

## A REVIEW ON AYURVEDIC MANAGEMENT OF OPPOSITIONAL DEFIANT DISORDER

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### **Abstract**

It has been estimated that approximately 1/3<sup>rd</sup> of children of attending pediatric clinic suffer not from physical but primarily from Psychological Behavioral disorders<sup>1</sup>. [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 *lakshanas* like *Irshya , Krodha , Bhaya* with impairment of *Dhriti* involving *Vata [ Prana&Udana] & Pitta [ Sadhaka]*. So *Ayurvedic* treatment in terms of *Sattvavajaya Chikitsa , 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 tired, 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 behavior<sup>2</sup>.

### **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]<sup>3</sup>

% of prevalence in the age group of 5-12 yrs<sup>4</sup> .

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 .

**Prevalence**

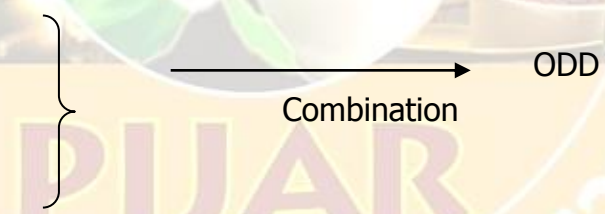
It has been estimated about 1/3<sup>rd</sup> of pediatric OPD case suffer not from physical but from psychological behavior disorder & ODD is one such disruptive behavioral disorder with 3-6

**Common Behaviors that the Child & Adolescent with ODD<sup>5</sup>**

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

**Causes of ODD<sup>6</sup>**

- Biological Cause
- Psychological Causes
- Social Cause



<b>Biological Causes</b>	<b>Psychological Causes</b>	<b>Social Causes</b>
Parent with a H/O of ADHD & CD	Poor relationship with one or both the parents.	Poverty
Parent with a H/O of Mood disorder .	A Neglectful or Absent Parent	Child abuse
Parent with the H/O of Drug abuse	A child with difficulty or inability to form Social relationship.	Child Negligence
Impairment in the part of brain which is responsible for reasoning & judgment		Lack of Supervision
A Mother with a H/O of Smoking during Pregnancy		Uninvolved parents
Poor Nutrition		Family instability

### **Diagnosis**

- Clinical features .
- JEPQ test [ Junior Eyesnck personality questionnaire]<sup>7</sup>

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%] 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<sup>8</sup>**

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 pre-school going & School going children .

#### **2. Cognitive Problem Solving skills Training therapy-**

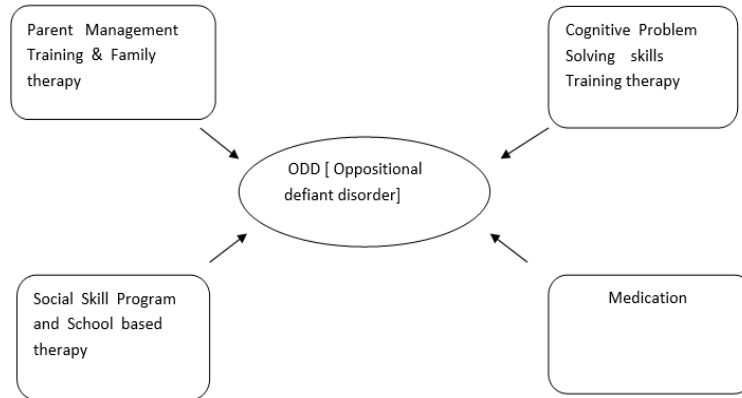
It helps by assisting the child to solve problem & decrease negativity .

#### **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 -**

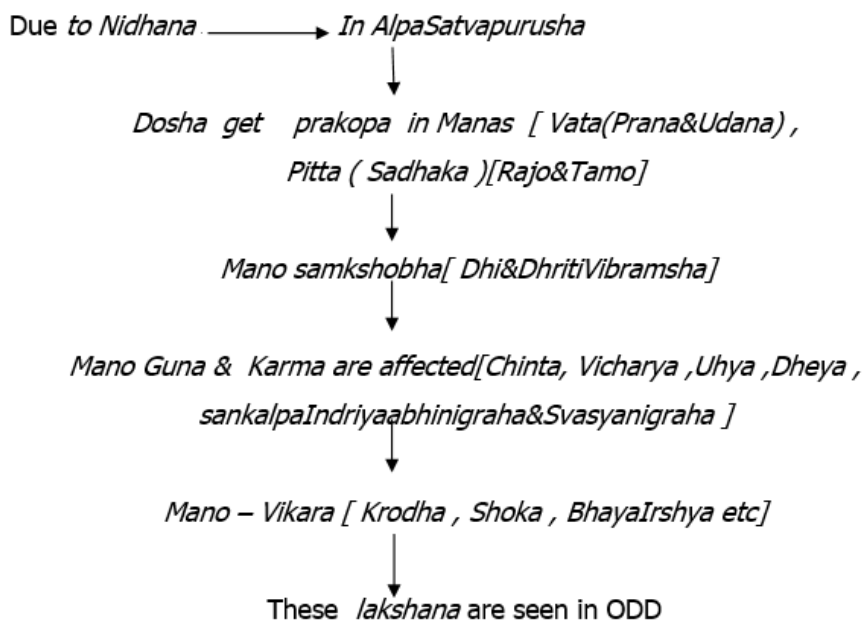
There is no specific medication which directly deal with ODD , Medication are used when co – existing condition such as ADHD , Anxiety & mood disorder . Usually Anti –Psychotics medication like Abilify [ aripiprazole] & Risperdal [ Risperdone ] are used .



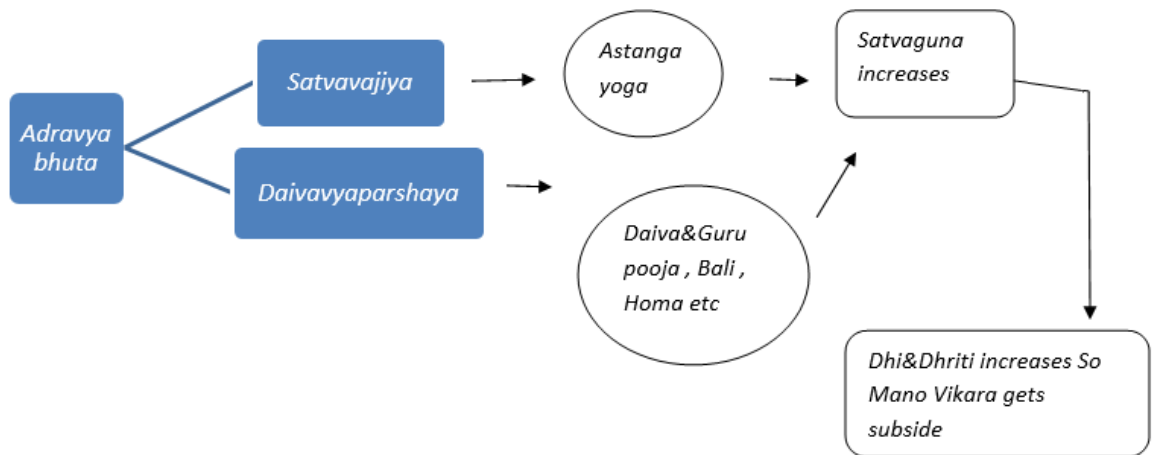
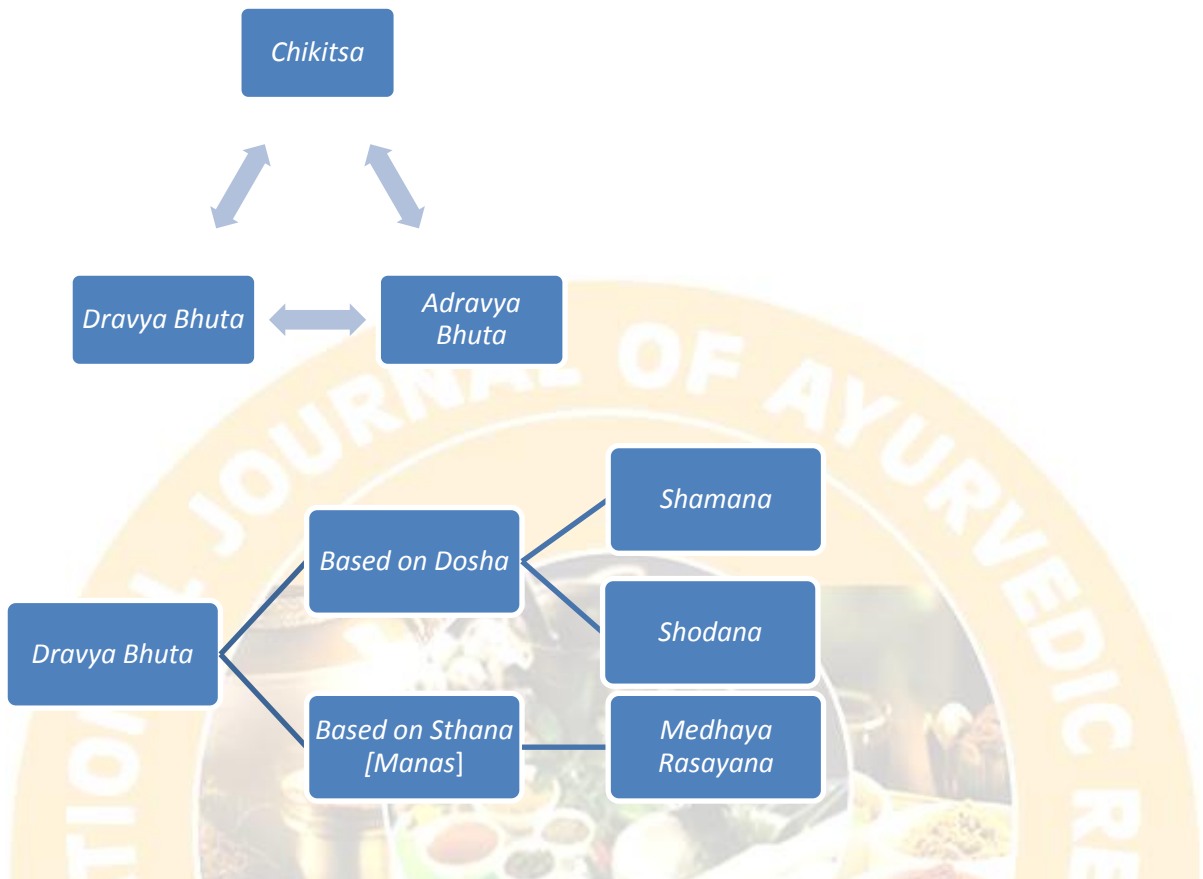
In *Ayurveda* there is no exact condition which can be directly correlated / equated with Oppositional defiant disorder [ ODD] . So it can be broadly included under term *Mano Vikara*. Based on its [ ODD] lakshana it can be equated to *Mano Vikara* with the predominance of *Vata* [ *Prana&Udana* ]

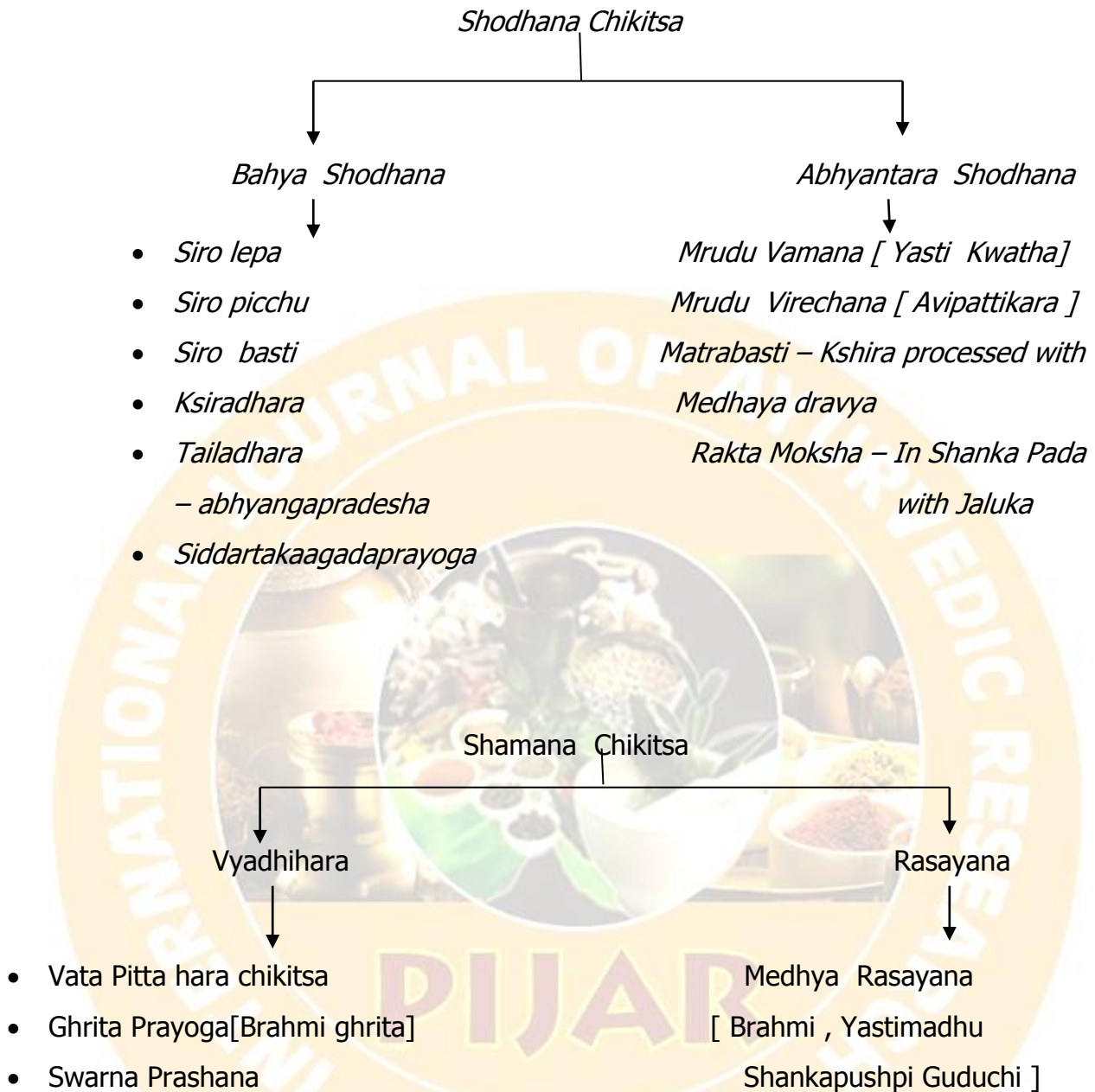
, *Pitta* [ *Sadhaka pitta* ] & *Rajo dosha* , which in turn hampers the *Mano Guna & Karma* [ *Chinta, Vicharya , Uhya , Dheya , Sankalpa&Indriyaabhinigraha , Svasyanigraha* ] respectively due to *Dhi&Dhritivibramsha* & lead to *Krodha , Bhaya , Irshya , shokadi bhavas*<sup>9</sup> .

**Samprapti of Mano Vikara :**



Treatment Of ODD<sup>10</sup>





**Conclusion :**

An Early Diagnosis & Management of ODD with the help of *Ayurveda* [ Combination of *Satvavajiya* , *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 .

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