

## ASD Causes and Treatments in a nut shell

**Autism** occurred in about 5 children per 10,000 live births. However, since the early 1990's, the rate of autism has increased enormously throughout the world, so that figures as high as 60 per 10,000 are being reported. According recent figure estimates from CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network about 1 in 68 children has been identified with autism spectrum disorder (ASD), affects all racial, ethnic, and socio-economic groups.

The reasons for the increase are being debated, but the most likely cause appears to be
❖ <b>over vaccinations of infants,</b>
❖ Lyme Disease,
❖ Leaky Gut Syndrome,
❖ Chronic Inflammation Of Brain cells Neurons ,
❖ <b>Genetic Traits,</b>
❖ Poor Immunity
❖ Heavy metal Toxins.
❖ Fungal infections,
❖ Environmental Pollution can also be blamed.
❖ Traumatic brain injuries (TBI) are the leading cause of disability in children

Even though the majority of these are defined as “mild” TBI (mTBI), there is evidence that between 15-50% of children with mTBI will have poor functional outcomes.

Especially MMR vaccines blamed for this but experts claim it's not vaccine but Thimerosal in the vaccine causing the damage. Though it is evident that Children with weak constitution or make-up cannot take up vaccination adverse reactions and one size fits all policy is not beneficial so many factors are playing their part in continuation of Governmental Vaccination drives as before.(Read related articles.)

Some experts feel that **screening** may alleviate parents' uncertainties by obtaining an earlier diagnosis when parents already know that their child is "just not right."

But others, such as University of Maryland's Shubin, are concerned that it may instill unnecessary fear due to incorrect diagnoses. Screening could also offer relief for other families who feel that something is not quite right with their child, only to discover that they do not have any form of ASD.

"Screening that shows their kids do not have autism should be a relief," says Dr. Mark Groshek, a pediatrician at Kaiser Permanente in Littleton, Colorado

In a study they compared mothers of 20 autistic, 20 Down syndrome, and 20 developmentally normal children matched on several pertinent demographic variables. Results revealed that mothers of autistic children reported.

- ✓ less parenting competence,
- ✓ less marital satisfaction,
- ✓ more family cohesion, and
- ✓ Less family adaptability than mothers in the other two groups.
- ✓ Mothers of both autistic and Down syndrome children reported more disrupted planning,
- ✓ caretaker burden, family burden, and
- ✓ Frequent use of self-blame as a coping strategy than did mothers of developmentally normal children.

The practical implications of these findings are discussed, particularly those pertaining to low parenting competence and the use of **self-blame as a coping strategy**.

So, it's evident that Mother's state of mind and Health has direct effect on Children's health even after birth at times.

Also, because many ASDs are still not completely understood, there exists no "cure" per se, only treatment. "**Better treatment options need to be studied**," says Dr. Steven Pavlakis, professor of neurology and pediatrics at Maimonides Medical Center in Brooklyn, N.Y. But, Johnson says, this does not mean that early treatment cannot have significant benefits.

"**There are medicines that may improve --- although not cure -- their behaviour,**" she adds. .

We hear reports by parents and professionals regarding recovery in some individuals on the spectrum based on many of the interventions mentioned earlier. There are many ways to interpret the word “recovery,” and we view recovery in the same way as the medical community—that is, as a **managed state**, similar to recovery from addiction or cancer. Individuals receiving appropriate treatment and support will retain their unique and wonderful personality, but they will be **better able to manage life and feel physically well**.

Although there may still be some residual “autistic” traits, some adults on the spectrum state that it is not necessary to provide them with help or assistance—that they do not need to be “treated.” They embrace the diagnosis and are pleased with their overall sense of being. These individuals very much want to be accepted for who they are.

These treatments may be neurologically based (e.g., to stop seizure activity), medically based (e.g., to reduce gastro esophageal reflux or severe constipation), nutritionally based (e.g., to normalize a nutritional deficiency), or sensory based (e.g., to reduce hyper-sensitivities). Medical approaches augment educational and behavioral approaches that are often needed and can also be helpful.

Compiled from resources such as: CDC, National Autistic society, Autism Research Institute ...

## Autism and Homoeopathic care

Autism is the most frequently confronted topic for Homoeopathic Doctors of our age, yet very little information is available to Parents and care takers of those children.

It is estimated that there are 20 lakh (2 million) individuals in **India** suffering from **Autism/ ASD** using the extrapolated prevalence figures of 1/250 to 1/500. But apart from special Schools little guidance is there for general Public that too for lower income sectors.

Vaccination can be one of the major contributors for Autistic symptoms (about 70% of cases). Homoeopaths will advise to stop further vaccination to prevent damages; if the child is diagnosed or showing features of ASD.

After treating Homeopathically one can expect: improvement in

- General Health and quality of Life.
- Improvement gaining and Sustenance of ongoing treatments.
- Prevention of regressive mode of Health or breaking Statuesque.

**Homoeopathic therapy** started with individually evaluated case registering and personalized treatment established In Homoeopathic context Diagnosis plays a complimentary role and each case is individually case recorded and treated accordingly.

- ATEC scores recorded to begin with and chronicled regular at intervals.

- The factors since inception till date are analyzed in accordance with Physical mental and circumstantial base and guided treatment for problem areas considered.
- Yet a structure emerges over a period of time which could help in framing Protocol for treating cases effectively
- It helps in determining prognosis of other such cases.

Though most of the symptoms can be rectified by consistent Homoeopathic treatment and at times cure can be expected individually; people tend to seek help as a last resort. Mostly they give up half way in pursuit of better attractive options and *many a times do not care to come back to Homoeopathy even when other treatments are not helping.*

Homoeopath can specifically try to treat:

- Vaccination related damages.
- High fever related convulsions which may have led to ASD symptoms with regression in normal milestones.
- Heavy metal poisoning back log.
- Emotional issues of Mothers during Pregnancy of the affected child.
- Hormonal treatments undergone if any for conceiving by the Mother of the affected Child.
- Genetic orientations and defects based on Family History.
- Head injury effects in case that is the starting point of the regress.

**They forget that this problem is so huge unlike, cold or fever.**

**It needs consistency and perseverance;**

**Loads of patience on parents part in providing the treatment.**

**As well as handling the child with care and patience.**

**By evaluating the effectiveness of Homoeopathy in the Neuro-Psychological axis of ASD not only Children improve symptomatically but also will gain Immunity and holistic health.**

In India the taboo of "Autistic" label scares parents so much so that they keep it secret, since most surrounding people are insensitive and ask hurting questions, they fail to recognize that the trouble has arrived; no other way out.

Awareness and changing Perspectives will help to overcome this problem.

**So it has to be dealt with calm mind and put in all possible resources with patience. Over zeal or Urgency is damaging just as much as laziness and complacency.**

Putting it into another perspective the other way round is parents want their child to be as all other children are, and refuse to accept the differences. They are (over) sensitive about what others think and making their own lives very tough. If kin of such children are supporting and helping those who take care of them, they will be more relaxed and face those adversities with a conviction. So, I can say collective change in the way people handle these issues is the need of hour.

To take care of such children few tips have been provided in the website [www.rajhomoeoclinic.com](http://www.rajhomoeoclinic.com) articles