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Autism and it's homoeopathic management.

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ABSTRACT –

Autism spectrum disorders (ASD) are a rapidly increasing spectrum of disabilities. Their problems with social relationships and frequent patterns of behavior, hobbies, or activities identify them. ASD is a complex neurological disease that causes psychological and behavioral problems in children. Due to their insufficient capacity to adapt, these kids get angry when something happens to their current surroundings. The management of autism spectrum disorder (ASD) using homoeopathic medicines is the primary focus of this article.

Keywords- autism, developmental disorders, homoeopathy.

Introduction- ^[1]

Spectrum disorders related to autism (ASD) comprise a wide range of diseases. Their main characteristic is that they have considerable trouble communicating and interacting with others. Other characteristics include abnormal patterns of behavior and activity, such as trouble shifting between activities, attention to detail, and peculiar responses to feelings. Autism frequently impacts a person's capacity to explore further education and career opportunities. Furthermore, there might be a lot of pressure on the family to provide support and care. People with autism have a higher quality of life depending on several factors, including societal attitudes and the amount of support from local and national authorities. Even though very young children may show signs of autism, a diagnosis usually comes much later. Males are affected by this common disease approximately five times more frequently than females.

Epidemiology- ^[1]

Worldwide, the prevalence of autism in children is estimated to be 1 in 100. The indicated prevalence in various studies varies significantly, and this estimate is of average significance. However, results from certain well-controlled investigations have shown far higher numbers. Unknown is the prevalence of autism in several low- and middle-income nations.

Etiology- ^[2,3]

The etiology of autism spectrum disorder is unknown. There are most likely several causes due to the disorder's complexity and the fact that its signs and severity vary. There may be a role for both the environment and genetics.

- **Genetics-** Autism spectrum disease appears to be affected by several genes. Some children's autism spectrum disorder may be linked to a genetic condition like fragile X syndrome or Rett syndrome. Genetic changes, or mutations, can increase the chance of autism spectrum disease in other children. Other genes could influence a brain's growth, the interaction of brain cells, or the severity of a symptom. While certain genetic mutations appear to be inherited, others develop on their own over time.
- **Environmental factors-** Researchers are currently exploring the possible importance of different components, such pollutants in the air, substances, pregnancy difficulties, or viral infections, in beginning autism spectrum illness.

Pathophysiology- [4]

ASD has a well-defined etiology; however, multiple types of ASDs have been linked to various populations. For example, children who have reached average developmental milestones might develop CDD, and in certain cases, this regression may happen extremely quickly. Though there may be variations, this illness often manifests itself around the fourth year of life and frequently develops suddenly. Some believe it to be infantile dementia, suggesting that amyloid buildup in the brain may be the disease's possible cause, however, this must be confirmed.

Signs and symptoms - [5,6]

Individuals with autism may show a range of symptoms, including:

- Reduced eye contact
- Repeating gestures or sounds
- Lack of facial expressions
- Strong attachment to a certain object (e.g. a toy)
- Extreme distress at even small changes in plans or routine
- Lack of sensitivity to pain or temperature
- Performs activities that could cause self-harm, such as biting or head-banging.
- Difficulty understanding other people's feelings.
- Delayed language development
- Resists cuddling and holding, and seems to prefer playing alone, retreating into his or her own world.

Diagnosis [7]

The diagnosis of autism is based on history and physical findings and laboratory investigation.

1. Physical findings - The diagnosis requires a loss of skills in at least two of the groups that follow, which are clinically significant (not simply a failure to use the skills in certain situations):
 - Expressive or receptive language
 - Social skills or adaptive behavior
 - Motor skills
 - Play
 - Bowel or bladder control
2. laboratory investigation - Rarely do those who have childhood disintegrated disorder diagnoses have a neurological or medical cause. Tests are performed to exclude reversible causes of the disease, in addition to comprehensive medical and neurological examinations.
 - Complete blood count
 - Urea and electrolytes/glucose
 - Electroencephalogram (EEG)
 - Neuroimaging studies (MRI or CT scan)

Differential diagnosis [7]

- Brain tumor
- Seizure disorder (atypical)
- Childhood schizophrenia
- Other rare conditions (glycogen storage disorders)
- HIV infection

Treatment - [8]

Autism treatment. Early and extensive educational interventions are required. The treatment strategy is mostly behavior-based and highly structured. A typical component of the entire treatment strategy is family therapy, which includes educating the parents, so they are responsive to the child's home therapies. Occupational, speech, language, social skills development, and sensory integration therapies may all be used according to the needs of the individual children. The children affected have a serious loss of language, social skills, and the ability to care for themselves. They also suffer constant difficulties in certain areas and require long-term care. Children with disintegrative disorders need to be treated with medication, behavior therapy, and environmental treatment.

Homeopathic treatment^[9]

Homeopathy aims to address the underlying cause and particular susceptibility of autism spectrum disorder instead of treating the condition itself. About medication for treatment, there are several homeopathic treatments for autism spectrum disease that may be chosen based on the complaints' modalities, etiology, history of symptoms, and sensations. The homeopathic treatments listed below are beneficial in the management of autism spectrum disorder:

Aethusa cynapium - The characteristic symptoms, which are associated with gastrointestinal problems, are mostly brain and nervous system-related. Anxious, stressful, confused, restless, and violent; difficult to concentrate or think properly. When a child is sick, this treatment is most often used in response to anguish, weeping, and expressions of discomfort and sadness.

Agaricus muscaris - The child talks and sings but fails to reply. Screaming, talking, singing, and making threats conversation loudly, is obscure, and frequently switches topics. Muscle twitches are a prominent symptom. Aversion to work. fails to perform his everyday cleaning duties. Talks continuously, moving from one topic to another. sings and speaks without answering. Lack of interest. Mental confusion, unclear speech, and high mental excitement. Agaricus is a brain intoxicant that causes more severe delirium and vertigo than alcohol, as well as crucial sopor and reduced reflexes.

Baryta carb - Foolish child with a weak memory. S accompanied by anxiety. Fear strangers hide behind a chair. Dwarfism physically impedes growth. tendency to get tonsillitis again. Extremely susceptible to cold temperatures and air. Excellent homeopathic treatment for low-IQ autistic children. Memory loss and mental absence. Become nervous, anxious, and angry toward strangers. It is immature, weeps over small matters without deciding, and fails to mature. Both physically and mentally, they are obsolete. Extremely suspicious of strangers; children susceptible to rethink.

Carcinosin- Excellent homeopathic treatment for autism spectrum conditions. The child is gentle, obedient, and attentive to corrections. In patients with carcinocin, hyperactivity is not very noticeable and may be interested in creative hobbies such as making art, singing, or painting. Caring and understanding patient. Autism among kids with significant maternal and paternal family records of diabetes, heart disease, or cancer in the family. A child is often calm, pleasant, and caring.

Calcarea phos - children who are malnourished and easily irritated. Strong urge to interact with others. Traveling and wanting to move. Recurrent adenoiditis or tonsillitis discomfort when opening the mouth breathing through the mouth Infants frequently throw up and want to nurse all the time. Want smoked meat with salt.

Kali brom- A child with autism who walks erratically is treated with homeopathy. Flickering, flapping hands. Forgetfulness: unable to communicate in any other way but can pronounce words as directed; Terrifying hallucinations.

Tarentula- A child who is hyperactive, highly restless, needs to move constantly, and suffers from rapid changes in mood. Disconnected, aversion to company. Homeopathic medicine for the autism spectrum condition, which shows destructive behavior, loves bright colors related to dance and music.

Conclusion

Although autism is quite a complex disorder, maximizing a child's potential requires a multidisciplinary approach. Understanding the basic characteristics that define children with autism requires an in-depth understanding of the pathophysiology underlying this complex condition. Autism spectrum diseases can now be genetic, neurological, or immunological due to developments in research that have improved our understanding of their etiology and pathophysiology. The use of homeopathic medicines in the treatment of autism remains a huge field of research opportunities.

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