

TEATMENT OF MENTAL RETARDATION BY AAY THERAPY – A RAY OF HOPE

What is Mental Retardation

Mental retardation is a condition characterized by limitations in performance that result from significant impairments in measured intelligence and adaptive behavior that occurs before age 18. This is a condition of both clinical and social importance. Some children sustain significant neurologic insults and develop normal skills. Others manifest severe cognitive impairment despite the absence of recognizable focal neurologic findings or historical evidence of significant risk factors for CNS dysfunction. Approximately 3% of the general population has an IQ less than two standard deviations below the mean.

Causes

The causes are multifactorial. Details are given in attached file.

Clinical Manifestations

Apart from the specific features relating to cause there will be failure to meet intellectual developmental markers, persistence of infantile behavior, lack of curiosity, decreased learning ability and inability to meet educational demands of school

Classification

Recently categories of mild, moderate, severe and profound retardation have been replaced by a classification system that specifies four levels of support systems needed for daily functioning (i.e., intermittent, limited, extensive and pervasive).

Diagnosis

- Parental and teacher report, a comprehensive history, physical examination, and laboratory evaluation often lead to identification of specific factors, developmental assessment and systemic evaluation.

Neuropathology

Mental retardation is multifactor and neuropathology varies with the cause.

Biological studies

It have been observed that irrespective of the cause of mental retardation, brain perfusion defects have been observed in various areas of brain.

Treatment:

Management of a child with mental retardation is multidimensional and highly individualized.

1. Treatment of decreased efficiency of brain

Medication therapy directed at abnormal behavior is frequently unsuccessful. Treatment with a number of neuro active drugs has been reported with varying success.

AAY therapy have given a ray of hope for mentally challenged children by improving their over all development. It works by improving the cellular metabolism of brain hence giving an improvement in functioning of brain and clinical improvement in these children.

An effort have been made by AAY therapy (Details given in attached file), which works by improving the cellular metabolism of brain hence giving an improvement in functioning of brain and clinical improvement in these children. AAY (ALLPOATHY-AYURVEDA-YOGA) therapy which is a combination of allopathic, ayurveda and yoga system which catalyses the effects of each other and enhances successful management of Autistic children.

Although there are many cases which have been treated by this therapy over a period of 20 years only two case studies, which were managed by AAY therapy have been narrated in attached file.

2. Treatment of complications

Specific medical complications that occur with greater frequency among children with developmental disabilities (e.g., seizure disorders, impairments of vision or hearing, and nutritional problems) require accurate diagnosis and prompt management.

Ongoing health surveillance should be guided by knowledge of the relative risks of specific associated disorders (e.g., slowly progressive sensorineural hearing impairment in children with congenital CMV infection or the development of hypothyroidism, atlantoaxial instability, conductive hearing loss, or celiac disease in youngsters with Down syndrome).

3. **Speech therapy for improve their speech.**

4. **Training – This includes school training and vocational trainings**

Important protective factors include good physical health, a normal rate of growth, healthy parent-child attachment, and a cohesive family unit within a supportive social network.

5. **Councelling**

Finally, the physician has an important responsibility to ensure the provision of genetic counseling of the underlying diagnosis.

**DETAILS RELATING TO MENTAL RETARDATION, AAY THERAPY AND CASES REPORTS
TREATED BY AAY THERAPY ARE GIVEN IN
_____ (PDF FILE – FREE FOR DOWN LOAD)**