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Тезис

Соколов А.В.

Альтернативные методы лечения синдрома дефицита внимания у детей*ГБОУ ВПО Саратовский ГМУ им. В.И. Разумовского Минздрава России, кафедра иностранных языков**Научный руководитель: ст. преподаватель Веретельникова Ю.Я.*

Синдром дефицита внимания и гиперактивности - наиболее часто встречающееся неврологическо-поведенческое расстройство у детей. Целью изучения стали лекарственные растения и биологически активные вещества, используемые для лечения заболеваний ЦНС.

The Alternative Treatment of Attention-Deficit Disorder

Importance. Alternative medicine remains popular even nowadays when scientific medicine has reached a high level in use of modern technologies. Alternative methods come out to be especially effective in treatment of children because parents try to make it easier. The majority of disorders which appear in childhood is connected with incomplete processes in the growing organism.

Goal. Treatment of Attention deficit hyperactivity disorder (ADHD) has been chosen as the subject of the review as the most common disturbance of children of the school age.

Methods and materials. We used the review of Ginkgo biloba, Melissa officinalis, Grapine, dimethylaminoethanol, l-glutamine, and essential fatty acids as alternative methods in treatment of the disease and in comparison with substantiated medical preparations.

These substances are claimed to help restore the function of nerve cells, penetrate the blood barrier, provide improved mental alertness. Their role in the relief of the condition of patients with cerebral insufficiency has been mentioned in literature.

We provide the review of the experiment in which children of school age taking and not taking Ritalin have participated. Information regarding each participant's behavior was collected from parents and teachers using the special measure.

Participants in the treatment groups began taking the dietary supplement combination consisted of particularised substances, Placebo, Ritalin in combination with dietary supplement combination and with Placebo. Then those who already took Ritalin received the double dietary supplement combination. Participants who first took a placebo received the double dietary supplement combination as well as an essential fatty acid.

Results. The use of these supplements with the dosages used in the study does not reduce symptoms of ADHD. Higher dosages of these supplements have the ability to improve inattentiveness and hyperactivity disorder. Essential fatty acids should be studied independently of any other treatment to test for possible treatment effects.

Conclusion. Neither the dietary supplement combination nor essential fatty acids could be declared the alternative for Ritalin in treatment of Children with ADHD.

Key words

Ginkgo biloba, Melissa officinalis, Grapine