

# AUTISM AND TREATMENT THROUGH ACUPRESSURE & ALTERNATIVE MEDICINE

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***Autism is a neurological disorder that affects the way the child reacts to people and environment, learn language and communication skills.***

## **Major Signs & Symptoms:**

Hyperactive, highly sensitive to severe cold/heat and incessant rains and sudden changes in weather conditions, sudden and unimaginable behavior patterns, spontaneous physical attack, lack of sympathy/empathy, merciless behavior, un-tired activeness and also as per the symptoms expressed by the parents.

## **Typical symptoms:**

- Difficulty in expressing needs or wants verbally or non-verbally.
- Repeating words or phrases rather than responding to questions.
- Making repeated movements such as rocking or hand flapping.
- Displaying a strong preference to routine, disliking any change in daily routine.
- Displaying emotions, pleasure or distress, for no apparent reason.
- Not responding to questions by appearing not to hear.
- Displaying no interest in playing with children of the same age.
  - Lack of eye contact/ Communication.
  - Impairment/Avoids Social interaction/ Echolalia or repetition,
  - Meaning – less self talk/Sensitive to touch, smell, sound, light and water/Resistance to change in routine and obsessions/Hyperactivity.

**Physiological Changes in the Body Mechanism:** *As per principles of Acupressure, blockage of Energy/toxins in brain, spinal cord, endocrine glands will cause concomitant changes in other internal organs like eyes, heart, ears, lungs, hands, legs etc.*

## **Remedial measures available in the alternative systems of medicine:**

### **1. Through consumption of charged water:**

- High Powered Concentrated gold/silver/copper charged Water to be given as under:
- ½ glass reduced from 8 glasses for 8 days and
- 1 glass reduced from 8 glasses for 8 days.
- 2 glasses reduced from 8 glasses to be given till recovery and 3 months afterwards.
- 1 glass reduced from 2 glasses for a long time afterwards. This treatment will give push to the brain and motor nuclei and start their functions.

### **How to prepare High-powered concentrated gold/silver/copper charged water:**

Take 15 gms. of pure gold (biscuit gold) 30 gms. of pure silver and 60 gms of pure copper clean and put them in a stainless steel vessel with 8 glasses of water and heat it until it is reduced to ½ glass (on evaporation). The derived high-powered, concentrated charged water has to be filtered through a thin cotton cloth and should be consumed hot or Luke warm; depending upon patient's choice all along the day. This charged water should not be heated again but to be stored in a thermos flask.

### **2. Treatment by Acupressure Techniques:**

Applying pressure with thumb or jimmy by pressing the palms and soles, wrists and ankles on both sides at point Nos. 1 to 16, 37 and lastly in the middle part of each palm/sole ( Point No.26 – Kidney) will release the blocked energy through urine without affecting the kidneys and to activate all the internal organs.

#### **Procedure:**

It should be done on empty stomach or 2 hours after meals to regulate all the endocrine glands and their hormonal secretions and also to regulate the function of all internal organs up to optimum levels. While pressing with thumb, jimmy or the presser, if any part, in hand or soles, hurts the surrounding areas of the painful part should be pressed. For instance, if there is a little pain in the point [No.16 – Heart] located 1" below the left hand little finger, the surrounding parts in the left palm should be pressed so that the blocked energy may be released along with toxins through Kidneys from the heart to function normally.

*For children, pressure must be given on point nos. 30 & 38-Thymus gland And Lungs and lastly at the point No.26 for the release of blocked energy and toxins through urine.*

#### **Duration of the Treatment**

Acupressure treatment for 2 minutes (maximum on each point) three times a day to be given to point nos.1 to 6 (1-Brain, 2.Mental Nerves, 3.Pituitary gland, 4.Pineal gland 5.Head Nerves) 11 to 15,(11-Prostate gland, 12-Penis, 13-Vagina, 14-Uterus 15-Testes/ovaries,) 25-Pancreas,28-Adrenal gland and 30 & 38(Lungs and Thymus gland. Acupressure treatment on webs and back of palms twice a day will be useful to relieve any nervous tension and for correcting any impairment and also to tone-up them.

### **3. Through Naturopathy:**

- **Green juice** of leafy vegetables with honey to be given 2 to 4 cups a day to refresh the digestive system and to get energy. [For preparation of green juice, take fresh green leaves dip them in

salt water for 3 minutes to remove traces of pesticides/insecticides, if any, wash the leaves under tap water cut them into small pieces place them in mixer extract juice filter the same through thin cotton cloth]

- **Fresh fruit juices** with a tea spoon of honey to be given 2 to 3 glasses daily
- **Blue light** to be given for 15 minutes each on the head and on the spinal cord and affected parts twice a day.
- **Treatment** - Take a 60 watt blue color bulb, if it is not available, wrap blue gelatin paper for 4 folds (blue emery paper used for focusing lights) around a regular 60 watt bulb keep it at a distance of 18-20 inches (45-50 Cms.) away from the affected part for 10-15 minutes at a time.
- **Ambuta (Canova) drops** - non-poisonous vegetarian plant extracts from the Forests of Johannesburg, South Africa.
- **Dosage** - 10 drops to be taken sub-lingual/under the tongue for children above 10 years and 5 drops for children below 10 years t.d.s. not to eat 10 minutes before and 10 minutes after medication. However, water can be taken. Every time, the bottle to be shaken vigorously for 15 times as directed to get maximum good impact of the medicine. These drops (immuno modulators) shall boost-up/enhance the immunity/disease resistance power of the body.
  - **Rubbing** the soles of the patient with a soft nylon brush used for washing clothes for 5 + 5 minutes in the morning and evening till the soles are warmer than the head.

**4. Through Yoga:** Doing Kapalbhathi Bhastrika and Pranayam are the well suggested Yoga therapies.

- **Kapalbhathi** - Sit upright in a quiet place. Inhale and Exhale very fast through the nostrils. Start with 10 times and gradually go upto 50 times in a minute through the nostrils. Do this Pranayam for two minutes twice a day.
- **Bhastrika** - Open the mouth and inhale slowly through it and then immediately blow out hard. Do it 1 to 15 times. Do this pranayam every time after you do Kapalbhathi. These will clear any congestion in the head.
- **Pranayam** - The easy four-step way to perform pranayam.
  - 1<sup>st</sup> step: Inhale the air counting 1,2,3,4.
  - 2<sup>nd</sup> step: Then keep the air in the lungs counting 1,2,3,4.
  - 3<sup>rd</sup> step: Then exhale the air counting 1,2,3,4.
  - 4<sup>th</sup> step: Pause-do not inhale counting 1,2,3,4.

Repeat the above for 10 to 15 times, three to four times a day and through practice go on increasing the count to 10. During the pause, the lungs will get rest and are revitalized.

Once you reach a count of 10, you inhale, retain, exhale and refrain-pause upto 10 counts each i.e. 1:2:1:1.

## **5. Through medication :**

- **Brain Tonic** - 2 grains t.d.s. under the tongue. Not to eat anything for 10 minutes before and 10 minutes after the medication. However, water can be taken. It removes brain fag/blockage of energy in the brain and spinal cord, purges toxins into the normal excretory system and enhances the functioning of entire nervous system, tones-up the nerves.
- **Aloe Vera Juice** - Dosage: 30 ML + 1 TSP HONEY T.D.S.

About Aloe Vera - Aloe Vera is extremely helpful for mouth and gums. It also assists in the soothing of minor burns, cuts, scrapes and skin irritations. A healthy digestive tract ensures that nutrients from the foods we eat are absorbed into the blood stream. Aloe Vera Juice has natural, detoxifying abilities.

Drinking Aloe Vera Juice made from the pure aloe gel regularly may improve bowel regularity and increase protein absorption, while at the same time reuse unfriendly bacteria. Immune Support and function.

Aloe Vera provides natural support for the immune system  
Regulates Weight and Energy Levels Aloe Vera Gel naturally, and with regular use, allows the body to cleanse the digestive system.

Aloe Vera ensures a greater feeling of well-being, allowing energy levels to increase and helping to maintain a healthy body weight. Aloe Vera can add a rich supply of building materials to produce and maintain healthy skin.

Some of the minerals found in Aloe Vera include calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, and zinc. What a powerful storehouse! We all know that adding foods to our diets with naturally occurring vitamins and minerals is recommended for overall health. Aloe Vera Gel includes Vitamins A, B1, B2, B6, B12, C and E, Folic Acid and Niacin.

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- Natural Remedies for Health and Wellbeing by Enrique Garza

***Disclaimer Clause: Treatment suggested above is successfully tried on several patients and so is mentioned here for the benefit of all 'MENTALLY RETARDED PATIENTS' WITHOUT ANY LEGAL LIABILITY to Trustees or Medical Board members or anybody working for and on behalf of [www.saioam.com](http://www.saioam.com)***

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