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Title: Combating attention deficit hyperactivity disorder with natural treatment

Authors: [Amaravathi, T](#)
[Murugan, M](#)
[SelvamS](#)
[Geetha, PS](#)

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Abstract: Attention deficit hyperactivity disorder (ADHD) is a weakening mental health problem that hampers the child development. Both the hereditary and ecological elements are the primary causes behind the challenge and possibly will be different among persons. The drugs are used for ADHD may be enhancing the health problem. Therefore, huge requirement of ayurvedic based foodstuff is anticipated among the end users that are expected to be healthy as well as afford additional functional benefits. An ayurvedic plant such as brahmi (*Bacopamonnieri* and *Centellaasiatica*) is reported to have much useful functional benefits. Brahmi is well-known to harness reminiscence, perception, being sensible and further mental disorderliness. The present review enlightens the functional properties of brahmi for children with ADHD, including intervention programme.

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Sections: Medications Psychotherapy Self-Help. The best treatment for adults with attention-deficit hyperactivity disorder (ADHD) is based on a multimodal, multidisciplinary approach, which includes medication and psychotherapy (and/or ADHD coaching). Specifically, medication reduces impulsivity, inattention, and hyperactivity. That is, ADHD medication helps you to focus, work, and learn. However, research has found that medication alone doesn't address every symptom of ADHD. That's because, as the common saying goes, "pills don't teach you skills." ADHD, also called attention-deficit disorder, is a behavior disorder, usually first diagnosed in childhood, that is characterized by inattention, impulsivity, and, in some cases, hyperactivity. These symptoms usually occur together; however, one may occur without the other(s). How is attention-deficit/hyperactivity disorder diagnosed? ADHD is the most commonly diagnosed behavior disorder of childhood. A pediatrician, child psychiatrist, or a qualified mental health professional usually identifies ADHD in children. Specific treatment for attention-deficit/hyperactivity disorder will be determined by your child's doctor based on: Your child's age, overall health, and medical history. Extent of your child's symptoms. INTRODUCTION — Attention deficit hyperactivity disorder (ADHD) is a disorder that manifests in childhood with symptoms of hyperactivity, impulsivity, and/or inattention. The symptoms affect cognitive, academic, behavioral, emotional, and social functioning [1]. (See 'Diagnostic criteria' below.) This topic review focuses on the clinical features and evaluation of ADHD. The epidemiology, pathogenesis, management, and prognosis of ADHD in children and adolescents and ADHD in adults are discussed separately: •(See "Attention deficit hyperactivity disorder in children and adolescent Attention-deficit/hyperactivity disorder (ADHD) is a disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. Inattention means a person wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganized; and these problems are not due to defiance or lack of comprehension. The therapist also encourages the person with ADHD to adjust to the life changes that come with treatment, such as thinking before acting, or resisting the urge to take unnecessary risks. Family and marital therapy can help family members and spouses find better ways to handle disruptive behaviors, to encourage behavior changes, and improve interactions with the patient.