

CHAPTER 6
AYURVEDIC
KAUMARABHRITYA (BAL ROGA)

Doctoral Theses

01. DR. MASOODA
Clinical Trial to Evaluate the Efficacy of Oral Administration of Clitoria Ternatea Linn. Powder and Saraswata Ghrita Nasya in the Management of Autism Spectrum Disorder in Paediatric Population.
Supervisor: Dr. Mahapatra Arun Kumar
Th 28827

Abstract

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by deficits in communication, social interaction, and repetitive behaviors. Despite advances in conventional therapies, limitations such as partial symptomatic relief and high costs necessitate integrative approaches. This study evaluates the efficacy of oral administration of Clitoria ternatea Linn. powder and Saraswata Ghrita Nasya in children with ASD. Methodology: A randomized, open-label, double-arm clinical trial was conducted at the All India Institute of Ayurveda with 94 paediatric participants aged 2–12 years, diagnosed using the Indian Scale for Assessment of Autism (ISAA). Group A received Clitoria ternatea powder with Saraswata Ghrita Nasya and behavioral therapy, while Group B received placebo (wheat powder) with behavioral therapy alone. Assessment tools included ISAA, PedsQL, APSI, and CSHQ at baseline, post-treatment (49th day), and follow-up (98th day). Result: Results demonstrated that Group A showed greater improvement in total ISAA scores (24.18% vs. 11.71%) and domains like social reciprocity and emotional responsiveness. PedsQL scores indicated significant improvement in quality of life (32.7% in Group A vs. 20.6% in Group B). While not all differences reached statistical significance, the clinical impact, particularly in social, cognitive, and sensory domains, was notable. Conclusion: The integrative Ayurvedic protocol, emphasizing Medhya Rasayana, Nasya karma, and gut-focused purification, presents a promising complementary approach to ASD management. These findings support further large-scale studies to explore the translational potential of Ayurveda in neurodevelopmental disorders.

Contents

1. Introduction 2. Review of Literature 3. Material & Methodology 4. Observation & Result 5. Discussion 6. Conclusion 7. Summary 8. Bibliography 9. Annexures.