

*Every Child born into the world  
is a new thought of God,  
an ever fresh & radiant possibility*



- *Dedicated to children with different ability*
- *Working through multi disciplinary holistic approach*



## M.B. BARVALIA FOUNDATION'S SPANDAN HOLISTIC INSTITUTE

### Centre

Naidu Colony, Opp. Building 161, Near Jain Temple, Pant Nagar, Ghatkopar(E), Mumbai – 400 075

### Special School

Municipal School No. 3, Near Police Station, Pant Nagar, Ghatkopar (E), Mumbai - 400 075.

### Proposed Holistic Mother – Child Hospital:

Near Deonar Fire Brigade, Municipal Colony, Deonar, Mumbai – 400 043.

### Satellite Clinics

#### Ramabai Nagar

Near Dr Babasaheb Ambedkar's Statue, above Hotel Dhanraj, Ramabai Ambedkar Nagar, off E. E. highway, Ghatkopar (E), Mumbai 400075.

#### Mankhurd

R. No. 250 Building No. 7, P. M. G. Colony, Opp. Sai Vidyalaya, Mankhurd, Mumbai – 400 043.

#### Deonar

Bal Krida Kendra, B.M.C Colony, Deonar.

#### Ahmedabad Branch

Himavan, Mehndi Jung Hall, Paladi, Char Rasta, Towards V.S. Hospital, Ahmedabad - 380 006.

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# Autism

M.B. BARVALIA FOUNDATION'S  
SPANDAN HOLISTIC INSTITUTE

M.B. Barvalia Foundation is registered public charitable trust established in February 1997 which has promoted institutes dedicated to special children operating through Holistic Multidisciplinary approach.

- HOLISTIC CHILD CARE CENTRE
- SPANDAN HOLISTIC INSTITUTE OF APPLIED HOMOEOPATHY
- COMPREHENSIVE HOMOEOPATHY MOBILE CLINIC
- MEDICAL CENTRE
- INDIAN JOURNAL OF HOMOEOPATHIC MEDICINE
- HIV/AIDS CENTRE

Institute is based on strong philosophical foundation of HOLISTIC – PSYCHO EDUCATIONAL APPROACH: SYMPHONY. This is an innovative method based on integration of holistic concept propounded by Dr. Samuel Hahnemann, founder of Homoeopathy & Jean Piaget's concept of child development. In order to inculcate awareness about various disabilities we are presenting educational material useful for people at large.

## Autism

### 1. What is Autism?

Autism is an intense developmental disability characterized by markedly abnormal or impaired development in Social interaction and communication. It is associated with stereotyped behaviour, purposeless monotonous hyperactivity with lack of interest.

### 2. What are the early signs of Autism?

The onset of Autism is within 3 years of life. But we can notice few signs and symptoms quite early in childhood like

- Child looks at one object constantly
- Child does not give an eye contact on calling
- Child does not respond to his name
- Child does not give a social smile.
- Child does not recognize family members
- Child is busy in his own world.

### 3. How to diagnose autism?

There are various criteria used in diagnosing autism provided in DSM IV & ICD 10 diagnostic Manuals

- Difficulty with social relationships.
- Difficulty with verbal and non-verbal communication.
- Difficulty in the development of play and imagination.
- Resistance to change in routine.

*All these symptoms must have been present by 3 yrs of age*

### 5. What causes autism?

In autism, there are one or several abnormalities in the brain, which are caused by one or several biological factors such as Genetic factors, Maternal rubella, Lack of oxygen at birth, Excess of oxygen at birth, Encephalitis, Untreated phenylketonuria, Tuberous sclerosis. This is known as "the biological theory of autism" Serotonin has been found to be contributory in either genesis or maintenance of Autism. However, detailed studies have to be carried out to confirm this possibility. Role of vaccinations in the genesis of Autism is also under scrutiny.

### 6. Whether Autism is curable? What is the prognosis of Autistic child?

The future of an autistic child depends upon many things.

- a. What is the degree of mental retardation along with Autism?  
Autistic children with normal intellectual functioning may be able to adjust with society far better than Children with below average IQ
- b. What is the degree of Autism like mild / moderate or severe
- c. How early the disorder is diagnosed and what are the therapeutic interventions received by the child?  
If the disorder is diagnosed early and child is given therapies like occupational therapy with sensory Integration, speech therapy, water therapy, behaviour modification programme etc., the disease can be Controlled at a very early stage and the future of the child can be made better.
- d. Whether proper diet is followed by the patient
- e. How early the homoeopathic medication has been started.

### 7. Is it possible to diagnose the severity of Autism?

After establishing the clinical diagnosis, we can utilize specialized tests like CARS (Childhood Autism-Rating Scale), through which Autism is classified into 3 non-autistic, Mild / Moderate and Severe categories.

### 8. Can children with autism be educated? And how is this done?

Yes. Autistic children can be educated using advanced technique like applied behaviour analysis. Parental guidance and counseling, speech therapy, sensory integration therapy, etc are essential.

### 9. Whether autistic child can be transferred to a mainstream school after few years of Special schooling?

You can refer to the testimonials in our website. In our experience, after intensive Holistic Management we have been able to integrate number of high functioning children in Slow Learner Section and later in Mainstream School.

### 10. Whether there are any dietary restrictions or special diet for autistic children?

Yes, children are recommended GFCF Diet. That is (Gluten Free and Casein Free Diet) All preservatives and artificial flavoured products should be avoided. For more detail you can refer to GFCF Diet chart.

### 11. What is Homoeopathy?

Homoeopathy is 200 years old system of medicine discovered by Dr. Samuel Hahnemann a German Physician and is based on Natural Holistic Form of medicine based on laws nature. Homeopathy takes consideration of the person as a whole and the prescription is based on INDIVIDUAL FEATURES. So each child though having same diagnosis of Autism will need INDIVIDUAL Homeopathic Medicine. And that is how it helps in holistic way improvement is seen at both the levels physical as well as mental level.



## 12. What role can Homoeopathy play in the management of Autism?

Homoeopathic medicines do not act merely on any one particular organ of an individual but it has much more deeper and central action on psycho neuro endocrinological and psycho immunological axis.

Thus it plays distinct role in reducing or eliminating autistic features.

- A. Homoeopathy works well to correct accentuated state of sensitivity bringing about good moderation. In Autism We come across impaired sensory defenses giving rise to severe disturbances of sensitivity.
  - Some children show marked degree of hyper sensitivity to noise, light, touch etc.
  - Some children show intense inclination for hugging and touching things, while others would be extremely averse to hugging and cuddling.
  - There is marked impairment in processing of kinesthetic and proprioceptive sensation.
  - Homoeopathic Materia Medica gives ample evidence of such symptomatology. When skillfully utilized, yields marvelous results.
- B. Autistic child quite often suffers from acute fears like fear of dark, crowd, gravitational fears (fear of falling down) Etc. homoeopathic medicine helps to remove these fears.
- C. Homeopathic medicine helps to improve fine motor skills as well as perceptual difficulties.
- D. Behaviour modification through homoeopathic medicine is an age old, well documented function of homoeopath. These tiny pills work wonderfully to improve hyperactivity, tamper tantrums, self injurious behaviour or destructive behaviour.
- E. It promotes the growth gradient and hence facilitates the process of development. Thus it has positive effect even in communication and language.
- F. Act as immuno modulators and promote the general RESISTANCE POWER of the system.
- G. Help in managing underlying neurological, genetic, metabolic problems.
- H. DO NOT HAVE any adverse or depressing neuro- physiological side effects.
- I. A carefully selected Homoeopathic medicine brings about a qualitative change at a wide range of the spectrum in children with Autism.
- J. It essentially helps to a great extent in behaviour modification to reduce child's hyperactivity, irritability, violence etc.
- K. It thus prepares the child to receive other necessary experience for learning like sensory integration, special education etc. homoeopathy provides good support and makes the much important job of educators and therapists easier in taking the child further up on the learning curve.
- L. Hyperactive children when they grow, they develop number of perceptual difficulties. These defects obstruct the process of learning bringing about varieties of learning disabilities / difficulties. homoeopathic medicines help to correct these errors.
- M. Thus a harmonious coordination in a team of doctors, psychologist, educators, therapists and parent is a must in dealing with the spectrum of AUTISM in its entire range and depth. Each discipline has its own distinct role to play. Synergy results in the best results.
- N. Since Autism has multiple dimensions, we can't expect medicines to give any magical results but when utilized scientifically it has great potential.
- O. Homoeopathic physician's approach is holistic. Hence he can develop better grasp over various dimensions of the disorder. Thus he can prove good coordinator in the delivery of multidisciplinary, integrated care.

## 13. What improvement can I expect in my child after receiving Homoeopathic treatment?

Homoeopathic medicines based on rational principles have a deep impact on the system.

- When a child starts responding to homoeopathic medications, improvement is first seen at a general level. Child starts getting calmer; improvement is seen in sleep, appetite & general health.
- Next is the improvement in behaviour  
Reduction is seen in hyperactivity, restlessness, tantrums, violence etc.
- Improvement in eye contact and ability to respond
- Further we see change in communication skills. He starts indicating and subsequently starts developing ability to speak words. echolalia improves too. This may take long time.
- Obsessive behaviour takes a long time to improve.
- Child starts showing improved general resistance. This is because homoeopathic medicines act as immunomodulators.

## 14. What factors determine the rate of improvement?

- In most cases, order of improvement seen is as discussed earlier.
- Best results are seen when we start the treatment at the earliest i.e. as soon as possible when the symptoms or signs are observed.
- Improvement also depends upon the degree of Autism i.e. mild/moderate/ severe.
- Other associated conditions like epilepsy, genetic disorders etc also influence the outcome

## 15. Can the child be given Homoeopathic medication if he is already under Allopathic medication?

It is desirable to gradually taper off allopathic medicines when we put an autistic child on homoeopathic treatment.

## 16. Can other therapies be given to child receiving homoeopathic treatment?

Homoeopathy works in perfect synergy with other essential therapies like sensory integration homoeopathic education, auditory integration therapy etc.

Rational and judicious coordination of homeopathic treatment along with sensory integration therapy makes tremendous difference to the management of children with Autism. Senior therapists and educators have often remarked that they have found that Children receiving Homoeopathic medicines are much calmer and easier to handle. They were much more receptive to therapy & educational inputs.

## 17. What are the various services M.B.Barvalia Foundation's Spandan Holistic Institute and Holistic Child Care Centre and Special School provide for children with Autism?

Child with Autism requires specialized and intensive management. It requires a multidisciplinary handling. We work through a multidisciplinary team where all the systems work in perfect synergy to deliver Holistic Care. Team comprises of



- Clinical Psychologist
- Special Educator
- Occupational Therapist
- Speech Therapist
- Neurologist
- Homoeopathic Team
- Social Worker

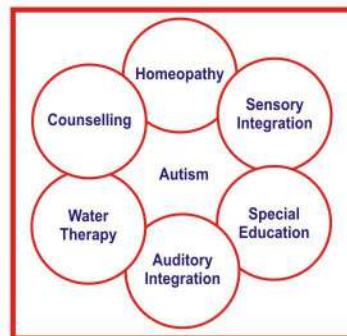
Child is examined by the entire panel of experts. We utilize specialized tools for diagnosis, gradation and affection of various systems in a child with Autism.

Once the diagnosis and severity of the condition is established the team prepares a comprehensive management programme for the child. Parents are involved at each stage of the process.

Child may be enrolled in our Advance School for Autism

### Following therapies are provided at our centre.

- S.I. Therapy
- Behavioural Modification
- Communication and Social Skill development
- Emotional expression training
- AIT (Auditory Integration Training)
- Water Therapy
- IEP Curriculum Planning



My son Neil had a lot of problems since childhood. He was tremendously restless & would keep running inside the house. He would not look in to the eye when we tried to speak to him neither he showed any interest in any conversation or any type of communication. He would only repeat words that he heard from others or keep on repetitive the same word again & again. At times he would have episodes of intense fear. He had such intense fear of noise that he would force us to close all doors & windows & remain inside the house. We were not able to enroll him in any school. He was diagnosed to be Autistic & we started him on therapy which he received regularly. Even then to our despair he did not show significant improvement.

We consulted doctors at the Spandan & also saw their advanced school for Autistic children. We were impressed with their multidisciplinary approach & decided to keep to Neil at his Nani's (Maternal Grand Mother) place at Ghatkopar & enrolled him in the school. In the school he received multidisciplinary care. He would stay there 5 days a week & stay with us on the weekends.

Now his hyperactivity improved significantly. He has started giving a good eye contact when he is spoken to. His speech has improved & his fear of noise has gone down to a great extent. He participated in the school's annual functions without any problems. With his improvement he was transferred to the school for slow learners & even further we have now been able to integrate him in normal mainstream school. We could have never ever dreamt that he would make such a progress. He is still receiving homoeopathic medicines & benefiting.

Thank You.