



AUTISTIC AND ITS MANAGEMENT IN 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 disease that normally becomes noticeable within the first three years of life. Ayurvedic literatures gives light on etiopathogenesis, presentation along with preventative and some particular strategies for treating of such ailments. After compiling scattered literature on Autism, it is obvious that prior acts. The moment of conception, the mind of parents, posture of parents during coitus, mithyaaharavihara, followed lead to disordered mental growth leads to impaired development of brain and mind vitiation of kapha and tamoguna as well as vata and rajo guna leads to genetic anomaly beejadusti. The mental health of mother plays a significant function for both physical and mental growth of kid. Currently available therapy in conventional system of medicine is Pallative, whereas in Ayurveda Specific Medhya Rasayana may play a key role in treatment of autism.

KEYWORDS: Autism; Pervasive developmental disorder; Poorvakarma; Ayurveda; Gabhinicharya; Beejdosha

INTRODUCTION

Autistic spectrum disorders (ASD) are characterised by difficulties communicating, interacting socially, and engaging in repetitive behaviors. In certain cases, autistic children may have difficulty communicating with one another, or they may avoid looking your way when you speak to them. Line up their pencils first, or speak the same words over and over again to calm themselves down before they can pay attention. Pervasive developmental disorder (PDD) is thought to be a complicated genetic and neurological condition that often lasts throughout a person's life. Autism is the prototype disorder for PDD. In recent years, there has been a rise in the number of children obtaining a diagnosis of autism or receiving public assistance for autism. However, autistic children have a wide range of savant abilities and a strong memory. A person's ability to learn and retain information is determined by their ability to be teachable, but they will not be able to apply what they've learned to their daily lives.

There was a lot of attention paid to children's speech, emotions, and play activities in early scientific studies of children. It would be difficult to compare the results of studies conducted on children of various ages. We wouldn't learn anything new about how and why children's conduct evolves as they get older if we did this study. A wide variety of genetic and metabolic activities are disrupted in children with autism, and the participation of the immune system has been shown to be a major factor in many studies, as well as the development of autism as a spectrum disease. A number of studies have shown evidence of central

nervous system disease, such as migration, structural abnormalities in the hippocampus, and abnormalities in motor neuron function, as well as other symptoms and co-morbidities associated with autism. What we are most concerned about is the development of physiological anomalies such as behavioral problems, difficulties with social engagement, and communication deficiencies. In the end, there is physical support for these mental concerns. Somatic problems such as metabolic abnormalities, metabolic error, faulty gut brain axis, and oxidative stress coexist with psychological problems.

At Ayurvedic platform, we see autism as a psychiatric problem with a significant somatic component. As a result, we feel that treating psychological disorders is impossible without first curing any underlying physical problems. Every person's Agni is accountable for every digestive and metabolic action, according to the ancient Ayurvedic notion of Agni. There is a buildup of metabolic waste in the system when Agni dysfunctions, which produces metabolic impairment. The brain's functioning is being harmed by this metabolic waste. The primary goal of therapeutic therapy is to address digestive problems. There will be no more gut leaks after correcting and boosting gut mucosa immunity. Three goals have been set for the treatment: first, to increase gut mucosal immunity, second, to cleanse the body, and third, to deploy medhya medicines.

LITERATURE REVIEW

Rekha V Shinde et al (2021) Looking beyond the physical body, holistic health is concerned with a person's whole well-being. Social, social, emotional, and even intellectual health impairments are seen in children with autism spectrum disorders (ASD). Autism is more common in males than in girls, and the precise number of children that are affected is unknown. Three main symptom interactions are noted in autistic children: difficulty in social engagement, challenges in communication, and behavioral disorders. Pregnancy-related environmental risk factors and paternal age at higher site may all contribute to the development of autistic children. Datta Meghe Ayurvedic Hospital received a referral for a youngster with autism who had been diagnosed with Asperger's syndrome. Ayurvedic, Panchakarma, and diet modifications were used to treat the child after he was clinically identified. Within a week of beginning treatment, the child had symptomatic alleviation. To provide an overview of Ayurvedic theory and practice in the treatment of autistic condition, we conducted a case study.

Melissa DeFilippis et al (2016) An autism spectrum disorder (ASD) diagnosis involves substantial social communication deficits/delays and limited patterns of interest and behavior. More and more people are being diagnosed with this, and it's not clear if that's just because doctors are now more familiar with the less severe symptoms. There are currently only psychosocial treatments like applied behavior analysis available to address the primary symptoms of autism. However, some studies have shown that some drugs may help alleviate some of the primary symptoms of autism, such as the repetitive behaviors that are so common in those with this diagnosis. Currently, the FDA has authorized only risperidone and aripiprazole for the treatment of irritability associated with autism spectrum disorders. People with autism spectrum disorder should begin treatment with modest dosages and titrate it very carefully since they are more vulnerable to side effects than other patients. The use of complementary and alternative therapies in the treatment of autism has been studied, however the evidence supporting many of these therapies is scant.

Brahm Dutt Sharma et al (2016) In recent decades, the prevalence and incidence of autism have both grown significantly, making it one of the most common developmental disabilities in children under the age of 2. Autism treatment in Western medicine and research seems to have halted, however early intervention and behavioral therapy have demonstrated progress to some degree. Analysis of autism's Ayurvedic pathogenesis and preventative and treatment methods. Information was gathered from a variety of sources, including Ayurvedic classics, medical journals, the internet, and personal clinical experiences. Results: Psychiatric and physiological conceptions of the human brain are a far cry from Ayurveda's understanding of the human brain's constitution. Unmada un-Ayurveda has many characteristics with autism. Many Agantuja and Sahaja elements may have resulted in Khavaigunya of Srotas, the channels that nourish the Manas. Children with Autism may benefit greatly from Yuktivyapashraya Chikitsa, one of several therapeutic options available. Preventative strategies, on the other hand, are valued more highly than treatment regimens. According to Ayurveda, the prevention of psychiatric disorders begins from birth and continues during the prenatal period. Using Yuktivyapashraya Chikitsa, which combines herbal supplementation with yoga, panchakarma, and a specific and restricted diet, may assist to avoid and resolve the problem.

Srivastava Niraj et al (2019) Injury to the developing brain causes a variety of developmental problems. A mental or physical deficiency, or a mix of the two, is the underlying cause of developmental disabilities, which are long-term and severe impairments. These include mental retardation, cerebral palsy, communication difficulties and learning challenges as well as autism spectrum diseases in children. These impairments may arise alone or in groups. It is estimated that between 10% and 15% of children have developmental impairments that have a substantial burden of illness, physical co-morbidities, large economic expenses, and a very poor quality of life (QOL). Developmental problems are very difficult to treat because of their complex nature. An approximately 5000-year-old Indian system of traditional medicine, Ayurveda is known around the world. Medicinal plants in Ayurvedic literature are known as Medhya Rasayanas for their ability to enhance memory and intellect. As a herbal nootropic, Medhya rasayana is effective in improving memory, retention, grasping, discriminating and remembrance, among other things. Four medicinal plants are referred to as "Medhya Rasayanas" in Charaka samhita. Yastimadhu, Mandukaparni, Guduchi, and Shankhapushpi kalka are some of the other popular herbal remedies. New research focuses on the potential of herbal nootropics to treat developmental problems in children, such as autism.

MATRUJ AND PITRUJ BHAVAS

Majja is a matruj bhava that is crucial to the growth of the human brain (Mastulunga). According to Autism, the disturbed brain plays a significant part in causing the mentioned issue. Vaigunya of the atmaj bhava contributes to chetana, buddhi, dhriti, and the functioning of the mind.

Past acts (poorvakarma) are one of several causal factors in Ayurveda (maithunacharya of parents). This is due to a combination of improper preconceptional actions and abnormal ideas, (Garbhapoghatkar Bhavas) majja is matruja Bhava, and the right development of atmaj Bhava is critical to the development of the child's brain, retention, and thinking. Predominance of kapha and tamoguna may lead to the development of autism symptoms in children with abnormal doshas and Panchamahabhutas. In addition, the over-predominance of Vata and Raja in youngsters causes emotional, social, communicative, and learning difficulties (Beejdushti). Autistic behaviour may clearly be traced back to a combination of genetics and poor prenatal nutrition. Chinthyam, Vicharya Uhyam, Dheyam, and Sankalpa are all vishays of the mind according to Indian philosophy.

It is impossible to learn something new without the assistance of one's mind. The goal of sensation can only be grasped by the intellect. The buddhi determines the particular features of things based on the nature of the perception acquired by the mind.

ETIOPATHOGENESIS

Only sporadic information regarding Autism can be found in the classics since no distinct description of the disorder has been included. Nija Nidana and Agantujanida may be categorised into Sahaja Nidana Garbhaj and janmottara.

Sahajanidana (genetic factor): Since the embryo's development in the womb, according to Acharya Sushruta's literature, the relative existence of tridosha determines a person's health and sickness. The preponderance of kapha and tamo guna in children may contribute to the development of vishada, nastikam, adharmasheela, budhinirodha, and ajnanam, just as the predominance of vata and rajas guna in children can contribute to the development of dukhabahutwam, tadansheelata dambham, and krodha. A kid born with the characteristics of panchamahabhuta satvabhuyitam akasha, vayu, and prithvi due to their predominance in the infant's karma is a result of this predominance. Beeja dusti, the gene responsible for the disease's underlying genetic vulnerability, is the result of genetic derangement.

Matruj pitruj bhavas: Majja is an essential matruj bhav for brain growth (mastullunga). Autism is said to be caused by a disturbed brain, and the vitiation that occurs in matruj bhav contributes to the mentioned issue, much as atmaj bhav contributes chetana, buddhi, dhriti, and smiriti.

Garbhaja: The significance of what you're doing garbhincharya During the fifth and sixth months of a baby's existence inside the womb, conditions like vatadushti, which affects manas and buddhi, might arise

from the mother's mental state and/or the garbhopaghatkar ahar vihara. Prior to these months, the child's brain is badly harmed by the mother's surroundings and bad thinking.

Janmottar: To make matters worse, the hypo-functioning of Dhi, Dhriti, and Smiriti is worsened by the use of Vataprakopak ahar Vihara and khaphaj Ksheer.

Aagantuja: Infections and poisoning cause tridoshadushti and vata when they injure or poison the growing brain (shirobhighata), regardless of whether the lesion is internal or exterior. This may lead to manovahastroto sanga (tamas and rajo guna), which may have an impact on the mental and physical development of the youngster.

CLINICAL MANIFESTATION

Stereotypes, preservationist, and a lack of social connection are common in children with autism, which restricts their interests, activities, and play behaviors. Disorders on the autism spectrum vary widely in terms of their severity, clinical signs, and underlying causes.

MANAGEMENT

Therapies used now in modern medicine include speech therapy, cognitive behavioral therapy (CBT), occupational therapy (OT), and dietary counselling (CD). Children with special needs get early intervention services, and as they become older, multiple educational models are stepping up to offer integrated education. These children's cognitive and verbal development improves with early identification, and trained moms play an important role in facilitating the right stimulus at the right time. In order to identify a child's skills, lessen parental stress, and increase social acceptability, early diagnosis of autism is critical.

PREVENTIVE ASPECTS

Before conception: In Ayurveda, not only Charaka and Sushruta, but even biologists, have documented the prohibition of consanguineous marriages. Acharya Bhela explicitly said that consanguineous marriages should be avoided in order to prevent psychological illnesses. According to Ayurveda, the father and mother's preconceptional activities, conception time, parental position during coitus, and poor aharvihara, which leads to mental illness, are all very important. Pregnancy counselling should be sought out prior to pregnancy.

Prevention during pregnancy: A child's absorption into the body and numerous mental disorders like autism may be caused by Acharya Charaka's Majja and atmaj bhavas, according to Garbhopghatkarbhavas. Acharya Charaka also advises avoiding improper dietary regimens and stress to prevent these outcomes. Pregnant women who get too much sleep or drink too much alcohol run the risk of having children who have low IQs, poor memories, or are hyperactive. It is during the fourth month of pregnancy when the fetus's heart, which is the seat of its awareness, begins to function. This is known as Daurhruda. Daurhrudini's wants and aspirations may lead to autism if they are not honoured and satisfied.

Prevention during delivery: It was during the second stage of childbirth that Sushruta noted that an Assanaprasava woman's advice to bore down on the pains might lead to mental illness in the newborn baby.

Prevention during neonatal period of child: Neonatology in Ayurveda focuses on preventing birth Asphyxia, which is a significant cause of autism, by using the Pranpratyagamana (resuscitation) method, which involves cleaning the Mukhasleshma and providing physical stimuli along with Pranvayu (oxygen) through the Krishnakalikasupa hollow tube.

Ayurveda is a system of holistic medicine. It's Dhee dhairya atmadi vijnam manoaoushodham param, my friends. So, careful counselling and the usage of certain medhya rasayanas advised are the key treatments for this.

THREE TYPES OF CHIKITSA PLAY SIGNIFICANT ROLE IN TREATING AUTISM

Yuktivyapashraya chikitsa

Many other sorts of treatment should be used to alleviate symptoms. These include Ghrita preparations, medical herbs, and external treatments like Nasya, Dhupana, Doomanam, Shiropichu tailam, and applying oil to the head.

Daivayapashraya chikitsa

Ayurveda employs a variety of psychological techniques to achieve the intended outcome of a therapy or illness that is not responding to treatment. This include reciting a hymn and making offerings, for example. All of this training has an effect on the mind. In psychology, religion is a part and component. Treating a condition in Ayurveda is a faith-based endeavour, and this sort of therapy is meant to pacify the acts committed in the previous life.

Satvavajaya chikitsa

Temper tantrum management and sensory deprivation therapy are two examples of this kind of treatment. This also includes educating the parents about the disease's origin and making changes to the surrounding environment to promote the desired behaviour. Medical practitioners should also look to medhya and vathara medications for ways to treat hyperactivity and maladaptive behaviour as well as for ways to boost cognition and motor abilities in children. Prajnya corrects cognitive functioning using Medhya medicines.

SPECIFIC TREATMENT

In Ayurveda, a number of therapies have been outlined by Acharyas to address cognitive, behavioral, and memory functions.

Internal medication: According to Manodoshiaavastava, the Mahapaisachika, Mahachaitasa, Mahakalyanaka, and Panchgyva gritis should be picked.

External medication: In this disease, Himsagaratail, Ksherbalatail, and Shudhhatail have been proven to be effective. The preferred method is pichu dharnam and abhyanga, however shirodhara and basti may be used if the patient is older and more cooperative. Sleep difficulties may be alleviated by using Shirolepa immediately.

Panchagandha choorna and Kachuradi choorna may be blended with any of the above-mentioned tails and applied on the anterior fontanel of the child.

Sarira abhyanga helps to calm down the anxiousness of the participants, using either the Mashadi tail or the Lakshadi tail, as appropriate.

In addition to the ghrita suvarna that Medhya Rasayan-Suvarna serves, Arkapushpi ghrita suvarna and vacha are served, as well as kushta.

Ghrita with madhu and suvarna churna khadira.

CONCLUSION

It is not possible to find direct Ayurveda references to autism-like disorders in Ayurveda, but the therapeutic principle of Manoroga seems to be the most relevant. Autism is a symptom whose cause lies in the beeja dosha, which is triggered by a supportive environment. In order to see long-term results, the problem must be treated repeatedly throughout time. Autism and other comparable conditions may be treated with Ayurveda, which opens up a new world of possibilities for individuals in the dark.

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