



## Yoga May Help Kids With ADHD

The regular practice of yoga is known for helping adults achieve a sense of relaxation and inner peace. A recent study suggests that yoga may also benefit children with attention-deficit/hyperactivity disorder (ADHD).

According to research published in the *Journal of Attention Disorders* (2004; 7 [4], 205–16), boys diagnosed with ADHD and stabilized with medication reduced their ADHD symptoms and showed improvement in attention and behavior when they practiced yoga regularly.

Researchers recruited 19 ADHD patients and divided them into two groups: a yoga group and a control group. The first group participated in 20 yoga sessions. Patients in the control group took part in cooperative activities. Both groups experienced improvements. Interestingly, among the members of the yoga group, those who practiced more frequently at home in addition to attending the group sessions showed greater improvement in behavior and attention.

This study suggests that yoga may be a useful complementary activity for children who already take medication to manage their ADHD. The researchers called for larger studies on yoga's potential benefits for these children.