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# Ayurvedic management of Autism - A Case Report

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## ABSTRACT

Ayurveda, an ancient system of medicine in India, offers a holistic approach to health and wellness. When applied to Autism, Ayurveda emphasizes individualized treatment plans that balance the body's *Doshas* (*Vata*, *Pitta*, and *Kapha*) through diet, herbal remedies, lifestyle modifications, and therapies like *Panchakarma*. This approach aims to address both physical and mental imbalances, which are believed to contribute to Autism spectrum disorders (ASD). In this article, presentation of an interesting case of autism, not responding to the conventional protocol in modern medicine, managed with Ayurvedic treatment. The present case report demonstrates clinical and ISAA score changes with Ayurvedic medicinal interventions.

**Key words:** Autism, Ayurveda, ISAA

## INTRODUCTION

A 5 year-old male patient came to our hospital with complaints of difficulty in conversations, lack of eye contact, delayed speech development, poor social interaction, poor eye contact, repetitive hand movements, hyperactivity and not interested in peer group play. Patient was *Vata-Pitta Prakriti* with *Avara Samhanana*, *Avara Vyayama Shakthi*, *Avara Satva* and *Avara Ahara & Jarana Shakthi*.

## Diagnosis assessment

Antenatal history: Baby born out of non-consanguineous parents. Mother's age at the time of birth was 33 years, and father aged 37 years.

Birth history: Normal full-term forceps delivery at the hospital. The baby cried immediately after birth, with

no history of fetal distress, and the birth weight was 3.150 kg. There was no history of seizures, pathological jaundice, hypoglycaemia, meningitis, etc. No family history of such a condition was found. Clinical findings and diagnostic assessment. The appearance of patient seemed to be irritated along with repetitive behavior, hyperactivity, lack of social communication, poor eye contact, poor cognition and only concentrate in his interested areas. The patient was conscious but not well-oriented of time, place, or person. He was inattentive and had lack of concentration. Milestones were normal up to the age of 2 years and later onwards became slow and regressive in nature. Fine motor, social and communication, and language and speech development of the patient were delayed. Higher mental functions were poor. Cardiovascular, respiratory, and abdominal examination was normal. He had irregular abdominal pain after taking food. The appetite was good but had poor digestion and undigested food particles present in stools. The sleep was normal. Indian scale for assessment of autism (ISAA) test manual was used to diagnose the condition.

## Intervention

**Table 1: Internal medicines**

Medicines	Dose	Anupanam	Time
<i>Kalyanakam Kashayam</i> <sup>[1]</sup>	10 ml	30 ml warm water	Morning and evening before food

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<i>Rajanyadi Choornam</i> <sup>[2]</sup>	5 gm	Honey and ghee	Morning and evening before food
<i>Vilwadi Gulika</i> <sup>[3]</sup>	1	<i>Tulsi Swarasam</i>	Morning and evening after food
<i>Saraswatharishtam</i> <sup>[4]</sup> with gold	5 ml	Nil	Morning and evening after food
<i>Avipathi Choornam</i> <sup>[5]</sup>	5 gm	Warm water	Bed time

Table 2: External therapies

<i>Abhyangam</i>	<i>Lakshadi Thailam</i> <sup>[6]</sup>	7 days
<i>Thalapothishil</i>	<i>Panchagandha Choornam</i> <sup>[7]</sup> + <i>Takram</i>	7 days
<i>Shasthikashali Pinda Swedam</i>	<i>Bala Kashayam</i>	7 days

### Pathya advised

It was advised to consume food which is less spicy, less oily, and easily digestible. That should be consumed at the proper time. GFCF<sup>[8]</sup> (gluten free and casein free) diet was advised to follow.

### Follow-up and outcomes

All the procedures were monitored at the *Panchakarma* unit. A good response to treatment was noticed. The digestive and bowel complaints were relieved and considerable improvement noticed in communication skills and hyperactivity. ISAA score was reduced to 119 from 127.

Table 3: Indian scale for assessment of autism test manual (ISAA)<sup>[9]</sup>

Domain	No. of questions	BT	AT
Social relationship and reciprocity	9	34	30
Emotional responsiveness	5	19	17

Speech-language and communication	9	24	22
Behaviour patterns	7	28	24
Sensory aspects	6	12	8
Cognitive component	4	10	8
Total score	40	127	119

### DISCUSSION

Ayurveda therapy has been carried out to manage this condition and is presented in this case report. *Deepana-Pachana*, *Anulomana* and *Vishagna* medications were given as the child had complaints of digestive complaints. The appetite was improved and constipation was relieved. There was no adverse effect observed. The *Kalyanaka Kashayam* was given for improving *Vak* (speech), *Medha* (intellect), *Smruti* (memory), and *Agni* (digestive factors). *Avipathy Choornam* was prescribed for reducing hyperactivity. *Saraswatharishtam* was given for improving cognitive functions. *Abhyangam* was performed to alleviate *Vata dosha*. *Talapothishil* with *Panchagandha Choornam* was done for 7 days for alleviating the *Pitta* and *Vata* thereby reducing hyperactivity and for improvement of cognitive functions. *Shasthikasali Sweda* was done to improve the body strength and *Vata Samana*.

### CONCLUSION

The present case report demonstrates clinical and ISAA score with Ayurvedic medicinal interventions. It also points to the importance of Ayurvedic understanding of disease pathogenesis for the effective intervention. Even though this is a single case report, this study may be considered a basic model for further studies in larger samples.

### Patient consent

Written consent for publication of this case has been obtained from the patient

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