

3<sup>rd</sup> World Congress on

## TRADITIONAL AND COMPLEMENTARY MEDICINE

September 10-11, 2018 Auckland, New Zealand

**A non-linear dynamic ayurveda approach for the management of children with autism spectrum disorder****Dinesh K S, Rajesh N, Jayadevan C V, George M J and Anita Patel**

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**Background & Aim:** Autism Spectrum Disorder (ASD) is a growing enigma without a permanent solution and promising comprehensive management. Ayurveda, an ancient traditional medicine of India, grounded in to the eastern view of the substantial inter-connectedness of all aspects of reality including health and diseases through non-linear dynamic approach views ASD as an errant lifestyle generated status of human being rather than a disease. A paradigm shift in the synchrony between man and nature especially after the industrial revolution and by the human effort to fortify the national welfare and health indices contributed many diseases where disturbed transmission of collective consciousness set in. Ayurveda also postulates mind is part of our food. All diseases have a major role in gut homeostasis. So this is a reporting of two studies of ayurveda in ASD. The aim is to know the impact of lifestyle guideline management of consciousness through ayurveda and yoga in children with Autism Spectrum Disorder (ASD), to know the effect of Ayurveda Gut Therapy Protocol (AGTP) in the behavioral symptoms of children with ASD.

**Method:** 83 children with ASD who came for ayurveda management were given the ayurvedic management of gut therapy protocol for one month in one group and workshop on lifestyle management techniques for seven days to 43 parental couples who are the primary caretakers of children in another group. Data were taken before and after intervention and analyzed with the help of SPSS. Paired t test and correlation were done in gut and behavioral symptoms. Paired t test and ANNOVA were carried out in Quality of Life parameters of the parent (WHO-QOL-BREF) and Childhood Autism Rating Scale (CARS) and Indian Scale for Assessment of Autism (ISAA).

**Result:** Gut symptoms and behavioral symptoms were significantly ( $p < 0.05$ ) reduced after AGTP the correlation coefficient of their changes was +0.83. On evaluation of the course on lifestyle guidelines given to the parents a highly significant change ( $p < 0.001$ ) in the WHO-QOL-BREF was noted in the physical and psychological domain. A highly significant change was noted ( $p < 0.001$ ) three components of family impact questionnaire among parents similarly in CARS and ISAA after the parental course among their children.

**Conclusion:** Gut management of children through ayurveda therapies and lifestyle guideline programs of ayurveda given to the parents of autistic children have promising influence in the positive outcome of the behavior of children with autism spectrum disorders.

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