A REVIEW ON AYURVEDIC MANAGEMENT OF OPPOSITIONAL DEFIANT DISORDER

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Abstract
It has been estimated that approximately 1/3rd of children of attending pediatric clinic suffer not from physical but primarily from Psychological Behavioral disorders¹.[ADHD , ODD , Learning disorder, Conduct disorder etc] .
ODD[Oppositional defiant disorder] is one such Disruptive behavioral disorder with 3to 5 % of prevalence .According to American Academy of child & Adolescent Psychiatry, ODD is a pattern of disobedient, hostile ,defiant behavior directed towards authority figures.
In Ayurveda we can take it under Mano – vikara with lakshanās like Irshya , Krodha , Bhayā with impairment of Dhriti involving Vata [ Prana&Udana] & Pitta[ Sadhaka].So Ayurvedic treatment in terms of SattvavajayaChikitsa ,Panchakarma followed by administration of Medhya Rasayana yield a better Mental Health in children with ODD .
Keywords: Rasayana, ODD [Oppositional defiant disorder], Mano vikara, Sattvavajaya chikitsa, Medhya

Introduction.
Oppositional defiant disorder [ODD] comes under a group of Behavioral Disorder called Disruptive Behavior Disorder [DBD].
According to American Academy of Child & Adolescent Psychiatry” ODD is a pattern of dis-obedient, hostile & defiant behavior directed towards authority figures. Most of the children argue with parents & defy with authority from time to time especially when they are tied, hungry or upset,So this creates some sort of difficulty for the parents as well has the physicians to distinguish from expectable stress –related behavior to that of ODD behavior².
How to say Child is suffering from ODD?
• Frequent temper tantrum.
• Excessive argument with adult
• Often questioning rules & regulations.
• Deliberately annoying & upsetting the people around them.
• Blaming others for their mistakes.
Frequent outburst of anger.

Spiteful attitude & revenge seeking

If a child has any 4 above symptoms

Constantly for 6 months

Is excessive compared with what is usual for the child’s age.

Is disruptive to the family & the school.

Is usually directed towards authority figures [ Parents, teachers, coach, principal etc].

**Prevalence**

It has been estimated about 1/3rd of pediatric OPD case suffer not from physical but from psychological behavior disorder & ODD is one such disruptive behavioral disorder with 3-6 % of prevalence in the age group of 5-12 yrs.

Recently it is discovered that boys suffer more from ODD than girls in the ratio of 3:1 respectively. Girls show the symptoms of ODD quite differently than boys. For example, girls show their aggressiveness through words rather than action but in boys it is quite opposite.

**Common Behaviors that the Child & Adolescent with ODD**

- Defiance.
- Spitefulness
- Negativity
- Hostility & Verbal aggression.

**Causes of ODD**

- Biological Cause
- Psychological Causes
- Social Cause

### Biological Causes

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<th>Parent with a H/O of Mood disorder</th>
<th>Parent with the H/O of Drug abuse</th>
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Diagnosis

- Clinical features.
- JEPQ test [Junior Eysenck personality questionnaire] This test is used to diagnose ODD; it contains around 81 questions based on the scorings it is divided into mild, moderate & severe.

Other Associated condition with ODD

- ADHD
- Anxiety disorder
- Mood disorder [Depression & Bipolar disorder]
- Learning disorder
- Language disorder

While ODD behavior may start in early pre-school years if not properly treated ends up in Conduct Disorder [40%] and in older children in addition to this there is risk of development of Mood disorder or antisocial personality disorder in adulthood. So Behavior that go along with ODD are difficult to change therefore, Early identification & treatment of ODD given children & Adolescents can lead a better life ahead.

Treatment of ODD

There is no one standard treatment protocol for ODD. Treatment of ODD depends on following factors

- Age of the child
- Association of other mental condition.
- Cause of Disease
- Mutual Relationship between Child, Parent & the Doctor.

Treatment of ODD requires a Multidimensional therapy.

1. Parent - Management Training Programs & Family therapy-
   It helps the parents to manage the child behavior more, more beneficial in preschool going & School going children.

2. Cognitive Problem Solving skills Training therapy-
   It helps by assisting the child to solve problem & decrease negativity.

3. Social skill Program & School based Program - Social skill programs will increase flexibility & improve frustration tolerance with peers, School based program help the children by training in school based works.

4. Medications - There is no specific medication which directly deal with ODD, Medication are used when co-existing condition such as ADHD, Anxiety & mood disorder. Usually Anti-Psychotics medication like Abilify [aripiprazole] & Risperdal [Risperdone] are used.
In Ayurveda there is no exact condition which can be directly correlated / equated with Oppositional defiant disorder [ ODD]. So it can be broadly included under term Mano Vikara. Based on its [ODD] lakshana it can be equated to Mano Vikara with the predominance of Vata (Prana&Udana) 

Pitta (Sadhaka pitta) & Rajo dosha, which in turn hampers the Mano Guna & Karma [ Chinta, Vicharya, Uhya, Dhea, Sankalpa & Indriyaabhinigraha, Svayamagraha ] respectively due to Dhi&Dhritivibramsha & lead to Krodha, Bhaya, Irshya, shokadi bhavas. 

Samprapti of Mano Vikara :

Due to Nidhana → In AlpaSatvapurusha

Dosha get prakopa in Manas [ Vata(Prana&Udana), Pitta (Sadhaka) ][Rajo&Tamo] 

Mano samkshobha[ Dhi&DhritiVibrashma] 

Mano Guna & Karma are affected[Chinta, Vicharya, Uhya, Dhea, sankalpaIndriyaabhinigraha & Svayamagraha ] 

Mano – Vikara [ Krodha, Shoka, Bhaya, Irshya etc] 

These lakshana are seen in ODD
Treatment Of ODD

Chikitsa

Dravya Bhuta
Adravya Bhuta

Based on Dosha
Shamana
Shodana

Based on Sthana
[Manas]
Medhaya Rasayana

Adravya bhuta
Satvavajya
Daivavyaparshaya

Astanga yoga
Sa
Satvaguna
Mano Vikara gets
Increases
subside

Dhi&Dhriti increases
Daiva&Guru
pooja, Bull,
Homa etc
Shodhana Chikitsa

Bahya Shodhana

Abhyantara Shodhana

- Siro lepa    Mrudu Vamana [Yasti Kwatha]
- Siro picchu  Mrudu Virechana [Avipattikara]
- Siro basti  Matrabasti – Kshira processed with
- Ksiradhara  Medhaya dravya
- Tailadhara  Rakta Moksha – In Shankha Pada
  - abhyangapradesha
  - Siddartakaagadaprayoga

Shamana Chikitsa

Vyadhihara

Rasayana

- Vata Pitta hara chikitsa Medhya Rasayana
- Ghrita Prayoga [Brahmi ghrita] [Brahmi , Yastimadhu
- Swarna Prashana Shankapushpi Guduchi]

Conclusion:

An Early Diagnosis & Management of ODD with the help of Ayurveda [Combination of Satavajiya, Panchakarma & Medhaya Rasayana] can help in the cure of the Condition & other associated mental issues and there by increase the Quality of life of a child.

Reference:

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