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"Role of Mahapaishachik Ghrita and Suvarnaprashana in the management of Autism w.s.r. Unmada in Children"

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Abstract:

The complex neurodevelopmental illness known as autism spectrum disorder (ASD) is typified by repetitive behaviors, communication problems, and social interaction issues. Over the past few decades, research on autism has advanced significantly, illuminating its neurological, genetic, and environmental foundations. With an emphasis on early diagnosis, therapeutic techniques, and the neurological mechanisms underlying the disorder, this article examines the most recent research on autism. The study also discusses the need of individualized treatment plans and the variation in symptom expression among people. The characteristics of that Unmada that are described in Ayurveda are very similar to those of autism. As a result of several Agantuja (toxic and epigenetic assaults, as well as postnatal environmental influences) and Sahaja (genetic) factors, the condition may be caused by Khavaigunya (disorderments) of Srotas (channels), which nourish Manas (mind). Among the different kinds of treatment methods, Yuktivyapashrya Chikitsa is essential for controlling children's autism symptoms. Suvarnaprashana and Mahapaishachik Ghrita are also crucial in the treatment of autism (Unmaad).

Keywords- Autism, Unmada, Mahapaishachik Ghrita, Suvarnaprashana.

Introduction:

According to the CDC, autism spectrum disorder (ASD) is a common developmental disease that affects roughly 1 in 36 children in the US. Although the age of onset might vary, it usually manifests in early childhood and exhibits a wide range of symptoms and behaviors. Unmada falls within the category of mental illnesses called as "Manasa

Roga" in Ayurveda.[1] The Vata dosha, which controls movement, thought, and nervous system function, is mainly linked to its vitiation[2]. The symptoms of ASD are quite similar to the imbalance in mental and behavioral patterns caused by the excessive accumulation or aggravation of Vata. These conditions are the most prevalent neurobehavioral problems in kids. About 2 to 16% of school-age children are diagnosed with autism, which affects 3 to 5% of children worldwide. Thirty to fifty percent of those with a childhood diagnosis still experience symptoms as adults, making it a chronic disorder. The hallmarks of autism include hyperactivity, trouble managing behavior (impulsivity), and problems paying attention[3].

Manovaha Srotas (channels of consciousness) are vitiated when the union of Atma (the self) and Manas (mind) is disturbed for a variety of etiological reasons. In addition, the appearance of Unmada will result from the vitiation of the three Doshas (Pitta, Kapha, and Vata). Childhood autism is primarily caused by Manovaha Sroto-Dushti and Tridosha Dusti. Because of the etiology of vitiation Dhee, Dhriti, and Smriti, which leads to an imbalance of Kala and Karma, the senses do not properly touch their objectives (Asatmendriyartha Samyoga), which produces inattention.,[4] hyperactivity and impulsivity. The condition should be significantly alleviated by a systematic Ayurvedic treatment that mainly consists of Vata-Pittahara Chikitsa (drugs for calming Pitta and Vata), Deepana-Pachana (drugs for improving digestive power), Snehana-Swedana (oleation with lipophilic drugs and sudation therapies), Sroto-Sodhana (cleaning of channels which corrects the metabolism and modifies the gut microbiome), Brumhana (nourishing treatments), Medhya Rasayana (drugs for promoting intellectual and cognitive functions), and Pathya Karma (friendly diet and habits).[5] More thorough diagnostic standards and specialized interventions have been developed as a result of growing knowledge and comprehension of autism. However, research on the condition is still ongoing due to its complexity.

Defining Autism Spectrum Disorder:

The prevalence of limited and repetitive behavioral patterns, as well as ongoing difficulties with social communication and interaction, are characteristics of ASD. The word "spectrum" emphasizes how widely people with autism can vary in their abilities, symptoms, and degrees of disability. Pervasive developmental disorder not otherwise specified (PDD-NOS), Asperger's syndrome, and autism disorder are among the conditions that were previously classified as distinct diagnoses but are now included in the DSM-5 as part of autism.[6]

Causes of Autism: The causes of autism (Unmada) according to Ayurveda are Beejadosha (genetic alteration, mutation), Aharadosha (indulgence in highly Vata vitiating diet and deeds immediately after conception), such as Viruddhahara (incompatible foods), Viharadosha (inappropriate schedules), Manaabhighata (cerebral palsy may result from injury to the cerebrum during delivery), and Vaikarikabhava (emotional factors such as fear, anger, sorrow, pleasure, etc.). Unfulfilled desires in Dauhrida may harm the fetus's mind.[7]

Pathophysiology: Ayurvedic principles state that the vitiated Dosha-Dushya (union) Sammurchhana is part of the Samprapti (pathogenesis) of any ailment. When these vitiated components worsen pre-existing "Khavaigunya" (structural and functional modification of body tissues/systems, etc.), full-blown disease results.[8] The exacerbated Dosas generate symptoms, or Unmargami, when they depart from their location and enter the body's upper pathways. Manovaha Srotas becomes vitiated when Tridoshas, Rajas, and Tamas are vitiated. This disrupts mental emotions and results in Unmada.[9] It is referred to as Kaphaja Unmada when Kapha Dosha is prominent. Kaphaja Unmada symptoms include remaining still, being silent, not moving much, losing appetite, enjoying loneliness, not loving cleanliness, sleeping too much, being white, and having sticky eyes. These symptoms are very comparable to those of autism.[10]

Etiology and Risk Factors:

Genetic Factors- With heritability estimates ranging from 60% to 90%, research continuously indicates that heredity plays a substantial role in autism. Numerous genes linked to synapse functioning and neural development are among the hundreds of genes linked to ASD that have been found through studies. It is also thought that gene-environment interactions are involved.

Environmental Factors- Autism risk may be raised by environmental factors, such as prenatal exposures (such as maternal illnesses, certain drugs, or chemicals). There is increasing interest in researching the potential interactions between environmental factors and genetic predispositions, even though no single environmental factor has been conclusively linked to autism.[11]

Symptoms and Diagnosis- Usually before the age of three, behavioral observations are used to diagnose autism. Although symptoms might vary greatly, they frequently include:

- **Social Deficits**: limited eye contact, trouble establishing peer relationships, and trouble interpreting and reacting to social cues.
- **Communication Challenges**: delayed language acquisition, trouble carrying on a conversation, or echolalia, or repetitious language use.
- **Repetitive Behaviors**: exhibiting strict devotion to routines, repetitive motions (such as hand flapping), or a keen interest in a certain subject.[12]

Early diagnosis is crucial, as it can lead to earlier intervention, which has been shown to significantly improve long-term outcomes.

Neurobiology of Autism- The brains of people with autism differ structurally and functionally, according to developments in neuroimaging. Among the important conclusions are:

- **Brain Connectivity**: The brains of people with autism have been shown to exhibit aberrant connection patterns in numerous studies, especially in areas related to social cognition and communication.
- **Neurotransmitter Imbalances**: Fundamental symptoms of ASD have been associated with imbalances in neurotransmitter systems, including glutamate, GABA, and serotonin.
- **Brain Growth Patterns**: According to research, certain autistic children display early brain enlargement in regions linked to motor and sensory processing.[13]

The holistic Ayurvedic approach to treating ASD places a high value on panchakarma intervention, logic-based medication, and psychotherapy in the form of spiritual and psychological therapies. Acharyas identified three types of chikitsa in Ayurvedic literature: satvavjaya chikitsa, yuksivyapashraya, and daivavyapashraya.[14] .

Daiva-Vyapashraya (Spiritual Therapy)- The importance of spirituality has been extensively debated in various contexts, and Ayurveda considers people to be a part of the ultimate conscience. The rational application of mantras, aushadhi (medicines), mani (wearing gems), bali (auspicious offerings), upahara (gifts to people), homa (oblations), niyama (following the rules of the scripture), prayarshchitta (atonement), upvasa (fasting), svastyayana (chanting auspicious hymns), pranipatagamana (obeisance to the gods, pilgrimage), etc., are all intended to increase people's mental fortitude and self-confidence. [15]

Satvavajaya Chikitsa- This phrase describes controlling the mind to prevent it from being affected by several stressors that could lead to pragyapradha. Acharya Charaka defined satvavajaya as the separation of the mind from impurities. Managing the mind and shielding it from toxic interactions is known as mano nigraha. Dheedhairyaatmadi vigyanam: it provides a deeper understanding that helps with better mental regulation. [16]

Yuktivyapashraya Chikitsa- This means adjusting ahara and vihara to suit the needs of the patient and administering medication in a sensible manner. To manage their unbalanced thinking, the patient should be encouraged to follow sadvrita's instructions, eat a nutritious diet, and use doshahara ausadha (medications) and medhya rasayana (brain supplements).[17]

Ayurvedic remedies Mahapaishachik Ghrita and Suvarnaprashana have long been used to treat a range of neurological and mental illnesses. These two formulations may be complementary in the comprehensive care of autism in children, which is frequently referred to in Ayurveda as Unmada (a general term including a variety of psychiatric problems). Let's examine their responsibilities and relevance.[18]

1. Mahapaishachik Ghrita:

The medicinal ghee preparation known as Mahapaishachik Ghrita is made with a number of strong herbs and substances that are well-known for their effects on memory, brain function, and psychological health.

Ingredients Mahapaishachik Ghrita: [19,20,21,22,23,24,25,26,27,28,29,303,32,33]

Sr.	Name	Botanicl name	Family	Ayurvedic Karma
1.	Jatamansi	*Nardostachys jatamansi*	Vallirianaceae	Medhya ,Twachya
2.	Haritaki	*Terminalia chebula*	Combretaceae	Medhya, Vayasthapana
3.	Bhutakeshi	*Vitex negundo*	Verbenaceae	Krimighna, Shophagna, Smriti vardhak
4.	Kumbhi	*Careya arborea*	Barrangtoniaceae	Krimighna, Vishaghna
5.	Markati	*Mucuna prurita*	Fabaceae	Vrishya, Vatahara
6.	Vacha	*Acorus calamus*	Acanthaceae	Medhya, Bhutagna
7.	Trayamana	*Gentiana kurro*	Gentiaceae	Jwaragna, Kapahapittahara
8.	Jayanti	*Sesbania sesban*	Fabaceae	Vatahara, Galaganda nashak
9.	Ksheera Kakoli	*Lilium polyphyllum*	Liliaceae	Daha, Shosha, Jwara
10.	Choraka	*Angelica glauca*	Umbelliferae	Medhya , Deepana,Pachan
11.	Katuka	*Picrorrhiza kurrao*	Scrophulariaceae	Hridya, Krimigna, Deepana
12.	Kayastha	*Elettaria cardamomum*	Zingiberaceae	Deepana,Kashhara
13.	Varahikanda	*Dioscorea bulbifera*	Dioscoreaceae	Shukral,Bringhan
14.	Saunf	*Foeniculum vulgare*	Apiaceae	Deepana,Pachan
15.	Atichatra	*Peucedanum graveolens*	Apiaceae	Deepana, Shoolahara
16.	Palankasha	*Commiphora mukul*	Burseraceae	Vrushya, Rasayana
17.	Mahapurusha	*Asperagus racemosus*	Asperagaceae	Medhya, Balya
18.	Bramhi	*Bacopa monnieri*	Scropulariaceae	Medhya, Rasayan
19.	Gandha Nakuli	*Aristolochia indica*	Aristolochaiaceae	Pachan, Vishaghna
20.	Rasna	*Pluchea lanceolata*	Asteraceae	Amapachan, Shoolhar
21.	Malkangani	*Celastrus paniculatus*	Calastraceae	Medhya, Deepana
22.	Vrischikali	*Pergularia extensa*	Asclepiadaceae	Kasahara, Vishagna
23.	Shalaparni	*Desmodium gangeticum*	Fabaceae	Atisaragna,Balya
24.	Go-Ghrita			Medhya,Chakshushya, Vrishya

Preparation of maha paishachika ghrita:[34]

Haritaki, Bhutakeshi, Kumbhi, Markati, Vacha, Trayamana, Jaya, Veera, Choraka, Katuka Rohini, Kayastha, Varahikanda, Chatra, Atichatra, Guggulu, Shatavari, Bramhi, Gandha Nakuli, Rasna, Katabhi, Vrischikali, and Shalaparni- Using a mortar and pestle and a little water, the aforementioned medications are ground into a paste. Once the paste is ready, it is put into the vessel by adding four times as much cow's ghee as the paste's weight. By adding sixteen parts water to the whole weight of the ghee, it is well blended. The mixture is heated with mild fire by stirring continuously. When all water get evaporated the ghee is filtered and stored in air tight containers or bottles.

Probable Mode of Action of Mahapaishacika Ghrta:[35]

- Ghee transports the medicinal qualities of herbs to every tissue in the body. Since the cell membrane also contains lipid, the lipophilic effect of ghee makes it easier to move to a target organ and deliver inside the cell. Ghrta is able to penetrate the blood-brain barrier.
- According to Vagbhata, Medas make up Mastulunga, or the brain. Mastulunga, according to Dalhanaas, is Mastaka majja, which resembles half melted Ghrta. This implies the connection between Mastulunga and Ghrta. It improves Dhee, Smriti, and Medha while elucidating the qualities of Ghrta. Ghrita has a clear function in autism since it is a developmental illness that also affects Dhee, Dhrithi, and Smriti.
- Psychiatric conditions such as Unmada (insanity), Apasmara (epilepsy), afflictions by Graha (seizures by evil spirits), and Caturtaka jwara (kind of irregular fever) are among the indications of Mahapaishacika Ghrta that are documented in the classics. This Ghrta preparation is particularly said to assist rejuvenate Medha (thinking ability), Buddhi (intellect), and Smrti (memory power). It also aids in the development of children's bodies. The majority of the constituents in Mahapaishacika Ghrta are naturally occurring Tridosa samaka, and it comprises a range of medications. About seven Medhya medications that act on the brain through its Prabhava are included in the complete composition.
- The main component of this mixture is Jatamansi (Nardostachys jatamansi), a medicine known as "Bhutaghna" that has Medhya and Tridosahara properties. The primary active ingredient, jatamansone, is effective in hyperkinetic situations and has a considerable influence on GABA when administered acutely and subchronically, according to phytochemical research using an ethanol extract of jatamansi roots.

Role of Mahapaishachik Ghrita in Autism (Unmada):[36]

- **Neuroprotective & Cognitive Enhancer**: This formulation's ghee and herbs are thought to support cognitive processes and nourish brain structures, so assisting with the speech, memory, and learning challenges that are frequently observed in autistic children.

- **Calming Effect**: It is intended to calm the agitated doshas, particularly Pitta and Vata, which are said to be in charge of Unmada's emotional instability, hyperactivity, and aberrant conduct.
- **Improves Social Behavior**: Certain herbs, such as Brahmi (Bacopa monnieri) and ashwagandha (Withania somnifera), are known to enhance social interaction and lessen irritability and anxiety, which are traits of autism spectrum disorders.

Effect of Jatamansi in autism:[37]

The Ayurvedic herb jatamansi (Nardostachys jatamansi), commonly referred to as spikenard, has long been used for its neuroprotective and soothing effects. Since it may have an impact on the brain and nervous system, it has been investigated for a number of neurological disorders. Jatamansi may be beneficial as a treatment for autism, a neurodevelopmental illness marked by difficulties with communication, social interaction, and repetitive activities, according to some research. Because jatamansi has antioxidant qualities, it may help shield brain cells from oxidative stress, which is thought to be a factor in neurodevelopmental disorders like autism. Jatamansi's anxiolytic (anxiety-reducing) properties have led to its traditional use. Jatamansi may aid in the management of elevated anxiety or agitation, which is a common symptom of autism spectrum disorder (ASD). Because of its neuroprotective and soothing qualities, jatamansi may be able to help manage some autistic symptoms, especially anxiety, hyperactivity, and cognitive problems. To prove its efficacy and safety in treating autism specifically, further thorough human research is required. Before using Jatamansi or any herbal remedy, especially for children with autism, parents and caregivers should speak with a healthcare professional to be sure it's safe and suitable.

Effect of Vacha in autism:[38]

Sweet Flag, or vacha (Acorus calamus), is another herb that is frequently used in Ayurvedic medicine because of its soothing, neuroprotective, and cognitive-enhancing properties. Its potential advantages for a range of neurological and cognitive problems have been investigated. Vacha is believed to have a number of possible therapeutic effects in the context of autism spectrum disorder (ASD) because of its impact on behavior and brain function. Traditionally, vacha has been utilized as a medhya rasayana, which is an Ayurvedic name for a cognitive enhancer. It is thought to enhance learning, focus, and memory. Given that certain autistic youngsters struggle with attention span and cognitive functioning, Vacha's neurocognitive effects could improve learning and focus. Vacha has long been linked to enhancing communication and speech abilities. Ayurvedic practitioners may suggest Vacha for children with speech problems, as speech delays or communication difficulties are important issues in autism. It is believed that the plant improves linguistic expression by stimulating the neurological system. According to research, Vacha can affect the amounts of neurotransmitters that are important for mood, behavior, and cognitive function, including serotonin and dopamine. Some of the symptoms of autism, including emotional outbursts, mood swings, and repetitive behaviors, are frequently linked to abnormalities in these neurotransmitters. Vacha may be able to help manage these symptoms because of her capacity to regulate these neurotransmitters.

Effect of Brahmi **in autism:**[39]

A well-known herb in Ayurvedic medicine, Brahmi (Bacopa monnieri) is used extensively for its relaxing, neuroprotective, and cognitive-enhancing effects. Its effects on memory, learning, and brain function have been well investigated, which makes it a potentially useful herb in the treatment of autism spectrum disorder (ASD) symptoms. Brahmi is well known for being a nootropic, which means that it helps improve cognitive function, especially in areas like information processing, memory, and learning. Cognitive issues such trouble focusing, learning, and remembering information are prevalent in kids with autism. The capacity of Brahmi to enhance these processes may aid in the cognitive development of autistic people. Rich in antioxidants, rahmi has been demonstrated to shield the brain from inflammation and oxidative damage. This is significant since it is believed that neuroinflammation and oxidative stress play a role in the onset and intensity of autistic symptoms. The neuroprotective properties of brahmi may lessen some of these underlying problems and promote general brain health. Important neurotransmitters that are essential for mood control, learning, and memory, including as acetylcholine, dopamine, and serotonin, have been discovered to be influenced by brahmi. People with autism frequently have dysregulation of these neurotransmitters. Brahmi may enhance mood, lessen repeated behaviors, and promote memory and learning by restoring balance to these chemicals in the brain.

Effect of Jyotishmati in autism:[40]

The plant jyotishmati (Celastrus paniculatus), sometimes referred to as the "intellect tree" or "Malkangni," is utilized in Ayurvedic medicine mainly because of its potential advantages for enhancing memory, cognitive function, and neuroprotection. It has long been thought to promote learning, focus, and mental clarity. There has been interest in its possible uses for neurodevelopmental disorders including autism, even if current research into its precise effects is still in its early phases. Jyotishmati has long been utilized to enhance cognitive function, memory, and focus. Although there is a dearth of clinical data, cognitive-enhancing herbs may theoretically help with some autism symptoms, such as difficulties with processing information and paying attention. It has substances and antioxidants that could help shield neurons from oxidative damage. These characteristics may be important since oxidative stress and neuro-inflammatory disorders are occasionally linked to autism. According to some research on animals, jyotishmati improves learning and brain plasticity, which may help with neurodevelopmental problems like autism.

Suvarnaprashana:

In Suvarnaprashana, gold (Suvarna) is administered with ghee, honey, and other herbal mixtures. It is a component of Ayurvedic pediatric vaccination and health-promoting practices. Swarna and herbs are given to children orally in the form of liquid, semi-solid, or paste in a process known as Swarnaprashana. The practice of Swarna prashana requires the consumption of Swarna or Gold bhasma. Actually, it was one of the 16 sanskars. It is a time-tested,

natural method that has been used for ages to improve the general health of children.[41] Swarna Bhasma is an essential component of the newborn and child formula Swarnaprashana. Swarna Prashana is a cultural ritual that is customarily performed in India. Swarnaprashana is a special practice that is a part of the Jatakarma Samskara, according to Ayurvedic literature. Given that the administration of processed gold to children has been documented for thousands of years, Acharya Kashyapa's contribution to Swarnaprashana stands out among all the other Acharyas who have provided an accurate explanation.[42] The method, ingredients, formulations, indications, and contraindications of pranayama are all thoroughly explained by Acharya Kashyapa. Swarnaprashana is made by triturating Swarna, honey, ghee, and water on a clean, unwashed stone facing east. The child is then given the mixture to lick. Swaruprshana can be given to children who are 0–16 years old.[43]

Ingredients:[44]

SR.	CONTENT
1.	Shudha Swarna bhasma
2.	Shudha shahad
3.	Shudha Goghrit

Prepration method of swarna prashan:

Swarnaprashana is created by combining it with references to old Ayurvedic literatures and scientific inputs. This herbo-mineral elixir contains both minerals and plants. Madhu and Ghrita Swarna Bhasma are making Swarnaprashana at the hospital. Since that would be Virudha Samyoga, madhu and ghrita shouldn't be mixed in equal amounts. However, a tiny quantity of madhu and ghrita can be utilized to boost immunity, making a youngster more resilient to allergens and toxins.[45]

Benefits of Suvarna Prashana:[46]

1. Suvarna prashana prevents children from getting sick often by boosting immunity and fostering resistance to common infections.

2. It boosts children's stamina, encourages physical exercise, and builds their physical strength.

3. When taken consistently, Suvarna prashana improves a child's memory recall, grasping ability, sharpness, and analytical skills.

4. It improves digestion, stimulates the digestive system, and lessens related symptoms.

5. In addition, Suvarna Prashana makes kids more hungry.

6. It promotes children's early mental and physical development.

7. It assists children in developing a robust defense mechanism that protects them from ailments and complaints caused by seasonal shifts and other persistent infections.

8. In the event of any illness, it aids the body in recovering quickly.

9. It shields kids from illnesses that can happen during the teething process.

Role of Suvarnaprashana in Autism (Unmada):[47]

• **Cognitive growth:** Suvarna (gold) is said to assist children's overall brain growth, increase intellectual capacity, and improve memory.

• **Immunity Booster:** Suvarnaprashana is a well-known Ayurvedic remedy that strengthens immunity and shields kids from illness. immunological system strengthening may be helpful because autism and immunological disorders are occasionally connected.

• **Behavioral Balance:** It is believed that regular administration helps to lessen the irritation and agitation that are frequently observed in autism by encouraging a calm mind and balanced behavior.

• **Speech and Learning:** Suvarnaprashana is thought to help with speech and learning challenges, which is in line with the objectives of autism communication management.

Effect of Swarna Bhasma:[48]

In Ayurvedic medicine, Swarna Bhasma (gold ash), a classic Ayurvedic preparation prepared from purified gold, is thought to provide a number of medicinal benefits. Numerous medical diseases, including neurological illnesses, are treated with it. Swarna Bhasma has been examined on a modest scale in relation to autism, a neurodevelopmental disease marked by challenges with social interaction, communication, and repetitive activities. It is thought that Swarna Bhasma's anti-inflammatory and antioxidant qualities could shield neurons from harm, hence promoting brain function and health in autistic people. Because of its potential to enhance cognitive abilities including memory, focus, and learning, Swarna Bhasma is utilized in Ayurveda. Those with autism frequently struggle in these areas. According to preclinical research, Swarna Bhasma may improve cognitive abilities, which could help autistic kids learn and communicate. According to some study, immunological disorders may play a role in autism. People with autism who have immune-related symptoms or sensitivities may benefit from Swarna Bhasma's immunomodulatory qualities, which are thought to help balance the immunological response and lower inflammation.

Effect of Goghrit:[49]

Goghrit, sometimes referred to as clarified butter from cow's milk or cow ghee, is an important part of Ayurvedic medicine and is said to be a material that promotes health. Because of its nutritional and medicinal qualities, goghrit is thought to provide a number of therapeutic benefits in the setting of autism spectrum disorder (ASD), which includes difficulties with behavior, social interaction, and communication. Healthy fats including omega-3 and omega-9 fatty acids, which are essential for brain development and function, are abundant in ghee. In order to facilitate effective communication between brain cells, these fats are necessary for the myelination of neurons, the protective covering that surrounds nerve fibers. Cognitive function and communication abilities, which are

frequently impacted in children with autism, may be supported by normal brain function and improved neuron connectivity. Butyric acid, a short-chain fatty acid with anti-inflammatory qualities, particularly in the gut and brain, is found naturally in ghee. Recent studies have linked gut health to autism, with many autistic children exhibiting gut-related problems such inflammation or dysbiosis (unbalanced gut flora). Butyric acid may indirectly help better brain function and behavior in autistic people by fostering a healthy gut environment. Ghee has long been utilized in Ayurveda as a medhya rasayana, or a material that supports mental and intellectual health. It is said to promote mental clarity, focus, and memory. Consuming goghrit may help youngsters with autism, whose cognitive capacities might vary greatly, focus better and learn more effectively.

Effect of Honey:[50]

Many civilizations have long utilized honey as a natural cure for a wide range of ailments due to its many health advantages. Despite the paucity of scientific evidence directly connecting honey to autism spectrum disorder (ASD), certain of its qualities might indirectly help those who have the condition. The special makeup of honey may have a beneficial effect on some parts of autism, which is characterized by difficulties with behavior, speech, and social interaction. Antioxidants including flavonoids and phenolic chemicals, which are abundant in honey, aid in lowering oxidative stress. In people with autism, oxidative stress is frequently higher and is linked to neuroinflammation and neuronal damage. Improving cognitive and affective performance and protecting neurons may be achieved by lowering oxidative stress in the brain. In addition to supporting general brain health, this may help autistic youngsters behave and feel better. Compounds found in honey are thought to have neuroprotective properties. According to certain research, honey may improve memory and learning by shielding the brain from inflammation and oxidative damage. Although this hasn't been well investigated in relation to autism, honey's neuroprotective qualities might help those on the spectrum with their cognitive abilities. Tiny amounts of vitamins, minerals, and enzymes that are good for general health can be found in honey.

Discussion:

Mahapaishachika Ghritha contains more than 15 percent katu rasa (pungent) and more than 50 percent thikta rasa (bitter) dominating medicines. The majority of medications are veerya, vatakaphaharam, pramadhi (channel-clearing), and ushna (hot in potency). These characteristics may have contributed to symptoms like sadness and a lack of enjoyment. Being balya, ghritha itself may have contributed to symptoms like fatigue and low energy. Due to Ghritha's snigdhaguna (unctuousness), vata shamana may have contributed to insomnia. Since Mahapaishachika Ghritha is referenced in the Unmada Prakarana and is said to have an impact on intellectual functioning, it may also have a nootropic effect, which is why it acted broadly in this case, particularly with regard to acts of self-harm. The Mahapaishachik Ghrita formulation's ghee and herbs are said to support cognitive processes and nourish brain structures, hence assisting with the speech, memory, and learning challenges that are frequently observed in autistic children. The gold in Saraswatarishtham aids in the efficient delivery of the medications' therapeutic effects to the brain cell. It fortifies the central nervous system and nerves. An Ayurvedic nerve tonic made using herbal treatments is called Saraswatarishtham. With the benefits of Ayurvedic medicines such as Vacha, Satavari (Asparagus racemosus), and Brahmi (Bacopa monnieri). It helps with supportive treatment for dementia, psychomotor retardation, and speech defects such slurring and stammering. It also enhances

intelligence, memory, focus, and attention. A Medhya rasayan, Kalyanak ghrita has a multifaceted method of action that extends from its use in Unmada chikitsa.

Conclusion:

Our Acharyas have been using their spiritual force to treat a variety of idiopathic diseases since ancient times. They concluded that harmful and non-spiritual habits are the root cause of the majority of psychiatric illnesses. Therefore, they devised a methodical treatment strategy that included both the administration of medicinal ghee and spiritual practices. Ghee's primary effect is on Manovaha Strotas. Mahapaishachik Ghrita and Swarna Prashan discussed the growth and development stimulatory influence on developing youngsters in the treatment of autism (Unmada). In order to validate the ancient use of swarna prashan for children's growth and development, we used it in our study. We observed a notable improvement in the body weight and height of children aged 1-14 years following a 12-month course of swarna prashan. Therefore, we can conclude that swarna prashan is beneficial for developing youngsters and that it is safe to use, as there were no negative effects noted during the study period. They are useful in a comprehensive strategy to managing autism because of their capacity to promote social behavior, improve cognitive abilities, and quiet the mind. They must, however, be used under a licensed Ayurvedic practitioner's supervision. People with the comorbid condition of autism can be enabled to realize their full potential and lead satisfying lives by acknowledging the overlapping difficulties and putting customized techniques into practice.

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