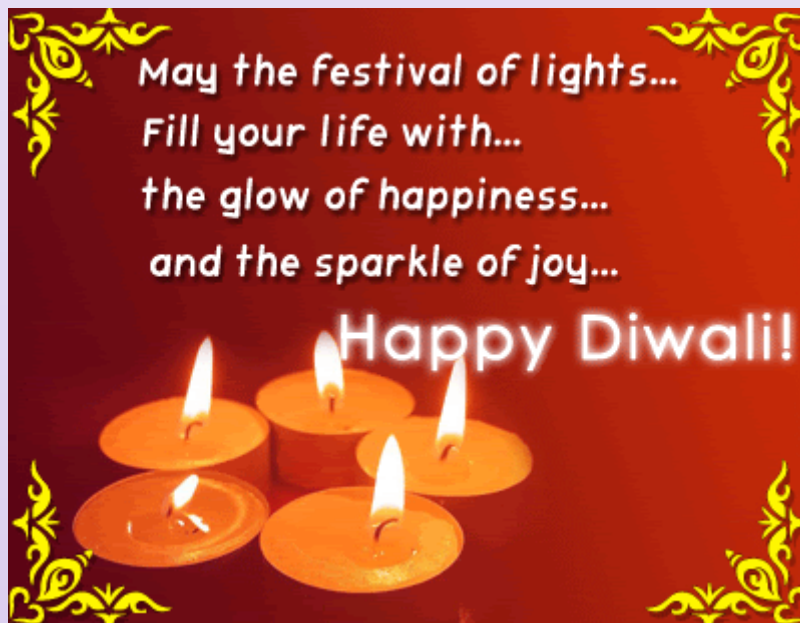




# MONTHLY NEWS LETTER



This issue includes:-

- An introduction to **Autism** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Autism on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will continue his talk about Autism and in this issue he will discuss about the **Treatment of Autism**.



Dr. Sanket Gupta, MD (Hom.), PGCP (Cardiology)

# AUTISM

## INTRODUCTION

- It is a neurodevelopmental disorder characterized by impaired social interaction, verbal and non-verbal communication, and restricted and repetitive behaviour
- Symptoms become apparent in early childhood, typically before age three
- It affects information processing in the brain by altering how nerve cells and their synapses connect & organize
- Globally, autism is estimated to affect 21.7 million people

## ETIOLOGY / CAUSES

It has long been presumed that there is a common cause at the genetic, cognitive, and neural levels for autism's characteristic triad of symptoms.

- autism cannot be traced to a single-gene mutation or to a single chromosome abnormality
- synaptic dysfunction may also be a cause of autism
- Exposure to air pollution during pregnancy, esp. heavy metals & particulates, may increase the risk
- Environmental factors that may lead to autism are:- certain foods, infectious diseases, solvents, diesel exhaust, PCBs, phthalates & phenols used in plastic products, pesticides, brominated flame retardants, alcohol, smoking, illicit drugs, vaccines, and prenatal stress

## INVESTIGATIONS

- Autism Diagnostic Interview-Revised (ADI-R) is a semi structured parent interview
- Autism Diagnostic Observation Schedule (ADOS) uses observation and interaction with the child
- Childhood Autism Rating Scale (CARS) is used widely in clinical environments to assess severity of autism based on observation of children

## SIGNS & SYMPTOMS

- Delayed onset of babbling, unusual gestures, diminished responsiveness & vocal patterns and repetition of words
- Autistic toddlers have less eye contact & turn-taking, & do not have the ability to use simple movements to express themselves, such as pointing at things
- 3 to 5 year-old children are less likely to approach others spontaneously, imitate and respond to emotions, communicate nonverbally, and take turns with others
- Repetitive movements like hand flapping, head rolling, or body rocking
- Limited in focus, interest, or activity, such as preoccupation with a single toy or game

## WHAT YOU CAN DO

- Lessen associated deficits and family distress, and increase quality of life & functional independence.
- Intensive, sustained special education programs and behaviour therapy early in life



Prof. Dr. A.K. Gupta, MD (Hom.)



Founder-Director AKGsOVIHAMS, Gold Medallist

# **ROLE of HOMOEOPATHY in TREATMENT & MANAGEMENT of AUTISM**

Autism (or Autism Spectrum Disorder) is a complex disease to deal with. There is no known apparent cause for a child to suffer with autism. It is generally thought that a genetic mutation might be the reason for having this disease. Though, there are a number of analytical tests available today to figure out whether the child is autistic or not. The real struggle for the parents and the patient itself starts once the case is diagnosed. The social stigma attached to such kids can be a matter of pain and agony to the parents. Everybody starts sympathising with these kids the moment they are made aware of Autism and some people even behave differently. This is the last thing that a patient needs. Yes he/she needs care, but just sympathising doesn't help. I want to communicate to the parents and society in general, that there is nothing to feel bad about the Autistic kids. Rather some of their aspects and abilities are even better and sharper than an ordinary boy/girl. What these kids need is unbiased and graceful acceptance. They should not be treated indifferently, but as any other member of the society. There are ways and means by which the disordered aspects of their body and personalities can be modified and corrected.

One such medical way of managing Autism is through Homoeopathy. There have been some wonderful results achieved in cases of delayed milestones, ADHD, Temper tantrums, Developmental disorders, Cerebral palsy, etc. with Homoeopathy in children. Autism falls under such difficult diseases and the magnificent results obtained treating the fore mentioned diseases, gives confidence to the parents and schools that Autistic kids too can be managed well in the hands of a good Homoeopathic doctor. As I have stated many times that Homoeopathy is an individualistic science and that we treat the man in disease not the disease in man, this principle itself gives the Doctor of looking into the possibility of cure in each and every ailment. Similarly with Autism, we try to gauge and identify the leading or causative factors by asking about the Intra-uterine history and parent's histories separately as well. Taking the constitution of the child into account with all the available medical and parental history, a Homoeopathic medicine is prescribed.

In diseases like Autism, it is essential and mandatory to work in tandem with an occupational therapist or special trainers to achieve the desirable results. It is extremely important to understand that the medicine is just a catalyst in these cases. It can unwind a few wires to start off the process, but the therapist with his/her trained abilities has the power to unwind many channels and functionalities of the brain which cannot be done alone with medicines. That is why we always tell the parents to either put their child in a school with an inclusive set-up or hire an occupational therapist for their children. The motor and sensory functionalities can be revived and improved with the help of practice and training only. It is like when oiling a machine, one has to initially use it mechanically to make it function smoothly later on.

We have seen some really encouraging results in treating the cases of Autism at our clinics with Homoeopathy but yes patience is the key to achieve desirable results in such cases. Slowly and steadily remarkable and positive changes are seen in the kids.

# MARVEL OF HOMOEOPATHY

This is a case of a 3 year old Autistic boy called K. T who was brought to Dr. Sanket Gupta by his parents in June 2013 at our Satya Niketan clinic. He was referred by the Bee-Hive School in Kirti Nagar which is one of a very unique school in Delhi having an all-inclusive setup for kids of all kinds. Differently able kids are here taught and trained in the same manner as other kids. Dr. Sanket Gupta was a guest physician to this school and so the school sent this boy to the Doctor to see if Homoeopathy could help the young boy.

At first, the boy was extremely shy and would hardly even look at the Doctor. He was a diagnosed case of Autism. His eyeball movement was not inclined to the stimulus of light and sound. He would speak very slowly and would generally be busy with himself and doing his own stuff even in a class of 15 other kids. He had a habit of putting everything in his mouth and there was constant drooling of saliva. He would hardly speak a word or even reply or respond to being called by his own name. He loved to play and would repeat the same motion every day. His mother told that he used to play with the utensils every day in the same manner and would not respond on being called. He was happy by himself. His ability to understand or grasp a thing was extremely slow and at times even absent. The mother used to get extremely irritated dealing with her boy and the effect of that on the child was that gradually the boy became averse to his own mother and would rather start crying when his father was not around.

Dr. Sanket counselled the parents first, before giving any medications. He made them understand that all this kid needs is patience and unconditional love. He had strict instructions for the boy's mother and made her realize the plight of their child. Mother was to tears and extremely apologetic of the fact that her behaviour towards her son was actually making the matters worse. Both the parents understood their child in a better way on their visit to AKGsOVIHAMS. The doctor advised them to consult an occupational therapist as well as such cases need training as well as medication. Dr. Sanket started the treatment and slowly and gradually some positive changes were seen.

In 1<sup>st</sup> month of treatment itself the salivation completely stopped. By the 4<sup>th</sup> month of the treatment, the level of eye contact improved tremendously and now he even started responding to his name call. He was by now much closer to his mother as well. He made 2 friends in his class as well as was told by the mother. But his speech was far from clear and he would still be relatively busy with the same processes daily.

It was fairly after more than 1 year of Homoeopathic medicines that the boy, who was now 4 years old, started speaking a few words which were usually unclear as well. But gradually the speech improved slowly and steadily and today he even sings songs whenever he comes to the clinic. The contribution of the school and the trainers and occupational therapists also was huge and must not be forgotten. There was an overall remarkable improvement on all front and the parents are extremely proud their wonderful child. They still visit us often at the clinic even for a minor cold that K. T develops. Such is their faith in Homoeopathy and Dr. Sanket Gupta today ☺

*This is the Marvel of Homoeopathy*



# MIND the MIND



KAARTIK GUPTA, MSc, M.Phil (Scholar, Cl. Psych.)

## AUTISM

In our September issue we had talked about Autism, its global prevalence rate, some of the probable causes and its main clinical features. In this issue, we will cover the most widely used and efficient psychological therapeutic techniques that help in reducing or even alleviating some of the problematic behaviours associated with autism.

- ❖ **Behaviour modification**: It is a technique aimed at reducing the occurrence of problematic behaviour and increasing the desired or wanted behaviour of the child. It can be used to deal with aggressive behaviour, improve the child's eye contact and response to name call, and encourage social interaction among other objectives. The therapist prepares a very structured and comprehensive program which is to be followed consistently and regularly both in therapy and at home by the parents.
- ❖ **Applied Behaviour Analysis (ABA)**: It is the most effective and well researched therapy for children with autism. It is aimed at teaching communication, play, social academic, self-care, work and community living skills, and to reduce problem behaviours in learners with autism. An ABA program is tailor-made for each child after considering his/her strengths, limitations, problem areas and family situation.
- ❖ **Sensory Integration Therapy (SIT)**: Autism can lead a child's sensory integration system to over react or under react to environmental stimuli. Standard therapy usually focuses on the following areas: (i) tactile (sense of touch), (ii) vestibular (sense of movement), and (iii) proprioceptive (sense of body position). The typical goal of SIT is to help the child re-organize or re-process sensory information in order to have a more accurate response to external stimuli.
- ❖ As autism influences several aspects of a child's functioning, a speech therapist, occupational therapist, paediatrician and a clinical psychologist usually form the treating team. The treatment requires *collaborative working of all these professionals* with complementary objectives.
- ❖ Recent studies also talk of ***Animal Assisted Therapy***, ***Music Therapy*** and ***Art Therapy*** as adjunct to other therapies for promising results in children with autism. However, these studies are not conclusive yet and require more research.

In order to better understand the world of a child or adult with autism, you can watch the movie *Temple Grandin*. It is based on a true story and beautifully depicts the difficulties of the person with autism, challenges faced by the caregivers, how ridiculing we as a society are to such individuals and how the world has been benefiting from the genius brain of a person with autism.

*"The world needs DIFFERENT kinds of minds to work together"*

- Dr. Temple Grandin



## Personality Changes After Deep Brain Stimulation

Deep Brain Stimulation (DBS) is a well-known & accepted treatment for neurological & psychiatric diseases. It consists of the implantation of electrodes into the brain, which send small electric impulses to specific neurons and pathways.

In Parkinson's disease (PD), DBS clearly improves patients' symptoms, functionality & quality of life in the long run. DBS influences mental states and personality and in some cases it can even lead to a "new personality".

**One recent study showed that in 45 PD patients submitted to subthalamic nucleus DBS, there was a personality change in the direction of increased impulsivity.** Surprisingly, relatives were more sensitive to this alteration than patients themselves. The lower sensitivity of the patients to the mood and behavioral changes could be the reason for the complaint: "he/she is no longer the same".

**The clinical implications of these findings are that personality evaluation should be done both before and after DBS, and informant reports should be considered.**

## Latest at AKGsoVIHAMS

- **Homoeopathic Preventive for Dengue** available at all our clinics. Course is for just **5 days** and provides immunity against Dengue for the whole season. Cost – Rs.100 only.
- View all our previous newsletters and also subscribe at [www.ovihams.com](http://www.ovihams.com)

## DID YOU KNOW?

**Our body produces enough heat in only thirty minutes to boil a half-gallon of water**

Our body is the epitome of a study on the laws of thermodynamics. We produce heat from all that is going on - exercise, metabolizing food, maintaining homeostasis – and as you sweat, exhale, excrete, and urinate.

## LAUGHTER IS THE BEST MEDICINE



**A List of Things You Don't Want to Hear During Surgery:**

1. Oops!
2. Has anyone seen my watch?
3. Wait a minute, if this is his spleen, then what's that?
4. Damn, there go the lights again...
5. Everybody stand back! I lost my contact lens!
6. Well folks, this will be an experiment for all of us.
7. What do you mean, he's not insured?
8. Let's hurry, I don't want to miss the match
9. FIRE! FIRE! Everyone get out!

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homeopathic remedies can be effective in both major and minor ailments during pregnancy, birth, and the postpartum period. Sometimes homeopathy can help prevent problems and complications in ways that conventional medicine cannot match.

- *Judy Norsigian and Jane Pincus, co-authors of **The New Our Bodies, Our Selves***

- I also turn to homeopathic remedies for the treatment of indigestion, travel sickness, insomnia and hay fever just to name a few. Homeopathy offers a safe, natural alternative that causes no side effects or drug interactions.

- *Cindy Crawford*

- Homeopathy is the safest and more reliable approach to ailments and has withstood the assaults of established medical practice for over 100 years.

- *Yehudi Menuhin*

- I can't manage without homeopathy. In fact, I never go anywhere without homeopathic remedies. I often make use of them.

- *Paul McCartney*

- Homeopathy is the only non-violent health care system.

- *Ron Harris*

- There have been two great revelations in my life: The first was bebop, the second was homeopathy.

- *Dizzy Gillespie*

- I have used homoeopathy for all my life and have also treated hundreds of people.

- *Ashok Kumar, top film actor*

- If there is scientific system of medicine, in vogue today, it is Homoeopathy; other systems are more or less empirical, but not so Homoeopathy, which has a scientific basis of its own. That, in fact, was the great contribution of Hahnemann to medical science.

- *Hon'ble Minister of Law, Govt. of India, Shri C. C. Biswas*

- The introduction of homeopathy forced the old school doctor to stir around and learn something of a rational nature about his business. You may honestly feel grateful that homeopathy survived the attempts of the allopaths to destroy it.

- *Mark Twain*

- I can't remember a time when I didn't want to be a doctor. The doctors I knew as a very young child must have helped to plant the desire in me, when I was as young as five or six. One homeopathic physician, Dr. Justice Gage Wright, was a great model.

- *C. Everett Koop, M.D. (Surgeon General of the United States from 1982-1989)*



DRUG INDUCED THROMBOCYTOPENIA

HERPES ZOSTER

CORN

# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

## WEST DELHI

J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel : 011-25101989, 011-25430368 ; Fax – 011-25111989

## SOUTH DELHI

158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel : 011-24100494

## NORTH DELHI

RU-115, Pitam Pura, opp. Power House

Tel : 011-27345218, 9873565050

EMERGENCY HELPLINE – 9811341238, 9711013938

Email – [drakgupta@ovihams.com](mailto:drakgupta@ovihams.com), [drsanketgupta@gmail.com](mailto:drsanketgupta@gmail.com)

For more Visit us at [www.ovihams.com](http://www.ovihams.com)