

## ROLE OF AYURVEDA IN ADHD W.S.R. VATAJ UNMADA – A CASE STUDY

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### ABSTRACT

ADHD is a neurodevelopmental and neuropsychiatric disorder of unknown etiology but with strong genetic basis. It is more common in boys than girls. Affected child commonly suffers trouble in paying attention, acts without thinking and trouble in sitting still. Behavioural problems can cause problems at home, school and with relationship. In *Ayurveda* there is no direct reference for ADHD, but looking into the clinical features and patterns it can be correlated with *Vataja Unmada* i.e. *Mansik Vikara*. Where *Unmada* is disease featured as unstable intellect mind, knowledge, memory, consciousness and bad manners. This case report is aimed at the efficacy of Ayurvedic treatment in the management of ADHD in children. The case study of 5 year male child

presented with complaints of hyperactivity, irritability, poor concentration, slurred speech, poor nonverbal communication since last 2 year. In the *Ayurvedic* management of ADHD planned for *Panchakarma* procedure like *Abhyanga Shirodhara*, *Matrabasti* and *Nasya Karma* along with internal medication of *Deepan Pachana dravya* followed by *Brahmi Ghrit* and *Rasayan*s. Assessment was done before and after treatment. The given treatment was found to be effective in ADHD.

**KEYWORDS:** ADHD, *Vataja Unmada*, *Ayurvedic* management.

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## INTRODUCTION

ADHD is the most common neuro behavioural disorder in children estimated to affect 3-5% of school aged children, particularly boys. It is characterized by difficulty in paying attention, difficulty in controlling behaviour and hyperactivity, poor impulse control and decreased self inhibitory capacity and motor overactivity and restlessness. Affected children commonly experience academic under achievement, problem with interpersonal relationships with family members and peers and low self esteem. ADHD is often co-occurs with other emotional, behavioural, language and learning disorder appears to continue with varying manifestations into adulthood and leads to significant under and unemployment, social dysfunction and an increased risk of antisocial behaviour including substance abuse, difficulties maintaining relationships and encounters with the law.<sup>[1]</sup>

Multiple factors are responsible for ADHD. A strong genetic component is an essential factor results in the disease. Mother of child may have a history of birth complication such as prolonged labour, toxemia, and complicated delivery. Addiction of mother and drug abuse have also been recognized as risk factors.<sup>[2]</sup>

**Diagnosis-** Diagnosis based on DSM V criteria on hyperactivity, impulsivity and attention deficit- (at least 6 symptoms required).<sup>[3]</sup>

### Inattention symptoms

- Fails to give close attention to details or makes careless mistakes in schoolwork, work etc.
- Difficulty sustaining attention.
- Does not seem to listen when spoken to directly.
- Does not follow instructions and fails to finish school work, chores etc.
- Difficulty organizing tasks and activities.
- Avoids tasks requiring sustained mental efforts.
- Loses things necessary for tasks or activities.
- Easily distracted by extraneous stimuli.
- Forgetful in daily activities.

### Hyperactivity- Impulsivity symptoms

- Difficulty playing or engaging in activities quietly.
- Talks excessively.

- Blurts out answer.
- Difficulty waiting in lines or awaiting turn
- Interrupts or intrudes on others.
- Runs about or climbs inappropriately.
- Fidgets with hands or feet or squirms in seat.
- Leaves seat in classroom or in other situations in which remaining seated is expected

### ADHD and Ayurveda

In Ayurveda there is no direct co-relation for ADHD. But psychiatric and behavioural disorders are explained under the heading of Unmada and Aprasmara where Unmada is a disease featured as unstable intellect, mind, knowledge, memory, consciousness and bad manners. according to its symptoms, to some extent it can be correlated with *Vataj Unmada*.<sup>[4]</sup>

The main reason for ADHD is vitiation of the *Dhee* (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 gives rise to inattention hyperactivity and impulsivity.<sup>[5,6]</sup> According to *Charaka*, intake of *Dushit*, *Viruddha Ashuchi Ahara*, (intake of polluted and incompatible food, devata, guru *Brahmanaapamana* (insult to God and teacher), affliction of mind due to excessive fear and excitement and other undesired activities leads to *Unmada*.<sup>[7]</sup>

Due to intake of *Vatavrudhikara aharavihara*, the aggravated *vata* adversely affects the heart afflicted with mental agony (including worry, passion and anger) and instantaneously perverts the intellect and memory. as a result of this, the following signs and symptoms are manifested as Smiling, speaking, moving limbs of the body, dancing, singing and weeping in inappropriate place. Along with this general *Vataj Unmada* symptoms like intellectual confusion, fickleness of mind, unsteadiness of vision, impatience may also be seen.<sup>[8,9]</sup>

### AIMS AND OBJECTIVES

To evaluate the role of ayurvedic management in ADHD.

### MATERIALS AND METHODS

**Study designs:** Present study is a single case study conducted in the department of *Kaumarbhritya* of GAC Osmanabad.

**Chief Complaints**

- Hyperactive behaviour
- Aggressive nature
- Unable to concentrate on things
- Does not seem to listen when spoken to directly.
- Poor nonverbal communication
- Difficult to speak in sentence properly. (slurred speech)

**History of present illness:** A 4.5year male patient having above complaint since 1.5 year. So for further management he visited *Kaumarbhritya* OPD of GAC Osmanabad, Maharashtra.

**History of past illness**

- H/o neonatal septicemia (NICU admission on 1<sup>st</sup> day of life for 15 days)
- H/o pathological jaundice
- No h/o neonatal convulsion

**Family history**

- H/o 3<sup>rd</sup> degree consanguinity marriage
- No h/o similar illness in family

**Birth history:** G3P2L2A1D0

Antenatal history: Tab iron & folic acid taken

Inj TT 2 doses received.

H/o oligohydrominos (in 3<sup>rd</sup> trimester)

H/o hypothyroidism (in 2<sup>nd</sup> trimester; on Rx tb Thyronorm) Perinatal history: Full term LSCS at private hospital Solapur (due to oligohydrominos)

Baby cried immediate after birth; birth wt- 3.2 kg

Postnatal history: H/o neonatal septicemia on 1<sup>st</sup> DOL (NICU admission for 15 days) H/o pathological jaundice.

**Immunization history:** All vaccines received up to his age as per immunization schedule.

**Developmental history:** h/o delayed milestones.

**Personal History**

- Ahara: mix dietary habits -rice,dal,chapati,fried food, bakery food, nonveg
- Sleep-Disturbed
- Behavioural pattern: aggressive, stubborn, hyperactive
- Parental stressors: no
- General academic status: average

**General examination:** Built-moderate; GC- fair; Temp-Afebrile; pulse -82/min; BP- 100/70mmhg; height;110 cm; weight:12 kg.

**Systemic examination:** RS- AEBE clear

CVS-S1S2 normal

CNS- conscious and oriented

**CNS Examination**

**Higher mental function**-alert, active and oriented to time place and person

- Speech-slurred
- Gait- normal

**Motor system examination**

- Muscle tone – normal
- Muscle power – G5
- Reflexes: normal on both sides

**Physical examination**

Nadi- Vatapradhan

Mala- Malavshat

Mutra- Samyakpravrutti

Jivha- Ishatsama

Shabda- Asapshata

Sparsha- Samshitoshna

Druk- Samyak

Akruti- Madhyam

**Assessment criteria – DSM 5**

- Fails to give close attention to details and makes careless mistakes
- Has difficulty in sequential tasks
- Does not seem to listen when spoken to directly
- Talks excessively

- Interrupts others
- Has difficulty waiting his turn
- Easily distracted by extraneous stimulus.
- Difficulty playing in activities quietly

**Setting:** Kaumarbhritya OPD and IPD, Govt Ayurvedic college Osmanabad.

### Treatment Plan

**A) Deepan Pachan:** *Deepan pachan* medicine is given for cleansing of *Aam*, that had built up in the body and even the mind; building healthy levels of *Ojas* (vital energy) is the key to maintain a healthy mind, nervous system and body i.e. establish balance of *Vata dosha* and *Dhatu*. for this purpose we used *Hinguavasthak churna* 2.5 mg BD with *ghrit* before meal for 5 days.

**B) Shaman Aushadhi:** Treatment included *Medhya rasayana dravyas* (*vata- pitta* pacifying herbs and also improves cognitive function).

1)

Medhya Rasayanas	
1. <i>Mandukparni</i>	Each drug is taken 30 mg and mixed it. The dose is given 2.5 mg BD with honey
2. <i>Guduchi</i>	
3. <i>Shankhpushpi</i>	
4. <i>Yashtimadhu</i>	
5. <i>Brahmi</i>	
6. <i>Ashwagandha</i>	

2) *Brahmi ghrit*<sup>[10]</sup>: 1 tbs at morning -for 1 month to reduce hyperactivity, impulsivity and inattentiveness.

### C) Panchkarma

- 1) *Bahya snehana* with *Ksheerbala tail* for 21 days After 5 days.
- 2) *Shirodhara* with *Brahmi tail* + *Jatamansi tail*- for 21 days.
- 3) *Matra basti* with *Ksheerbala tail* (30 ml) for 7 days.
- 4) *Pratimarsh Nasya* with *Panchendriyawardhan tail*<sup>[11]</sup>- 2 drops in each nostril for 7 days.

For these 21 days patient admitted in IPD of *Kaumarbhritya* department and then discharged. On discharged treatment.

*Saraswatarishta*<sup>[12]</sup> with gold 1tbs BD with same quantity luke warm water for 2 months.

*Kalyanaka ghrit*<sup>[13]</sup> 1tbs at morning od for 2 months.

### Assessment after treatment

#### Improvements

- Completes tasks, when ask him to do.
- Seems to listen when speak him to directly.
- Memory power increased-he can memorise and explain the past incidents.
- Sits quietly in a place, when ask him to sit.
- Mild improvement in speech
- Able to concentrate on things or to give attentions.

### DISCUSSION

After looking into the symptoms of ADHD, it is considered as unmad in *Ayurveda* as both are related to mana and having similar symptoms. In which both *sharirik* and *manasik doshas* are involved which leads to symptoms like inattention, hyperactivity and impulsiveness according to predominance of *vata*, *pitta*, *kapha*, *raja* and *tama doshas* involvement.

Which can be managed by principles of shaman, *Shodhan chikitsa* which are explained in *Ayurveda*. The classical line of management of *Unmada* suggests carminative and drugs that promotes digestion, internal oleation use of medicated *ghee*, mild enema, medicated nasal drops and oral medication to stabilize the mind. *Basti* is a purification process by which all the three Vitiated *Dosha* are expelled from the anal route and especially *Vata* is pacified. As a result of excretion of vitiated *Dosha*, the physiological equilibrium in three *Dosha* is maintained and lasting results are produced with the therapy in the form of sound health.

*Basti dravya* may activates the Neuro-humeral transmission by stimulating the Gut brain, regulating changes in behaviour and emotions. And also, *Rajoguna* is more predominant in ADHD/Manasavikara. This *Guna* usually controlled *Vatadosha*. Also the other procedure like *Abhyang* and *Shirodhara* prove to be better capable in *Unmada*. Benefits of *Shirodhara* on the mind, body and soul are numerous, it promote blood circulation, improves memory and cognitive function. *Brahmi ghrit* is indicated in *Unmada* Acharya Charaka defines *Rasayanas* the excellent quality of *Rasadidhatus* which improves *Medha*, increases life spine, stabilize youthfulness, cures disease, enhances complexion and voice and makes body strong and healthy. So *Saraswatarishta* with gold is given as it promotes memory and intelligence, improves speech, promotes health. It provides nourishment to body tissue and also acts on

mind. (*Suvarna*)Gold is indicated in *Unmada*.<sup>[14]</sup>

Some other therapies like music therapy, speech therapy, some dietary interventions, behavior analysis also helps in treating the disease.

With all this one can manage *Unmada* (ADHD) and help them to live happy life by making them independent.

## CONCLUSION

In the view of *Ayurveda*, ADHD can be named as *Unmada* due to the specific psychosomatic clinical presentation. ADHD is *Manasik vyadhi*, so the treatment of it can be according to the dosha involved in it like *Vata-pitta* and *Kapha*. The present case demonstrated the role of *Ayurveda* in managing *Vataj Unmada* that was diagnosed as a hyperactive type of ADHD. *Ayurvedic* treatment will make the child able to fit in the society and increase the quality of life. Long term treatment and training at every stage are needed. Here only two sittings of *panchakarma* and one month of *Shamanaushadhi* was advised. We can advised for few more sittings with internal medication, to see the long lasting effect of the treatment. So, here we conclude that, ADHD cannot be cured completely but with proper medication and counselling, the number of episodes can be reduced, or the child may get a long relief period. It showed good relief in the patient; hence the *Ayurvedic* line of treatment can be adopted in *Vataj Unmada* (ADHD).

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