

Attention-Deficit/Hyperactivity Disorder and Herbal Medicine: An Evidenced Based Approach

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Abstract:

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common psychiatric disorders in children and adolescents with a worldwide prevalence of 5%. It is characterized by symptoms of attention deficit and/or hyperactivity/impulsiveness that is maintained for at least six months. ADHD is a neural disorder with structural and functional abnormalities in some areas of the brain. Pharmacotherapy is the most prevalent treatment for all age groups of ADHD patients. ADHD is amenable to drugs that affect the catecholaminergic neurotransmitter pathways among which stimulants stand out. In spite of the fact that stimulants are the most used drugs among current standard treatments and are generally safe and highly effective, they could be associated with unresponsiveness and significant side effects such as sleep disturbances, decreased appetite and mood lability in some children. Sleep problems are suggested to be not only a side effect for current standard treatments but also a common finding in patients with ADHD. Moreover, there is growing interest regarding herbal medicine in the treatment of ADHD. This review focuses on some herbal medicines in ADHD.