

## Case Report

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# Ayurveda Approach for Adhd Through 'Medhya, Hridya & Rasayana (a Case Study)

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### ABSTRACT

According to the centres for disease control and prevention statistics (CDC) reports that ADHD among 3-17 years of age represent to 9.8% population reaching up to 16% at higher scale of its progression. Children from 0-3 years group of post natal growth and development is also important for the prevention of syndrome where much improvements are suggesting to the present therapeutic protocols been followed in above traditional systems of health and wellness. Based on the given literature in Sanskrit in Ayurveda is an attempt made to bring down the symptoms of aggression and irritability with poor orientation in contrast to the normal brain body image at chronological age to biological. The therapeutics above are connecting from physiological heart (Hridya) at centre being pleased with qualities of nourishment through live blood assessments indirectly through the sensory functions, skin colour and complexion and visual acuity etc, for the effect over Brain (Medhya) through the process known under rejuvenation or renovation (Rasayana) the same sequence is followed for this case study preventing further progression of the condition is discussed.

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### Introduction

Conditions in relationship with mental health as above is a growing concern for a healthy society. According to many health surveys the outgrowing mind or mental health issues is a big concern like pandemic. In order to find alternative means to CBT and conventional care in existence, can be an Ayurveda approach adds on to the significance reduction in incidence control or prevention to therapeutic benefits. Among selective patients been reported to a herbal clinic in south Croydon, present case has improved significantly in four weeks of Ayurveda interventions through above approach. In Sanskrit literature and in Ayurveda treatises, Charaka Samhita, Sushruta Samhita & Astanga Hridaya etc, a detailed descriptions for mental health restoration is narrated. For the present case, we have selected a model as above [1,2]. 'MEDHYA' in Sanskrit does literally relate to that what circumvent through blood brain barrier. 'HRIDYA' being a model work through from Heart and circulation. 'RASAYANA' is that connect both through Rejuvenation in simple explanation.

There in Ayurveda the concept of 'TRI MARMA' (BRAIN-HEART-BLADDER) is the trio functional units or control needs for the balance of bodily to mind control. In fact, the gut-brain axis here is the link to above three vital areas. What is digested, absorbed and circulated through portal to liver and then to heart etc. upwards in to the brain through circulation through blood brain barrier. Downwards its cleansing or elimination with sensory higher brain or cortical control. Permeability through several selective transmission or effusion, transfusion, exudate, osmosis, etc in capillary or arterio-venous anastomoses is the key for understanding cellular and extra cellular component balances are from 'RASAYANA THERAPIES'. Summarising with applied aspects of Ayurveda above principles are executed in this present

case study through dietary modulation, life style recommendations, therapies and herbal intervention in nutshell.

### Methods and Means for Evaluation

weekly reviewing of the patient for four weeks duration is modelled through case history, constitutional assessment, questionnaire and direct or indirect observations made with recorded presence in above centre in south Croydon. Eight fold examinations like pulse readings, urine analysis, stool history, tongue examination, sound or vocal testing, touch or palpation where necessary, visual information or signs and general bodily assessments like built in or physical frame, age, gender etc for their interpretation for therapeutic protocols build on the basis. And also, there are tenfold examinations which does cover additional information about born, brought up, migration history, family background or history, personal history, strength and tolerances to food habits etc.

### Observations & Interpretations

Progression of health benefits are observed through behavioural changes in current case history report for a seven years old boy in four weeks of total assessment is here under:

1. Shouting and crying or spontaneously aggressive behaviour is gradually coming to a state of calmness and improvised sleeping patterns.
2. Interactive and social life in learning at school is observed by the teachers been reported a positive change.
3. Intimacy with friend and relatives circle is improvised with bondage with mother was first developed positive sign, sitting with her or asking her to sit with him and be with him etc.
4. Daily observation made by parents reported to the centre and on weekly visits.

### Summary of Interpretations

As Ayurveda's first protocols of changes are observed with dietary based simple formulations been used at first to report as an example here. Lucknau variety fennel seeds to chew or food preparations for gut activities to regulate at the beginning goes in combinations of fresh ginger and Himalayan pink salt blends in different fatty acids or lipid profiles selective from sesame, olive, pumpkin, nigella, linseed, coconut etc. Second dietary modulations for example targeting heart or 'HRIDYA' through fresh and dry as applicable dietary recipes from Indian gooseberries (AMLA) available in local Asian groceries and vegetable markets along with varieties of pomegranates from middle east countries been selected.

The third being for blood brain barrier according to Ayurveda supplementation is the standard of lipids coming from modification made for unsalted butter varieties. Among several brands in super markets to select carefully for spreading aroma or aliphatic compounds on slow or low heat transformation or cooking in fresh betel leaves, fresh moringa leaves and fresh turmeric two varieties available in market. Curcuma longa and curcuma amada, Moringa pterygosperma, Piper betel, Emblica officinalis etc. making to food as medicine basis formulations.

### Conclusion

Above kind of approach is a holistic approach should begin with food and supplements or preparations from it as tasty combinations for better palatability and acceptance is the important for growing children. There are several hundreds of suitable recommended dietary-based formulations been found in Sanskrit literature of Ayurveda. Considering a short review of a case history should it be of any interest to develop suitable models for food and nutritional evaluation and research projects on the basis for growing children certainly improve and prevent several mental health issues for the benefit of mankind.

### References

1. Charaka samhita, Chowkhambha orientalia Sanskrit series and publications, Varansai India <https://www.chaukhambha.com/>.
2. Astanga Hridaya, Chowkhambha orientalia, Sanskrit series of publications, Varanasi, India <https://www.chaukhambha.com/>.

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