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MANAGEMENT OF AUTISM IN CHILDREN THROUGH AYURVEDA

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ABSTRACT

Autism is a complex neurodevelopmental disorder that tremendously impacts the normal functioning of brain, challenging child development particularly in the field of language and communication, social and emotion with presence of unusually strong narrow interest and personal occupation by the repetitive stereotype mannerism. The disorder that usually becomes evident during the first three years of life. Ayurvedic literatures throw light on etiopathogenesis, presentation along with prophylactic and some specific measures for management of such disorders.



INTRODUCTION

Early scientific studies of children, concentrated on specific areas of child behavior, such as speech, emotions, or play interest and activities. The studying different areas of child behavior at different age levels would be different. It would not add to our understanding of how behavior characteristics change as children grow older and of what causes them to change. Autism is a spectrum disorder and now community aware about autism; many of them having strong genetic background which is responsible to functional derangement of the brain and many metabolic functions derange in these kids, and involvement of immune system also the evident of many researches. Environmental factors are proven to precipitate the co-morbidities and symptomatology of autism so many of research studies evidently come off with central nervous system pathology like migration, some structural abnormalities in hippocampus motor neuron abnormalities. Our main concern is physiological abnormalities like behavioral issues, social interaction and communication deficits. Eventually there is somatic backup for these psychological issues. Parallel to the psychological issues; there is a hidden somatic issue like metabolic disturbances, metabolic error and defective gut brain axis and oxidative stress. At Ayurvedic platform we view autism as psychological abnormality having a strong somatic background. So we believe that without correcting somatic error we are unable to manage the psychological abnormalities. Ayurvedic concept of autism: in Ayurveda there is a concept of Agni

(metabolic fire) which working in every individual and Agni is responsible for every digestive and metabolic activity in each and every person. If there is impairment in Agni it causes impairment in metabolism and there is accumulation in metabolic waste in the system. This metabolic waste altering the brain functions. Management protocol: the main aim of treatment therapy towards correcting the digestive errors. The corrections in gut leakage by improving gut mucosa immunity, so that no more gut leak. Treatment planned with three aims- 1 improve gut mucosal immunity, 2 detox the system, 3 Medhya drugs implementation. Autism or Autism Spectrum Disorder (ASD) is a brain development condition; Autism manifests itself as a difficulty in communication/ socializing with others. The disorder can also include obsessive behavior and need for routine, it is a spectrum of disorder meaning that it affects in different ways. Autism can be very different condition to diagnose. It doesn't have a singular cause; genetic and environment are thought to play apart. The core symptoms of autistic disorder include impairment in 3 symptom domains; social interaction, communication and behavior activities. Autistic disorder is diagnosed by clinical examination.[6] Ayurveda have good potential to manage the psychological and behavioral diseases by plant origin medicines and panchakarma therapies, without causing any adverse effects in the growing condition of the body. The primary goals of treatment are to maximize the child's ultimate functional independence and quality of life by

minimizing the core features of the disorder. In present case the panchakarma therapy includes 1.Nasya (nasal instillation)- the therapy cleanses and opens the channels of the head, thereby improving the process of oxygenation (prana), which has direct influence on the functioning of brain. The therapy is beneficial if done on regular basis.[7,] 2. Abyanga- Abhyanga is defined as an Ayurvedic procedure of application of Snehadravyas over body with certain amount of pressure in specific direction. It has been shown anxiety, enhanced performance of alertness and also reduces subclinical depression. Massage has been used in an effort of improve symptoms, disease progression, and quality of life.[8,9] 3.Sirodhara- It could be said that irrigating the roots, tree get furnished; similarly during sirodhara entire body is benefited. However to prevent vatadosha vitiation sirodhara was applied. Sirodhara induces sleep and stabilize the mind effectively reduces the condition of hyperactivity in children by reducing the chemical transactions inside the brain.[10,11] Bastichikitsa- Autism is vata predominant disease and bastichikitsa is considered as the most suitable treatment for vata predominant disease and designated as 'ArdhaChikitsa' for all diseases.[12] According to Kashyapabasti is ardhachikitsa for vatavyadhis among all other treatments of vata.[13] The internal medicines used in this case are gold preparations and plat origin herbal drugs. Brihatvatchintamani rasa is indicated in neurological disorders and psychosomatic diseases.[14] Brahmi is indicated in manasaroga and proved best effective in psychosomatic

disorders.[15] Brahmi is the main herb effective in Autistic diseases in children[16,17]. CONCLUSION: Early identification and intervention of autism spectrum disorder is associated with better outcomes; because early implementation of therapies like massage, nasya, dhara can improve social and behaviorak functions along with language development in early phase of brain development. Delayed diagnosis can lead to poorer outcome. Ayurvedic intervention and panchakarma therapies like basti, sirodhara, and nasya and other procedures a good potential to reduce the symptoms of autism without causing the adverse effects on growth of the body in growing stage.

Mother reported unremarkable developmental history shortly till date. She noted her child is unable to communicate with family member seven with herself. Child is not planned anything with her and other, he is not aware or not concerned about his dressing, food, toys ect. She concerned about his hyperactivity. She reported that child is doing purposeless movements and does not seat at one place for a minute. Mother has special concerned about child's language or few talk. She told that child spoke very less and not communicates for anything. Mother reported about his sleep, which is child has awakened early in morning (4am) daily and after that he doesn't sleep for all day. Mother complaints are concluded as child has difficulties in following domain Prefer to play alone Poor eye contact Fail to develop peer relation Inattentive and impulsive Hyperactivity and nail biting Language

delay. Case history: 5 year, male child living with mother, father, and younger brother in Delhi. He was started his kindergarten at the age of 3 year in Delhi public school. When child was 4 year old, parent started treatment for to child for delayed speech and hyperactivity at nearest pediatric clinic but not get significant relief. Birth history- child was born full term, healthy pregnancy, LSCS (large head size) and didn't have NICU admission history. Birth weight was 3.5kg. Child has breast fed exclusively till the age of six months. No history of neonatal convulsions or any neonatal illness.

Autism is also called autism spectrum disorder characterised by involvement of lack of communication, Social interaction and repetitive behaviour. Children with autism might have problem in talking with you or they might not look at you in the eyes when you talk to them [1]. They may have to line up their pencils before they can pay attention, or they may say the same sentence again and again to calm themselves down [2]. Autism is the prototype disorder for pervasive developmental disorder which is believed to be a complex genetic and neurological disorder that generally lasts throughout a person life. Current statistics shows that autism occur in all racial ethnic and social groups and recently there have been reports of an increase in the number of children receiving a diagnosis of autism or receiving public services for autism [3].

Autistic children however show several savant skills and an excellent rote memory. Those who are educable gain high scores in their scholastic subjects but will not be able to abstract these learnt materials at a functional level

Diagnostic criteria for autism

1. Qualitative impairment in social interaction as manifested by at least two of the following.

- Marked impairment in the use of multiple non-verbal behaviours such as eye to eye gaze, facial expression, body gestures and postures to regulate social interaction.
- Failure to develop peer relationships appropriate to developmental level.
- A lack of spontaneous seeking to share enjoyment, interests or achievements with other people.
- Lack of social or emotional reciprocity.

2. Qualitative impairment in communication as manifested by at least one of the following.

- Delay in or total lack of development of spoken language.
- In individual with adequate speech marked impairment in the ability to initiate or sustain conversation with others.
- Repetitive use of language.

3. Restricted repetitive and stereotyped patterns of behaviour, and interest and activities as manifested by at least one of the followings.

- Restricted pattern of interest that is abnormal either in intensity or focus.
- Stereotyped and repetitive motor activity.

4. Delays or abnormal functioning.

- Social interaction.

- Language as used in social communication [5].

Matruj and pitruj bhavas

Majja is a matruj bhava important for development of brain (Mastulunga). In [Autism](#) it says the role of deranged brain so that the vitiation occurring in matruj bhava leads to the referred problem likewise Atmaj bhav contribute chetana, buddhi, dhriti, smiriti, atmaj bhav vaigunya can cause impairment of function of mind.

In Ayurveda number of causative factor include (poorvakarma) past deeds of life (maithunacharya of parents). Abnormal thoughts and abnormal preconceptional activities leads to these problem, (Garbhapoghatkar bhavas) majja is matruja bhava likewise brain development, retention, thinking is depending on proper development of atmaj bhav, also role of (Garbhinicharya) the environmental and ill thinking nature of mother seriously affect the [mental](#) function of the child. (Abnormal dosha and Panchamahabhutas) the predominance of kapha and tamoguna can contribute development of symptoms of children with [Autism](#) also predominance of Vata and Raja give rise to emotional, social, communicational, learning problem of children (Beejdushti). It is clear that genetic factor and improper diet during pregnancy leads to autistic behaviour. According to Indian thought Manas is a part of human life chinthyam, vicharya uhyam, dheyam, sankalpam all these are the vishayas of mind.

Mind is essential for acquisition of knowledge through sensory perception experience or learning. The objective of sense is perceived through mind. The mind analyses the nature of the

perception received and buddhi determines specific properties of objects.

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