How Islamic Practices help prevent ADHD in the 21st century

A brief overview with Quranic references
What is ADHD?

• ADHD stands for attention deficit hyperactivity disorder.
• A person with ADHD has differences in brain development and brain activity that affect:
  1. attention
  2. the ability to sit still
  3. self-control
• ADHD can affect a child at school, at home, and in friendships.
• The increasing prevalence of electronic devices and computers is reducing our attention span and causing a spike in ADHD.
• This is severely impacting young students and adults.
How to resolve ADHD?

• Medication can be used but not always.
• Examples include: methylphenidates like Ritalin and amphetamines like Adderall.
• Several natural remedies available to help control ADHD:
  1) Creating structure for yourself
  2) Mindfulness
  3) Developing focus
  4) Organization
  5) Self control
  6) Diet
  7) Regular Sleep
How do Islamic practices help curb ADHD?

• Creating daily structure through regular Salat and remembrance
• Developing mindfulness and focus through meditation and quiet prayer
• Modifying your diet by following Islamic precepts of Diet
• Spending habits and impulse control as prescribed by the Quran
Developing structure

• “BE EVER MINDFUL of prayers, and of praying in the most excellent way; and stand before God in devout obedience.” Al-Baqara (The Cow) - 2:238

• Regular Salat establishes the mindfulness necessary to combat constant distractions, hyperactivity and loss of focus that can result from ADHD.

• Salat recalibrates your mind and allows you to note your pace, organize your thoughts and schedule your day.

• Helps establish the regular sleep patterns needed to combat ADHD.
Practicing Mindfulness

• “And put your trust in the Almighty, Most Merciful. Who sees you when you meditate during the night. And your frequent prostrations. He is the Hearer, the Omniscient.” - [26:217-220]

• Several Islamic practices help develop mindfulness:
  1. Reading the Quran in quiet environment helps build focus.
  2. Focusing on Salat prayer
  3. Listening to Khutba helps increase attention span
  4. Quiet meditation away from electronic devices helps reduce stress on the mind that drains it of focus and willpower
Diet

• “And from the fruits of date palms and grapes, you desire strong drink and a goodly provision.” (16:67)

• Diet in the Philosophy of Teachings of Islam, Hazrat Mirza Ghulam Ahmed

• Balanced diet of healthy greens, fruit, protein and nuts. Avoid sugar, preservatives and colorings that cause blood sugar imbalances and cause drowsiness.

• Dates contain vitamin B6 and magnesium which improve memory, learning ability and brain health
Spending habits and impulse control

- [17:27] “O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.” [Qur’an: Chapter 2, Verse 153]

Practice impulse control and self control by practicing denial. This will help curb the hyperactivity of ADHD.

- [2:219] “They ask thee how much they are to spend in the way of Allah; Say: ‘What is beyond your needs.’

Practice the modest living style prescribed in the Quran as this will automatically curb the wasteful spending habits that result from lack of impulse control from ADHD.
Benefits of tackling ADHD in your life

• Improved Attention Span
• Better learning ability
• Better self organization
• Healthier body and mind
• Self control
• Controlled spending and consumption