



ADHD ACCORDING TO AYURVEDA

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1. ADHD According to Ayurveda

The word Ayurveda is made by joining two words. Ayur, meaning life and Veda meaning the scriptures that have recorded this science. The complete meaning emerges as “the Science that imparts knowledge about life”. Life span is described by Maharishi Charaka as the continuation of consciousness. It is therefore a system based first on how to live Consciously. .

1.1-Vata

According to Ayurveda the functioning of the mind and the nerves is primarily dependent upon Vayu or Vata. Vata controls all types of sensation and motor actions, which are the function of the nerves which in turn are controlled by the mind. Vayu is considered the most powerful of all the three doshas, as it has a specific property to circulate through subtle channels of the body, and can scatter the other two doshas in different parts of the body resulting in diseases.

पित्तं पगु कफं पगु पंगवो मल धातवः। वायुना यत्र नियन्ते तत्र गच्छति मेघवत्॥
(शारंगधर संहिता)

There are five types of Vayu :-

1. **Prana-Vayu** : it is located in the head, chest, throat, tongue, mouth and nose. Its Functions include respiration, sneezing, spitting, eructation and deglutition of food

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2. **Udan-Vayu:** is located in the umbilicus, chest and throat. Its function is associated with speech, effort, enthusiasm, strength and complexion. (pran and udanvayu share the chest as its location but maintain different identities due to their distinct functions)
 3. **Samana-Vayu:** is located in three different channels
 - a. (sveda-vaha-srotas) channels carrying sweat.
 - b. (dosa-vaha-srotas) Channels carrying doshas.
 - c. (ambu-vaha-srotas) channels carrying aqueous materials, also known as the seat of the digestive enzymes and enhances power of digestion.
 4. **Vyana-Vayu:** covers the entire physique of a person. Its function are denoted by motion and extension.
 5. **Apana-Vayu:** is located in the testicles, urinary bladder, phallus, umbilicus, thighs, groins, anus and colon. Its functions are ejaculation of semen, voiding of urine and stool, elimination of menstrual blood and parturition of foetus.

When these five types of Vayu get shifted from their original location or get impaired, then they afflict the

body with diseases specific to their location. Charak Sahmita recognizes the symptoms of ADHD as a disturbance of the Vyana-Vayu is occluded with Prana-Vayu. The Shloka is -

सर्वेन्द्रियाणां शून्यत्वं ज्ञात्वा स्मृतिबलं क्षयम् ॥
व्याने प्राणावृत्ते लिङ्गं कर्म तत्रोर्ध्वजनुकम् ॥

।चरक चिकित्सा २८/२०२॥

It means that when the Vyana-Vayu is occluded by Prana-Vayu there will be a diminished function of all the senses, especially to the brain & nerves. There will be loss of intelligence memory as well as strength. This is what is called ADHD in modern terms.

So to address the treatment of ADHD, it is important to understand the causative factors that give rise to the impairment and then holistically design a treatment to address all the aspects afflicting this condition to successfully cure this disorder. Since Vata is the main dosha which is instrumental in this disorder, it becomes important to understand from where are these disturbances arising. Lets start with understanding ways Vata is aggravated.

Vata gets aggravated in two different ways,

By the decline and diminishing of the tissue elements,

which are considered the essence, which provides nourishment to the body.

Second is by the disturbance created in the circulation of Vayu, its speed and quality get hampered, leading to aggravation.

It is equally important to understand the importance given by Ayurveda to the layers that it takes to create a human. Humans are made of five layers called the kosas, which are:

1. **Anna-Maya-Kosa:** refers to the tissues that make the physique of the body
2. **Prana-Maya-Kosa:** the layer of Elan Vital (explained thru Bergsonian philosophy) is the creative force within a human that is responsible for growth, change, and necessary for desirable adaptations.
3. **Mano-Maya-Kosa:** the psyche is represented as the deepest beliefs of a human.
4. **Vijnana-Maya-Kosa:** is the intellect layer, which represents the human's ability to think and objectively understand especially concerning abstract matters.

5. **Ananda-Maya-Kosa:** the final layer of bliss, or complete happiness and joy.

Chemical-based medicinal systems address the first layer and have started experimenting with the second psycho-somatic aspect.

For ADHD we recommend a regimen that should influence all the (kosas) layers, as identified by Ayurveda. For that we have put together an ADHD kit, which is a combo of three products, this comes along with regimens and recommendations, that must be adopted to give a holistic approach to the treatment.

Reference:

Charaka samhita hindi commentary by pandit kashinath shashtri and Dr.gorakhnath chaturvedi chaukhambha bharti academy , Varanasi chikitsasthana,2004;28(6-11)775.

2. ADHD Kit

ADHD kit includes 2 product ADHD ease, Ashwagandha and a apparatus for Shirodhara therapy for optimum result.

The reason beyond the selection of this product shall now be elaborated.

2.1 ADHD EASE

In the treatment of ADHD, two things seem most important to address. Firstly the mind needs to be elevated, and Secondly, the mind needs to be conscious and calm in a balanced way. Ayurvedic herbs appeal to Medhya which means intellect or wisdom, these herbs mobilize the mind by promoting mental development and rejuvenation. ADHD ease has been formulated to encourage Sattva guna in a person who appeals to the Medhya. This patented formulation seeks to provide both boosting and relaxing properties, balanced in a way to help the sufferer reach a position of optimal functioning for focus. For this four herbs have been preferred.

BRAHMI:

Properties according to Ayurveda

Rasa-Tikta	Guna-Laghu
Virya-Usna	Vipaka-Katu
Prabhav-Medya	

Herb has tikta rasa being predominant in Akasha mahabhuta and laghu guna, increasing the sattava part of mana. Laghu guna by having properties identical to that of sattava guna increases the sattva part of mana that enhances the individual's utsaha and sphurti (stimulate pre & postsynaptic receptors).

The consumption of Brahmi in vedic texts points out its ability to awaken your chakras, this helps to achieve the highest goal of human life which is self-realization. It can be compared somewhat in a modern way as a balance between the right and left hemispheres of the brain. In doing so you realise "Sat Chit Ananda" which translates into "existence" "Consciousness" and "Bliss". Lord Brahma is the divinity responsible for all the creative forces in the world and Brahman is the universal consciousness, Therefore Brahmi literally means the shakti or energy of Brahma. This Sattvic herb aids and assists you to give up addictions of all kinds, including sugar, alcohol and drug abuse, which results in building ojas. It balances all the doshas, and dhatus and affects almost all the Srotas of the human system.

Maharishi Sushruta, Charak and Vaghabhta have concluded that Brahmi has many uses, however, the ones affecting ADHD will fall under these categories:

- In promoting Medhya (intellect)
- Increasing Ayushya (longevity)

- Acting as a Rasayana (rejuvenation)
- Prajnasaktivardhana (intellectual power)
- Hridaya (Heart),
- Majjadhatya Rasayana (nervous system rejuvenation),
- Balya (strength, especially mind),
- Jivaniya (life energy),
- Nidrajanana (sleep),
- Dhana (wealth),
- Svara (voice),
- Varna (complexion) and
- Anuloma (redirecting the flow of vata downwards).

The nootropic effect of this herb has been known for centuries. Bramhi as a nervine tonic has undergone a lot of clinical studies in recent years, which have been found to improve memory, learning abilities, cognitive functioning and supporting its role against fibromyalgia. Brahmi's pharmacological activities include antiepileptic, anxiolytic, antidepressant, sedative, antioxidant and anti-inflammatory activities. Various mechanisms of action for its cognitive effects have been proposed including increased cerebral blood flow,

acetylcholinesterase inhibition, β -amyloid reduction, antioxidant neuroprotection, neurotransmitter modulation (acetylcholine, serotonin (5 hydroxytryptamines or 5-HT), dopamine, and choline acetyltransferase activation).



What this essentially means, is that Brahmi is suited to help a patient reduce their level of stress and provide enhanced functioning of cognitive abilities thus allowing a person to naturally increase their mind's ability to focus without disruptions.

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The cognitive-enhancing effects of Bacopa monnieri: a systematic review of randomized, controlled human clinical trials. 2012 PubMed NCBI

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Trial of Omega-3 Fatty Acids and Alpha Lipoic Acid in Alzheimer's Disease

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Bacopa monniera Memory

Chronic Effects of Brahmi (*Bacopa monnieri*) on Human Memory 2002

Exploring the role of "Brahmi" (*Bocopamonneri* and *Centellaasiatica*) in brain function and therapy. 2011- PubMed NCBI
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**Godkar PB, Gordon RK, Ravindran A, Doctor BP. *Celastrus paniculatus* seed oil and organic extracts attenuate hydrogen peroxide- and glutamate-induced injury in embryonic rat forebrain neuronal cells. *Phytomedicine*. 2006;13:2936.

***Gattu M, Boss KL, Terry AV, Jr, Buccafusco JJ. Reversal of scopolamine-induced deficits in navigational memory performance by the seed oil of *Celastrus paniculatus*. *Pharmacol Biochem Behav*. 1997;57:7939

Jyotishmati tail

Properties according to Ayurveda

Rasa-Tikta Katu	Guna-Tikshna
Virya-Usna	Vipaka-Katu
Prabhav- Medya	

Jyotishmati is known as the 'mighty intellect plant' and has been prescribed for thousands of years for the treatment of cognitive disorders, Jyotishmati along with Brahmi has been proven to boost the attention span of its users within 100 days of treatment*, for a relatively long-term time frame. According to Ayurveda Jyotishmati helps in balancing Vata, leading to enhanced memory and improvement in intelligence quotient. It helps in reducing symptoms of anxiety. Therefore it is considered a wonder herb for those who seek to sharpen their mind and thereby improve their intelligence.

In modern studies, it was noted that jyotismathi was most effective in preventing neuronal cells against H_2O_2 and glutamate-induced toxicities. Thus it may also help boost the recovery of patients with ADHD who have become dependent on drugs such as Adderal**

Finally, Jyotishmati extract seems to exert a powerful myogenic and L-type $Ca(2+)$ -dependent relaxing effect which can help in reverse or recover navigational memory performance.

All these factors indicate that Jyotishmati is a neuron-enriching herb that works through the flushing of neurotoxins, which gradually heals the mind. This allows us to boost the functioning of the mind, which provides relief to patients suffering from ADHD

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Vaccha

Properties according to Ayurveda

Rasa-Tikta,Katu	Guna-Tikshna, laghu
Virya-Usna	Vipaka-Katu
Prabhav Medya	

Vaccha is another word for Vakhya, which means speech or expression through words. This special herb grown similarly to rice is used effectively by sadhus and saints who practice meditation. Vaccha is supposed to increase consciousness by enhancing intelligence. This allows one to experience better awareness, which allows a person in communicating and expressing oneself better through clarity of speech.

Vaccha addresses different srotas of the human body by penetrating the brain tissues and cleansing the nadis and opening of all the chakras. It addresses depression by removing mental Ama from the srotas.

Modern researches point to its ability to remove the toxic residues and the effects of other drugs (including those resulting from hallucinogens, psychotomimetic and even heavy marijuana use) from the fatty tissues within the liver, the nervous system and the brain.

Reference

Bhavaprakasa of sribhava mishra including Nighantu portion by Sri Brahmasankara Mishra and Sri Rupalalaji vaisya part First, Tenth Edition:2002, Haritakyadi varga . page no-43-44

Tagar:

Properties according to ayurveda

Rasa-Tikta,Katu,Kasaya Guna- Laghu, Snigdha
Virya-Usna Vipaka-Katu
Prabhav-Vedanasthapaka

Tagar is useful in managing the symptoms of anxiety, and inducing sleep. Vata governs the movements and actions of the body and the nervous system, hence anxiety occurs due to its imbalance. Tagar has Tridosha balancing properties especially Vata, this helps to reduce the symptoms of anxiety. It relaxes the central nervous system due to its sedative and anxiolytic properties and helps inducing good sleep.

Tagara is indicated in Apasmara (loss of consciousness) Unmada (insanity) and Shiro-roga (disease of the head/mind). Ayurveda recognizes the qualities of Tagara as follows:

1. Vishaghna (विषघ्न): (The one that destroys poison)
2. Tridoshahara (त्रिदोषहर): (Corrects the imbalance of all three doshas)
3. Raktadoshahar (रक्तदोषहर): (Purifies the blood)
4. Manasadoshahara (मानसदोषहर): (Addresses psychological disorders)

Reference:

1. An international quarterly journal of research in Ayurveda AYU.2010JUL-SEP;31(3):338-342. Doi:10.4103/0974-8520.77169, PMCID:PMC3221068, PMID:22131736.

Kali Mirch:

Properties according to Ayurveda

Rasa-Katu, Guna-Laghu, Tkishna, Virya-Usna
Vipaka-Katu, Prabhav -Dipan

It is a healthy spice that contains the bioactive compound piperine which is an alkaloid. Piperine displays numerous pharmacological effects such as anti-proliferative, anti-tumour, anti-angiogenesis, anti-oxidant, anti-microbial anti-aging and immunomodulatory effects.

Piperine the primary component in Kali Mirch can help improve brain function and lower depression symptoms.

Reference

Bhavaprakasa of sribhava mishra including Nighantu portion by Sri Brahmasankara Mishra and Sri Rupalalaji vaisya part First, Tenth Edition:2002, Haritakyadi varga . page no-17-18

Tulsi:

Properties according to Ayurveda

Rasa- Katu, Tikta, Guna- Laghu, Ruksha,
Virya- Usna Vipaka- Katu

It is widely claimed to possess anti-stress-inducing properties and has been used extensively in the Indian system of medicine for a variety of disorders. It has many additional benefits such as anti-oxidant, anti-microbial, anti-fungal, hypolipidemic and anti-convulsant activity.

Reference:

Bhavaprakasa of sribhava mishra including Nighantu portion by Sri Brahmasankara Mishra and Sri Rupalalaji vaisya part First, Tenth Edition:2002,puspa varga . page no-509

PROPERTIES EXPLANATION

Rasa: Rasa present in the individual drugs reveals that the maximum number of drugs have Tikta and Kashaya Rasa. Tikta Rasa, being predominant in Akasha Mahabhuta and Laghu Guna, increases the Sattva part of Mana. Kashaya Rasa has a predominance of Vayu Mahabhuta and Laghu Guna, which also increases the Satavika property of Mana. Vachana Nigrahanati of Kashaya Rasa helps to decrease talkativeness.

Katu Rasa dominates in Agni Mahabhuta (Paka Karma) and Ruksha Guna, which is responsible for Indriyautejetaka and Sanjnanasa. Madhur Rasa being predominant in Parthiva Mahabhuta (Sthairakara Karma), Snigdha, and Guru Guna, increases the Medhya effect and Indriyaprasadana. Brimhana (by improving cellular nourishment) and Sarvadhaturvavardhaka helps in the proper development of all tissues in the body.

Guna: Laghu and Sara Guna are maximum in proportion. Laghu Guna, by virtue of having properties identical to that of Sattva Guna, increases the Sattva part of Mana that enhances the individual's Utsaha and Sphurti (stimulate pre & postsynaptic receptors). By the Prerana (channelizing or motivation) property of Sara Guna, Prerana Karma of Vata becomes normalized and attention span is improved. Snigdha Guna increases the qualities of the Tarpaka Kapha and thereby nourishes

the Mana and Indriyas. Brain tissue is exceptionally rich in lipids, especially in complex essential fatty lipids; Snigdha Guna is similar to these lipids and thus it can be assumed that these drugs, due to their Snigdha Guna, nourish the brain.

Virya: Ingredients used in the preparation of the trial drug compound were chiefly of Ushna Virya. Ushna Virya also improves blood circulation in the brain. In 1989, Lou reported abnormal regional blood perfusions in the striatal region of ADHD-affected children. Thus it seems that ADHD-affected children have improper perfusion as well as glucose metabolism in the brain

Vipaka: Vipaka of all ingredients present in the trial drug compound was Katu and Madhur Vipaka. The metabolism of our body, including the brain, is accelerated by Katu Vipaka, which helps in the absorption of micro as well as macro-nutrients as per the body's needs and thus brings about a reduction of nutrient deficiencies. While on other hand Madhur is described as Sarvathatuvardhaka including the brain tissue, SadindriyapRasadaka (nourish the Mana and Indriyas), alleviate the vitiated Pitta and Vata Doshas, Jeevaniya (increase the vital strength). It ensures that the brain receives complete nourishment and thus helps in increasing the attention span of ADHD-affected children.

Doshaghnata: All the drug ingredients have the property of Kapha vata shamaka. In ADHD, vitiation occurs in vata dosha that simultaneously vitiates pitta and ameliorates kapha. The kapha vata samaka effect of drugs may help in breaking the srotorodha and digestion of ama which leads to the proper functioning of the system of the body and mind. kapha samaka drugs have properties that are opposite to that of tama dosa, which may help in dispelling the Avarana and normalizing Tama Dosha, Thereby maintaining the equilibrium of triguna and the proper functioning of Mana, Chitta and Budhi. The Tridosha samak effect of drugs brings about homeostasis in tridosha and triguna as vata and manu interrelated with each other, because vata is responsible for the vitiation of Sharirika as well as Manasika Dosa and produce disease. Thus these drugs regularize the functioning of Mana, Sharir, Manasika Dosha, Dhi, Dhriti and Smriti which are primitive seats of pathology. Brahmi has established its beneficial effect on cognition, its memory-enhancing effect, and its effect on ADHD. Tagar is known to have a beneficial effect on performance and alertness as well as on GABA receptors.

Reference :

1. An international quarterly journal of research in ayurveda AYU.2010JUL-SEP;31(3):338-342. Doi:10.4103/0974-8520.77169, PMID:PMC3221068,

PMID:22131736.

2.2 Ashwagandha: Ashwagandha is a member of the Solanaceae family, native to India. Since Ayurveda considers it a Rasayana, it is also known as the “Indian Winter cherry” or the “Indian Ginseng”. Ashwa means horse and Gandha means to smell, therefore in Sanskrit ashwagandha means “the smell of a horse,” indicating that the herb has the potential to impart the vigour and strength of a stallion, the smell is reminiscent of horse sweat.

According to Ayurveda:

Ashwagandha is a Medha-Rasayana used for centuries by Indians as a household remedy, because they consider it an effective nervine tonic, with many restorative and rejuvenating benefits, this makes it a crucial herb in treating individuals with ADHD. The rejuvenating rasayana will help balance the Vata in the mind and the nervous system.

It also supports endocrine functions by providing regulatory support to the thyroid, pancreas and adrenal gland, which promotes new nerve growth and repairs tissues in the body. This will give relief to individuals suffering from hyperactivity, lack of attention and compulsive behaviour.

It works as a rejuvenator for old people and a virile

aphrodisiac for the young. Ashwagandha possesses the properties of being an effective adaptogen, which helps elevate the body's resilience to stress. Ayurveda identifies its qualities to address both emotional and physical stress. It strengthens the body's defence mechanism against diseases by enhancing cell-mediated immunity. It also has antioxidant properties that fight against cellular damage caused by free radicals. Let's see some of the traditional usages of Ashwagandha.

Protects and Boosts immunity: with its restorative and rejuvenating properties, it boosts overall physical health and stamina, significantly improving immunity. It is said to support immune cell activity, these are the ones that fight against infections.

Stabilizes blood sugar levels and cholesterol levels: By increasing insulin secretion it can lower blood sugar levels. By reducing cortisol, it significantly helps in chronic stress, anxiety and depression.

Anti-Inflammatory and Analgesic: It is known to reduce inflammation marker and thereby reduces inflammation.

Improves heart health: By supporting cholesterol, and triglyceride levels, it supports healthy heart functions.

Promotes new nerve growth: it has a rejuvenating action on our nervous system. It also supports endocrine functions by providing regulatory support to the thyroid, pancreas and adrenal gland.

Supports learning and brain function especially memory

According to Modern approach

Ashwagandha contains many chemicals, including withanolides, alkaloids, choline, fatty acids, amino acids, and a variety of sugars. While the leaves and fruit have therapeutic properties, the root of the ashwagandha plant is the part used for treatment. There have been more than 250 studies done on Ashwagandha. They have mainly reinforced what Ayurvedic pharmacopoeia has been saying. These ailments are mentioned below.

Balance for health:

Modern life contributes towards activities that provoke the Vayu in the body. These activities can disrupt cycles and over stimulates the senses or behave like a psychostimulant and temporarily increase alertness, however causing damage to the nerves in the long run.

Watching TV or surfing the internet should be limited, it's advisable to fix the timing to increase adherence to these activities. Excess of any kind of media will have undesirable consequences on the ADHD sufferer. More of this is explained in Din-charaya in detail.

A sleep regimen must be developed, and staying up late has to be avoided. It is best to fix timings for this as well to increase compliance. This is explained in detail in

Ratri-charaya

Food should be eaten at the correct time. What foods to eat has been explained in Ritu-charaya very well. Avoid binge eating.

Stimulants have to be abstained from, like refined sugar, alcohol, smoking and caffeine. These stimulants provide momentary relief to an individual to see through the fog of inattention, in the long run, they will weaken the nervous system, by disturbing Vatta. The do's and don'ts of moral conduct are elaborated in detail under Achar-rasayana.

सत्यवादिनमक्रोधं निवृत्तं मद्यमैथुनात् ।
अहिंसकमनायासं प्रशान्तं प्रियवादिनम् ॥
जपशौचपरं धीरं दाननित्यं तपस्विनम् ।
देवगोब्राह्मणाचार्यगुरुवृद्धार्चने रतम् ॥
आनृशंस्यपरं नित्यं, नित्यं करुणवेदिनम् ।
समजागरणस्वप्नं नित्यं क्षीरघृताशिनम् ॥
देशकालप्रमाज्ञं युक्तिज्ञमनहङःकृतम् ।
शस्ताचारमसंकीर्णमध्यात्मप्रवणेन्द्रियम् ॥
उपासितारं वृद्धनामास्तिकानां जितात्मनाम् ।
धर्मशास्त्रपरं विद्यान्तरं नित्यरसायनम् ।
गुणैरेतैः समुदितैः प्रयुङ्क्ते रसायनम् ।
रसायनगुणान् सर्वान् यथोक्तान् स समश्नुते ॥
(चरक चिकित्सा रसायन, आयुर्वेद समुत्थानीय पाद १/३०-३३)

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1. An international quarterly journal of research in ayurveda AYU.2010JUL-SEP;31(3):338-342. Doi:10.4103/0974-8520.77169, PMCID:PMC3221068,

2.3 Shirodhara

Shirodhara is a traditional ayurvedic method of therapy, that is used to bring the soul, mind and body to a harmonious level. In recent times, it has been proven effective in the various ailments of the mind, such as **ADHD** (Attention Deficit/Hyperactivity Disorder)[1] and Insomnia[2].

Shirodhara has also been shown to aid in assisting patients with vatavyadhi or loss of memory.

Shirodhara-

the term Shirodhara comes from two Sanskrit words, where Shiro means head and Dhara means pouring, together Shiro-dhara describes the continuous pouring of a medicated liquid (oil, milk, kashaya) systematically on the forehead (Agyachakra) using a yantra or tool known as dhara. This procedure induces a relaxed state of awareness that results in an improved psychosomatic balance.

In sarangdhar samhita, Shirodhara is mentioned in the form of dharaswed. Shirodhara can be categorized into three major groups as per the liquid used in the procedure.

1. Tail dhara-When we use medicated oil (Mahanarayana Tail) for vatajavikar (Vata-related disorder).

2. Kashaya dhara-When we use medicated kashaya(kadha) for kaphajavikar(kapha-related disorder).

3. Ksheer dhara-When we use medicated cow milk for pittajvikar (pitta-related disorder).

How does Shirodhara work

The infusion liquids (oil, kashaya, milk) when poured on the head and scalp produces a soothing and calming sensation on the muscles of our head, which in turn passes via the superficial peripheral nerves of the forehead to the brain, by soothing the hypothalamus regulates the activity of the pituitary gland and treats conditions like insomnia by inducing sleep. Shirodhara also stimulates the various vital points all around the head and improves blood circulation in the brain.

The massage brings down the elevated serotonin levels a neurotransmitter that stabilizes our mood, strengthens concentration, reduces the level of stress hormones such as adrenaline and noradrenaline and thus relaxes the mind thereby relieving stress and tension. Additionally it assists in alleviating different ailments like depression or anxiety.

The procedure of Shirodhara in general includes purvakarma (before), pradhankarma (during) , paschatkarma (after).

PURVAKARMA (before Shirodhara)-

The patient should pass stool and urine, take an adequate quantity of oil and massage the head and scalp for 5 to 10 min with oil before starting the procedure.

Temperature of liquid

It should be sukhoshna, nearly equal to body temperature (37°C)

PRADHANKARMA (during Shirodhara)-

The room where Shirodhara is to be performed should be clean, well-ventilated and very quiet with very pleasant Vedic music. The procedure Shirodhara should be done in the morning on empty stomach after proper massage. The medicated liquid (oil, milk, kashaya) should be kept in the dhara-patra and poured continuously, and steadily on the forehead at the Aagya-chakra of the patient.

Duration

Continue this process for 20 to 30 minutes a day for 21 days or so. It is believed that by this therapy the effect can be achieved up to limbs and the entire body. Should be given a pleasant head massage to the patient throughout the process.

Liquid cut-out time

When milk is used. it should be changed every day . oil should be changed after 3 days kasaya should be changed after 3 days.

PASCHATKARMA (after Shirodhara)-

After the completion of the Shirodhara process, should wipe off the oil or liquids from the forehead of the patient. This is followed by a short duration of rest(20-30) minutes and massage of the body including the head and then a bath with lukewarm water in winter and normal water in another season.

Favourable things Pleasant Vedic music and pleasant calming light like candle or deep.

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Ayurveda emphasizes the promotion of positive health, mostly these are geared towards making conscious choices, living consciously as mentioned in the first paragraph, has been the goal. That is how nature

intended for you to live, and not how currently people have altered natural regimens to their convenience, some do it knowingly yet others unknowingly due to the pressures of modern life and its expectations. Ayurveda has categorized these regimens and has laid down rules to achieve that balance, as mentioned below:

3. Sadvritta-

There is a branch of psychology in Ayurveda known as Bhutavidya, which explains the attributes that can disturb the harmony of mind and body (Manas with Sareera), senses and soul, (Indriya and Atma).

To restore harmony Achararasayana lays down the codes of conduct, the do's and don'ts of life. It advocates a change in our behaviours, to arrest the onset of diseases and maintain balance. When we are in tune with our true essence, the body has the power to heal itself. This may be termed the ethical regimen (Sadvritta). Following this regimen will give ADHD sufferers, balance and peace of mind.

Achararasayana enhances psycho-neuro- immunity, it helps the individual to understand society and the role of an individual in society. The aim is to bring happiness, along with a positive mindset “manasbhava” towards all.

This attitude is termed Hitayu. Thus Achararasayana may be considered as behavioural medicine,” and an integral part of preventive medicine, without any pharmacological interventions, instead it is prescribed to enhance the physical, mental, social, and spiritual health of an individual resulting in optimum socio-behavioural conduct. Following are the five types of Sadvrittas. ‘Sad’ means good and ‘vritta’ means regimen.

- 3.1-Vyavaharikasadvritta (Ethical codes of conduct).
- 3.2-Samajikasadvritta (Social codes of conduct).
- 3.3-Manasikasadvritta (Mental codes of conduct).
- 3.4-Dharmikasadvritta (Moral codes of conduct).
- 3.5-SharirikaSadvritta (Physical codes of conduct).

3.1- Ethical code of conduct:

Speak the truth. Speaking lies creates impurities within the body which results in Ama. A person must know how what and when to speak to have the maximum impact, resulting in satisfaction. Speech must never be hurtful, this will help keep the mind calm.

Stay away from anger by practising unconditional forgiveness. This is the only way we can prevent the seed of anger from taking root within us and becoming an uncontrollable rage. Anger creates ama and amavisha, which is harmful hormones that affect the

Ojas. In the Bhagavad Gita, it is said that "Anger is more powerful than fire", and can create havoc on your body's immune and digestive systems.

Don't over-exercise, must know when to stop so that you have energy left to continue daily chores, over-exercising disturbs your digestion and lowers your immune system.

A comfortable bed provides good sleep, relieves fatigue and calms Vata, this bestows courage and confidence. Sleep patterns must be maintained, so don't sleep late and get up early.

Do not bathe immediately after exertion.

3.2-Social codes of conduct:

Maintain a cheerful attitude, and be friendly by starting a conversation first. Respect elders and guests.

A company of Teachers, Elders, and successful people is desirable. They bring knowledge and wisdom that create positivity.

Loud gestures should be avoided in public, like relieving gas loudly, or laughing loudly. Combing hair in public, or coughing and sneezing without covering your face, are undesirable activities. This ensures that you are not viewed as a social outcast or a person showing negative attributes.

Maintaining relationships with family members even in adversity keeps you positive and healthy and strengthens your immune system.

3.3-Mental codes of conduct:

“Kaalkare so Aajkar, Aajkare so Aab”, meaning don’t postpone things for tomorrow, do not procrastinate, always assess the activity or job at hand and perform diligently, with the urgency it deserves.

Don’t let any of your sensory organs affect your decisions.

Touch- is the first sense that develops in a human when you are born, when used correctly it conveys compassion, however, it can influence decision-making in individuals.

Sight- perceiving and analysing things through sight. “What you see is what you get” is not necessarily true, it can be misleading in some cases and should not impair decision-making.

Hearing- The adage “don’t believe everything you hear”, is opined so you don’t make skewed or ill-informed decisions.

Smell- Humans have 400 smelling receptors. Deviated doshas, especially in the elders can distort or decrease

the ability to smell. This could interfere with the decision-making process.

Taste- Humans have 4,000 taste buds, and most of them are on the tongue, some are also in the throat the epiglottis, the nasal cavity and the oesophagus. There are six main tastes in Ayurveda: sweet, sour, salty, spicy, bitter and tart. These six flavours of Ayurvedic food are derived from the five original elements. There should not be dependence on one or two tastes Ayurveda considers that the best food to eat is the one which has all the six tastes, this will keep you balanced and keep the mind stable.

Don't feel excessively exhilarated by achievements and depressed in loss, maintain normal behaviour. Erraticism in behaviour should be controlled.

3.4- Religious codes of conduct:

Pray and respect your deities and gods along with the elders. Keep auspicious belongings close to you such as malas. Do meditation and be charitable. This is the "Attitude of Gratitude", and is given special importance in our Vedic texts. It is a considered belief that what attitude you throw in the universe is returned to you with greater intensity.

Must read Intelligent literature, along with Vedic scriptures. Use ghee regularly in your diet, ghee may be considered the vehicle of Vatta, or the wheels on which it flows. Therefore ghee is not just a medium of cooking but a medium of life in every which way and must be consumed religiously.

Wandering at night must be avoided. Maintain civil behaviour in public, basically be a good Samaritan. A good Samaritan is a person who does good deeds out of compassion and not because of any hope of reward.

3.5-Physical codes of conduct:

Keep clean, stay well dressed and follow an oil massage regimen, bathe twice daily if required.

Be socially presentable and desirable, hair, beard and nails, must remain clean and trimmed.

Footwear carefully selected for the activity and season is a must. It simply ensures comfort in performing those activities. For example, running in high heels is a mismatch and hence avoidable.

4. Dincharaya:

(Routine to be followed in the day according to Ayurveda) We suffer ill health, more due to a lack of routine than from any disease. In fact, the lack of regimen may be attributed as the causative factor of many diseases. Following a routine, every morning sets the rhythm of your day and gives you a feeling of stability and steadiness. It helps ignite Prana-Maya-Kosa: the layer of Elan Vital, the energy of the outer channels also known as the creative force within a human that is responsible for growth, and change, and is desirable for making adaptations for a human. Following “Din-charaya” thus minimize your anxiety towards decision making and gives you peace of mind and no stress, a key ingredient towards the treatment of the ADHD condition.

4.1-Wake up time:

Ayurveda suggests you arise one hour thirty minutes before sunrise which is termed the “Brahma muhurat”. This is the period when Sattva Guna are prevalent. According to the International Journal of Yoga and allied sciences, during this period there is abundant nascent oxygen in the air, when mixed with haemoglobin it becomes oxyhemoglobin which can result in the following benefits:

It maintains the balance of blood p^H levels

Absorption of minerals and Vitamins becomes enhanced

This leads to higher energy levels and boosts the immune system.

Vedic text, Ashtanga Hridaya recommend the following activities during the Brahma muhurat:

Meditation:

Reading or listening to gather wisdom or knowledge.

Planning, whether for the day, year, financial or any period.

Introspection to reduce bad Karma

The attitude of Gratitude, it's time to remember all people and things you are grateful to or grateful for.

4.2-Bowel cleansing:

Ensuring waste excretion as a natural urge in the morning is a sign of good health, and should be performed without suppression. Once again Vata is the key dosha at play during these activities. Its flow ensures a natural urge to be maintained, however, suppression will result in aggravation of Vata. One can consume one or two glasses of warm water to assist in bowel movements. Taking Triphala before sleep supports bowel movement and smooth evacuation in the morning.

4.3-Oral Hygiene & Cleanliness

Brushing teeth must be performed as the first step toward oral hygiene. Cleansing Your Tongue with a tongue scrapper removes the deposited coating on your tongue which represents Ama.

Oil Pulling can be performed with sesame oil or coconut oil. The method is to swish this oil in your mouth for 3 to 5 minutes vigorously before spitting. It strengthens your gum and removes stains from your teeth. Rinse with water to remove residue.

Cleanse the face with water, Ayurveda prescribes cool water for the Pitta dosha and warm water for Kapha and Vata doshas. Cleaning the Eyes with water by splashing on them.

Nasyam (Nasal Drops), Maharishi Vagbhatta has stated “Nasa Hi SirasoDwaram”, which means that nose is the gateway to the head and eventually our consciousness. Therefore all medicine introduced through the nose will spread through the head and affect the mind and its constituent parts. It is a very effective procedure for bringing clarity to ADHD Sufferers, physically it lubricates and cleanses the nasal passage of sinuses, and it clears the voice and vision. Mentally it brings clarity and provides intelligence. Oils such as

Shadbindu, Annu, Nasaja or simply sesame oil may be applied in 2 drops in each nostril.

4.4-Pranayam& Yoga & Massage-

Pranayama is the control of prana (Life) through your breath. There are many techniques, however, all rely on rhythmic breathing through the nostrils. Acharya Patanjali has made some very popular such as Kapal Bharti, Anlom Vilom and Bhastrika.

Regular head massage with oil calms Vatta by lubricating dry skin. It also enhances blood circulation in your scalp strengthening the roots of the hair follicle.

4.5-Exercise

Exercise reduces anxiety, increases stamina and makes the body resistant to diseases if they are done routinely. Ayurveda suggests physical exercises which raise your heart rate and causes you to sweat. These exercise help in blood circulation and the disposal of waste. Following this regimen is particularly good for sufferers of ADHD as it gives them focus and builds physical and mental strength. Modern Researchers co-relate the same argument. “Getting fit to get focussed” is the mantra. People with this disorder find a problem in building routines and regimens. Building habits can be a challenge. A study in 2009 conducted in the UK, found that it takes on average 66 days of repetitiveness for a

person to build a habit. So in about ten weeks, individuals with ADHD could potentially establish a new way of coping with their symptoms. Further exercise helps in the following way:

Dopamine is released from the brain during exercise routines, a chemical which is deficient in ADHD Sufferers. This aids in coping mechanisms. Regularity of activities will help in burning excess energy reducing hyperactivity in ADHD Sufferers.

Choose a form of exercise that you enjoy and can have fun doing, this way it would be easy to develop a regimen toward it.

It has been found that ADHD Sufferers, prefer individual activities as opposed to team games. Boxing and Swimming are at the top of the list of individual activities. Primarily because it burns a lot of energy, calming hyperactivity which leads to increased focus.

4.6-Bath-

Bathing is a routine most follow to get fresh and ready for the day. Few realise the benefits. It energizes the body by opening the srotas (sweat glands) and removing lethargy and making you ready to take on the task for the day.

4.7-Meditation-

Meditation and Prayers or Affirmations are the best way to keep your mind calm and focused. It may be done right after the bath. There are many ways to do these, needless to say, no matter which you choose will have a positive effect on your mind.

4.8-Work-

Work can provide you with a lot of stress if not handled properly. In Ayurveda, it is advised one should do work/labour based on their Prakriti. For example, Kapha people are the best administrators and can do fine with desk jobs, while Vata people with their energy may be better suited for groundwork or outside jobs. Pitta Pradhan people should limit physically demanding jobs to maintain their balance.

5. Ratricharaya:

(elaborates on the night time regimens.)

Ratri in Ayurveda includes the evening (Sandhya) and hence recommends the don't's of the evening and then the do's of the night. Bhavaprakashahas mentioned certain actions that have to be contraindicated during the evening hours.

Evening-

Eating Food (Aahar) Eating food in the evening is prohibited as it will not be fully digested and can become "Ama" and hence be harmful to the body.

Sexual Intercourse (Maithunam) advises against sexual intercourse in the evening hours. As it may lead to abnormalities in conception.

Sleep (Nidra) Ayurveda considers sleeping in the evening may result in poverty and lack of intelligence.

Reading (Sampaataam) Reading may be avoided in the evening.

Long Walks (Adhwa gamana) should be avoided especially if in the dark to avoid fear and anxiety, before sleep.

Night Routine-

Food (Aahar) Dinner should be had within the first three hours of the night, it should always be light and in less quantity making it easy to digest. These activities should be done after eating food:

Wash their hands thoroughly.

Brush their teeth and cleanse the teeth of all debris.

Cleanse mouth thoroughly to remove odour.

Gently moist the eyes with water

Betel leaf may be taken which assists in digestion and removes the odour.

Sexual intercourse (Maithunam) Sexual urge is a natural urge, and suppressing that can lead to urinary disorders, obesity and deposition of fat in the body

Smoking (Dhumrapan) medicated smoke can be taken after food which is said to alleviate Kapha.

Sleep (Nidra) Sleep is considered one of the three main pillars that support life. However one should sleep only at night and not any other time of the day. Proper sleep hygiene can combat all illnesses.

Pratyahara: can cleanse your mind and can be achieved by giving our “indriya's” senses a rest. This can be achieved by withdrawing from hearing, seeing, touching, tasting and smelling, this gives rest to the nervous system which calms & cleanses the mind.

6. Ritucharaya:

In Charaka Samhita, it is said

तस्याशिताद्याहारद् बलं वर्णश्च वर्धते ।
यस्यर्तुसात्म्यं विदितं चेदाहारव्यापाश्रयम् ॥ (चरक संहिता सूत्र स्थान ६/३)

which means, persons practising suitable diet and regimen prescribed for every season will have enhanced strength and a glowing complexion. Noncompliance to changes leads to the disruption of the equilibrium within the body, which is not suitable for ADHD sufferers.

The change in the environment is very evident with the change of season, the plants, flowers and shrubbery all change, as humans are part of the same ecology, the body is influenced by the environment, and must adapt to seasonal modifications. These adaptations will enable us to build our physical strength and mental capability to battle ailments, in addition to that, it balances all three doshas in our body and keeps us fit and healthy throughout the year.

6.1- AdaanKaal (also called Uttaryanaor Northern Solstice, lasts from 14th January to 14th July)

Shishir (Winter) mid-Jan to mid-March.

Vasant (Spring time) mid-March to mid-May.

Grishma (Summer) mid-May to mid-July.

6.2- Visarga Kaal (also called Dakshinayanaor the Southern Solstice, lasts from 14th July to 14th January)

Varsha (Rains and Monsoon) mid-July to mid-September.

Sharad (Autumn) mid-September to mid-November.

Hemant (Late Autumn) mid-November to mid-January.

Shishir (Winter) mid-Jan to mid-March.

These are the cold months which increase Kapha dosha, to counter that “Agni” must be activated to provide balance. One must also avoid Vata aggravating activities, such as excessive exercise, exposure to colds and eating late.

Recommended Diet: Diet should contain lots of dairy products, fruits like grapes and apples, staples like wheat, gram and rice, Cereals, pulses, and corn. Spices like ginger and garlic. Sweets in moderation. Maharishi Charaka advises staying true to sour, salty and fermented foods avoiding astringent and cold foods, this season

Therapies: Abhayang and Swedan
Vasant (Spring time) mid-March to mid-May.

These are transitional months, where plants and leaves blossom, however it can weaken the Agni, creating aggravation in the Kapha dosha. The strength of an individual will not be at its peak.

Recommended Diet: Consequently you should eat foods which are easy to digest, avoiding cold and heavy foods.

Keep low on sweet dishes. Foods good for the GI tract such as barley, wheat and rice are highly recommended. Spices include coriander, cumin, turmeric, and fennel.

Therapies: Nasya is highly recommended to keep nasal passages clean.

Grishma (Summer) mid-May to mid-July.

Vatta and Pitta are elevated because of the hot season. This keeps your digestion at the lowest and requires lifestyle adjustments.

Recommended Diet: Drink lots of liquids, like fruit juices and water to keep hydrated. Eat lots of veggies, herbs and greens like asparagus, cucumber and celery. Sweets, fruits and cold foods are also preferred.

Therapies: Abhyanga and Shirodhara, keeps skin moist and the mind calm.

Varsha (Rains and Monsoon) mid-July to mid-September.

The Agni and strength are both dampened in this wet season, one must build the Ojas to bring the energies back.

Recommended Diet: Foods which are Salty, sour, and oily are recommended for this season. They must be served warm. Ginger and Lemon are good for aiding digestive energies, and are a must-have this season. Soups are also good.

Therapies: Perfect season to do Panchakarma, that is all five treatments, basti, nasya, swedana, abhyanga, and snehana.

Sharad (Autumn) mid-September to mid-November.

This season transitions into the winter season towards the end, and hence is the second transitional period, moreover, after the rainy season, Agni regains its strength. Pitta is the only dosha which needs to be balanced.

Recommended Diet: Diet includes rice, green leafy veggies, tomatoes, root vegetables, pineapples, berries, plums, ghee and other dairy products. Foods that can pacify Pitta are advised, like wheat, green gram, sweets made from sugar, and honey. Some non-veg is also permitted

Therapies: Virechana (herbal laxative therapy is advised for cleansing)

Hemant (Late Autumn) mid-November to mid-January.

All doshas are in balance. The energy and strength of an individual stay optimum as the Pitta dosha gets assuaged, hence the action of Agni is increased, leading to good digestive energies.

Recommended Diet: Pitta is grounded and the Agni is at its peak. Eat lots of fermented dishes, oily dishes, and warming foods, diet can include pumpkin, cabbage, spinach, corn, rice, carrots, potatoes, onions, beets, apples, dates, and dairy products. Non-veg can be taken during this season.

Therapies: Virechana, Abhyanga and Swedan are advised to remove toxins and keep your digestive system strong.

6.3- Seasonal diet Recommendations & Lifestyle Considerations

S.NO	Season(Ritu)	Recommended diet	Recommended lifestyle	To be avoided
1.	Shishir (Winter) mid Jan to mid March.	Diet should contain lots of dairy products, fruits like grapes and apples. Wheat, gram, rice, cereals, pulses, corn are recommended. Involve spices like ginger and garlic in food.	Application of oil to the whole body. Oil massage to the scalp. Staying in warm and less windy places.	Avoid too much of spice, bitter, astringent (potatoes and cauliflower etc) Avoid consuming cold drinks and cold foods. Avoid sleeping during day time, eating late night.
2.	Vasant (Spring time) mid March to mid May.	Should eat foods which are easy to digest. barley, wheat and rice are highly recommended. Include spices like coriander, turmeric, cumin, fennel. Drink honey mixed with water	Nasja oil is highly recommended.	Avoid eating sweet, sour, salty, and oily food which is heavy for digestion. Avoid sleeping in day time. Should avoid non veg food items.
3.	Grishma (Summer) mid May to mid July.	Drinks lots of liquids, like fruit juices and water to keep hydrated. Eat vegetables Ghee, milk, rice can be consumed.	During day time stay in cold places. At night sleep under moonlight. Try to spend time with nature.	Avoid Salty, sour foods. Avoid pungent items like capsicum. Avoid food made of too much garam masala Food items like black gram, flat bean, sesame are to be taken less or avoided. Avoid non veg as much as possible.

4.	Varsha (Rains and monsoon) mid july to mid September.	Salty, sour, oily food. Must be served warm. Ginger and lemon are good Soups, hot and herbal tea are also good, drinking boiled water. Take buttermilk instead of curd.	Dry massage. Stay in less humid place. Shirodhara is highly recommended in this season.	Avoid Uncooked vegetables and salads. Avoid curd or ice cream as they can cause flu and fever. Avoid day sleeping, excessive physical exercise, more exposure to sun. Avoid non veg.
5.	Sharad (Autumn) mid September to mid November.	Food dominant in sweet taste, light to digest, includes rice, green gram, sweets made from sugar and honey, green leafy veggies, tomatoes, root vegetables, pineapples, berries, plums. Include ghee and other dairy products.	Consume medicated ghee. Exposure to moon rays during night time is helpful in this season	Avoid more exposure to sunrays. Avoid consuming meat of animals from marsy land. Avoid Alkaline substances, curd Avoid Day time sleeping Avoid more exposure to winds. Avoid non veg.
6	Hemant (Late autumn) mid November to mid January.	Eat, sour, salty fermented dishes, oily dishes and warming food. Include pumpkin cabbage, spinach, corn, rice, carrots, potatoes, onions beets, apples, dats, Take milk and its product.	Application of oil to the whole body. Oil massage to the scalp. Staying in warm and less windy places.	Avoid too much of spice, bitter, astringent (potatoes and cauliflower etc) Avoid consuming cold drinks and cold foods. Avoid sleeping during day time.

7. A modern view:

7.1- What is ADHD?

Modern Research identifies ADHD (attention deficit hyperactivity disorder) as a complex neuro-development disorder, that impacts the parts of the brain that help us plan, focus, and execute tasks. primarily found in children, which can last till adulthood. An article in the ADDitude magazine (MEDICALLY REVIEWED BY WILLIAM DODSON, M.D. ON SEPTEMBER 26, 2019) pointed out that “Neuroscience, brain imaging, and clinical research tell us a few important things: ADHD is not a behaviour disorder. ADHD is not a mental illness. ADHD is not a specific learning disability”. ADHD is, instead, a developmental impairment of the brain’s self-management system. The Article interestingly points out and I quote “Attention deficit” as, some experts assert, is a misleading name. “Attention deregulation” might be a more accurate description since most people with ADHD have more than enough attention they just can’t harness it in the right direction at the right time with any consistency. And so individuals with ADHD hyperfocus and lose track of time, misplace their keys or blurt out an unrelated thought when their focus breaks free from its chains.

7.2-Is ADD the same as ADHD

ADD is everything without Hyperactivity, so it is a subset of “ADHD”. Children with ADD can be shy and in their own world. They may not be that fidgety and lack the energy level that stimulates hyperactivity. Recent explanations have blurred the distinction and recognised this impairment within ADHD.

8. CONCLUSION

According to classical texts (Charak Samhita and Sushruta Samhita) and recently developed modern research material we have observed that we can use ADHD Ease alone or with ashwagandha and Shirodhara to effectively combat the symptoms experienced by someone suffering from ADHD or ADD. Shirodhara while not required, has been proven to be very effective in improving the attention span of a patient suffering from ADHD. Our ideal recommendation would involve the employment of both ashwagandha and Shirodhara alongside ADHD ease as found in the ADHD kit.

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ACHARA RASAYANAA BEHAVIORAL THERAPY IN AYURVEDA TO PROMOTE HEALTH AND HAPPINESS

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