

# TCM Treatment for Children's ADD/ADHD

ACAOM

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## What is ADD/ADHD?

Attention Deficit (Hyperactivity) Disorder (ADD/ADHD) is a neurological condition that makes it difficult for people to inhibit their spontaneous responses—responses that can involve movement, speech, and attentiveness. The National Institute of Mental Health estimates **that between 3 and 5 percent of children in the United States have ADHD**. This means that in a classroom of 25 to 30 children, at least one is likely to have ADHD.

## Types of ADD/ADHD

There are three subtypes of ADD/ADHD:

Predominantly inattentive

Predominantly hyperactive-impulsive

Combined: inattentive *and* hyperactive-impulsive

That means children with ADD/ADHD don't all have the same problems. Some are hyperactive, while others sit quietly (with their attention miles away). Some put too much focus on a task and have trouble shifting it to something else. Others are only mildly inattentive but overly impulsive. Still others have significant problems in all three areas.

## 2. How to make a diagnosis? (<http://www.mental-health-matters.com/articles/article.php?artID=777>)

**Difficulty paying attention:** Impulsivity, overactivity.

## 3. What are the causes of ADD/ADHD?

The exact cause of attention deficit disorder (ADHD) is **unknown**. It is likely that many factors play a role in each case of ADHD, very little of which has to do with specific parenting or child rearing skills. genetics, brain injury, nutrition and food, environment, and other reasons.

## 4. What are the etiology & pathology?

1. Congenital deficiency and developing fast in children—deficiency of Ki water failing to nourish Liv,

**hyperactivity of Liv Yang**

2. Improper diet and chronic illness—Qi and blood deficiency of Sp & Ht, failing to nourish Ht mind, **mind couldn't be kept in Ht**

**ADD**

3. Congenital deficiency and developing fast in children—deficiency of Ki essence failing to nourish Ht & Brain, **Mind couldn't be kept in Brain**

Summary up, the disease is due to disharmony of Yin and Yang, dysfunction of Zang Fu. The location of the disease is related to Ht, Sp, Liv, and KI.

## 4. How to treat ADD/ADHD in TCM?

<p>Hyperactivity of Liv Yang due to Ki Yin deficiency</p>	<p>Impulsivity, overactivity angry, overtalking</p>	<p>thin body, thirsty desire to cold, night sweating, red tongue less coating.</p>	<p>QI Ju Di Huang Wan. Yang +Long Gu, Mu Li def. heat of Ki + Zhi Mu, Huang Bai</p>	<p>GB20, LIV2, GB43, UB18, UB23, KI3. Tui Na: Push UB2, clear LIV, soft Xia Tian Xin</p>
<p>Def. of Ht &amp; Sp</p>	<p>Low energy to pay attention</p>	<p>Pale face &amp; lip, Overactivity with low energy, poor memory, pale tongue and weak pulse.</p>	<p>Gui Pi Tang</p>	<p>UB20, UB15, HT7, SP6. Tui Na: Tonify Sp, soft Ren12,</p>
<p>Disharmony Of Ht &amp; KI</p>	<p>Anxiety, vexed, easy upset</p>	<p>Insomnia, easy forget, sores in tongue, red tongue, rapid pulse.</p>	<p>Kong Sheng Zhen Zhong Dan( Yuan Zhi, Shi Chang Pu, Long Gu, Gui Ban)</p>	<p>HT7, UB15, KI3, KI6 Tui Na: Clear Ht, tonify Ki, soft Du20</p>

Referred book:

Pediatrics of TCM. People's Medical Publishing  
House. 2001. Beijing