



---

---

**ROLE OF AYURVEDA INTERVENTION IN AUTISM SPECTRUM DISORDER  
(UNMADA)- A CASE STUDY**

**SWAMI I<sup>1</sup> AND SHARMA SD<sup>2</sup>**

- 1: Assistant Professor, *Kaumarbhritya* Department, National College of Ayurveda and Hospital, Barwala
- 2: Professor, P.G. Department of *Kaumarbhritya*, Shri Krishna Government Ayurvedic College and Hospital, Kurukshetra, Haryana

**\*Corresponding Author: Dr. Ishita Swami: E Mail: [swam\\_iishita7@gmail.com](mailto:swam_iishita7@gmail.com)**

Received 27<sup>th</sup> Oct. 2023; Revised 28<sup>th</sup> Nov. 2023; Accepted 8<sup>th</sup> April 2024; Available online 1<sup>st</sup> Jan. 2025

<https://doi.org/10.31032/IJBPAS/2025/14.1.8645>

**ABSTRACT**

Autism is a neurodevelopmental disease characterised by the inability of the affected person to socially connect and communicate with others. The objective is to improve toddlers' social skills, lower their social anxiety, and curb their problematic behaviours. Typically, these services are provided to children up to the age of three, but because of the lack of proper diagnostic tools treatment commencement get delayed. The characteristics of Autism are quite similar to those of *Unmada*, a sickness condition described in ancient Ayurvedic texts as a mental illness marked by mental bewilderment and other symptoms. The union between *Atma* (the self) and *Manas* (the mind) is disrupted for a variety of etiological reasons, which causes the vitiation of *Manovaha srotas* (channels of consciousness that flow through mind). Additionally, the the vitiation of the three doshas (*Vata*, *Pitta*, and *Kapha*) also manifests *Unmada*. Hence Childhood autism has two primary causes: *Manovaha sroto-dushti* and *Tridosha dusti*. The case of Childhood Autism examined at National College of Ayurveda and Hospital, Barwala is described in the current paper. Child was treated according Ayurvedic treatment principal of *Unmada* includes- *Daiva Vyapashrya Chikitsa* (Spiritual Therapy), *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy) and *Yukti Vyapashrya Chikitsa* (Physical Intervention). Till date there is no cure for autism spectrum disorder. This Article included a brief explanation of Ayurvedic treatment protocols in Autism Spectrum Disorder.

**Keywords: Autism Spectrum Disorder, Unmada, *Daiva Vyapashrya Chikitsa*, *Sattvavajaya Chikitsa*, *Yukti Vyapashrya Chikitsa***

## INTRODUCTION

Autism spectrum disorders (ASD) are lifelong neurodevelopmental conditions characterised by a clinically significant impairment in reciprocal social interaction and communication, alongside restricted interest and repetitive behaviours [1]. According to the INCLIN study, the incidence of ASD in five States in north and west India was as high as one in 125 children between the ages of 2 and 6 and one in 80 children between the ages of 6 and 9; the prevalence in India as a whole is estimated to be one in 89 [2]. The biggest challenge for parents of children with ASD is making the proper diagnosis, which is hampered by factors such as low IQ, retarded language milestones, or hyperactivity thus delays the treatment.

Ayurveda regards ASD as a behavioural aberration having origins in a faulty neuropsychological system and a digestive and metabolic issue classified as *Unmada*.

*Unmada* occurs when one or more mental faculties fail. It encompasses a wide range of inappropriate behaviour displayed by a person as a result of a distortion of the normal mind, intellect, cognitive, awareness, memory, desire, manner and behaviour.

Ayurveda outlined three methods of *Unmada* management: *Daiva Vyapashrya Chikitsa* (Spiritual Therapy), *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy) and

*Yukti Vyapashrya Chikitsa* (Physical Intervention).

## CASE DESCRIPTION

A 8 years old male child pre diagnosed with Mild Autism Spectrum Disorder was admitted in *Kaumarbhritya* IPD of National College of Ayurveda and Hospital, Barwala on 06 April 2023 with the complaints of Poor speech and language skills. Along with associated complaints like Poor eye contacts, Hyperactivity, Insomnia and Constipation. The child was the first alive offspring of non – consanguineous Hindu parents. There was history of Miscarriage before the birth of the child. Caesarian delivery was done at Pre term with delayed cry and birth weight was 3.5 kg. The mother and child were discharged from hospital on the fifth day after delivery. As the month went by, parents became aware of the child's failure to reach certain developmental milestones, such as his habit of making strange noise, inadequate social smile. The child was diagnosed with Mild Autism spectrum and so now attending a special school.

## DEVELOPMENTAL HISTORY (*Vikasa Vrittanta*)

### Gross Motor Skills:

- Intact - Waddling Gait.

### Fine Motor Skills:

- Intact - Poor Eye contact

**Social and Emotional Skills:**

- Poor social interaction
- Inadequate Social Smile
- Exhibits temper tantrums occasionally
- Does not prefer to play with pets

**Behavioural Issue:**

- Laughs Randomly
- Self- talking

**Speech, Language & Communication Skills:**

- Initiates communication – Verbally
- Uses Index finger pointing
- Echolalia- Verbal
- Vocabulary – 25 – 100 words
- Narrative Ability – Inadequate
- Pronominal Reversals – Absent
- Pragmatic Language skills – Inadequate

**IMMUNIZATION (*Pratirakshakarna Vrittanta*)** – Child has immunized as per Government Immunization schedule till date.

**FAMILY HISTORY (*Kula Vritanata*)**- There was no relevant family history

**PERSONAL HISTORY (*Vyaykatika Vrittanta*)**

Appetite- Moderate; Bowel- Irregular

Urine- Regular; Sleep- Sound

**ANTHROPOMETRY (*Sharira Pramana*)**

Height:132.7cm; Weight:34.8 cm; BMI: 19.8cm; Head Circumference: 52cm

Chest Circumference: 59 cm; MUAC: 17.75 cm

**GENERAL EXAMINATION-** Elbow Misalignment

**SYSTEMIC EXAMINATION – NAD**

**DIFFERENTIAL DIAGNOSIS**

**(*Sapeksha Nidana*)** - Rett's Syndrome, Asperger's syndrome, Attention Deficit Hyperactive Disorder

**DIAGNOSIS (*Rog Vinischaya*)** - *Unmada* (Mild Autism Spectrum Disorder)

**TREATMENT (*CHIKITSA*)**

**1) *Daiva Vyapashrya Chikitsa* (Spiritual Therapy)**

- Vishudha Chakra Mantra* Chanting – In morning for 5 minutes
- Hearkening *Gayatri Mantra* (108 times)- In morning
- Heakening Recorded Guide Affirmation – At night for 30 minutes

**2) *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy)**

- Counselling based on assistance with problem resolution
- Family Support
- Identification and modification of the environmental factor that contribute the symptoms

**3) *Yukti Vyapashrya Chikitsa* (Physical Intervention)**

## PANCHKARMA THERAPIES

S. No.	THERAPY	DRUG USED AND DOSE	DURATION
1	Jihwa Nirlekhan	Vacha Churna (In morning)	18 Days
2	Abhyanga (Massage)	Sahacharadi Oil + Panchgavya Ghrita	18 Days
3	Shirodhara	Til (Sesamum) Oil – 1 Liter + Brahmi Oil –100ml	18 Days
4	Nasya (Nasal Instillation)	Panchgavya Ghrita, 2 drops in each nostril	18 Days

## MEDICINES

S. No.	AUSHADH	DOSE	ANUPANA	DURATION
1	Panchkol Fanta (BD, Before Food)	10ml	Water	3 Days
2	Vacha Churna (HS)	2 pinches	Honey	18 Days
3	Mansamrita Vatakam (125mg) (BD, After Food)	½ Tablet	Water	18 Days
4	Kalyanak Ghrita with Dugdha Pippali (BD, After Food)	5gm	Milk	18 Days

## AHARA

Light Semi solid diet with kitchen garnished spices such as ginger, pepper, fresh fruits, Seasonal vegetables.

- i. Surya Namaskara- 10 Times
- ii. Markatasana- 5 Times
- iii. Tadasana- 5 Times
- iv. Sukshma Vyayama- 10 Times

## YOGA

## RESULTS

S. No.	SYMPTOMS	RESULT
1	Poor Speech & Communication Skills	Communicate with little sentences
2	Insomnia	Sleep duration was lengthened and disruption in sleep also stopped
3	Poor Eye Contact	Maintained eye contact while talking
4	Constipation	Regular Bowel
5	Hyperactivity	After 4 days of therapy, the child was calm, stayed still and became more obedient

## DISCUSSION

Ayurveda has the capacity to effectively treat psychiatric and behavioural disorders with *Daiva Vyapashrya Chikitsa* (Spiritual Therapy), *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy) and *Yukti Vyapashrya Chikitsa* without negatively impacting the life quality of patients. The main objectives

of treatment are to reduce the main symptoms of the illness in order to maximise the child's long term functional independence and life quality.

*Daiva Vyapashrya Chikitsa* (Spiritual Therapy) in this case is done by using Mantras for chanting and listening which establishes contact with cosmic energy and

draws it into the body and surrounds when utter repeatedly in a particular frequency. It reduces heart rate, brain waves and respiration in order to elicit the relaxation response. Studies shows that Melatonin was released as a result of mantra [3] which explains how it combats Hyperactivity and Insomnia. *Vishudha Chakra Mantrocharana* restores the energy by detoxifying the impurities from the body and mind establishing good communication skills [4]. *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy) works by providing new experiences that engender compensatory brain structures and wiring these into the brain [5].

*Panchkarma* therapies improves the oxygenation process, stimulates higher centres, increase the level of tryptophan in plasma and acts as a sudation. All these have a direct influence on brain functioning [6, 7]. The oral medicine used in this case like *Vacha churna* [8], *Mansamrita Vatakam*, *Kalyanak Ghrita* [9] are found to have Antidepressant, Neuroprotective and also restores the memory, oxidative stress makers, neurotransmitters and morphological parameters.

Comprehension of Spatial Commands may improve by *Yogasana*. Kinesthetic or Tactile stimulus make child conscious of mirroring the therapist's [10].

## CONCLUSION

The course of treatment differs in Childhood Autism depending on how the ethiopathogenic characteristics evolve. Autism is typically treated with therapies that address their physical, psychological and spiritual needs. The fundamental Ayurvedic Treatment principal includes- *Daiva Vyapashrya Chikitsa* (Spiritual Therapy), *Sattvavajaya Chikitsa* (Ayurvedic Psychotherapy) and *Yukti Vyapashrya Chikitsa* (Physical Intervention) that takes into account the child's age, potential causes, pathophysiology etc. No therapies have been demonstrated to date to change the genetic make-up of children with Autism. However, the use of proper therapy modalities, such as those outlined in *Unmada Chikitsa* as a long-term intervention, can result in significantly better progress in case of Childhood Autism.

## REFERENCES

- [1] Sarah L Jones, Maria Johnson, Bronwen Alty, Marios Adamou, "The Effectiveness of RAADS-R as a Screening Tool for Adult ASD Populations", Autism Research and Treatment, vol. 2021, Article ID 9974791, 6pages, 2021.
- [2] Tiwari, R., Purkayastha, K., & Gulati, S. (2021). Public Health Dimensions of Autism Spectrum Disorder in India: An Overview. *Journal of Comprehensive Health*, 9(2), 57–62.

- [3] Shalini HE, Shreevastha. Daivavyapashrayachikitsa- The Mystic & Spiritual healing. International Journal of Ayurveda and Pharma Research.2020;8 (Suppl 2):66-70
- [4] Jain, R. (2020, September 22). Vishuddha Chakra. How to balance your Throat Chakra. Arhanta Yoga Ashrams.
- [5] Wilson, L. (2021, April 1). The positive impact of psychotherapy in autism treatment. The South African College of Applied Psychology-SACAP.
- [6] Kumawat, A.R., Singh, K. & Mangal, G. (2020). Scope of Panchakarma in neuro-development disorders. International Ayurvedic Medical Journal, 8(7), 3951-3958.
- [7] Jha, R.K., Shinde, R. V., Patil, S. & Jha, R. K. (2021). Ayurvedic Intervention for Autism – A Case Study. European Journal of Molecular & Clinical Medicine, 8(1), 376-381.
- [8] Sharma, V., Sharma, R., Gautam, D.S., Kuca, K., Nepovimova, E., & Martins, N. (2020). Role of Vacha (*Acorus calamus* Linn.) in neurological and metabolic disorders: Evidence from ethnopharmacology, phytochemistry, pharmacology and clinical study. Journal of Clinical Medicine, 9(4), 1176.
- [9] Diddi, S., Lohidasan, S., Arulmozhi, S., & Mahadik, K.R. (2023). Standardization and Ameliorative effect of Kalyanaka ghrita in  $\beta$ -amyloid induced memory impairment in wistar rats. Journal of Ethnopharmacology, 300 (115671),115671.
- [10] Radhakrishna S, Nagarathna R, Nagendera HR. Integrated approach to yoga therapy and autism spectrum disorders. J Ayurveda Integr Med. 2010 Apr;1(2): 120-4.