



A Spectrum of Solutions: Unveiling Non-Pharmacological Approaches to Manage Autism Spectrum Disorder

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ABSTRACT

Autism spectrum disorder (ASD) is a developmental disorder that causes difficulty while socializing and communicating and the performance of stereotyped behaviour. ASD is thought to have a variety of causes when accompanied by genetic disorders and environmental variables together, resulting in abnormalities in the brain. A steep rise in ASD has been seen regardless of the numerous behavioural and pharmaceutical therapeutic techniques. Therefore, using complementary and alternative therapies to treat autism could be very significant. Our team's work is completely focused on non-pharmacological therapeutic interventions which include different diets, supplements, antioxidants, hormones, vitamins and minerals to manage ASD. Additionally, we also focus on complementary and alternative medicine (CAM) therapies, herbal remedies, camel milk and cannabidiol. Additionally, we concentrate on how palatable phytonutrients provide a fresh glimmer of hope in this situation. Moreover, in addition to phytochemicals/nutraceuticals, it also focuses on various microbiomes, i.e., gut, oral, and vaginal. Therefore, the current comprehensive review

opens a new avenue for managing autistic patients through non-pharmacological intervention.

Keywords: neurodevelopmental disorder; ASD; neurotherapeutics; nutritional therapy; microbiome

BIOGRAPHY

Rashi Sharma is a research enthusiast, with a keen interest in healthcare, immunology, neuroscience and bioinformatics. She has background and knowledge in both experimental and computational biology. She has work experience of researching at some reputed labs like the School of Biomedical Engineering, University of British Columbia; MedTech, IIT Delhi; School of Energy Sciences and Engineering, IIT Guwahati & others. She has fellowships like Millennium Fellowship under the United Nations Academic Impact, Global Research MITACS & others along with award titles of many biological hackathons and research presentations. She is a scientific writer who has presented at many national and international conferences and has 20+ scientific contributions in articles, reviews, books & other prints. She has been serving as an editorial board member of several reputed journals.



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