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**Muthulakshmi Akshaya M**

Department of Paediatrics,  
Sarada Krishna Homoeopathic  
Medical College, Kulasekhrum,  
Kanniyakumari, Tamil Nadu,  
India

**Sisir PR**

Department of Paediatrics,  
Sarada Krishna Homoeopathic  
Medical College, Kulasekhrum,  
Kanniyakumari, Tamil Nadu,  
India

**Sivaramyapragathi RS**

Department of Paediatrics,  
Sarada Krishna Homoeopathic  
Medical College, Kulasekhrum,  
Kanniyakumari, Tamil Nadu,  
India

**Corresponding Author:**

**Muthulakshmi Akshaya M**

Department of Paediatrics,  
Sarada Krishna Homoeopathic  
Medical College, Kulasekhrum,  
Kanniyakumari, Tamil Nadu,  
India

## A case of autism spectrum disorder managed with homoeopathic medicine sulphur

**Muthulakshmi Akshaya M, Sisir PR and Sivaramyapragathi RS**

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### Abstract

**Background:** Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that affects an infant's or child's language, social skills, communication, and behavior. In recent times, there has been a surge in the prevalence of ASD. While the causes of ASD remain unknown, it is believed that a faulty placenta, premature birth, encephalitis, and a toxic environment may be contributing factors. ASD requires specific therapeutic and behavioral interventions for treatment. Homoeopathy, with its comprehensive approach, has been found to be effective in reducing the severity of autistic symptoms. This study presents a case of ASD that improved significantly with the administration of Sulphur IM, a homoeopathic medicine, highlighting the potential benefits of homoeopathy in treating ASD.

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

**CASE Summary:** A 5-year-old boy diagnosed with ASD a year ago presented with symptoms such as loss of eye contact, speech delay, repetitive behavior, and social isolation. A detailed assessment using the ISSA chart was carried out, and Sulphur IM was prescribed based on the child's symptom similarity, with one dose administered weekly. The child's symptoms gradually improved and he is currently undergoing treatment.

**Results:** Homoeopathic treatment for ASD is a promising trend, with many cases being successfully treated and even cured. This case demonstrated marked improvement in the ISSA score and symptom severity.

**Conclusion:** As children are the future of our society, it is crucial to ensure that every pillar is strong. The prevalence of ASD is increasing, and this study sheds light on the potential causes of ASD and the importance of homoeopathic and other therapeutic interventions in managing the condition.

**Keywords:** Autism spectrum disorder, behavior, communication, encephalitis, homoeopathy, social skills

### Introduction

Autism spectrum disorder (ASD) is a type of pervasive developmental disorder that affects approximately 1 in 68 children worldwide. In recent years, the incidence of autism has risen to 1 in 110 in the United States and 1 in 64 in the United Kingdom<sup>[1-5]</sup>. Unfortunately, there has also been a significant increase in ASD cases in India, with an estimated 6 million children affected. Mild symptoms are present in 1 out of every 500 Indian infants, and there are around 20,000 new cases of ASD each year, with 3 to 5 cases added annually. ASD is more prevalent in boys than girls, with males being affected 3 to 4 times more often. Symptoms typically appear during the first 3 years of life<sup>[6]</sup>.

ASD presents with a range of symptoms that include hyperactivity, self-harm, aggression, repetitive behaviors, temper tantrums, poor focus, lack of eye contact, and speech, language, and communication difficulties<sup>[1, 2, 4]</sup>. Although the exact cause of ASD is unknown, research suggests that it is due to abnormalities in the areas inferior to fronto-occipital fasciculus and fusiform hippocampus. Many theories have been proposed, including genetic, immunological, biological, and psychosocial factors<sup>[1, 2, 6]</sup>.

Homoeopathic treatment has been shown to be effective in improving ASD symptoms. Each child requires individualized treatment based on their specific symptoms. The mother's antenatal history and mind symptoms during pregnancy play a critical role in medicine selection. Homoeopathy emphasizes treating the individual rather than the disease label and has shown to improve the health of children with ASD<sup>[4]</sup>. In this case, a five-year-old male child was managed with the homoeopathic remedy Sulphur.

### AIMS and Objectives

To determine the efficacy of homeopathic treatment for Autism Spectrum Disorders.

**Case summary**

A case of 5-year-old boy afflicted with ASD for the past year is being discussed. The child exhibits symptoms such as a lack of eye contact, speech delay, repetitive actions, hand flapping, reluctance to play with others, and a desire to be alone. The chronic condition was evaluated using the ISSA chart, and Sulphur 1M was administered once in a week based on the symptom similarity. The child's symptoms improved gradually, and he continuing his treatment.

**Diagnostic Consideration**

To meet the criteria for ASD as per DSM-5, a child must display long-lasting shortcomings in each of the three domains related to social communication and interaction.

- Shortcomings in social-emotional give-and-take, which may manifest as deviant social approach and inability to engage in reciprocal conversation or reduced inclination to share interests, emotions, or feelings, or failure to initiate or respond to social interactions.
- Shortcomings in nonverbal behaviours that are necessary for social interaction, including improperly integrated verbal and nonverbal communication, abnormalities in eye contact and body language, and difficulties in comprehending and utilizing gestures, facial expressions, and nonverbal communication.
- Shortcomings in forming, preserving, and comprehending relationships, which could present as difficulties in adjusting behaviour to suit different social settings, challenges in sharing imaginative play or making friends, or a complete lack of interest in peers [7].

**Intervention**

The patient was given Sulphur 1M /4 Doses every week for a duration of 6 months. The parents were instructed to observe for any behavioural alterations in their child. Additionally, occupational therapy was provided.

**Sulphur: (Sublimated Sulphur)**

This is great Hahnemannian anti-psoric. It frequently arouses the reactionary powers of the organism. Often great use in beginning the treatment of chronic cases. Very forgetful. Difficult thinking. Very selfish, no regard for others [8]. Irritable and fault-finding. Distraction of mind. No power of concentration [9]. They live each in their own world, where they can feel good about themselves by imagining that they possess great knowledge, a lot of wealth and look good to others. They imagine that they are appreciated by those around them, for what they are and what they possess. It is a struggle for ego satisfaction; and this being one of the commonest traits of human beings, Sulphur tends to be over-prescribed or under-prescribed. One observation I have made about Sulphur children is that they like to touch everything, as if only what they touch is real [10].

**Outcome Assessment**

The initial ISAA ratings for the first scenario were 107 prior to treatment. Following a 6- month medication regime, the ISAA score decreased to 56 (107: indicating moderate autism).

**Conclusion**

Since the youngsters are the future foundation of our country, we must ensure that each foundation is sturdy. The incidence of autism is presently on the rise. This endeavor will aid us in comprehending the reasons behind autism and the significance of homeopathic treatment and other therapies. Homeopathic therapy for ASD is a rising trend. Numerous instances of ASD have been treated and even cured through homeopathic therapy. This case showed significant improvement in both ISSA score and symptom severity. These experiences have made it evident how crucial it is to match the appropriate medication to each patient's specific symptoms and how effective homeopathic treatment is in managing ASD.

**Parents' Consent:** Obtained

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**Conflict of Interest**

Not available

**Financial Support**

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