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Dr. Ravindra Singh Kuntal
PG Scholar, Department of
Oragnon Of Medicine &
Homoeopathic Philosphy, Dr.
MPK Homoeopathic Medical
College Hospital & Research
Centre (Under Homoeopathy
University), Saipura,
Sanganer, Jaipur, Rajasthan,
India

Dr. Rajshree Jangid
PG Scholar, Department of
Oragnon Of Medicine &
Homoeopathic Philosphy, Dr.
MPK Homoeopathic Medical
College Hospital & Research
Centre (Under Homoeopathy
University), Saipura,
Sanganer, Jaipur, Rajasthan,
India

Dr. Chirag Mishra
PG Scholar, Department of
Repertory, Dr. MPK
Homoeopathic Medical College
Hospital & Research Centre
(Under Homoeopathy
University), Saipura,
Sanganer, Jaipur, Rajasthan,
India

Dr. Shipra Singh
PG Scholar, Department of
Repertory, Dr. MPK
Homoeopathic Medical College
Hospital & Research Centre
(Under Homoeopathy
University), Saipura,
Sanganer, Jaipur, Rajasthan,
India

Correspondence

Dr. Ravindra Singh Kuntal
PG Scholar, Department of
Oragnon Of Medicine &
Homoeopathic Philosphy, Dr.
MPK Homoeopathic Medical
College Hospital & Research
Centre (Under Homoeopathy
University), Saipura,
Sanganer, Jaipur, Rajasthan,
India

Autism spectrum disorder and homoeopathy

**Dr. Ravindra Singh Kuntal, Dr. Rajshree Jangid, Dr. Chirag Mishra
and Dr. Shipra Singh**

Abstract

Pervasive developmental disorders are a group of neuro developmental disorders characterized by impairments in communication, reciprocal social interaction and restricted repetitive behaviors or interests. This article focuses on treatment of Autism spectrum disorder (ASD) through homoeopathic medicines.

Keywords: autism, developmental disorders, asperger, homoeopathy, pervasive

Introduction

Pervasive developmental disorder (PDD) is characterized by impaired development in several areas of development. Pervasive developmental disorders (PDD) define as a group of symptoms characterized by delays in the development of milestones. Symptoms may be noted by the parents as early as infancy, inspite of the fact that the typical age is before 3 years of age. Symptoms which can be noted as difficulty in talking and understanding the languages; difficulty relating to anything which includes people, surrounding; and awkward repetitive body movements or behavior patterns [2]. Prevalence rate of 0.9/1000 of Northwest India, The highest prevalence rate was observed in the rural area [3]. Pervasive developmental disorders are Autistic Disorder, Asperger disorder, Rett disorder, Childhood disintegrative disorder, Pervasive developmental disorder- not otherwise specified(PDD-NOS) [4]. ICD-10-CM Diagnosis Code F84.9 [5] for Pervasive developmental disorder.

Autistic disorder

Also called Autism spectrum disorder (ASD) is a cluster of developmental disorder that affects communication and behavior. Although autism can be diagnosed at any age, it is said to be a “developmental disorder” because symptoms generally appear in the first two years of life [6]. ASD also have an increased risk of psychiatric problems such as anxiety, depression, obsessive-compulsive disorder, and eating disorders [7]. It is a common condition that affects almost five times as many males as females.

The factors which are responsible for ASD are

1. Genetic
2. Environmental factors (such as parents have a child at an older age, pregnancy or birth complications, and pregnancies spaced less than one year apart [8]).

Abnormilites in Social and communication behaviors may include

1. Eye contact inconsistent or poor,
2. Incline not to attentive listening people or look at them,
3. Difficulty in sharing enjoyment, slow to respond,
4. Difficulty in initiating or carry on a conversation,
5. Often talking at length about a favorite subject without noticing that others are not interested or without giving others a chance to respond,
6. Impaired facial expressions, movements, and gestures, abnormal tone of voice that may sound sing-song or flat and robot-like
7. Unable to predict or understand other people’s actions & conversation.

Restrictive, repetitive and stereotyped behaviors, interests or activities may include

1. Repeating or unusual behaviors likes, repeating words or phrases, a behavior called

echolalia.

2. Restricted interest in certain topics, such as numbers,
3. Obsession with interests, such as with moving objects or parts of objects or unwilling to changes in a routine,
4. Sensitivity to light or noise.
5. Persistently making same gestures like hand waving, finger flicking, rocking, hand flapping. Children with ASD may also have exceptional abilities, likes Being able to learn things in detail and remember information, being strong visual and auditory learners, Excelling in math, science, music, or art ^[6].

The management of ASD includes behavioural therapy(at home and school as early as possible),adolescents with other psychiatric problems such as anxiety, depression, obsessive-compulsive disorder, and eating disorders, requires psychotherapy, medication and parents supports.

Homoeopathic approach for autism spectrum disorder are

Calcarea carbonica ^[9]: Forgetful, Confused, Obstnacy, slight mental effort produce a hot head. Children grow fat large bellied with large head. Aversion to work or exertion.

Zincum metallicum ^[9]: Weak memory very sensitive to noise. Aversion to work, talking. Child repeats everything that is said to it. Melancholia. Lethargic, stupid. Feet in Continous motion; cannot keep still.

Helleborous Niger ^[9]: Slow in answering. Thoughtless; staring. Involuntary sighing. Picks lips and clothes. Sensorial depression. Automatic motion of one arm and leg.

Chamomilla ^[9]: Child impatient, Child wants many things which he refuses when given. Child can only be quietened when carried about and petted constantly.

Lycopodium ^[9]: Weak memory, confused thoughts; spells or writes wrong words and syllables. Failing brain power. apprehensive, melancholy. Cannot read what he writes.

Nux vomica ^[9]: very irritable, sensitive to all impressions. Cannot bear noises, odors. Light, etc. do not want to be touched.

Nux moschata ^[9]: changeable; laughing and crying. Confused, impaired memory, bewildered sense, as in a dream. Lypothymia (mental prostration after grief)

China ^[9]: Disobedient, taciturn, ideas crowded in mind, cries suddenly

Ignatia ^[9]: changeable mood; introspective; silently brooding. Sadnot communicative. Sighing and sobbing.

Mercurius solubilize ^[9]: Slow in answering question, memory weak.

Stramonium ^[9]: Ceaseless talking, loquacious, laughing, singing, rhyming, trembling, rapid changes from joy to sadness.

Hyoscyamus ^[9]: Talkative, foolish, great hilarirty, muttering speech, constant carphologia.

Phosphoricum acidum ^[9]: listless, impaired memory, apathetic, indifferent. Cannot collect his thoughts or find right words. Difficult comprehension.

Coffea cruda ^[9]: activity of mind and body, Irritability, great nervous agitation and restlessness.

Carcinosinum ^[9]: Intellectual torpor. Thinks with difficulty; indifference; apathy. Children have great fear, sensitive to aprimands.

Repertorial approach from synthesis repertory for autism spectrum disorder are:^[10]

1. Mind - Childish behavior

Acon. aeth. *Agar.* agath-a. alco. *Aloe* alum. ambr. anac. ant-c. *Apis Arg-n.* arizon-l. ars. aur-m-n. BAR-C. *Bar-m.* bar-s. bell. bufo calad. *Calc.* carb-an. carb-v. *Carbn-s.* carc. cham. chlol. CIC. con. *Croc.* crot-c. cypr. falco-pe. *Hell.* hyos. *Ign.* irid-met. kali-br. kres. *Lac-ac.* lach. lyc. *Nat-c.* *Nux-m.* nux-v. op. par. *Ph-ac.* phos. pic-ac. plb. *Podo.* positr. puls. rhus-t. seneg. sep. sil. *Stram.* sulfa. sulph. thyr. tub. vanad. verat. viol-o. zinc-m. zinc-n. zinc-p. zinc.

2. Mind - Abrupt - harsh - children; in

Bac.

3. Mind - Irritability - children, in

Abrot. ant-c. ant-t. ars. ascar-l. aur. bell. benz-ac. borx. calc-br. *Calc-p.* *Calc.* camph. carc. Cham. *Chin.* CINA cupr. dulc. graph. *Iod.* ip. jal. kali-br. kali-p. kreos. lac-c. loxo-recl. lyc. Mag-C. med. nux-v. physala-p. psor. puls. rheum rhus-t. *Sacch.* sanic. sep. *Sil.* Staph. sulph. syph. *Tub.* verat. zinc.

4. Mind - slowness - children; in

Carc.

5. Mind - irritability - children, in - cross all day, good all night

LYC.

6. Mind - irritability - children, in - pushes nurse away

LYC.

7. Mind - irritability - children, in - good all day, cross all night

Jal. psor.

8. Mind - grimaces - children; in

Carc.

9. Mind - absentminded - children - schoolchildren

Bar-c.

10. Mind - gestures, makes - repeating the same actions

Chen-a. lach. plat. *Syph.* tub. Verat. *Zinc-i.* *Zinc-m.* *Zinc-n.* *Zinc-p.* *Zinc.*

11. Mind - gestures, makes - childish

Anac. verat.

12. Mind - looked at; to be - evading the look of other persons

Cupr. nat-m. plb. *Stram.*

13. Mind - looked AT; to be - looking down when looked at

Agar.

14. Mind - sensitive - light, to

Acon. androc. ant-c. aqui. arge-pl. arizon-l. *Ars.* aur. bad. Bell. borx. bros-gau. buth-a. *Colch.* con. hippoc-k. irid-met. *Kali-p.* lac-c. lyss. mim-p. nicc-met. NUX-V. olib-sac. Phos. positr. sang. stram. streptoc. thiam. tub. tung-met.

15. Mind - sensitive - noise, to

achy. *Acon.* adam. agar. agath-a. allox. aloe alum-p. alum-sil. alum. am-c. am-m. ambr. anac. androc. ang. anh. ant-c. ant-met. ant-t. apis aqui. aran-ix. *Arg-n.* arge-pl. *Arn.* *Ars-i.* *Ars.* asaf. Asar. aur-ar. aur-i. aur-m-n. aur-m. *Aur.* bad. bamb-a. bap. *Bar-c.* bar-i. Bell. *Bor-pur.* Borx. brom. *Bry.* bufo bung-fa. *Buteo-j.* buth-a. cact. cadm-met. *Calad.* calc-f. calc-sil. *Calc.* camph. cann-i. cann-s. cann-xyz. canth. caps. carb-an. *Carb-v.* *Carbn-s.* carc. card-b. card-m. cartl-s. *Caust.* *Cham.* chel. chen-a. chin-b. CHIN. chinin-ar. chlol. cic. cemic. cina cinnb. *Cocc.* COFF. colch. CON. convo-s. cop. cortiso. crot-h. cupr. cyn-d. cypra-eg. dig. dream-p. dros. falco-pe. *Ferr-ar.* ferr-f. ferr-lac. ferr-n. *Ferr-p.* ferr-sil. *Ferr.* *Fl-ac.* foll. gaert. gard-j. gels. ger-i. glon. GRAPH. haliae-lc. *Hell.* helo-s. hep. hippoc-k. hura hyos. *Ign.* ina-i. *Iod.* *Ip.* irid-met. kali-ar. KALI-C. kali-i. *Kali-p.* kali-s. kali-sil. ketogl-ac. *Kola* lac-ac. *Lac-c.* lac-cp. lac-del. lac-e. lac-lup. *Lach.* *Lachn.* *Lat-m.* laur. lept. lil-t. limest-b. loxo-recl. *Lyc.* lycpr. *Lyss.* m-ambo. m-arct. m-aust. mag-c. *Mag-m.* mag-p. manc. *Mand.* mang. *Med.* medul-os-si. *Merc.* moni. mosch. *Mur-ac.* musca-d. myos-a. nad. nat-ar. *Nat-c.* *Nat-m.* nat-p. *Nat-s.* nat-sil. nicc-met. NIT-AC. *Nux-m.* NUX-V. *Olib-sac.* olnd. onos. OP. ox-ac. ozone palo. parathyr. petr. ph-ac. phel. *Phos.* pieri-b. pin-con. plac. plan. *Plat.* plut-n. podo. positr. ptel. *Puls.* raph. rhus-t. sabad. sabin. sang. sars. sec. sel. seneg. SEP. SIL. *Spig.* squil. stann. staph. stram. streptoc. stront-c. stry. suis-em. suis-hep. sul-ac. sulfonam. sulph. sumb. symph. syph. tab. tanac. tarax. tarent. tax. temp. *Teucr.* THER. thuj. trios. TUB. tung-met. uva v-a-b. valer. verat. viol-o. visc. xan. yuc. ZINC-P. ZINC.

16. Mind - Conversation - difficult to carry on

Med.

17. Mind - Absentminded - spoken to; when

Am-c. am-m. ambr. bar-c. dream-p. nux-v.

18. Mind - Loquacity - children; in

Bufo hyos. lach. sacch. stroph-h. verat.

19. Mind - Anxiety - children - in

Acon. aeth. arg-n. ars. *Borx.* calc-p. calc-sil. calc. carc. *Cham.* *Cina* Gels. graph. *Kali-c.* rhus-t. sil. stram.

20. Mind - Anger - destroy things; with tendency to - children; in

Carc.

21. Mind - Antics; playing - children; in

Apis Bell. *Carb-v.* cic. croc. cupr. Hyos. ign. kali-bi. lact. lyc. Merc. nux-v. op. *Phos.* plb. sacch. stram. tub. verat.

22. Mind - Antisocial - children; in

Sacch.

23. Mind - autism - children; in

agar. bufolyc. tub.

24. Mind - behavior problems - children; in

agar. anac. bufo. cham. cina. cupr. ferr. hep. hyos. lach. lyc. med. m. erc. nux-v. p-benzq. plat. psor. rhus-t. staph. stram. sulph. syph. tarent. *Tub.* verat. zinc.

25. Mind - capriciousness - children; in

carc.

26. Mind - behavior problems - children; in

agar. anac. bufo cham. cina cupr. ferr. hep. hyos. lach. lyc. med. merc. nux-v. p-benzq. plat. psor. rhus-t. staph. stram. sulph. syph. tarent. *Tub.* verat. zinc.

27. Mind - foolish behavior - children; in

androc. apis bar-c. *Bell.* carb-v. chin. cic. croc. cupr. hyos. ign. kali-bi. lach. lyc. MERC. nux-v. op. phos. plb. psil. sacch. sil. spong. stram. tarent. tub. verat.

Conclusion and Discussion

Homoeopathy takes a holistic medicinal approach where the whole person is treated including mind and body. In the homoeopathic system of medicine a true picture of the patient is created with the help of complete case taking and on the basis of totality of symptoms a most similar medicine is prescribed. Homoeopathic Medicines prescribed on the basis of totality of symptoms and miasmatic analysis have effective results in cases of Autistic disorder. We considered totality of symptoms. A detailed case taking which help us to get individualized picture of the patient to reach the similitum. A careful clinical examination and history taking bring out best results in cases of autism. Yet there are medicine selected in the homoeopathy on the basis of totality of symptoms J. H. Clarke described that “there are certain disease come to have certain remedies assigned to them and all the patient who are found to be suffering from any given disease must be dosed with one of the remedies credited to it.” Hence the the medicine should be prescribed on the basis of reportorial totality as well as therapeutic approach indicated towards particular condition. As in the case of autism spectrum calcarea carb., zincum met, helliborous niger, chamomilla, lycopodium etc. medicine are metioned above.

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