

**“AN OPEN LABEL PILOT STUDY OF ABHAY GHRITA IN THE
MANAGEMENT OF AUTISTIC DISORDER”**



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Ayurveda Vachaspati

[Doctor of Medicine – Ayurveda]

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ABSTRACT***An Open Label Pilot Study of Abhaya Ghrita in the Management of Autistic Disorder.***

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Background and objectives:

Autism is the severe neuro-developmental disorder. It is most commonly diagnosed in childhood psychiatric disorder. Children with Autism have been found to have impairment in social relation and interaction, impairment in communication and restricted repetitive stereotyped behavior. Near about 10 million of children were sufferings from autism. The male children are four times more prevalent than female children. At present there is absence of any medical test which can diagnose Autism. There is no known cure for Autism. The persistent of these problems highlights the need for effective treatment. The main objective of the present study is To Assess the Efficacy of Abhay Ghrita in the Management of Autistic Disorder.

Methods:

A clinical study was conducted in Parul Institute of Ayurveda College and Hospital, Limda, Kaumarbhritya OPD. Total 10 subjects with Autism satisfying the DSM-IV Diagnostic criteria were selected. Abhay Ghrita was used as a trial drug for three month of period twice a day before meal with hot water. The dose of Abhay Ghrita was decided as per Young's formula. After one month treatment period one month follow up was done. Total three assessments were done i.e. before treatment, after treatment and after follow-up period. 'Indian Scale for Assessment for Autism' was selected for the assessment of Autism.

Result:

Out of 10 subjects 50% of the subjects were from mild category and 50% were from moderate category. Abhay Ghrita was the trial drugs showed statistically

significant result in reducing the signs and symptoms of Autism on Indian scale for Assessment of Autism by using student's paired t test. Abhay Ghrita provided 10.69% relief in all the domains of 'Indian scale for Assessment of Autism' after the completion of treatment. There is no change in the result even after the follow up period.

Interpretation & conclusion:

Clinical study reveals statistical significance results in this trial in all different domains like, social relationship and reciprocity, emotional responsiveness, speech language and communication, behavior pattern and sensory aspect. Clinical data is also statistically significance and supporting the effect of drug in AD.

Key words: Autism, Indian scale for assessment of Autism, Abhay Ghrita, Ayurveda, Autistic Disorder.