

## Is Homeopathy Helpful In Autism?

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### Introduction /Background

Child psychology is really a big mystery. It is quite difficult to understand the mood of the child even when he has no psychological upsets. Just think how difficult is to understand a child suffering from autism. It is a rare variety of developmental disorder seen in early childhood. The child is unable to respond as he doesn't understand it. **Odd behavior, disorder of language and cannot learn etiquettes' are the classic features of autism.** It is also associated with emotional disorder like showing anger or fear suddenly without any particular cause. These children can be hypoactive or hyperactive. The child does not like to speak even a word, he just cries loudly for hours if he is hungry or thirsty. The child is very obstinate, if his demands are not met, he just cry and roll down on the floor. When he starts crying he cannot be stopped for hours together and is very destructive and throws things around. In few cases, disliking for clothes is there, they want to throw away the wearing. These children cannot distinguish between right or wrong habits for example if the child is thirsty he would drink water straight from the tap. Sometime the child may go out of home and wander here and there without any purpose; he has his own world and does not like to play with other children. He is physically restless, always doing something, cannot sit at one place. They utter something which cannot be understood. This child has aversion to be talked, he plays or writes himself. Few of the patients make animating faces and few have difficulty in speech. They are offended easily. They do fruitless and useless activities. Causeless crying is also a marked feature. This symptom varies in every child suffering from autism more or less according to the constitutional built up and of course the root cause behind it. Homeopathy is a science which follows individualization. As every child is made up of mind, body and soul i.e. trinity of life so the treatment for any disease should cover the body as well as mind. The mental status of every person makes his own identity. The twins have similar physical look but the mind is different. Homeopathy pays more importance to the mental symptoms in every disease. It considers emotions, liking disliking, modalities anger in the study of every disease. After taking the complete history of hereditary background and family environment, the history of mother during pregnancy, homeopathic medicines can give better results in autism, as it is a disease of psychological origin. Homeopathy is particularly attractive due to its absence of toxic effects. Homeopathy offers natural, effective remedies for children suffering from AUTISM Rather than suppressing the symptoms of restlessness, difficulty in focusing, and lack of behavioural control. Homeopathy gets to THE ROOT CAUSE of the problem and works

to bring the system into a STATE OF BALANCE.

### Types of Autism

#### Autistic disorder

It refers to problems with social interactions, communication, and imaginative play in children younger than 3 years.

#### Asperger's syndrome

These children don't have a problem with language -- in fact, they tend to score in the average or above-average range on intelligence tests.

**Pervasive developmental disorder or PDD** – also known as atypical autism. this is a kind of catch-all category for children who have some autistic behaviors but who don't fit into other categories.

#### Childhood Disintegrative Disorder

These children develop normally for at least two years and then lose some or most of their communication and social skills.

Few Common homeo remedies for autism are-stramonium, chamomilla, phosphorus, tuberculinum, nux vom.

Few Rare homeo remedies for autism are-Human placenta, Aqua amniota humana, Umbilicus humanus, Folliculinum, Lac humanum. **If the mother is tormented either by the in laws or family members during 3-6 months of pregnancy- The Foetus may born with mental retardation,ADHD,Autism, or abnormal presentations.**

### Method

Clinical observational study done in 10 children suffering from Autism [age 3-14yrs].

Inclusion Criteria were -

- Homeopathic medicines given based on aetiology and symptomatic behaviour. Ex.Stramonium, Chamomillia, Hyoscyamus, Pulsatilla, Nux vomica, Phosphorus and Ignatia.
- Homeopathy medicines were prescribed to release the toxic effects of heavy metals.Ex.Alumina, Cadmium Sulphuricum, Mercurius solubilis, Plumbum metallicum and Arsenicum album.
- Intercurrent homeopathic drugs were given as per the stressing factors. Ex.Aconite, Stramonium etc.

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Parents were instructed not to give any other medication for any illness during this course. They were told to report back in every 40 days till 12 months from the commencement of homeopathic treatment.

Homeopathy is impotent without miasm. Psora, sycosis, syphilis and Tubercular miasm were paid importance in an individual case.

### **Result and conclusion**

70% Improvement is observed in symptomatic behaviour.

Homeopathy medicines prescribed to release the toxic effects of heavy metals were proved beneficial in improving Behaviour and sociability; reducing Obsession and increased eye contact. Intercurrent homeopathic drugs were given as per the stressing factors at the right time opened up the case further and helped more in healing and solved acute problems. Acute violent attacks were controlled very well in 50% cases.

Though subjective, the response to homeopathic medicines in this case series proved homeopathy as a promising therapy in treating Autism. Each child has his own peculiar way of expressing the energy pattern; some expresses themselves through their fears, some through their dreams, some through their use of drawings, and so on.

A homeopath must be sensitive and observative to note down every minute factor. He must know about the journey and stage of disease; from where to start and where to stop; how to touch the base core of individual patient. Then only homeopathy is beneficial in this rare psychological disorder- Autism.

### **Earlier the Onset of Treatment, the More Improved Outcome**

[every year 8 million people die due to psychiatric disorders; Homeopathy can prevent many of them.]

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