

# Integrative Management of Paediatric Behavioural Disorders with Ayurveda: A Case Series

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## ABSTRACT

**Introduction:** Ayurveda, the time-tested Indian system of medicine, has its own unique outlook and has formulated a management package which has much potential in correcting the functional impairment of the brain, thereby triggering the motor, social, communicative and behavioural outputs. This involves muscle relaxants, digestive and metabolic correctives, speech promoters, emotional equilibrators, hyperactivity regulators, brain boosters and so on. Procedure based therapies like Sirodhara, Nasyam, Siropelam ensure promising results in children. Physiotherapy, speech and behavior therapy go in hand with the Classical Ayurvedic management.

**Aim:** Behavioural disorders in children are on the rise in the millennium. 1 in 6 U.S. children aged 2-8 years (17.4%) had a diagnosed mental, behavioural, or developmental disorder. The major neurodevelopmental behavior disorders in children as per Diagnostic and Statistical Manual of Mental Disorders (DSM-5) are Attention-Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), learning disabilities, intellectual disability and conduct disorders, which does not have a proper cure.

**Method:** The patients admitted in the in-patient department of the tertiary Ayurvedic centre for ADHD, ASD and conduct disorders were managed with internal medicines and external therapies. The pre-post evaluation of 20 patients each of ADHD, ASD and conduct disorders after treatment was done using Conners rating scale, Autism treatment evaluation checklist and Child behaviour checklist.

**Results:** In ADHD and ASD, the statistical analysis using Wilcoxon signed rank test showed significant improvement with  $p < 0.001$ . The conduct disorders showed clinical improvements, but was statistically insignificant.

**Conclusion:** The improvements may be due to the combined action of the internal medicines, external procedures and rehabilitative therapies by sensory integration, refining gut micro biome and harmonising neurotransmitters.

**Implications:** The integrative management of the above conditions with Ayurveda and rehabilitative therapies will be a boon to the suffering children and their parents.

**Keywords:** Ayurveda, Integrative, behavioural disorders, ADHD, Autism

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