

A TRANSLATION OF CHINESE HERBAL DIETARY THERAPY FOR
PEDIATRIC ATTENTION DEFICIT HYPERACTIVITY DISORDER

A Capstone Project
Presented to the
Doctoral Faculty of
Pacific College of Oriental Medicine

In Partial Fulfillment
of the Requirements for the Degree of
Doctor of Acupuncture and Oriental Medicine

by
Karen Chung Pan
San Diego, 2008

ABSTRACT

Attention Deficit Hyperactivity Disorder (ADHD) has become an epidemic health and social concern in the recent decade in United States. Attention Deficit Hyperactivity Disorder affects at least two million American children, 10% of all boys and 5% of all girls. The annual attributable cost for ADHD is in the billions. There are many controversies in conventional diagnosis and treatment of ADHD. Many people are turning to alternative medicine for ADHD.

Traditional Chinese Medicine (TCM), being a safe, effective, and cost-efficient medicine, has become a promising field of medicine. There are many different modalities in TCM for treating ADHD. Besides Acupuncture and Chinese herbal medicine, dietary therapy that combines herbs and food are promising for treating ADHD. Especially for children, dietary therapy is easier to tolerate and effective for such chronic condition.

Currently, there are less than a handful of English textbooks in America that discuss TCM dietary therapy for ADHD. There are no research projects or books solely for this topic in English. There is a great need for research and books for TCM treatments in ADHD.

This study focused on collecting and translating recipes for TCM dietary therapy for ADHD. The recipes are organized in the four common TCM diagnosis

patterns for ADHD. The format of the recipes includes the translated name of the recipes, ingredients, instructions, dietary usage, functions, and precautions.