

‘Who will take care of MY child after me’

This question lingers in the minds of millions of PARENTS due to the Global challenge of rising incidence/cost of autism management with the lack of a credible treatment.

Reductionism and piecemeal approaches are not working very well and the **eternal search for the ‘Perfect solution’ becomes the enemy of the ‘Utilizable Good’.**

Since 2004 DOAST Integrated Therapy utilized the **‘Good enough leads’** from the database, conceptualized and standardized a treatment window.

D.O.A.S.T. Integrated therapy Center *for* AUTISM



‘Integrated Therapy’ is a pioneering concept of therapeutic integration or fusion, where scientifically chosen traditional Indian treatment methods are applied with modern medical understanding to treat specific chronic ailments, and autism in particular.

Centuries old Traditional Indian Treatment systems are built on the concept that *‘inefficient elimination of bodily toxins imbalance the Bio-energetic forces resulting in chronic ailment’*.

Their corrective therapeutic concept is
‘toxin elimination, rejuvenation and regeneration’.

We found that this therapeutic concept of the traditional Indian medical systems is in complete synergy with the present technological understanding of chronic disease **-like autism-** as cellular stress, molecular disorder, cytokines and signal triggers between body and brain.

D.O.A.S.T. stands for **D**octrine **O**riented **A**rt of **S**ymbiotic **T**reatment.

*It is successfully marching in the **Second Decade** of TREATING
AUTISM....*

DOAST INTEGRATED THERAPY CENTRE for AUTISM

*The centre of excellence for the practice & research of integrated therapy is named as DOAST
to convey the message of friendliness or togetherness*

FOUNDER- Dr.N.P.Karthikeyen is a qualified Otorhinolaryngologist of India. Born in 1958.

- Realized the therapeutic benefits of traditional Indian medicinal systems practiced for centuries. Understood that incorporation of them into the mainstream modern medicine, based on analytical approach, and respect to logistics would prove beneficial to alleviate many ailments lacking definitive treatment protocol like Autism.
- Back in early 2000 he decided to usher in a new era of Medicine called ‘Integrated therapy’ by fusing these time-tested methods of ancient healing with the innovations of modern medicine. Essentially by applying this integrated therapeutic approach to select disease conditions he wished to fast forward the hidden potentials of Indian past medical heritage into the future.

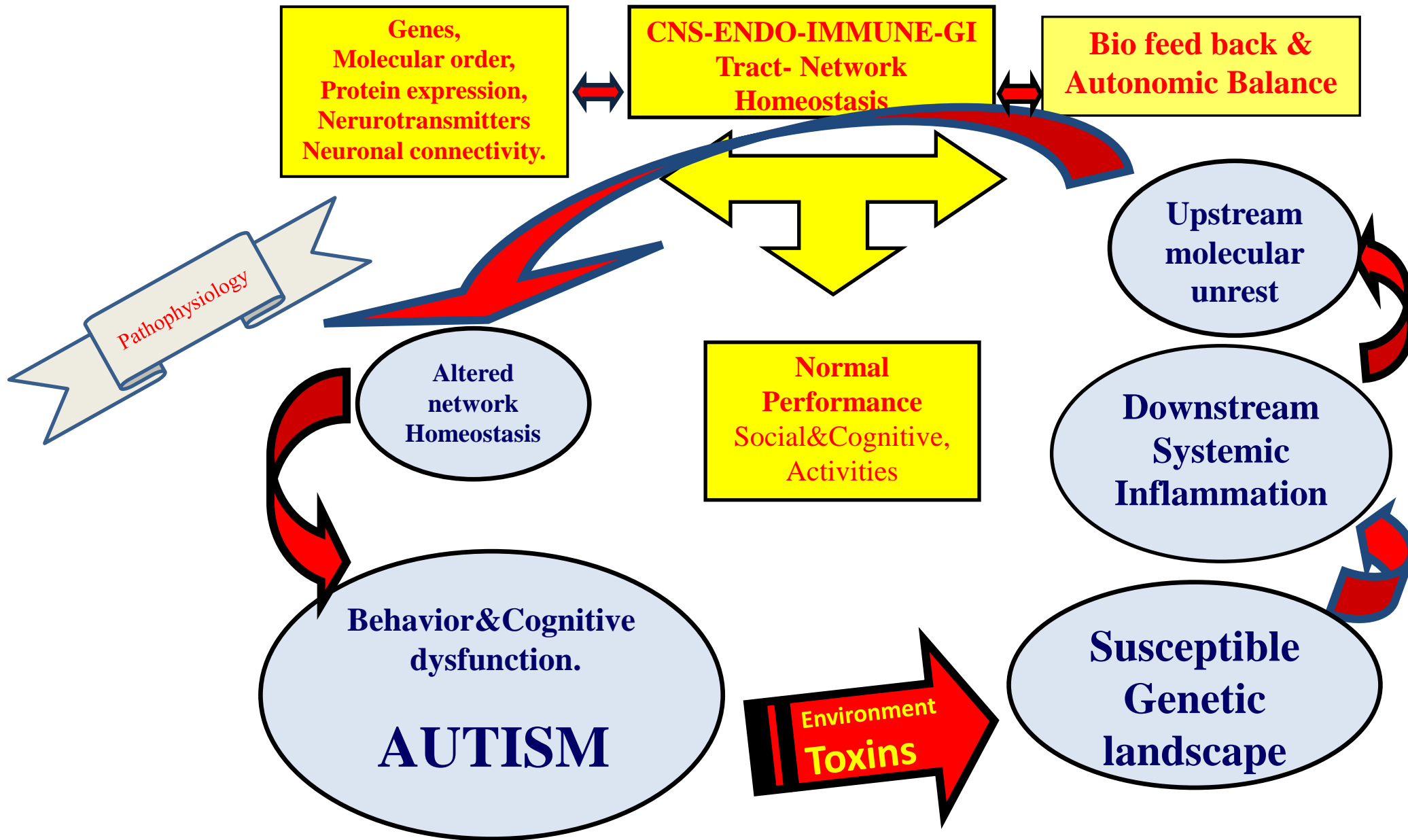
To clinically test this vision, he founded DOAST Integrated Therapy Centre for Autism in 2003 – 2004.

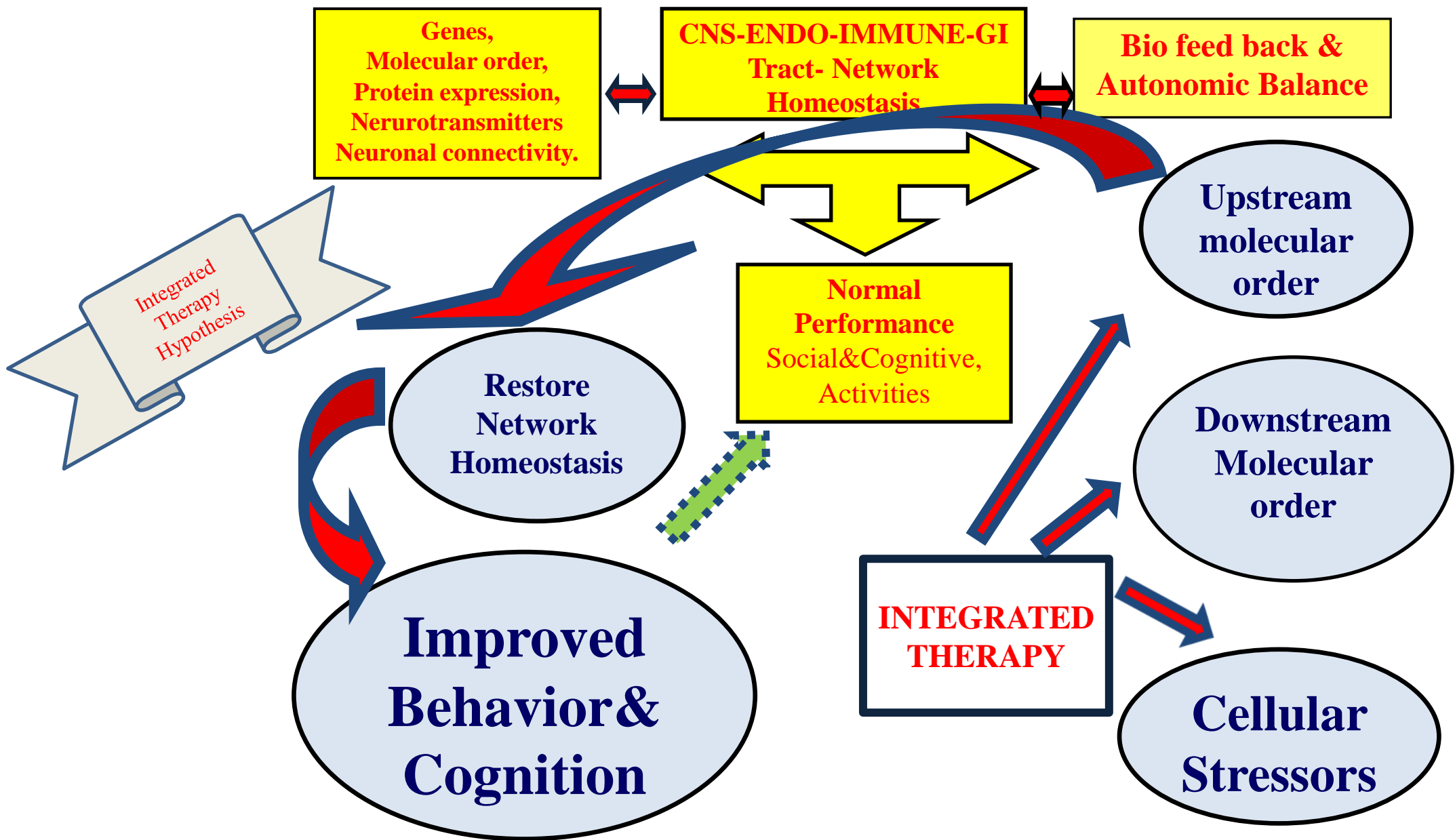
- **DOAST** [*Doctrine Oriented Art of Symbiotic Treatment*] **team conceptualised the ‘Integrated Therapy protocol’ using dietary regulation with millennia-old traditional Indian medicinal techniques in synergy with the emerging - genetically influenced systemic model - hypothesis of autism.**

Multi-targeting point of view, the interventions at DOAST Integrated Therapy Centre are aimed at addressing interconnected biological pathways in a synergistic fashion, with the whole being greater than the sum of its parts.

Therapeutically replicated clinical alleviation of painful GI symptoms and consistently associated improvement in behavior and cognition were/are the observed positive outcomes in DOAST integrated therapy program.

**“Two hit’ onset mechanism,
where ‘permissive genetic
landscape’ interact with a
series of environmentally
destabilized dominos.**







**'2004 to 2020'
Achievements of
DOAST Integrated
Therapy**

'Chronic inflammation' could be the 'common denominator' for connectivity and processing abnormalities resulting in autism.

Primarily targeted towards GI tract inflammation, 'Integrated therapy' restores 'molecular order'. Improved behavior and cognition of individuals thus treated lends credence to this common denominator as an autism treatment target.

Consistent replication of the observed phenotypic data provides significant leads for further explorative research.

Methodology of the DOAST Integrated therapy for autism

1. The prescribed diet is a simple, natural and easily assimilated 'Sathvik Diet' practiced by the science Yoga.
2. Herbal medications, certified by the Ayurvedic [including Siddha] pharmacopia of India are administered.
3. Yoga technique is a combinatorial approach.
4. Oleation therapies with medicated oils are done in repetitive cycles and therapy techniques are varied in cyclic manner.

Ethical & safety guidelines followed

1. A well-informed consent is obtained from parents after educating them.
- 2 . The therapy techniques and medicines are chosen by evidence & risk benefit ratio, proven over centuries in their clinical science.
- 3 . The therapies are **DONE IN THE PRESENCE & WITH THE INTERACTION OF THE PARENT**. This helps strengthen the knowledge and confidence of the parent. Such way we work on achieving positive results in the least gestation time.
- 4 . Clinical safety is further ensured by evaluating pre-treatment EEG and periodic monitoring of biochemical parameters to assess renal, hepatic and hematological functions.

Controls

1. We follow and keep track of the treatment profile for each patient, from the time of admission and through their recovery (or lack of it).
- 2 . Constantly trouble shoot parameters.
- 3 . Thus each participant in the study will serve as his/her own control.

Discussion on the benefits obtained

1. The immediate benefit observed is alleviation of painful gastrointestinal symptoms like Constipation, hyperacidity, and GERD [Gastro Esophageal Reflux Disease]
2. Improved sleep pattern and day-time behaviour. Reduced falling sick ratio.
3. Improved eye contact is evident within the initial 6-8 weeks of therapy.
4. Measurable genesis in body language and improved eye contact is followed by speech development.
5. Improvement in the emotional behaviour and the development of empathy.
6. Concurrent development of learning by imitation and meaningful communication.

Improvement is influenced by the age of induction into therapy, duration of follow-up and compliance to the details.

OUR BIO MEDICAL TREATMENT
PROGRAM IS AN OUT-PATIENT
FACILITY.

*AT PRESENT WE FUNCTION ONLY AT
CHENNAI, INDIA.*