



AYURVEDIC MANAGEMENT OF ADHD W.S.R. TO UNMAAD IN CHILDREN: A CASE STUDY

Ayurveda

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ABSTRACT

Attention deficit and hyperactivity disorder (ADHD) is neurodevelopmental and neuropsychiatric disorder of unknown etiology, With strong genetic basis. It is Detected in childhood which continues in adulthood. It affects processing like Attention, Basic social behaviors, Interaction with the environment, learning etc. In Ayurveda there is no direct reference for ADHD but looking into the pattern it can be considered under unmaad i.e. manasik vikara.

Aim & Objective: To access the efficacy of Panchakarma and ayurvedic treatment in the management of ADHD WSR to Unmaad in children.

Setting: Kaumarbhritya OPD & IPD, BMK Ayurveda hospital, Shahpur, Belgaum Karnataka.

Method: Panchakarma was done after admission of patient in IPD. Assessment was done before and after 20 days of panchakarma treatment.

Result: Panchakarma treatment and ayurvedic drugs is effective in the management of ADHD (Unmaad) and improve the quality of life of the affected children. Ayurvedic intervention in this case reveals the true potential and efficacy of our science. ADHD (Unmaad) can be treated through Ayurveda by accurate dosha identification and a structured protocol.

KEYWORDS

ADHD, Unmaad, Panchakarma, Ayurveda

INTRODUCTION :

"Children are the world's most valuable resource and its best hope for the future by John Fitzgerald Kennedy (American 35th US President (1961-63), 1917-1963) Every incidence in the childhood has an influence on the adult life, so a healthy childhood is mandatory for expecting a healthy adulthood. These statistics definitely increase the responsibility of paediatric population. It is the most commonly diagnosed psychiatric disorder in children, affecting about 3 to 5% of Children globally and diagnosed in about 2 to 16% of school aged children. It is a chronic disorder with 30 to 50% of those individual diagnosed in childhood continuing to have symptoms into adulthood. It is diagnosed 2 to 4 times more frequently in boys than in girls. ADHD is a neurodevelopmental disorder characterised by persistent hyperactivity, impulsivity and inattention that significantly impairs educational achievement (i.e. school performance is often poor while having normal intelligence) and/or social function.¹ In Ayurveda it can be considered under term unmaad. Unmaad is manasik vikara characterised by symptoms like Mano vibhrama- mental confusion, Buddhi vibhrama- impaired intelligence, Sangya vibhrama-impaired consciousness, Gyana vibhrama- impaired knowledge, Smruti vibhrama- impaired memory, Bhakti vibhrama- loss of desire, Shila vibhrama-inappropriate manner, Cheshta vibhrama- abnormal activities, Achara vibhrama-impaired socialization skills, unable to follow commands. It can be classified as Nija and Aagantuja. Further under nija -4 types i.e. vataja, pittaja, kaphaja and sannipataja and under aagantuja - 8 types i.e. Bhutounmad, Shapounmat, Pitrigrahaunmat, Gandharvounmat, Yakshounmat, Rakshounmat, Brahmarakshounmat, Pishachounmat. Treatment will be given as both shodhan and shaman as described in charak samhita.² Both nija and agantuja unmaad can be managed by panchakarma and ayurvedic intervention by identifying doshik involvement successfully.

Diagnostic criteria:³ The diagnosis is based on the criteria of DSM V on hyperactivity, impulsivity and attention deficit -(at least 6 symptoms required)

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 through on instructions and fails to finish schoolwork, chores, etc.
- Difficulty organizing tasks and activities
- Avoids tasks requiring sustained mental effort
- 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
- Always "on the go" or acts as if "driven by a motor"
- Talks excessively
- Blurts out answers
- 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

CASE STUDY:

A 10 years old boy KCO - ADHD was admitted in IPD of Kaumarabhritya department with complaints of Not obeying his parents, Laughs without any reason, Not sitting in a place for few minutes, Slurred speech since appropriate age.

History of Presenting Complaints:

A 10 year old male child, born to 2nd degree consanguineous married parents as a fullterm baby through LSCS who is diagnosed as ADHD at the age of 3 yrs brought by parents with complaints of laughs without any reason, not obeying his parents, not sitting in a place for few minutes and slurred speech since appropriate age. For the same came to our hospital for further management.

Ante-Natal History:

Age of mother at the time of conception was 17 years and the father was 24 years. The mother took regular antenatal checkups and took medicine on time. No history of any kind of infections, fever, seizures or mental stress was reported.

Natal History: He was full term LSCS baby (large for GA). cried immediate after birth. Bwt.-4kg

Post Natal History: He had Fever due to excessive crying. NICU admission for 3 days (for observation).

Developmental History: All milestones were attained at the appropriate age, But slurred speech

Immunisation History: Given as per Schedule.

Family History: Nothing relevant.

Personal History

Diet - Mixed - likes fish

Appetite - Reduced

Bowel - Once/day

Micturition – 5-6 times/day
Sleep – Sound.

General Examination General Comment

Alert, active, Well nourished child with normal sensorium.

Vital signs

HR – 82/min
RR – 22/min

Anthropometry

Ht – 132 cm
Wt – 56kg

CNS Examination

Higher Mental Functions:

Alert, active, oriented to place
Speech – Speaks words with meaning (slurred)
Gait – Normal
Cranial Nerves: no apparent cranial nerve palsy

Motor System Examination:

Muscle tone : Normal
Muscle power : G5
Reflexes : Normal on both sides

Ayurvedic View

Vata-kaphaja Doshadushti

Diagnosis

K.C.O. Vata-kaphaja unmaad.
Ayurvedic diagnosis is Vata-kaphaja unmaad

Assessment Criteria- DSM-5

- Fails to give close attention to details and makes careless mistakes
- Has difficulty in sequential task
- Does not seem to listen when spoken directly
- Talks excessively
- Interrupts others
- Has difficulty waiting his turn
- Runs about in situations where it is inappropriate

Setting

Kaumarbhritya OPD & IPD, BMK Ayurved Mahaviyalya and Hospital, Shahpur, Belgaum

METHOD

Panchakarma was done after assessing dosha involved. Assessment was done before treatment and after treatment after 20 days treatment.

Treatment Plan

For better and further case management patient had been consulted and after assessing strength, prakriti, agni, etc. panchakarma planned for this patient.

For first 3 days

- Koshtha shodhana with GHC oil 30ml with milk+guda for 3 days
- Utsadana with triphala churna+ nadi sweda
- Nasya with kalyanaka ghruta
- Dhumpaana with vacha dumvarti

After 3 days

- Sarvanga abhyanga with kshira bala taila
- Lepa with sidhartakaadi agada + kaanji
- Shirodhara with Kshira bala taila
- Matra basti with brahmi ghruta 30ml
- Dhuma with kesha and twak of Goat (bakra)

For these 20 days patient admitted in IPD of Kaumarbhritya department and then discharged.

Improvements

- Decrease in laughs without any reason
- Completes a task when he is told to do so
- Memory power increased – he can repeat incidence
- Informs parents when he goes out with someone
- Sits quietly in a place when he is said to
- Mild Improvement in speech

DISCUSSION

- After looking into the symptoms of ADHD, it can be considered as unmaad in Ayurveda as both are related to mana and having similar symptoms.
- In which both sharika and mansik doshas are involved which leads to symptoms like inattention, hyperactivity and impulsiveness according to predominance of vata, pitta, kapha, raja and tama dosha involvement.
- Which can be managed by principles of shaman, shodhan chikitsa which are explained in Ayurveda.
- But some other therapies like music therapy, some dietary interventions, behavior analysis also helps in treating this disease.
- With all these one can manage unmaad (ADHD) and help them to live happy life by making them independent.

CONCLUSION

- ADHD is manasik vyadhi, we consider them under the term UNMADA, so treatment of it can be according to the dosha involved in it like vata-pitta and kapha.
- Selection of drug is done on the basis of dosha involved in it.
- 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.



Sidhartakaadi agada lepa



Shiro-dhara



Matra basti



Dhupana



Nasya

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