

## Our Views on Autism Spectrum Disorders

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### Opinion

#### Autism Spectrum Disorders (ASD)

It is a neurodevelopmental disorder characterized by impaired social interaction, verbal, and nonverbal communication with other atypical patterns of activities and behaviors such as difficulty with transition from one activity to another, a focus on details and unusual reactions to sensations. People with autism are unique and have their own power and knowledge. The severity of this disorder can make the person individual or dependent. The dependent autistic people require lifelong care and support. In these current days due to the affection of gadgets and increasing screen time many children are developing lots of behavioral issues such as hyperactive, less patience, no waiting time, need immediate response from parents or care takers. Everything for them should get easily without any waiting time. The growing child requires a pleasant environment with people around to learn things and develop speech and communication skills. If we keenly observe there are lots of symptoms that similar in ASD, Screen addiction and lack of speech and language stimulation cases.

Early detection is very important in the identification of ASD and professionals also should do be careful when labelling ASD. WHO included autism in the part of early identification programs to treatment and rehabilitation along with other mental and neurodevelopmental conditions. Autism is also associated with other conditions such as epilepsy, depression, anxiety, and attention deficit hyperactive disorders. They may also show challenging behaviors such as difficulty in sleeping and self-injury. ASD in various Professional Perspectives.

**Biomedical and bioengineers:** Abnormal changes that result in oxidative stress (impacted redox metabolism), mitochondrial dysfunction, immune dysregulation, folate dysregulation, tetrahydrobiopterin metabolism, and their interconnections are examples of known pathophysiology found in some individuals on the spectrum. Biomedical treatments have been developed as alternative forms of help for ASD symptoms from a biological perspective [1].

**Neurologists:** Autism Spectrum Disorder (ASD) is a set of related and complex neurodevelopmental disorders characterized by persistent deficits in social communication and interaction, and restricted, repetitive patterns of behaviour. "Autism is a human intellectual construct with recognizable symptoms," [2]. Autism is associated with diverse comorbid neurological disorders, including seizures, sleep disorders, and possible developmental regression [3].

**Speech-language pathologist:** Autism people have difficulty in communication and social skills with repetitive behaviors and limited interests.

**Occupational therapist:** ASD have various sensory issues which affect learning many skills independently. For people with autism, OT programs often focus on play skills, learning

strategies, and self-care. OT strategies can also help to manage sensory issues [4].

**Psychologist:** Autism is the word used to label behaviors that are outside the “normal range”, in social interaction and communication. Autistic people can have extremely different levels of intellectual functioning, ranging from severe disability to high levels [5].

**Psychiatrist:** Individuals with ASD may have an increased risk for clinically diagnosed depression, anxiety, and bipolar disorder-in comparison to sex and age matched referents [6].

**Ayurveda:** It has viewed Autism as a behavioral abnormality with its roots in the derangement of the metabolic and digestive systems. Also, it occurs when the neuropsychological platform is defective. Autism falls under the Unmade category, which is when one or more faculties go wrong. Diverse experts have different opinions about ASD, and management styles also differ from perspective points. I'd like to share a few things about children with ASD as a speech-language pathologist. By the time a child is five years old, their language/overall development is typically completed, but autistic children will come to us after 5yrs with various issues and most probably they will undergo for all kind of therapies. Communication and social skills are the main parental concerns. Even children with autistic features or mild autistics are also losing their abilities due to poor guidance of different professionals as well as parents [7]. Confirming the diagnosis is crucial since a child who has been diagnosed with ASD must live with that label for the rest of his or her life. The symptoms should be double checked by doctors to make sure they aren't coming from unrelated disorders like screen addiction, lack of language stimulation, or neutral family. Despite the fact that there are countless opportunities to recognize and detect ASD [8]. What professional gaps exist in the prevention and treatment of this disorder? When a child is diagnosed with ASD, it is crucial that parents are guided to seek out integrated therapy,

therefore this problem needs to be taken seriously. Whoever diagnosed the disorder-a SLP, Neurologist, biomedical engineer, OT, or psychologist-should also focus on other therapy to help the child develop as a whole. Certain medications that other professionals have used have a significant impact on children's brains, causing them to feel sleepy all day. We are indirectly preventing the children's normal development and behaviour.

It is usually preferable to maintain Early Care Period (ECP) for children who have been identified with Autistic features or mild to moderate ASD [9]. Therefore, the diagnosis may include ASD (ECP), wherein the parent must undergo for integrated therapy to help the child understand and adapt to his surroundings so that he can regain his abilities [10]. A development chart should be shared with all team members and the child must undergo routine follow-ups.

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