

AUTISM AND CARE WITH HOMEOPATHY



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Autism Spectrum disorders (ASD) are neurodevelopmental disorders which affect males predominantly. The National Autistic Society, UK defines Autism as "A lifelong developmental disability that affects the way a person communicates and relates to people around them. Children and adults with autism have difficulties with everyday social interaction. Their ability to develop friendships is generally limited as is their capacity to understand other people's emotional expression."



Autism is the most frequently confronted topic for Homoeopathic Doctors of our

age, yet very little information is available for the Parents and care takers of those children. 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 when others suggest of better attractive options and I wish \pray, they could have cared to come back to Homoeopathy, when other treatments are not helping.

It is absolutely ok to see all available treatments but it is also true that mostly little comfort is provided by them; but only Homeopathy has given great benefits for these kids.

“You”, the parents are too overburdened by daily struggles which is quite understandable and that’s why you all are so amazing warriors and this is an effort to hail you all. At the same time I ask you see the difference between this problem which is so huge unlike, cold or fever which can ‘go away’ on its own.

It needs perseverance; loads of patience on “you” the parents’ -which you’re already having, to sustain the effort for providing the treatment as well as handling the child.

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. Parents are encouraged to recognize that the trouble has arrived; there is no other way out ,so to accept few facts and to develop positive coping \recovery techniques is essential.

That’s why you won’t see videos or testimonials of other patients in our website. We respect your privacy and encourage to spread a word that if it has helped you tell that ‘Homeopathy has helped me’, personally to your friends or how it may suit you.

Talk to the your Homeopath for 15 minutes free counselling +919940031162

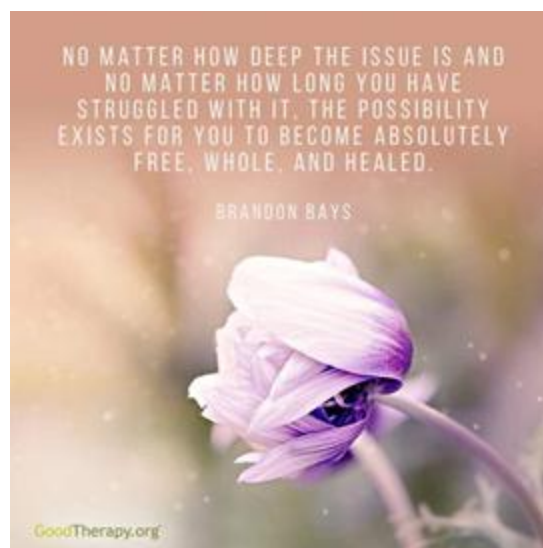
An advertisement for homeopathy. At the top, a teal banner with white text reads "Homeopathy helps". Below this, a photograph shows two pairs of hands, one larger and one smaller, cupping a small, colorful, heart-shaped object. To the right of the hands is a green rectangular box with white text that says "Free consultation For 15 minutes Call +919940031162". At the bottom right of the green box, there is a small number "#144091078" and a logo for "PIC•COLLAGE".

Homeopathy helps

*Free consultation
For 15 minutes
Call
+919940031162*

#144091078
PIC•COLLAGE

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 relatives 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.



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 the

- Over vaccinations of infants,
- Lyme disease,
- Leaky Gut Syndrome,
- Chronic Inflammation of Brain cells Neurons,
- Genetic Traits,
- Poor Immunity
- Heavy metal poisoning and other Toxins.
- Fungal infections, Environmental Pollution can also to be blamed.

Especially MMR vaccines blamed for this but experts claim it's not vaccine but Thimerosal in the vaccine causing the damage.

Head Injury: Traumatic brain injuries (TBI) or head injury 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.

Screening: Early screening is recommended for early diagnosis and treatment so optimal outcome is expected. Homeopaths have noted that children if treated before 5 years have great improvement with near normalcy expected individually, and its prospects reduce with advancing of age.

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, pediatrician at Kaiser Permanente in Littleton, Colorado

Parental factors:

Mothers of autistic children usually have

- More family problems and not able to handle big family needs, less adaptability than in the others.
- Difficulty in taking care of themselves and guilty of not good enough , blame themselves for each situation
- Perfectionists and get stressed if things go wrong
- Think ‘what others will think\say’ frequently



There is no medical treatment for autism; there are treatments for some autism symptoms. "There are medicines that may improve --- although not cure -- their behaviour," she adds. .

We view recovery in the same way as the medical community—that is, as a managed state,

Treatments may be neurologically based (e.g., to stop seizure activity or for Fits),
Medically based (e.g., to reduce gastro oesophageal reflux or severe constipation),
Nutritionally based (e.g., to normalize a nutritional deficiency),
or sensory based (e.g., to reduce hyper-sensitivities).

Medical approaches supplement educational and behavioural approaches that are often needed.

For Sensory Integration :

Children with autism spectrum disorder may be extremely sensitive to various sensory stimuli such as sounds, lights, textures, taste, and odours. Some children may become agitated by touching, hearing, or seeing specific things such as a bell, blinking lights, touching something cold, tasting certain foods, or smelling a specific odour like a disinfectant. Some children can be trained to adapt and thus improve behaviour.



Sensory integration therapy measures the way an individual's brain processes sensory input. A sensory integration-trained occupational or physical therapist will assess the autistic child in order to create a strategy that matches sensory stimulation

with physical movement, which can improve how the brain processes and organizes sensory information.

In Homeopathic treatment we have consistently seen improvements on sensory processing and child is less irritated in same circumstances, as well as more calm and adaptable. This is along with general progress in health, as we treat person as a whole and not just symptomatically.

Diet

A balanced diet, along with some vitamin supplementation, is advised by clinicians for children with autism spectrum disorders. It is important to have a good diet as some patients show good improvement in symptoms when eating such a diet. Some patients with autism suffer from constipation and others may develop a habit of eating items like dirt or paper. A proper diet may help reduce these autism symptoms.



Even though little research has been done, a gluten-free/casein-free (GFCF) diet is

an alternative treatment for children with autism. Many parents of autistic children choose the GFCF diet for their children. The diet eliminates all food containing gluten (found in wheat, barley, and rye) and casein (found in milk and dairy products). Children with autism may have an allergy or high sensitivity to foods containing gluten or casein. Autistic children may also process peptides and proteins in foods containing gluten and casein differently than other people.

Benefits of a GFCF diet may include the following:

- Increased speech and/or language use
- Improved social interaction
- Decreased self-stimulating and self-injurious behaviour
- Increases ability to focus
- Improved sleep and immune function
- Increases awareness

When parents of kids with ASD were interviewed on these dietary recommendations and its results, not much consistent details were shared by them. Mostly they said no noticeable changes or little improvement, for few parents whose children love milk and depriving them of it was difficult.

So, Diet is based on individual preferences and if found helpful can be adapted and it should be socially, culturally and family habits based which is easy to carry around consistent and local supply based. More independent child, it will be better for the family. Recommending exotic diet is not practical and result oriented, as Dietician Rujuta Diwekar observes diet should be based on what our ancestors have been practicing for generations. So, Japanese diet or European foods may not essentially be suitable for South Indians and vice versa.

So, it should be modified according to child's needs and that family's routines. But canned, packed foods with preservatives, food colours, hard to digest ones so called junk foods, processed foods are not recommended at any point and consistently parents found them harmful.

Homoeopathy can be specifically helpful in treating food allergies for ex. milk causing diarrhoea and certain unusual cravings or sensitivity of the mouth.

Sleep problems:



Around 70% of autistic children suffer from sleep problems and Homeopathy has been found to improve in general health and sleep related problems consistently. Children can be moulded to a schedule and irritations soothed and problems like bed wetting taken care of along with few checkpoints from parent's efforts. As they improve their midnight hunger may be reduced, circadian sleep pattern may improve, which further helps in health improvement. This is observed in most of my treated cases whether they got cured or just got helped with the treatment.

Other Treatment Modules

As there is no cure or medication available to treat autism many parents are trying complementary and alternative medicine (CAM) for their autistic children. People are more open minded and seek all available help to treat ASD considering not much interventions or improvement strategies are available.

□ Homoeopathic Intervention if sought based on symptoms alone based

Homoeopathy drugs are obtained from:

- Over the counter drugs.
- Patented products
- Online search engines delivered drugs or read in Magazines.
- Another person passing on his prescription which has same diagnostic name.
- Friends with homoeopathic know how.
- Prescribed by a Homoeopath residing in another place; who is unable to take complete case.

Homoeopathy is exacted Science yes you read it correct exact science based on True Laws of Nature like

Similar substances found in nature cure similar symptoms in Living beings;

Minimum dose maximum effect achieved by potentization and single medicine at a time; as well as

Individualization; Art of prescribing remedies differs mainly because of Individualization- one size does not fit all.

Classical Homoeopathy is the one which can bring about total cure on all levels that is Physical, Mental and spiritual;

Immunity is increased and it helps to fight diseases from within

WHY ALONE CLASSICAL HOMOEOPATHY IS RECOMMENDED

Symptomatic treatment gives immediate relief, but it takes time to achieve all desired results and bring the child to near normal status.

Cold, cough and fever are short term acute troubles whereas ASD, Thyroid, PCOD, Asthma are long term chronic diseases and will not improve over time but in turn get worse if not treated as recommended.

These are achieved by gradual clearing out of the system but reaction of the person determines results so it differs in each case.

How it is done?

Homoeopathic treatment is given individually along with on-going treatments. But avoiding medicinal substances, chemical chelation treatments, memory boosting pills or herbal products and syrups are recommended. It can reduce or stop Homeopathy's effect.

Homoeopath can specifically try to treat:

- Head injury effects in case that is the starting point of the regress.
- Vaccination related damages.
- High fever related convulsions which may have led to ASD symptoms with getting worse in normal milestones.
- Heavy metal poisoning.
- 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 defects to reduce its effect on child's health.

If on Psychiatric medicine or Epilepsy medicine or some lifesaving drugs they should be continued and changes in their dose should be done by the concerned Specialist.

Initial three months of treatment is important for understanding the case and two ATEC scores used as control for the progress.

Reviews conducted on a regular basis and noted by all the therapists like Occupation Therapist, Speech therapist and Psychologists along with Homoeopath in charge.

Relative facts calculated at the end of certain reasonable period.

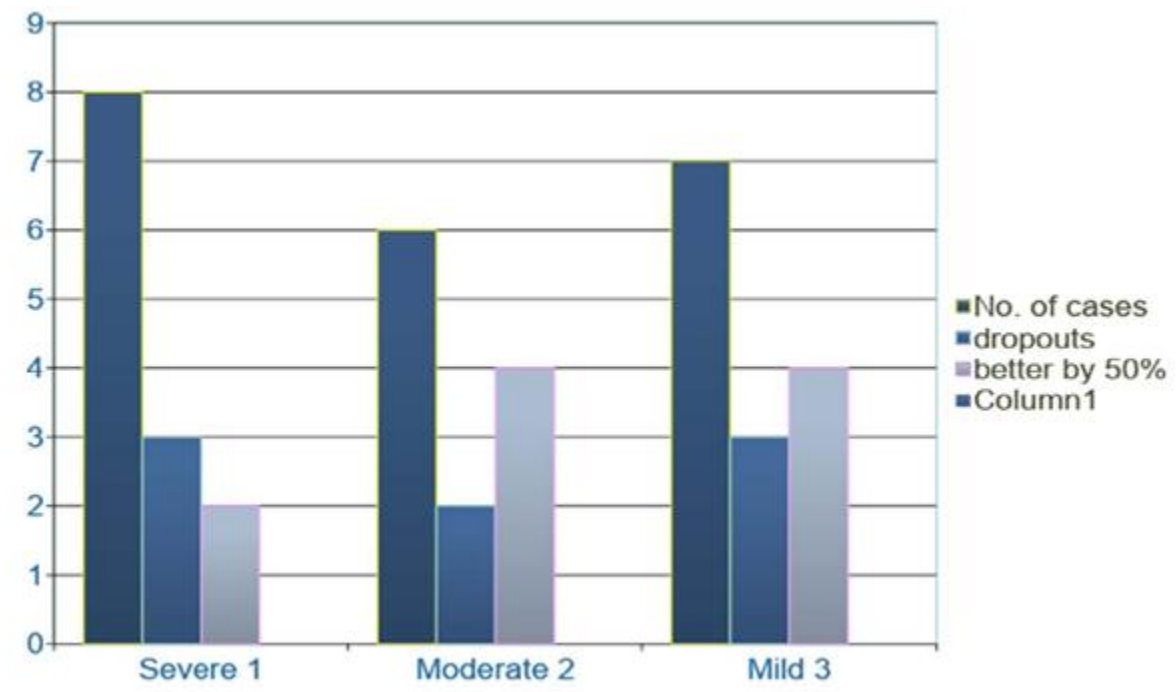
- I. General Health and quality of Life.
- II. Improvement gaining and Sustenance of on-going treatments.
- III. Prevention of going back mode of Health or regression.
- IV. Helping to gain progress when it is stuck without improvement with best efforts.

Laboratory recordings of pre and post intervention

Progress Report:

Children with ASD are treated in this clinic individually with Classical Homeopathy since 2010 and of them few were declared near normal and in regular schools. Few are functioning independently and in Special schools hoping to be in regular school soon. Few children improved symptomatically especially in severe and older age groups above 9 years of age. Many people discontinued which means not helping maybe.

Few were not diagnosed or labelled at all, in the mild group although had all symptoms and potentially could have been in the problem if some difficulty arose.



□ Severe group: ATEC scores around 90 and more.

- ★ After minimum three months of therapy along with other therapies.
- ★ Overall improvement in all aspects.
- ★ Few words learnt social smile and hand shake noted.
- ★ Communication very much improved like asking food; instead of

aggression which was noted previously.

★ In Repetitive non-productive behaviours, severity reduced; like banging and screaming.

★ Gastric upsets reduced with improvement in Appetite.

★ Haphazard Sleeping patterns became streamlined.

★ Child became Manageable with softening of stubbornness.

(Treated in this clinic)

ATEC scores, 40-60

- ❖ On other therapies like OT and speech therapy.
- ❖ Improvement very promising with almost all treated cases
- ❖ Scores reduced towards 30 or less over a period of 3-6 months
- ❖ Communication improved social smile,
- ❖ Eye contact sustained. near normal
- ❖ School readiness and adjusting to new environments
- ❖ Communicating with teachers and peers.
- ❖ Learning new things, catching up with friends in mental age.
- ❖ Could be trained in Self-care and toilet training.
- ❖ Appetite and Sleep patterns improved. (Treated in this clinic)



The importance will be given regarding changes in

- Communication skills,
- Socialization,
- Mental and sensory response
- Sleep and other functions.
- Mental symptoms like restlessness, adamant and tendency for self-injury

The Dosage and Repetition of Homoeopathic drugs

Dose and repetition of medicines is much debated subject in Homoeopathic parlance and each Doctor provides his own version. Although Homoeopathy is exacted Science

Individualization; Art of prescribing remedies differs mainly because of Individualization although experienced doctor's prescriptions may read the same drugs.

But dosage is entirely different ball game and one size does not fit all like allopathic prescriptions. I have few very sensitive (Idiosyncratic) patients for whom I prescribe only one drop of the watery solution of that Solution or even sometimes on their healthy skin!

For very sensitive children dosage is with half glass(about 100ml) of water one pinch of powder or one pill in the water stir it give one tea spoon of that solution discard rest of solution. For babies below one year $\frac{1}{4}$ pills; crushed pill or if mothers take one dose and feed them that's enough.

Summary:

- Children within one year: $\frac{1}{4}$ th of pill
- Children within 5 years: 1 pill dry on tongue or with half glass of water
- Adults: 1-3pills or as advised on empty stomach.
- Severe symptoms: 1-4 pills in half glass of water every 1-2 hr once stir well. Take the same solution till get better.
- Biochemics : 1-3 tablets or as advised by physician. On empty stomach
- Powder doses: one pinch in half glass of water or as advised by physician

□□Brown liquid or Mother tinctures: 2–10 drops with half glass of water after breakfast

□□Tonics and syrups: once a day or as and when needed.

Homoeopathy which has been termed without side effects, it's like playing with tamed lion still its lion although tamed.

We saw Influenzinum 200 prescribed for preventing swine flu. But I insist you take the medicine from a qualified person, dosage should not exceed one to three pills according to age and sensitivity once a day for one day only; Repeat after one week or so. If their immunity is strong enough we do not recommend extra doses or medicines. This is true for all Persons regularly on some Homoeopathic treatment or supplementation for any reason. They can take only a single dose and not to repeat preventive medication.

To conclude I summarize;

Take single dose or as prescribed by your Physician after determining your sensitivity and never gobble more just because you are feeling better or thinking it is harmless.

If you feel that after taking a dose, your pain or symptom has increased stop the medicine contact your doctor.

If unable to contact your doctor due to some reason a strong black coffee; will usually antidotes the extra symptoms.

Never take medicines prescribed for others; for similar complaints unless it is Bio-Chemic remedies. Biochemics are surely safe and effective and can be repeated without risk of getting new symptoms.

Water doses work better than dry doses.

Food must be taken after about half an hour after the Dose but water and plain milk can be taken along with Medicines.

Safest Potency will be 6C to begin with. If you see 200 mentioned it could be used, but my earnest advice is not to take IM or 10M without Doctors supervision. These potencies have a potential of creating new symptoms and strong Coffee cannot

eradicate them.

Patented products in Homoeopathic name give instant results and surely are safer ; more herbal than other products in the Market; but do not take WHILE YOU ARE ON SOME COURSE of Homoeopathic TREATMENT, it will mask symptoms and outcome may not be the desired one.

Autism Education

Children with autism are given accommodations and assistance in schools. The Individuals with Disabilities Education Act mandates that all eligible children receive a free appropriate public education that meets their unique needs. Students with disabilities are entitled to experience the “least restrictive environment” (LRE). the ministry of health would send this guidelines to the state governments, which would in turn constitute Autism Certification Medical Board comprising a clinical psychologist or rehabilitation psychologist, a psychiatrist and a pediatrician or a general physician. A parent would then be able to approach the health department, which would refer the case to this board. A certificate would be issued by the state government after a meticulous analysis on the basis of the child and parent’s replied.

For Futher details please visit: <http://www.disabilityaffairs.gov.in>
<http://www.disabilityaffairs.gov.in/>



Special education services also provide support for students with autism spectrum disorder by following the Individualized Education Program (IEP). The IEP explains the student’s needs and how they will be met as well as their strengths and

weaknesses, measurable goals and objectives.

Home schooling is an option; parents can use Scribes, extra time for writing Exams of those children.

The following are tips for families with autistic children:

- Their senses are out of sync- ordinary sights, sounds, tastes, and touches are perceived differently

- Give clear, simple directions

- They interpret language literally- idioms, puns, nuances, inferences, metaphors, and sarcasm may not make sense

- Be on alert for body language cues

- Visual support may help in daily tasks

- Help them socially interact

- Identify what triggers their meltdowns

- Be patient and love them unconditionally

To take care of such children few tips have been provided in the website www.rajhomoeoclinic.com/articles

Controversies regarding scientific nature of Homeopathy

As a Homoeopath I have no reservations to answer your questions regarding how much Homoeopathy is scientific or is it just water and nothing else. It's dangerous as some sceptics warn. But few points before you believe any of these propagandas specifically created by lobbyists who are super rich and want to become more at the cost of your health!! Think over.

1. Homoeopathy has survived for past 200 years although we have been targeted, persecuted, suppressed by help of governments since the time of father of Homeopathy Dr.Samuel Hahnemann. Our only hope is 200 million still growing users worldwide in more than 54 countries. So, do you think world is full of fools

who use a medical system without benefits?

2. Please read my article in my blog\website on this subject if you have some scientific background and decide for yourself. "Homoeopathy and Allopathic systems of medicines; the incomparable paradox." Or read my answers on Quora.

3. Feel free to call or have a dialogue on Homeopathy and know before you judge, understand on your own than hear to others opinions. You are the best person to decide what is best for you and your family. No one comes for help in your difficulties, who are now preaching.

Hail Homeopathy; truth always triumphs.