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### Study the Causative Factors for Behavioral Disorders of Children-Case Series

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#### Abstract

Child present with persistent, inappropriate emotions or actions under normal circumstances, for a period of six months or longer, the child may have some form of a childhood behavioral disorder. There are a variety of behavioral disorders that affect children, with the most common being attention deficit hyperactivity disorder (ADHD), emotional behavioral disorder, oppositional defiant disorder (ODD), anxiety, obsessive-compulsive disorder (OCD), and conduct disorder. Risk factors such as child abuse and poverty can increase the likelihood of a disorder developing. Technotomy is currently most common causes for behavioral disorders in children including exposure to screen such as Television, Computers, Smart phone etc. Stress During pregnancy period was also caused to behavioral disorders in children According to World Health Organization Childhood are critical stages of life for mental health. This is a time when rapid growth and development take place in the brain. Children acquire cognitive and social-emotional skills that shape their future mental health and are important for assuming adult roles in society.

Objective of this study was to identify the causative factors for behavioral disorders of children coming to the pediatric clinic at National Ayurveda Teaching Hospital. Methodology of this study was case study done at pediatric clinic at National Ayurveda Teaching Hospital. Cases were selected using simple random sampling method. Causes of behavioral problems were identified using a questionnaire with four cases. According to the case studies causative factors for behavioral disorders of children revealed as Head injuries of children, drugs use to illegal abortion, Physical accident in pregnancy with intrauterine bleeding, Unhealthy diet of child (eg :junk food, artificial food, processed food).This study was concluded as requires an integrated multidisciplinary effort by healthcare providers at different levels to be involved in the assessment, prevention and management of affected individuals otherwise childhood behavioral disorders have significant negative impacts on the society.

**Keywords:** Behavioral disorders, Causative factors, Children

#### Introduction

When a child displays persistent, inappropriate emotions or actions under normal circumstances, for a period of six months or longer, the child may have some form of a childhood behavioral disorder. If these actions or emotions have resulted in problems at home, school, or social situations, the likelihood of this being the case is even higher. There are a variety of behavioral disorders that affect children, with the most common being attention deficit hyperactivity disorder (ADHD), emotional behavioral disorder, oppositional defiant disorder (ODD), anxiety, obsessive-compulsive disorder (OCD), and conduct disorder.

Risk factors such as child abuse and poverty can increase the likelihood of a disorder developing. <sup>[1]</sup> Technotomy is currently most common causes for behavioral disorders in children including exposure to screen such as Television, Computers, Smart phone etc. Stress During pregnancy period was also caused to behavioral disorders in children. Emotional and behavioral problems (EBP) or disorders (EBD) can also be classified as either “internalizing” (emotional disorders such as depression and anxiety) or “externalizing” (disruptive behaviors such as ADHD and OCD). <sup>[2]</sup> One in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age

group. Prevalence of Behavioral disorders are more common among younger adolescents than older adolescents. Attention deficit hyperactivity disorder (ADHD), characterized by difficulty paying attention, excessive activity and acting without regard to consequences, occurs among 3.1% of 10-14 year-olds and 2.4% of 15-19 year-olds (1). Conduct disorder (involving symptoms of destructive or challenging behavior) occurs among 3.6% of 10-14 year-olds and 2.4% of 15-19 year-olds. Behavioral disorders can affect adolescents' education and conduct disorder may result in criminal behavior. [3] According to World Health Organization Childhood are critical stages of life for mental health. This is a time when rapid growth and development take place in the brain. Children acquire cognitive and social-emotional skills that shape their future mental health and are important for assuming adult roles in society. The quality of the environment where children grow up shapes their well-being and development. Early negative experiences in homes, schools, or digital spaces, such as exposure to violence, the mental illness of a parent or other caregiver, bullying and poverty, increase the risk of mental illness. Mental health conditions, such as childhood epilepsy, developmental disabilities, depression, anxiety and behavioral disorders, are major causes of illness and disability among young people. Worldwide, 10% of children and adolescents experience a mental disorder, but the majority of them do not seek help or receive care. Suicide is the fourth leading cause of death in 15-19 year-olds. The consequences of not addressing mental health and psychosocial development for children extend to adulthood and limit opportunities for leading fulfilling lives. [4]

According to Ayurveda, the fetal expressions are transformed to mother through sensory-motor pathways and expressed in the form of various desires of mothers (Dauhrivadavastha); if their needs are not fulfilled or use of Garbhopghatkar bhavas (harmful measures to fetus) then it may be a cause of these disorders. It can be interpreted that the desires of mothers towards various diet is for fulfilling the need of proteins, vitamins and mineral supplements to facilitates efficient organogenesis and mental development too. Thus, if mother's desires are ignored during Dauhrivadavastha then it may result in deficiency of vital requirements of fetus; and such deficiencies cause malformation of nervous system in the born child and may have various psychological problems. [5]

**Objective:** to study on causative factors for behavioral disorders of children coming to the pediatric clinic at National Ayurveda Teaching Hospital

**Methodology:** This case study done at pediatric clinic at National Ayurveda Teaching Hospital. Cases were selected using convenience sampling method. Causes of behavioral problems were identified using a questionnaire.

### Case Report 1

2 years old girl was referred to the pediatric clinic at National Ayurveda Teaching Hospital by outdoor patient department. According to her mother chief complaint was poor speech and eye coordination since early childhood. In past medical history child was faced to head injury 2 times which were fallen from bed in age 1 year and from chair in age 1 ½ years. History of her mother in pregnancy period revealed that her mother was travelling frequently on uneven roads by vehicle. As well as she was diagnosed as Hydramnios. According to the treatment history girl has taken Allopathic medicine and diagnosed as Autism.

### Case Report 2

8 years old girl was referred to the pediatric clinic at National Ayurveda Teaching Hospital by outdoor patient department. According to her grandmother chief complaint was aggressive, dis obeyed, over activity and un controlling since 2 years of age. As well as her mother was psychiatric patient and pregnant in 19 years of age. In pregnancy period her mother has tried to abort with using drugs. Her father got 2<sup>nd</sup> marriage and mother left the home. The girl lives her grandmother without getting her parent's love.

### Case Report 3

11 years boy was referred to the pediatric clinic at National Ayurveda Teaching Hospital by outdoor patient department. According to his mother chief complaint was poor speech, Anger feeling, unusual fear to animal, learning disorder (global) self-talking since 2 years. History of his mother in pregnancy period revealed that his mother was suffering from mental stress and less sleep because she had to care another two children alone. As well as boy born with low birth weight. Food pattern of this boy were unhealthy diet. He is preferred to Tip tips, Bites, chicken cube included food items, artificial drinks, instead food etc.

### Case Report 4

8 years boy was referred to the pediatric clinic at National Ayurveda Teaching Hospital by outdoor patient department. According to his mother learning disorder (specific-writhing), Aggressive, Anger feeling and dis obeyed. History of his mother in pregnancy period revealed that his mother was met an accident. Then she had suffered from intrauterine bleeding in pregnancy period. As well as his mother was working mother and she was suffering less sleep and stress.

### Discussion

A behavioral disorder can have a variety of causes. According to the University of North Carolina at Chapel Hill, the abnormal behavior that is usually associated with these disorders can be traced Some biological causes may include Physical illness or disability, Malnutrition, Brain damage, Hereditary factors, Other factors related to an individual's home life may contribute to behaviors associated with a behavioral disorder Divorce or other emotional upset at home, Coercion from parents, Unhealthy or inconsistent discipline style and Poor attitude toward education or schooling [6] According to Ayurveda, the fetal expressions are transformed to mother through sensory-motor pathways and expressed in the form of various desires of mothers (Dauhrivadavastha); if their needs are not fulfilled or use of Garbhopghatkar bhavas (harmful measures to fetus) then it may be a cause of these disorders. It can be interpreted that the desires of mothers towards various diet is for fulfilling the need of proteins, vitamins and mineral supplements to facilitates efficient organogenesis and mental development too. Thus, if mother's desires are ignored during Dauhrivadavastha then it may result in deficiency of vital requirements of fetus; and such deficiencies cause malformation of nervous system in the born child and may have various psychological problems. Lack of proper awareness from parents or lack of encouraging re-enforcement in kids to accomplish task, results in distress, loss of self-confidence, Traumatic incidents to the brain and low-down self-respect which may leads into depression Brain is the main site of Mana when gets vitiated with Tridosha and Raja-tama obstruct the manovah strotas and creates different behavioral problems in children [7]

According to the case 01 causative factors in past medical history child was faced to head injury 2 times which were fallen from bed in age 1 year and from chair in age 1 ½ years. History of her mother in pregnancy period revealed that her mother was travelling frequently on uneven roads by vehicle, Past studies mentioned that studies, varying considerably in methodologies, were included in the review. Findings showed that up to 50% of brain-injured children are at risk for presenting with behavioral problems and disorders, which may emerge shortly or several years after injury and, importantly, often persist and even worsen with time. [8] In case 02 causative factors in pregnancy period her mother has tried to abort with using drugs. Acetaminophen (or paracetamol) is one of the most commonly used analgesics worldwide. It is the first choice for pain and fever medication among pregnant women. Studies have consistently reported that prenatal exposure to acetaminophen can lead to an increased risk of attention deficit-hyperactivity disorder during childhood. [9] According to the case 3 History of his mother in pregnancy period revealed that his mother was suffering from mental stress and less sleep. Food pattern of this boy were unhealthy diet. He is preferred to Tip tips, Bites, chicken cube included food items, artificial drinks, instead food etc. Marco Tommasi *et al* 2022) [11] mentioned that Unhealthy eating habits are connected with children's behavioral problems and parental stress [10] In preschool identification of the determinants of behavioral problems among primary school children Out of the 750 students who took part in this study, 65(8.7%) were identified by their teachers to have behavioral problems. Children whose biological parents were not currently married, those reported to have undergone physical harm routinely as a disciplinary measure, those with maternal history of inadequate diet during the related antenatal period [11] Robin B Kenarek (2011) [13] found that when hyperactive children were given a diet free of artificial food additives and dyes, symptoms of hyperactivity were reduced. 12) History of his mother in pregnancy period revealed that his mother was met an accident. Then she had suffered from intrauterine bleeding in pregnancy period. As well as his mother was working mother and she was suffering less sleep and stress. Perinatal exposure to alcohol, coffee and non-prescribed medication, vaginal bleeding, artificial delivery, first-born order and higher parental CHQ score ( $\geq 4$ ) were significantly associated with several childhood sleep problems. [13] Anindya Kumar Gupta *et al*, (2017) mentioned that five hundred children aged 6-18 years were randomly selected from a government school in Kanpur, Uttar Pradesh, and assessed for cognitive, emotional, or behavioral problems using standardized tools. About 22.7% of children showed behavioral, cognitive, or emotional problems. Additional screening and evaluation tools pointed toward a higher prevalence of externalizing symptoms among boys than girls. [14] Michael O Ogundele *et al*, 2018 mentioned that in the form of direct Behavioral and emotional disorders in childhood consequences and costs, and on the individual, in the form of poor academic, occupational and psychosocial functioning and on the family. The costs to society include the trauma, disruption and psychological problems caused to the victims of crime or aggression in homes, schools and communities [102]

## Conclusion

According to the case studies causative factors for behavioral disorders of children revealed as Head injuries of children, drugs use to illegal abortion, Physical accident in pregnancy with intrauterine bleeding, Unhealthy diet of child (eg: junk food, artificial food, processed food). Childhood behavioral disorders have significant negative impacts on the society, Prevention and management of behavioral disorders is not easy and it requires an integrated multidisciplinary effort by healthcare providers at different levels to be involved in the assessment, prevention and management of affected individuals, and also to provide social, economic and psycho-emotional support to the affected families. It should be importance of regular screening of children for preventive as well as timely remedial measures for behavioral disorders.

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