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EFFICACY OF HOMOEOPATHIC 50 MILLESIMAL POTENCY IN THE TREATMENT OF AUTISM SPECTRUM DISORDER – A PROSPECTIVE SINGLE ARM OPEN LABELLED INTERVENTIONAL STUDY

Homeopathy

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ABSTRACT

Autism is a behavior disorder which affects children of all genders, races, ethnicities and economic backgrounds. With increasing prevalence it shows wide variation in the type and severity of the symptoms. Due to the presence of versatile symptoms it is called as Spectrum disorder. The diagnosis is delayed due the lack of awareness of symptoms among the parents and most of the symptoms are ignored as developmental delay. The cardinal symptoms of Autism Spectrum Disorder is expressed in behaviour and communication. The aetiology of Autism is not well established which is a hinderance in arriving a viable solution. Current treatment methods are symptomatic, problem based and temporary. Hence it is imperative to arrive a palatable solution for the disease which obscure the growth of future generation and the society. A holistic approach is necessary to bring back the normalcy in Autism children. This study was aimed to analyse the effectiveness of Homoeopathic 50millesimal potency in the treatment of Autism Spectrum Disorder. Autism severity scale ISAA was used as a tool for assessment. From the results it is concluded that the Homoeopathic treatment can correct the altered behaviour patterns in children with ASD along with speech and cognitive development. It is also helpful to increase the vigor and vitality in the Autism children.

KEYWORDS

50 millesimal scale, ISAA, ASD, Homoeopathy

INTRODUCTION

The prevalence of ASD was 27.6 per 1,000 (one in 36) children aged 8 years and was 3.8 times as prevalent among boys as among girls (43.0 versus 11.4). One in 36 children aged 8 years (approximately 4% of boys and 1% of girls) was estimated to have ASD. These estimates are higher than previous ADDM Network estimates during 2000–2018. The continued increase among children identified with ASD, highlights the need for enhanced infrastructure to provide equitable diagnostic, treatment, and support services for all children with ASD. It also indicates the additional researches in the preventive and therapeutic aspects of ASD [1].

According to the latest estimates from the Centers for Disease Control and Prevention in the USA, nearly one in 36 children meet criteria for an Autism spectrum disorder (ASD) diagnosis. The prevalence of autism was considered to be around one in 100 children before 2 decades. It indicates the high increase in number of Autism children. Increase in American prevalence estimates is also reflecting in Indian children with increasing prevalence. Most standardized autism screening and diagnostic tools used most widely across the world have limited availability in Indian languages [2]

In 2019 WHO reported the incidence as 1in 160 children globally. In India it is ranged between 0.15% to 1.01% [3].

Review Of Literature:

Medications, Behavior therapy and brain stimulation techniques are the treatment options available for children with mental disorders and developmental disorders. But every medication and therapy has its own limitations and side effects. Psychotrophic medicines such as antipsychotics are prescribed for disruptive behaviours, anxiety, irritability and sleep disturbances. These remedies may have some hazards while prescribing to children as because of their adverse effects are not studied properly [4].

Role of Homoeopathic treatment in Autism Spectrum Disorder is emphasized by the study conducted during 2006 – 2009 by Dr.Praful Barvalia with the auspices of CCRH under Ministry of Health, Govt. of India. A total number of 60 cases were enrolled and the cases were observed for a period of one year which includes all the 3 types of Autism such as mild, moderate and severe. There were significant improvement in symptoms and reduction in Autism severity score AETC [5].

Homoeopathic remedies were prescribed in 50 millesimal potency after confirming the symptom similarity using Synthesis repertory.

Methodology:

This study was conducted at Prakruthi Homeo clinic and Sivasakthi Child Development Centre, Tamilnadu 50 Cases fulfilling inclusion and exclusion criteria were enrolled using simple random sampling technique. Homoeopathic remedies were selected using Synthesis repertory and prescribed in 50millesimal potency.

Study Design: Prospective single arm open labelled interventional study.

Inclusion Criteria

1. Diagnosed cases of Autism Spectrum Disorder
2. Children between the ages 3 to 15years
3. Both male and female children

Exclusion Criteria

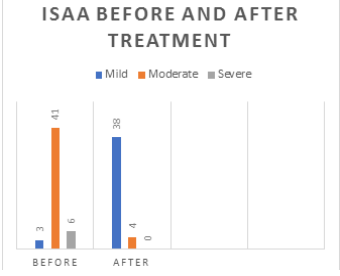
1. Children with developmental delay and psychotic problems
2. Children with MR
3. Under prolong medications for systemic illness such as epilepsy.

Blinding – Single blind method
Study Duration: 1year
Study Intervention: Homoeopathic medicines in 50millesimal potency selected by using Synthesis Repertory.
Study Parameter: Indian Scale for Autism Assessment (ISAA)
Statistical Analysis: paired t-test using the ISAA scores taken before and after the study.

Observation:

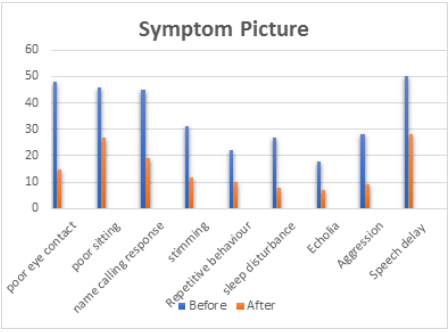
Male preponderance was noticed with 78% boys(n=39) and 22% girls (n=11). There were significant antenatal comorbidities in 86%(n=43) of cases. Neonatal crisis were recorded in 28% (n=14) of children. In 18% (n=9) of cases family history of developmental delay was noticed. Blood group analysis showed that 98% (n=49) of children have positive blood group. 2% (n=1) have negative blood group. 6% of cases reported with history of consanguineous marriage. Major presenting complaints were poor eye contact, speech delay, poor sitting tolerance and no response for name calling. Insisting on sameness, repetitive behaviour, obsession with things and stimming were also recorded.

Autism Severity Scale ISAA Score Before And After Treatment



As shown in above figure at the end of treatment no cases were observed under severe autism (before treatment n=6). Most of the cases were observed under Mild autism (n=38). Only 4 cases were observed under moderate autism on the contrary to enrollment (before treatment n=12). 8 cases scored below 70 in the ISAA scale and they were removed from Autism label.

Distribution Of Symptoms Before And After Treatment



As shown in the above figure there is dramatic improvements in eye contact, response to name calling and speech development. There were remarkable improvement in their repetitive and aggressive behaviour.

RESULTS & DISCUSSION:

Children below 3years responded very well to the treatment as compared children above 5years. Those who were living in joint family had better prognosis as compared to nuclear family set up. Many older children were not under any occupational or speech therapy but the prognosis of Homoeopathic treatment was not affected by it. In case of children below 5years there were remarkable improvement when speech and occupational therapy was given along with Homoeopathic treatment. At the end of the study 16% of children were scored below 70 in Autism severity scale ISAA and removed from the label of ASD. At the end of treatment no cases were observed under severe Autism category.

CONCLUSION:

Homoeopathic remedies are very useful to bring back the normal behaviour in Autism Spectrum Disorder. It is capable of correcting speech delay, sensory and cognitive issues in Autism children. It has potential impact over Autism severity score which proves the effectiveness of Homoeopathic remedies statistically. Homoeopathic remedies hasten the healing process when given in 50 millesimal potency.

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