

# **Autism Spectrum Disorder: Hidden Pain and Alternate Therapies**

**Dr. Pranab Mallik**

**B.H.M.S, Kolkata, Regn. No.: 27018**

**Email: drpmallik80@gmail.com**



## Definition:

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental condition.

It significantly affects brain development, leading to distinct challenges in:

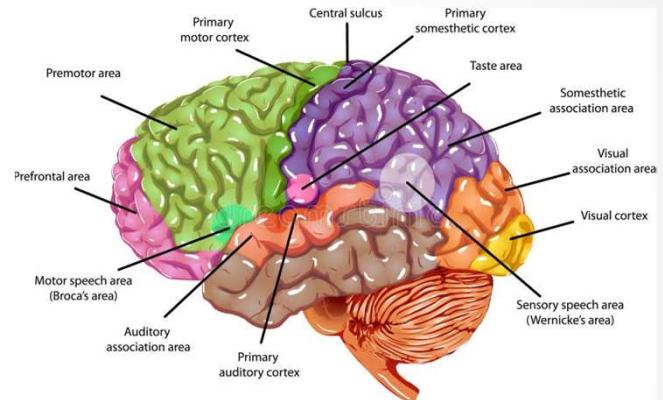
- Social Communication
- Social Interaction
- Behavioural Patterns

## Overview:

- ASD is a lifelong neurodevelopmental condition.
- It is defined by a consistent set of diagnostic criteria across all age groups.

## Dynamic Manifestation:

While core diagnostic criteria remain constant, the way symptoms manifest and an individual's coping abilities can evolve over time.



## Key Characteristics and Challenges

### Fundamentally a Neurodevelopmental Disorder:

Impacts the normal development and functioning of the brain.

### Lifelong Condition:

Individuals experience ASD throughout their entire lives, requiring ongoing support and understanding.

### Core Breakdown Areas:

**Social Communication:** Difficulties in verbal and non-verbal communication.

**Social Interaction:** Challenges in forming and maintaining relationships, understanding social cues.

**Behavioural Patterns:** Often includes restricted, repetitive behaviors, interests, or activities.

### Beyond Diagnosis – Our Goal:

- The primary objective extends beyond merely meeting diagnostic criteria.
- It is to help individuals with ASD achieve a "BETTER LIFE."
- To foster greater understanding and acceptance within society.

# The Role of Homoeopathy in ASD Management

## A Complementary Approach:

- Homoeopathy does not solely focus on "curing" ASD in the conventional sense.
- Its primary aim is to holistically support the child in achieving a "Better Life" by addressing individual symptoms and enhancing well-being.

## Importance of Observation:

Institution-based, daily observation of the child's responses.

Beneficial studies following the administration of carefully selected Homoeopathic drugs are immensely helpful.

## Pathology-Based Process for Enhanced Benefits:

Integrating modern diagnostics can enhance Homoeopathic outcomes:

- Genome sequence study
- Hair metal study
- Lithium level estimation
- Thyroid profile maintenance



## Overcoming Controversies:

To effectively integrate Homoeopathy into ASD management, it is suggested to de-emphasize controversies.

Focus instead on **unlimited, meticulous observation** as a key to improving the quality of life for individuals with ASD.



## Observational Methods - General Principles

### Holistic Assessment is Key:

A comprehensive understanding of ASD necessitates evaluating a wide range of physiological and behavioural aspects. This includes physical health, emotional well-being, and daily routines.



### Crucial Parental Input:

Parents' observations are invaluable, particularly concerning any disturbances in "child health regulatory activities" during early childhood. They provide unique insights into the child's baseline and deviations.

### Doctor's Role & Dynamic Changes:

A doctor's empathetic personality and subtle observational skills are vital. Combined with the application of dynamic changes (core Homoeopathic principles), this can significantly contribute to a "Better Life" for the child.

### Beyond Common Symptoms:

While common symptoms help meet diagnostic criteria, effective management requires focusing on:

**Individualistic symptoms:** Unique presentations in each child.

**Underlying causes:** Uncovering the root of these symptoms.

## Observational Methods - Sleep & its Importance



### Sleep: An Active Physiological Process:

Critical for overall mental health and cognitive function.

Essential for growth hormone regulation.

Plays a significant role in neurogenesis (creation of new neurons).

### Impact of Sleep Loss:

Lack of adequate sleep can exacerbate various mental disorders.

It can significantly delay recovery and progress in individuals with ASD.

### Identifying Root Causes is Paramount:

Simply prescribing sleep medication based on the child's sleep state is insufficient.

It is crucial to identify and address the underlying reasons for sleep disturbances to allow for natural, restorative sleep.

### Hyperactivity Link:

If sleep patterns improve but hyperactivity persists, further investigation into other contributing factors is necessary.

Addressing the cause of poor sleep can often alleviate associated problems.

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# Observational Methods - Stool Characteristics & Gut-Brain

## Common Parental Complaints:

Sticky stool, frequent soiling, and irregular consistency (neither liquid nor hard).

## Irritable Bowel Syndrome (IBS) Characteristics:

Clinical signs resembling IBS may be observed.

These can correlate with repetitive behaviours (e.g., smelling food, excessive hand washing, opening/closing fans).

## Varied Stool Patterns:

Reports of infrequent stool passing (e.g., once every few days).

Consistency often varies within a single bowel movement (e.g., soft first, then hard and thick).

## Physical Manifestations & Importance:

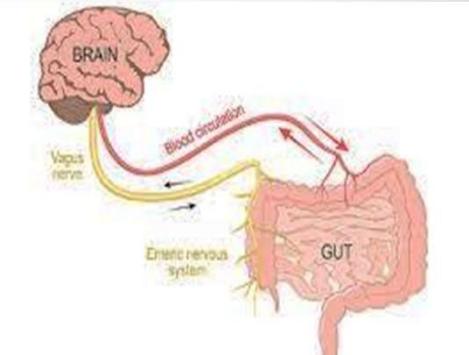
Post-stool hyperactivity is often observed.

Presence of blood in stool highlights the critical importance of not ignoring issues like fissures and piles.

## Iodine's Suggested Role:

Iodine is proposed as crucial for gut health and immunological function.

It may also play a role in improving intelligence and understanding, particularly in cases linked to constipation.



## **Observational Methods - Urine Related Issues & Congenital Abnormalities**

### **Common Urinary Issues:**

Frequent observations include Urinary Tract Infections (UTI) and Cystitis.

### **Congenital Links:**

Studies suggest a link between congenital abnormalities of the male reproductive system and an increased risk of ASD.

### **Bladder and Bowel Dysfunction:**

National surveys indicate a notable prevalence of bladder and bowel syndrome dysfunctions within the ASD population.

### **Parental Reports:**

Parents frequently report symptoms such as frequent urges to urinate, dripping, or the sensation of needing to urinate without actual output.

### **Relief from Water:**

Children with ASD may find comfort or relief from bathing in running water.

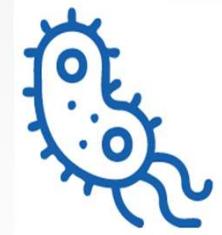
### **Tailored Treatment Protocol:**

Observing correlations between behaviours (e.g., hand flapping), urine problems, migraine, sleeplessness, and dietary habits (e.g., fruit intake) can guide the development of a personalized treatment plan.

## Observational Methods - Recurrent Infections & Migraine Triggers

### Dietary Impact on Recurrent Infections:

Avoiding foods with indigestible peels can significantly reduce the incidence of recurrent infections. This includes UTIs, migraines, and various gut problems.



### Migraine as a Significant Trigger:

Strong migraine triggers can notably exacerbate existing ASD symptoms and overall distress.



### Sleep Disorder as a Contributing Factor:

Identified as a significant underlying factor contributing to a range of issues observed in individuals with ASD.



### Uro-Genital Observations Post-Birth:

Post-birth sleep difficulties, especially nocturnal waking, warrant careful observation of urination patterns.

Note if urination occurs before, during, or if the child cries immediately after urinating.



## Observational Methods - Other Physical & Behavioural Signs

### Toe Walking:

Potential causes include mercury poisoning, painful corns, or uremia.

Note: This remains a point of controversy and requires careful clinical assessment.



### Immune Deficiency:

Requires evaluation of specific indicators such as TSH (Thyroid Stimulating Hormone) and FT4 (Free Thyroxine) levels, among others.

### Electromagnetic Fields (EMF) Impact:

Consider the potential influence of sources like microwaves, room heaters, and other EMF emitters.

Hypothesized to potentially influence gene sequences.



### Repetitive Behaviours:

Careful observation of actions such as jumping, hand flapping, and other repetitive movements provides diagnostic and therapeutic clues.

### Gastrointestinal & Allergic Reactions:

Any form of gastrointestinal disorder or allergic reaction is a significant component of the overall clinical picture and must be thoroughly assessed.

# Observational Methods - Neurodevelopmental Aspects & Missing Connections

## Developmental Discrepancy:

Children with neurodevelopmental disorders often do not follow typical adult developmental patterns.

They may exhibit unique behaviors like spinning objects or engaging in repetitive actions.

## Brain-Atmosphere Connection (Hypothesis):

Autism Spectrum Disorder might involve a "missing connection" between the brain cortex and the external environment.

Analogous to how environmental factors (e.g., climate change, lack of Vitamin D, anaemia) can contribute to the manifestation of Autism.

## Gut-Brain Axis:

The "1st Brain" (head) and "2nd Brain" (abdomen/gut) are intrinsically interconnected.

This connection is mediated by crucial neurochemicals like serotonin and the complex gut microbiome.

## Physical Sensation - "Heavy Lower Body":

- When picked up, some ASD children may feel unusually heavy in their lower body.
- This sensation could be linked to underlying issues such as Anxiety, body ache, fear of downward motion.
- Gut disorders, constipation, or a tendency to spin.

## **Observational Methods - Neurotransmitters & Genetic Factors**

### **Neurochemical Messengers:**

While serotonin and melatonin pathways linked to sleep are well-established, simply providing serotonin-rich foods may not be a complete therapeutic solution.

### **Current Theories & Research:**

Emerging theories in ASD research also explore the roles of demyelination (loss of myelin sheath around nerves) and mitochondrial health.

### **Thyroid Profile Significance:**

Thyroid profile consistently emerges as a very important parameter in investigations related to ASD.

### **Reelin Gene & Thyroid Link:**

Although Autism is not directly linked to the Reelin gene, there appears to be a close association between ASD and certain aspects of thyroid function.

### **Crucial Hormones for Brain Development:**

The Reelin gene and Thyroid Hormones are critical for normal brain development. They play a significant role in regulating gene expression.

### **Iodine's Overarching Importance:**

Iodine is essential for the proper functioning of all glands in the body. It is critical for overall disease resistance, suggesting a potential "Iodine Deficiency Syndrome" in some cases of Autism.

# Importance of Family History & Environment

## Detailed Birth History:

Crucial information includes:

- # Birth weight
- # History of sepsis
- # NICU admission
- # Jaundice history
- # Vitamin K administration (for disease protection)

## Comprehensive Family Medical History:

Documenting family history of conditions such as:

- # OCD (Obsessive-Compulsive Disorder)
- # Bipolar disorder
- # Tuberculosis
- # Cancer
- # Thalassemia

## Impact of Family Environment:

A calm, supportive, and understanding family environment positively impacts the development and well-being of children with ASD.



## Negative Impact of Conflict:

In families characterized by shouting, screaming, and unrest, the child's cognition and overall mental health can be significantly disturbed.



## Homoeopathy's Role and Limitations

### Synergistic Approach to Recovery:

Proper, positive behaviour by parents towards the child.

Positive and harmonious interactions between parents themselves.

Combined with carefully selected Homoeopathic (Dynamic) drugs.

This synergy can significantly aid in the recovery and progress of individuals with ASD.



### Safety of Homoeopathic Medicine:

Homoeopathic medicine is generally considered safe for children.



It does not significantly impact the delicate balance of the gut microbiome.

### Fostering a "Better Life":

Homoeopathy works effectively in its complementary role to foster a "Better Life" for individuals living with Autism Spectrum Disorder.

### Advantages & Limitations:

While Homoeopathic drugs offer many advantages in individualized care, they also have inherent limitations, similar to other therapeutic approaches.

### Growing Need for Holistic Approaches:

With increasing global mental stress and a rising incidence of Autism, the demand for effective and holistic approaches like Homoeopathy is also growing.



## Conclusion & Future Directions

### **Intense Observation for Diagnostic Criteria:**

Maintaining and accurately assessing ASD diagnostic criteria requires continuous and intense observation in a structured environment.

### **Detailed Stool Analysis Recommendation:**

Regular comparison of a child's stool characteristics with the Bristol Stool Chart is strongly recommended for detailed and objective gastrointestinal assessment.

### **Child-Centric Environment:**

These specialized schools must be structured entirely according to the children's individual needs and preferences, promoting a supportive and adaptive learning space.

### **Urgent Need for Dedicated Schools:**

For the significant betterment of individuals with ASD, there is a critical need for specialized schools.

These schools should be developed and overseen by medical professionals.

They should provide daily, intense observation and dedicated time (e.g., 6 hours) for each child.



# Thank you

**Dr. Pranab Mallik**

B.H.M.S (Kolkata)

Registration Number – 27018

Mobile No.: 87772 19779

Email: drpmallik80@gmail.com