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Dr. Rajshri Bhau Khamkar
PG Scholar, Department of
Samhita Siddhant and Sanskrit,
CSMSS Ayurved Mahavidyalaya
Kanchanwadi, Chh.
Sambhajinagar, Maharashtra,
India

Vd. Anjali Hingne
Guide, Associate Professor,
Department of Samhita
Siddhant and Sanskrit, CSMSS
Ayurved Mahavidyalaya
Kanchanwadi, Chh.
Sambhajinagar, Maharashtra,
India

Dr. Smita Dhurde
HOD, Professor & HOD,
Department of Samhita
Siddhant and Sanskrit, CSMSS
Ayurved Mahavidyalaya
Kanchanwadi, Chh.
Sambhajinagar, Maharashtra,
India

Corresponding Author:
Dr. Rajshri Bhau Khamkar
PG Scholar, Department of
Samhita Siddhant and Sanskrit,
CSMSS Ayurved Mahavidyalaya
Kanchanwadi, Chh.
Sambhajinagar, Maharashtra,
India

Unnmad: Ayurvedic review article

Dr. Rajshri Bhau Khamkar, Vd. Anjali Hingne and Dr. Smita Dhurde

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Abstract

Unnmad is one type of mansik-vyadhi which is most common form of mental disorder. Unnmad can be co-related with Attention deficit hyperactivity disorder (ADHD). Today's modern era day to day psychosomatic disorder affected children are increased in pediatric clinics, out of that Attention deficit hyperactivity disorder (ADHD) one of them. Due to increased distractibility and difficulty sustaining attention; poor impulse control and decreased self-inhibitory capacity; and motor over activity and motor restlessness. etc leads to this disease. Attention Deficit Hyperactivity Disorder (ADHD) neurobehavioral disorder of childhood and one of among the most prevalent chronic health conditions affecting school-age children. In modern medicine except presynaptic dopaminergic agonists, there is no other treatment for this disease While traditional life science Ayurveda has most effective solution over this. The present article is an attempt to highlighting on details of unnmada with co-relating with ADHD.

Keywords: Unnmad, Attention Deficit Hyperactivity Disorder (ADHD), Treatment, Review

Introduction

"Children are the world's most valuable resource and its best hope for the future by John Fitzgerald Kennedy (American 35th US President (1961-63), 1917-1963) Every incidence in the childhood has an influence on the adult life, so a healthy childhood is mandatory for expecting a healthy adulthood. These statistics definitely increase the responsibility of paediatric population. It is the most commonly diagnosed psychiatric disorder in children, affecting about 3 to 5% of Children globally and diagnosed in about 2 to 16% of school aged children. It is a chronic disorder with 30 to 50% of those individual diagnosed in childhood continuing to have symptoms into adulthood. It is diagnosed 2 to 4 times more frequently in boys than in girls. ADHD is a neurodevelopmental disorder characterised by persistent hyperactivity, impulsivity and inattention that significantly impairs educational achievement (i.e. school performance is often poor while 1 having normal intelligence) and/or social function. In Ayurveda it can be considered under term unmaad. Unmaad is manasik vikara characterised by symptoms like Mano vibhrama-mental confusion, Buddhi vibhrama-impaired intelligence, Sangya vibhrama-impaired consciousness, Gyana vibhrama-impaired knowledge, Smruti vibhrama-impaired memory, Bhakti vibhrama-loss of desire, Shila vibhrama-inappropriate manner, Cheshta vibhrama- abnormal activities, Achara vibhrama-impaired socialization skills, unable to follow commands. It can be classified as Nija and Aagantuja. Further under nija-4 types i.e. vataja, pittaja, kaphaja and sannipataja and under aagantuja-8 types i.e. Bhutounmad, Shapounmat, Pitrigrahaunmat, Gandharvounmat, Yakshounmat, Rakshounmat, Brahmarakshounmat, Pishachounmat. Treatment will be given as 2 both shodhan and shaman as described in charak samhita.

Materials and Methods

Various Ayurveda classics and studies published in journals related to effect of Ayurveda drugs and therapeutic process in the management of ADHD children are reviewed and appraised. Diagnosis of ADHD is usually made in preschool year.

Modern Review of ADHD

- Definition

Attention deficit hyperactivity disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness

- Causes

The exact cause of attention deficit hyperactivity disorder (ADHD) is not fully understood, although a combination of factors is thought to be responsible

- 1) **Genetics:** ADHD tends to run in families and, in most cases, it's thought the genes you inherit from your parents are a significant factor in developing the condition.
- 2) **Brain function and structure:** Studies involving brain scans have suggested that certain areas of the brain may be smaller in people with ADHD, whereas other areas may be larger.
- 3) **Groups at risk**
 - Who were born prematurely (before the 37th week of pregnancy) or with a low birth weight.
 - With epilepsy
 - With brain damage

Symptoms in Children and Teenagers

- The symptoms of ADHD in children and teenagers are well defined, and they're usually noticeable before the age of 6. They occur in more than one situation, such as at home and at school.

Inattentiveness

The main signs of inattentiveness are

- Having a short attention span and being easily distracted
- Making careless mistakes for example, in schoolwork
- Appearing forgetful or losing things
- Being unable to stick to tasks that are tedious or time-consuming
- Appearing to be unable to listen to or carry out instructions
- Constantly changing activity or task
- Having difficulty organizing tasks
- Having difficulty organising tasks

Hyperactivity and Impulsiveness

The main signs of hyperactivity and impulsiveness are:

- Being unable to sit still, especially in calm or quiet surroundings
- Constantly fidgeting
- Being unable to concentrate on tasks
- Excessive physical movement
- Excessive talking
- Being unable to wait their turn
- Acting without thinking
- Interrupting conversations
- Little or no sense of danger

Definition of Unnmad

According to Acharya Charak Unnmad, is the manasvyadhi is which understood as the unsettled condition of the Manas (mind), Buddhi (understanding), Samjna (consciousness), Gnana (perception), Smriti (memory), Bhakti (inclination), Sheela (character), Chesta (behaviour), and Achara (conduct)¹

Nidan: The hetu of the Unnmad are given as

General hetu of Unnmad ^[2]

- 1) Aaharaja Hetu
- 2) Viharaja Hetu
 - **Aaharaja-Hetu:** Incompatible, dirty, impure food like fruits and milk, heavy diet like nonveg, dhadhi, bekari products etc increases tridoshas
 - **Viharaja-Hetu:** disrespect of Dev (God), Guru (Teachers), Brahmins (learned), excessive bhaya (fear),

Harsha (joy) to produce manobhigata disturbing all the normal mental functions increases rajas and tamas mansik doshas. Agantu Unmaadas arising Himsa (cruelty) the Rati (lust) and Abhyarchana (extortion) ^[3].

Types ^[4]

classification of Unmaada is based on the prognosis, the knowledge of which is very essential in treating any disease is Focusing on aetiology, mode of manifestation, prognosis and principles of treatment he offers two more classifications as Nija and Agantu Nija Unmada is further divided into four kinds. They are also known as Doshaja.

Unmaadas (those arising from the morbidity of Doshas. Out of these the fourth kind namely Sannipataja unmaada. (insanity of tridiscordance) is said to be incurable.

Rupa ^[5-6]

Rupa of unnmad, according to different Ayurvedic classics areas

Dhi vibrama
satwa pariplawa
drushti adhirata
abaddh vakya
hruday shunyata

Management ^[7-9]

1. The Ayurvedic treatment of ADHD involves correction or balancing of tarpaka kapha, sadhaka pitta, and prana vayu, the doshas present in the brain.
2. Nootropic herbs: following herbs have possible action on psycho-neurological deficits; Ashwagandha, Brahmi, Shanka pushpi, Jatamansi (Nardostachys Jatamansi, Vacha (Acoruscalamus). These may act as a mild stimulant and sedative also depending on what mood state needs to be balanced.
3. Panchakarma procedures- Abhayanga, Shirodhara and Shiro Pichhu. Behavioral therapy (SatvaAvajayachikitsa): Sattvavajaya Chikitsa ADHD is the commonest neuro-bherival disorders in pediatrics age group, so some protocols adopted for treating these type of patients i.e.
 - Counseling to the parents, family members, teachers and child itself is of great help in treating as well as prevention of ADHD patients.
 - The use of medicines which have properties of cognitive function along with Meditation or Yoga.
 - It is assisted with the daily diet regulation and making sleep time-table of an affected child. Diet should be of nutritional balance, on proper time, avoiding excess oil and spice, rich in antioxidants and immunity boosters.
 - Sound sleep and a good amount of water intake is also a must.
 - Scalp massage (Shiro abhyanga), massage of soles of feet with sesame oil is also beneficial in decreased hyperactive.
 - Daily work should be listed and overcoming problems (e.g. during writing) should be handled one by one and slowly.

Conclusion

Psychiatric disorder is well explained in Ayurvedic samhita. That ancient knowledge of Ayurveda will helps in diagnosis and management unnmad in present era very well. In Ayurveda it may be correlated to Unmad (insanity) disease which is Vatika Vikara. So, line of treatment according to Vatika disorders such as neuro-protective medications along

with Pancha karma therapies have definitely shown outcome on the disease and thus pave way to further researches in employing Ayurvedic methods towards the management of ADHD. So its review article is an attempt to highlighting on details unnnmada with co-relating with ADHD.

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