RECENT RESEARCHES ON AYURVEDIC HERBS IN THE MANAGEMENT OF ATTENTION DEFICIT HYPERACTIVITY DISORDERS (ADHD) IN CHILDREN

Meenakshi Gupta

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Abstract

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders. ADHD is characterized by inattention, including increased distractibility and difficulty sustaining attention, poor impulse control and decreased self-inhibitory capacity, and motor over activity and motor restlessness. Children with ADHD have been found to have cognitive deficits, lower IQ, impaired social relationships with in the family and with peers as well as poor study skills and lower academic achievement. In Ayurveda it occurs due to vitiation of dhee (rational thinking), dhriti (intellect / retaining power of the mind), smriti (memory) which results into improper contact of the senses with their objectives and give rise to inattention, hyperactivity and impulsivity. At present existing treatment has severe side effects. Latest researches in Ayurveda has given a new hope to parents of ADHD child. All the Material for this review paper was collected by open med, PubMed, Google scholar search engine along with several Ayurveda text books which concluded that various Ayurvedic herbs are helpful to manage ADHD proficiently.