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Neurodevelopmental Disorders an Emerging Issue and Its Correlation In Ayurveda

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ABSTRACT

According to the DSM-5, Neuro Developmental Disorders (NDDs) are a collection of illnesses that have a developmental start and cause deficiencies that impede functioning. Intellectual impairment (ID), communication disorders, attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), neurodevelopmental motor disorders, including tic disorders, and certain learning disorders are all considered neurodevelopmental disorders (NDDs). ICD-11's categorization of non-diagnostic disorders does not greatly differ from DSM-5's. The DSM-5 lists male-to-female ratios of 4:1 for the diagnosis of ASD, 2:1 for the diagnosis of ADHD in children, and 1.6:1 and 1.2:1 for moderate and severe ID, respectively. These ratios indicate that males are diagnosed with NDDs more frequently than females. The DSM-5 introduced the concept of combining several disparate diseases into a single diagnostic category. Ayurveda the ancient holistic science of India is treating neurodevelopmental diseases since its inception. Neuro Developmental problems in Ayurveda described mainly in the context of Mano Vaha Srotodushti. Ayurvedic remedies for neurological problems will purpose to rectify this Vata imbalance and convey the Vata dosha in concord with Pitta and Kapha dosha which will remove the disease. The aim of this study is to analyse the different neuro developmental problems described in Ayurveda and their treatment perspective. Recent advancement of Ayurvedic clinical research shows that so many incurable neuro developmental disorders can be successfully treated by Ayurvedic medicines and Panchakarma therapies.

Keywords: NDDs, ASD, ADHD, Vata Vyadhi

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