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## Autism spectrum disorder treated with individualised homoeopathic medicine-lac humanum: A case report

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### Abstract

**Background:** Autism Spectrum Disorder (ASD) is a neurodevelopmental condition impacting language, social skills, communication, and behaviour in infants and children. While the exact causes are unclear, factors such as premature birth, encephalitis, environmental toxins, etc. are believed to contribute to its prevalence surge. ASD necessitates tailored therapeutic and behavioural interventions. Studies suggest that homoeopathy may offer benefits in reducing autistic symptoms, showcasing its potential in ASD treatment. Here Lac Humanum 200 helped the child recover from autism.

**Objectives:** To evaluate the efficacy of homoeopathic management in managing ASD.

**Case Summary:** A 2.5-year-old male child diagnosed with ASD at the age of 2 presented with symptoms such as loss of speech, self-harming behaviour, loss of eye contact, repetitive behaviour, and reduced social interaction. An assessment using the ISSA and CAR scoring was carried out, and Lac Humanum 200 was prescribed based on the child's symptom similarity, with one dose administered monthly. The child's symptoms gradually improved and in nine months patient was rendered free from ASD by CARS conducted by a psychiatrist as well.

**Results:** Autism Spectrum disease cannot just be managed but cured with homoeopathy. In this case, there was marked improvement in the ISSA and CAR scores and symptom severity of the child within a few weeks of starting the treatment.

**Conclusion:** Homoeopathy is flourishing worldwide and its efficacy in psychiatric disorders, here, ASD can be of prime importance in future. Various researchers have turned tables and shown amazing results in cases of Autism Spectrum Disorder with homoeopathic remedies.

**Keywords:** Autism spectrum disorder, childhood disease, behaviour, social skills, communication problems, encephalitis, homoeopathy

### Introduction

Autism spectrum disease is a phenotypically heterogeneous group of neurodevelopmental syndromes with a wide range of impairments in social communication and restricted and repetitive behaviours. Most symptoms appear in the first three years of life, typically evident in the second year of life. ASD in DSM V includes five major syndromes-autistic disorder, Asperger disorder, Rett syndrome, childhood disintegrative disorder and pervasive developmental disorder not otherwise specified thereby resulting in a rise in several ASD cases in the recent history which were otherwise divided into the above five disorders categories. Although the etiology is unknown, it is believed to be of genetic origin, in addition, environmental influences also play a significant role. According to a 2023 WHO research, one in a hundred children has autism spectrum disease. The estimated prevalence of Autism in India is around 1 in 68 children<sup>1</sup>. In DSM-5<sup>2</sup> the two core diagnostic impairments are-1. Deficit in social communication and 2-repetitive and restrictive behaviours. Children with ASD often exhibit intense interest in a narrow range of activities, prefer solitude, resist change, present hyperactivity, self-destructive traits, lack danger, aggression, poor focus, and lack of eye contact, and speech, and language difficulties and are often unresponsive to their social environment as compared to their peers.

Homoeopathic remedies in such cases not only help manage ASD symptoms and treat them but also improve the quality of life of both the patient and parents. A pregnancy history of the mother is taken along with the peculiar and unusual traits of the child apart from the general symptoms of ASD.

Homoeopathy treats the individual and not just the disease. This is a case of a 2.5-year-old male child with moderate autism (according to the ISAA and cars scale) treated with Lac humanum.

### Aim

To determine the effectiveness of homoeopathic medicines in managing and treating a case of autism spectrum disorder.

### Objective

1. To ascertain the rapid action of homoeopathic medicine in neurodevelopmental diseases
2. To see the extent of improvement with homoeopathy in psychiatric paediatric cases.

### Case Summary

This is a case of a 2.5-year-old male child who lost speech six months before visiting the clinic. The child started exhibiting symptoms such as head-banging, restlessness, lack of eye contact, attachment to inanimate objects, reluctance to play with others, a desire for solitude, and hand flapping in the sequence as written. Pre-natal history of the mother revealed mental stresses throughout the pregnancy, child was born pre-term due to leakage of amniotic fluid through normal vaginal delivery but the child cried late, never had mother's milk, and speech and walking milestones were delayed as well. The condition was evaluated using CARS and ISAA and with the help of LAC HUMANUM 200 child started to get relief. The first thing that went away was self-harm in the first week of starting treatment.

### Diagnostic Criteria

The DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition) outlines the following criteria for Autism Spectrum Disorder (ASD)<sup>2</sup>.

#### 1. Persistent deficits in social communication and social interaction across multiple contexts, as manifested by

- a) Deficits in social-emotional reciprocity,
- b) Deficits in nonverbal communicative behaviours used for social interaction, and
- c) Deficits in developing, maintaining, and understanding relationships.

#### 2. Restricted, repetitive patterns of behaviour, interests, or activities, as manifested by at least two of the following

- a) Stereotyped or repetitive motor movements, use of objects, or speech.
- b) Insistence on sameness, inflexible adherence to routines, or ritualized patterns of verbal or nonverbal behaviour.
- c) Highly restricted, fixated interests that are abnormal in intensity or focus.
- d) Hyper- or hypo-reactivity to sensory input or unusual interest in sensory aspects of the environment.

### Intervention

Lac humanum 200 medicine was given to him in increasing potency, one dose every month for 3 months (200, 1M, 10M) and then the patient was kept on a placebo for the rest 6 months. Parents were advised to send the patient for occupational therapy after his speech returned in 1.5 months of treatment.

### Rubric selection

#### Rubrics derived from Pre-Natal history

Mind-Delusion-neglected-he or she is neglected  
Mind-delusions-alone, being, world; alone in the  
Mind-Anger-contradiction from  
Mind-anger-alternating with repentance

#### Rubrics derived from the child's case

- Mind-Company-desire for-amel. In company (a PQRS in case of autism).
- Generals-Food and drinks-Milk-desire-warm (pt. never had mother's milk but only craves warm milk throughout the day at the age of 2.5 years).

### Lac Humanum

A remedy made from mother's milk, proved by Dr Rajan Sankaran<sup>3</sup>. All mammals are dependent on care and nourishment, but in the human being, the dependency is very prominent as we can see in human childhood<sup>4</sup>. In this case, during pregnancy patient's mother felt the following: "Isolated" feeling as if no one cared for me, or as if there is no one to look after me. Irritable, rude and hurtful to family members, but would apologise immediately. Easily irritable, rebellious, rude in speech and behaviour, back answering and hurtful to those around. More themes like that of detachment and isolation: Estranged from family, no connection or bond, company desire, can't trust new people, feeling deeply empty, etc run in this drug.


### Outcome Assessment

The initial ISAA rating was 108 before treatment. After 9 months of the medication regime, the ISAA score decreased to 52 (108: Indicating moderate autism). Child's Video testimonials and pieces of evidence are also present with the consent of the parents.

### Conclusion

Children are the future of each country and their well-being is of paramount significance. The increasing number of cases of ASD needs more vigilance and research to ascertain the cause and treatment. Homoeopathy has turned out to be one of the most effective systems of medicine to manage and cure autism. In the above case not only the quality of life of the patient (the child) improved but also that of his family. The Autism Assessment is evidence of how homoeopathy can save and improve the lives of autistic children. Individualisation is the key in homoeopathy to reach the similitum in not just psychiatric cases but even the rest.

**ISAA Results before treatment is attached below**



**INDIAN SCALE FOR OF AUTISM**

Name of the child: DEVANSH      Gender: MALE      Da

D.O.B.      Age: 2 years 5 months      Examiner: Dr. Sanskriti

Directions:  
Below are given 40 statements which are divided under six domains, please (C) mark the appropriate rating for each item of the scale by observing the child and by interviewing the parents in order to assess Autism

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Ministry of Social Justice & Empowerment, Govt. of India | An ISO 9001:2000 Institution  
Manovikas Nagar  
Secunderabad — 500 009

Score	1-Rarely	2-Sometimes	3-Frequently	4-Mostly	5-Always
Items	Upto 20%	21-40 %	41-60%	61-80 %	81-100%

isaa devansh before.docx

**II SPEECH-LANGUAGE AND COMMUNICATION**

15. Acquired speech and lost it      4

16. Has difficulty in using non-verbal language or gestures to communicate      1

17. Engages in stereotyped and repetitive use Of language      5

18. Engages in echolalic speech      3

19. Produces infantile squeals/ unusual noises      1

20. Unable to initiate or sustain conversation with others      3

21. 21. Uses jargon or meaningless words      2

22. Uses pronoun reversals      4

23. Unable to grasp pragmatics of communication (real meaning)      2

Uses jargon or meaningless words  
22 Uses pronoun reversals  
23 Unable to grasp pragmatics of communication  
Uses jargon or meaningless words  
22 Uses pronoun reversals  
23 Unable to grasp pragmatics of communication

**IV. BEHAVIOUR PATTERNS**

24. Engages in stereotyped and repetitive motor mannerisms      5

25. Shows attachment to inanimate objects      5

26. Shows hyperactivity/ restlessness      5

27. Exhibits aggressive behavior      2

28. Throws temper tantrums      2

29. Engages in self-injurious behavior      4

30. Insists on sameness      3

**V. SENSORY ASPECTS**

31. Unusually sensitive to sensory stimuli      2

32. Stares into space for long periods of time      1

33. Has difficulty in tracking objects      1

34. Has unusual vision      1

35. Insensitive to pain      1

36. Responds to objects/people unusually by smelling, touching or tasting      1

**VI. COGNITIVE COMPONENT**

37. Inconsistent attention and concentration      4

38. Shows delay in responding      4

39. Has unusual memory of some kind      2

40. Has 'savant' ability      1

Classification	No Autism < 70	Mild Autism 70 to 106	Moderate Autism 107 to 153	Severe Autism > 153
Total score			108	

**ISAA results after 9 months are given below**

INDIAN SCALE FOR OF AUTISM					
Name of the child: MASTER DEVANSH		Gender: MALE		Date: 22 feb 2024	
D.O.B:		Age: 3 YEARS 2 MONTHS		Examiner: Dr. Sanskriti	
<p>Directions:</p> <p>Below are given 40 statements which are divided under six domains, please tick (C) mark the appropriate rating for each item of the scale by observing the child and by interviewing the parents in order to assess Autism</p>					
<p>National Institute for the Mentally Handicapped                      (Ministry of Social Justice &amp; Empowerment, Govt. of India) An ISO 9001:2000 Institution                      Minovikas Nagar Secunderabad - 500 009</p>					
	Score 1-Rarely	2-Sometimes	3-Frequently	4-Mostly	5-Always
Items	Upto 20%	21-40 %	41-60%	61-80 %	81-100%
<b>I SOCIAL RELATIONSHIP AND RECIPROCITY</b>					
1. Has poor eye contact	1				
2. Lacks social smile	1				
3. Remains aloof	1				
4. Does not reach out to others	1				
5. Unable to relate to people	1				
6. Unable to respond to social/ environmental cues					
7. Engages in solitary and repetitive play activities	3				
8. Unable to take turns in social interaction	1				
9. Does not maintain peer relationships	1				
<b>II EMOTIONAL RESPONSIVENESS</b>					
10. Shows inappropriate emotional response	1				
11. Shows exaggerated emotions	2				
12. Engages in self-stimulating emotions	1				
13. Lacks fear Of danger	1				
14. Excited or agitated for no apparent reason	3				
<b>III SPEECH-LANGUAGE AND COMMUNICATION</b>					
15. Acquired speech and lost it	1				
16. Has difficulty in using non-verbal language or gestures to communicate	1				
17. Engages in stereotyped and repetitive use Of language	2				
18. Engages in echolalic speech	1				
19. Produces infantile squeals/ unusual noises	1				
20. Unable to initiate or sustain conversation with others	1				
21. 21. Uses jargon or meaningless words	1				
22. Uses pronoun reversals	2				
23. Unable to grasp pragmatics of communication (real meaning)	1				
Uses jargon or meaningless words					
22 Uses pronoun reversals					
23 Unable to grasp pragmatics of communication					
Uses jargon or meaningless words					
22 Uses pronoun reversals					
23 Unable to grasp pragmatics of communication					
<b>IV. BEHAVIOUR PATTERNS</b>					
24. Engages in stereotyped and repetitive motor mannerisms	2				
25. Shows attachment to inanimate objects	2				
26. Shows hyperactivity/ restlessness	3				
27. Exhibits aggressive behavior	1				
28. Throws temper tantrums	1				
29. Engages in self-injurious behavior	1				
30. Insists on sameness	1				
<b>V. SENSORY ASPECTS</b>					
31. Unusually sensitive to sensory stimuli	1				
32. Stares into space for long periods of time	1				
33. Has difficulty in tracking objects	1				
34. Has unusual vision	1				
35. Insensitive to pain	1				
36. Responds to objects/people unusually by smelling, touching or tasting	1				
<b>VI. COGNITIVE COMPONENT</b>					
37. Inconsistent attention and concentration	1				
38. Shows delay in responding	2				
39. Has unusual memory of some kind	1				
40. Has 'savant' ability	1				
Classification	No Autism < 70	Mild Autism 70 to 106	Moderate Autism 107 to 153	Severe Autism > 153	
Total score	52				
<b>15 Test Manual</b>					

Score came out to be 52 (minimum score for diagnosis of autism is >70).

**Parents' Consent:** Obtained.

**Fund:** Financial Support and Sponsorship-None.

**Acknowledgment**

I thank my professors for all the knowledge, and for the opportunity to see and treat such cases. I'm grateful for the



cooperation of my family, the patient and their family in attending regular follow-up appointments during the treatment and for their readiness to allow their case to be used for academic purposes.

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#### How to Cite This Article

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