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A case study of homoeopathic treatment for autism spectrum disorder

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Abstract

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by challenges in social communication, repetitive behaviors, and sensory sensitivities. Worldwide, the prevalence of ASD has been steadily increasing, affecting approximately 1 in 100 children. Conventional treatment focuses on behavioral therapy, speech therapy, and occupational therapy, while homeopathy offers an individualized approach considering the patient's physical, emotional, and mental characteristics. This paper presents the case of an 8-year-old girl diagnosed with autism and mild mental retardation, initially transferred from the Delhi branch for obesity management. Following detailed case-taking, including maternal history and behavioral assessment, individualized homeopathic remedies were prescribed to address behavioral issues, irritability, and emotional disturbances.

Keywords: Autism Spectrum Disorder, Homeopathy, Behavioral Improvement, Kali Brom, Case Study

Introduction

Autism, also known as Autism Spectrum Disorder (ASD), is a lifelong neurodevelopmental disorder. It manifests as difficulties in social communication, restricted interests, repetitive behaviors, and sensory sensitivities. These symptoms typically emerge in early childhood and often persist throughout life. ASD can also co-occur with other conditions such as developmental delays, sleep disturbances, or gastrointestinal issues. Homeopathy approaches ASD by understanding the patient as a whole. Through detailed case-taking, maternal and family history, and constitutional assessment, remedies are selected using the principle of minimum dose to support physical, mental, and emotional balance.

Case Profile

Patient: 8-year-old female

Chief Complaints (C/O)

- Irritability, constant crying, screaming, and shrieking
- Desire to be naked, throwing clothes if covered
- Emotional detachment from father

Physical Generals

Parameter	Observation
Diet	Balanced
Appetite	Normal
Desire	Sweet, spicy
Aversion	Not specific
Thermal Reaction	Chilly
Thirst	++
Stools	Constipated initially
Urine	NAD
Perspiration	NAD
Sleep	Disturbed initially; required sleeping pills
Dreams	Not specific

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Examination

Parameter	Observation
Pulse	110 bpm
SpO ₂	99%
Auscultation	Bilateral clear
Weight	20.5 kg

Mental Generals

- Very irritable; crying constantly with screaming
- Prefers to be naked; throws clothes if covered
- Emotional detachment from father initially

Past History Weight gain issues with uncontrolled hunger

Family History

Father: Hypertension

Maternal History

- Pregnancy during stressful period (Pulwama attack; husband in war)
- Maternal stress: mother and mother-in-law conflicts; feeling lonely and depressed
- Baby birth weight: 4.5 kg; malpositioned at birth

Case Analysis**Repertorial Totality**

	Hyos	Kali-br	Stram	Ars	Aur	Bell	Cycl	Hell	Ign	Lach	Lil-t
Weighted	5	8	6	5	6	5	5	4	4	5	6
Rubrics covered	4	4	4	3	3	3	3	3	3	3	3
Rubric grades	6	8	6	5	6	5	5	4	4	5	6
G Mentals	1	2	1	1	1	1	1	1	2	2	2
G Mentals	1	2	2		2		2			1	1
G Mentals	2	2	2	3	3	3	2	1	1	2	3
G Mentals	2	2	1	1		1		2	1		

DELUSIONS, doomed, being
DELUSIONS, deserted, forsaken
IRRITABILITY
SHRIEKING, brain cry

Repertory Used	Rubrics Selected
Kent's Repertory	DELUSION, doomed, being DELUSION, deserted, forsaken IRRITABILITY SHRIEKING, brain cry

Selection of Remedy

Type	Remedy	Potency	Dose	Rationale
Constitutional	Kali Brom	200	1 dose	Addressed emotional disturbances, irritability, maternal stress impact, behavioral issues

Materials and Methods

- Complete case-taking including maternal and family history
- Repertorization and selection of single, minimum-dose constitutional remedy
- Monthly follow-up with adjustment of potency as required

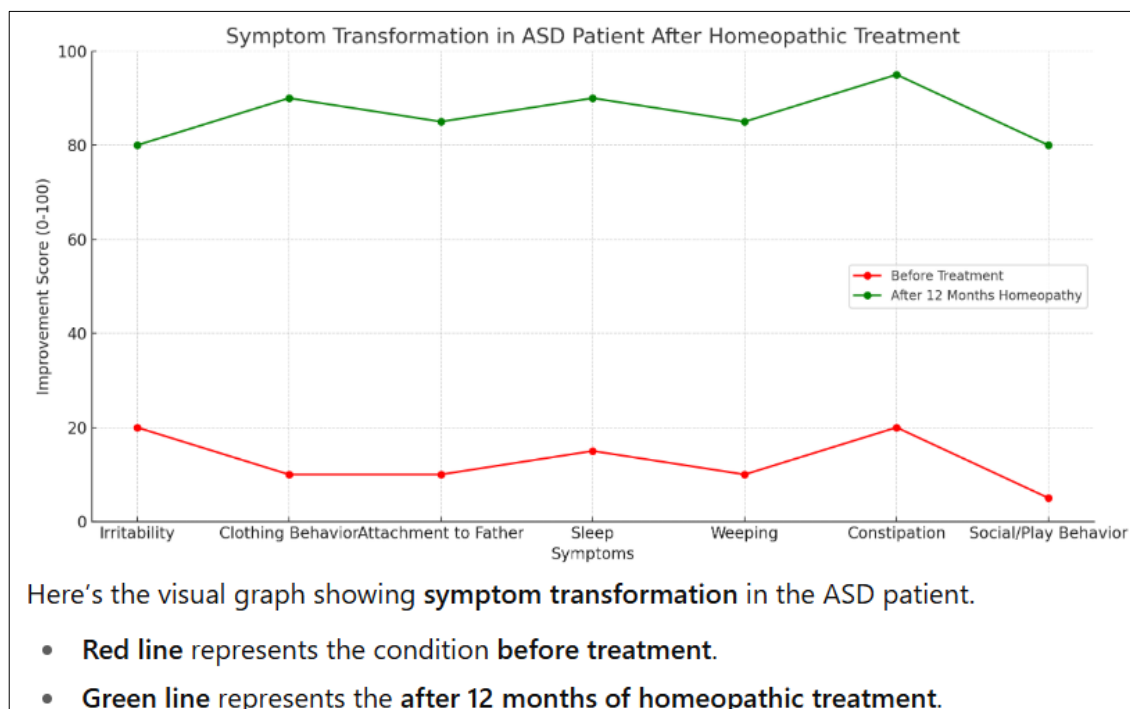
Results**Month-wise Follow-up**

Month	Progress	Prescription
1	Initial consultation; assessment	Kali Brom 200
2	Better in general; wears clothes; irritation improved 20–30%	Kali Brom 200
3	Slight improvement in interaction	Kali Brom 200
4	Mild improvement in crying and weeping	Kali Brom 200
5	Weeping reduced; shrieking improved 80%; attachment to father	Kali Brom 1M
6	Improved sleep; reduced irritability	Kali Brom 1M
7	Playful, more responsive	Kali Brom 1M
8	Better social interaction; understanding commands	Kali Brom 1M
9	Sleep normalized without medication; no constipation; better attachment to father	Kali Brom 200
10	General behavioral improvement	Kali Brom 200
11	Maintained progress	Kali Brom 200
12	Overall improvement; patient playful, cooperative, better emotional regulation	Kali Brom 200

Symptom Transformation Table

Symptom	Before Treatment	After 12 Months of Homeopathic Treatment
Irritability	Constant crying, screaming, shrieking	Significantly reduced; mild occasional irritability
Clothing behavior	Removed clothes; refused covering	Wears clothes; accepts covering

Emotional attachment to father	Avoided father	Improved attachment; affectionate
Sleep	Disturbed; required sleeping pills	Normal sleep; no medication required
Weeping	Frequent	Minimal; responsive to parental comfort
Constipation	Present	Resolved
Social/play behavior	Minimal interaction	Engages in play; understands commands



Discussion & Conclusion

The case demonstrates significant behavioral and emotional improvement in a patient with ASD following individualized homeopathic treatment. Kali Brom, selected based on constitutional assessment and maternal history, helped reduce irritability, improve social interaction, normalize sleep, and support emotional attachment. Homeopathy, with its holistic and individualized approach, can play a supportive role in managing behavioral challenges associated with autism.

The patient showed steady improvement over 12 months, with transformation in core behavioral symptoms and overall well-being. This emphasizes the importance of a detailed case-taking, individualized remedy selection, and regular follow-up in homeopathic management of ASD.

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