Traditional Chinese Medicine in the Treatment of ADHD: A Review

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This review covers an introduction of traditional Chinese medicine (TCM) in treating attention-deficit/hyperactivity disorder (ADHD), focusing on the traditional theoretic basis from the perspective of TCM regarding ADHD’s cause, pathogenesis, methods of syndrome differentiation, and rationale for treatment. The authors present commonly accepted and successfully practiced clinical procedures used in China for diagnosis and treatment of ADHD by TCM clinicians along with the supportive clinical evidence. The authors hope to inspire more research to better understand the mechanisms underlying the therapies and to promote appropriate incorporation of TCM therapies with Western pharmacologic treatment to better help patients with ADHD.