCUSSION:

ADHD is associated with Pitta and Vata Dosha and even in this case we observed predominant of Vata and Pitta. So, plan of treatment was mainly to bring VataPitta into normalcy. As ADHD is a neurobehavioral disorder, drugs were used which is having the Medya properties. In the first admission we advised the Sadhyo Virechana with Gandarvahastadi Taila with milk for the purpose of Koshta Shodhana as well as it helps in further treatment by appropriate absorption of medicine. As he is 5 years old, the classical Virechana is contraindicated so, we planned for Sadhyo Virechana. Then in each sitting we had planned for the Sarvanga Abyanga, Nadi Sweda, Kashayadhara / Takradhara / Tailadhara, Matrabasti. Probable mode of action of the treatment are as follows:

Udwarthana:

In each sitting for 1st day along with Deepana Pachana drugs we conducted Udwartha for Avaranahara action.

Shirodhara:

As Shira is considered to be Uttamanga in Ayurveda which controls the functions of body, we planned for Shirodhara. When Dhara falls over forehead and head, in a continues oscillatory manner it activates the local cells. With this the drugs used here like Dashamoola, Yastimadhu, Vacha, Brahmi are Vata Pitta Hara and possess Sheetavirya which gives cooling effect to head, helping in reducing the hyperactivity and the Medya property in them increases the

concentration and memory power. Shirodhara only acts as the Sthanika Chikitsa which helps in acute cases. So, for the further development in the condition, we added Matra Basti with this simultaneously.

Matra Basti:

According to Acharya Charaka, Basti is considered as Ardha Chikitsa which is the prime treatment for Vata. [3] Rajoguna which is predominant in ADHD is controlled by Vata. So, if Vata is controlled then Rajo Guna also gets controlled. Basti acts on whole body through gut brain axis and acts on brain which helps in reducing the stress, anxiety and depression. Initially we advised Matra Basti with Tailas like Ksheerabala Taila and Mahanarayana Taila, as the Taila helps in controlling the Vata which in turn controls the hyperactivity which is the primary complaint in ADHD. Later on in the further sittings we advised Mahakalyanaka Ghrita, as Ghrita controls the Pitta and also this Ghrita helps in increasing the cognitive power. When Vata Pitta got controlled, we used Brahmi Taila which is having Medya property.

Shamana Aushadi:

After purificatory measures, the morbid Doshas from the body will be eliminated. After that by giving the Shaman Aushadi containing gold which possess the Medya properties will act on the brain cells and helps in increasing the concentration and memory power. So, we advised Brahmi Vati Swarna Yukta, Brahmi Ghrita, Saraswataarista with gold, Smriti granules etc.

Asyapratisharan:

Speech is also matter of concern in ADHD and even in this case child was having the problem with speech, so we also planned Asyapratisharana with Teekshna, Ushna and Medhya drugs which helped a lot more in her speaking abilities.

Nasya:

Nasa is the Dwara of Shiras. So, we advised the Pratimarsha Nasya with Anu Taila which increased her mental ability.

CONCLUSION:

According to Ayurveda, ADHD can be nearly co-related to Unmada based on the sign and symptoms. Approach to Doshas involved, symptoms and Chikitsa are explained in the same. On this basis the case was diagnosed as Vata-Pittaja Unmada and accordingly treatment has been planned. Treatment included Deepana, Pachana, Shirodhara, Matra Basti followed by Shaman Aushadi with Medya drugs, Asyapratisharana and Pratimarsha Nasya along with speech therapy. As ADHD is Yasya Vyadhi an attempt was made to increase the quality of life to child as well as for the family and it gave the satisfactory results for which even the parents are also happy.

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