A case study on Vatakaphaja Unmada : Autism Spectrum Disease

Dr. Padmanayana M1, Dr. Prathviraj Puranik2, Dr. Sharashchandra R3

1Final year PG Scholar, Department of PG Studies In Kaumarabhritiya, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, Karnataka, India.

2Professor and Head, Department of PG Studies In Kaumarabhritiya, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, Karnataka, India.

3Associate Professor, Department of PG Studies In Kaumarabhritiya, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, Karnataka, India.

ABSTRACT

Introduction: Manasika Vikara can be caused due to derangement in Manasika Doshas like Kama, Krodha, Lobha, Moha, Irsha, can be due to Atyarth Prakupita Shareerika Doshas which then vitiates the Manovahasrotas or can be due to Agantuja Nidanasa like Graha Badha or Bhootabadha Janya. Unmada is on such Manasika Vikara caused due to vitiation of Shareerika Doshas finally disturbing the Manasika Bhavas leading to the specific Doshik Lakshanasa. It can be compared to Autism spectrum disease as the very definition of it incorporates the features like impairment in Social and communicative behavior, restrictive and repetitive behaviors. The present case has been diagnosed as Vatakaphaja Unmada having autistic features. Materials and methods: The treatment protocol of Unmada like Basti, Nasya, are adopted with classical medicines according to the Dosha predominance. Result: There has been improvement in the clinical manifestations after two sittings of the treatment. Discussion: Basti by its Veerya moves throughout the body, does the Dosha Vilodana and eliminates it from the body. Nasya being the Dwara to Shiras opens up the Manovaha Srotas. These procedures along with the internal medications have brought the improvement in present case. Here is the paper describing about the very case, its treatments and the result obtained.

Key words: Manasika Vikara, Unmada, Autism spectrum disease, Case study

INTRODUCTION

Autism is a neurodevelopmental disorder characterized by impairment in social communication along with presence of restricted, repetitive patterns of behavior, interest and activities. Autism and developmental disability monitoring cohort estimated that 1 in every 68 children is defined with Autism spectrum disease (ASD) and male to female ratio is 5:1. Few studies have also shown higher incidence in Upper socioeconomic groups. Sibling studies have shown that risk of developing autism is 10-18% if one child is affected and 25% if two siblings are affected. Considering the Ayurvedic perspective of the disease, Unmada is the morbidity that originates due to Dushtadosha caused due to Atyarth Prakupita Shareerika Doshas finally disturbing the Manasika Bhavas leading to the specific Doshik Lakshanas.
CASE REPORT

**Vedana Vrittanta (History of presenting illness)**

A 9 years old male boy was admitted in Kaumarabhritya IPD of SDM Ayurvedic Hospital, Udupi. He is the second child of non-consanguineous parents, born through normal vaginal delivery with a birth weight of 3.1kg. He was said to be apparently normal till 7th month of life where parents noticed non-attainment of neck holding and the further milestones were also noticed to be delayed. Child was diagnosed with mild MR with Autistic features at the age of two. At the age of 6, he presented with continuous cry and hence EEG was taken and impression read as mild epileptiform changes. Later he presented with irritability, disturbed sleep at night, repetitive fidgeting of hands, playing in his own world, dis-interest in mingling with peer group and drooling of saliva gradually along with persisted index finger sucking. Presently they are under Ayurvedic treatment since 2 years in our hospital this being the third sitting.

**Natal history**

Regular antenatal care was taken. At 9th month of pregnancy, had an allergic infestation of red eyes and itching after the intake of mushroom and hence 15 days of medicine in terms of injection was taken.

**Developmental history**

**Gross motor development according to age**

- Head control - 1 year
- Rolling over - 9 months
- Sitting with support - 2 years
- Standing with support - 2 years
- Walk with support - 2 years
- Walk without support - 2.6 years
- Climbing stairs - 3 years
- Running - 3.6 years
- Jumping - 3.6 years
- Riding cycle - Not attained

**Fine motor development according to the age**

- Reaching object with both hands - 1 year
- Transfer objects - 3 years
- Pincer grasp - 3 years
- Scribbles circle - 5 years

**Language development according to the age.**

- Cooing - 3 months
- Babbling - 6 months
- Laughing loud - 2 years

**Social and adaptive development according to the age.**

- Social smile - 1.6 years
- Recognizing mother - 2 years
- Eye contact - 9 years

**Present medication**

Syp. Valproic acid: 7.5ml BD

**Clinical examination**

**General examination: Gait - circumduction**

**Anthropometry**

- Height: 124cm
- Weight: 18kg
- MAC: 16cm
- MTC: 27cm
- HC: 51cm

**Systemic examination**

- CVS: NAD
- RS: NAD
- P/A: NAD
- CNS: HMF – intact

**Cranial nerve examination**

- I and II - Normal
- III, IV and VI - Movements normal, no ptosis, no nystagmus
V - Normal

VII - No asymmetry of nasolabial folds

VIII - Gross hearing intact

IX and X - Normal

XII - No deviation of tongue

Differential diagnosis
ADHD, Asperger’s syndrome, Rett’s syndrome, Intellectual disability, ASD.

Diagnosis
Vatakaphaja Unmada[2] (Autism)[3]

Treatment protocol
1. Abhyanga with Mahanarayana Taila[4] for 13 days
2. Godhuma Pinda Sweda for 13 days
5. Ksheera Dhooma with Bala Moola Ksheera Kashaya for 5 days
6. Dhmapana Nasya with Kchooradi Churna[7] for 7 days

Internal medications
1. Syrup Manasa - 7.5ml BD
2. Brahmi Vati with gold - ½ BD
3. Smritisagara Rasa with gold - ½ BD
4. Vacha Churna - 2 pinch with honey
5. Tablet Sarpagandha - ½ HS

RESULTS
Considerable improvement in the eye contact was observed by the second sitting of treatment.

Irritability of the child, in terms of cooperation with Panchakarma procedures was improved by the third sitting.

Prolonged hours of undisturbed sleep at night were observed.

CONCLUSION
The incidence of ASD is gradually finding an upward trend due to which diagnosing the disease and early treatment is of great importance. Understanding the disease Autism in our classics is based on the clinical features as most of the clinical manifestations of psychological disorders fall under the category of Unmada. Basti by its Veerya removes the Doshas situated in the Hridaya. Nasya by its virtue opens up the Manovaha Srotas which is Avrita by the Doshas and overcomes the deranged behavior. Hence in the further sittings of the treatment significant changes in the patient are expected.

REFERENCES
Case Study on Vatakaphaja Unmada: Autism Spectrum Disease

How to cite this article: Dr. Padmanayana M, Dr. Prathviraj Puranik, Dr. Sharashchandra R. A case study on Vatakaphaja Unmada: Autism Spectrum Disease. J Ayurveda Integr Med Sci 2021;3:188-191.

Source of Support: Nil, Conflict of Interest: None declared.