

**‘The child with autism needs help right away and through the rest of his/her life span’.**

Nowadays it is tough to be a parent and it is tougher to be a parent of a special child.

The affected parent in any part of the globe is facing every passing day with an anxious question ‘What is the plight of our child after us’.

## Why?

- Autism remains as one of the grey areas of medicine with no reliable cost-effective therapy.
- Autism research keeps feeding parents with gigabytes of identical data with slightly modified technical jargons poorly understood by most parents.
- Autism treatment declared as palliative gets only a step motherly attention from science and there is an ever-widening gap between treatment and basic research.
- ‘Passing the baby around’ attitude exists literally and practically with respect to the diagnosis and management of ASD.
- Mainstream research is in constant pursuit of statistics and research data in search of a **‘perfect solution’** to this baffling disorder. In this **ever-elusive search for the ‘Perfect’**, many **‘Good enough’ concepts** are ignored.
- Parents eagerly seek a **‘Good enough’ treatment methodology** which can be practical and safe.

### **Pioneering DOAST<sup>1</sup> ITC<sup>2</sup> experience - 2004 to 2018.**

- In such a scenario in 2004 we believed that we have come to a **turning point** in the history of autism research where ‘Instead of studying it through a **symptom by symptom approach**, autistic behaviour should be understood better by studying the underlying intermediary biological processes’.
- DOAST believed that **‘A child with autism is not merely a compilation of symptoms’**. Because significant evidences linked the molecular pathways of cellular stress response to the onset of chronic inflammation associated with chronic diseases. **‘Bodily symptoms could be the manifestations of signalling and metabolic derangements that may have widespread effects integrally related to what we now call autism’**.
- Deviating from the **‘hard wired’** concept which presents **‘un treatable’** stigma on autism, DOAST created a positive clinical platform where biomedical treatment targets could be effectively used to achieve functional connectivity and independent existence in autism.
- **Far ahead of the static mainstream thinking in 2004 &** based on **‘Good enough’** scientific leads, we proposed a **dynamic hypothesis on pathophysiology** that in genetically vulnerable individuals, dietary or environmental triggers, affect the gut

<sup>1</sup> Doctrine Oriented Art of Symbiotic Therapy

<sup>2</sup> Integrated Therapy Centre for autism

microbiome producing systemic inflammatory cytokines on a chronic basis. This downstream inflammation could signal upstream neuronal molecular unrest, ultimately affecting synaptic connectivity\*.

- We proposed a matching **therapeutic hypothesis** that by effectively treating the downstream inflammatory pathology we could initiate reestablishment of upstream molecular order. Molecular order restored could activate the dormant neuronal pools, improve connectivity and restore functional integration.
- DOAST Integrated Therapy was the **novel treatment technique we conceptualised in 2004**.
- The **DOAST ‘Integrated therapy’** is a fusion of time tested methods of our ancient Indian medical techniques, applied in synergy with the latest findings of mainstream research. The components of the ‘Integrated therapy’ are medicines and techniques derived from the traditional Indian medical systems of Yoga, Ayurveda and Siddha.
- These **ancient therapeutic systems are built on the hypothesis** that inefficient elimination of bodily toxins imbalance the Bio-energetic forces resulting in chronic ailments. 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 mainstream technological understanding of chronic disease as cellular stress, molecular disorder, cytokines and signal triggers between body and brain.
- DOAST Integrated therapy protocol is a **synergistic combination** of dietary regulation with millennia-old traditional Indian medicinal techniques chosen in accordance with the emerging **‘genetically influenced systemic model’ hypothesis** of autism. The hypothesis postulates that genetic vulnerability to environmental triggers or stressors lead to prolonged oxidative stress and neuronal inflammation, which in turn compromise synaptic efficiency and impair brain network function\*.
- Therapeutically **replicated clinical alleviation** of painful GI symptoms and consistently associated improvement in behaviour and cognition were/are observed positive outcomes in DOAST integrated therapy program.
- Through this DOAST ITC clinical approach, children consistently achieved cognitive and behavioural improvements with significantly shortened gestation time. Many have blossomed into full-fledged semi-independent teens. **Consistent replication of observed phenotypic data** on individuals thus treated lends validity for our biomedical approach towards autism

### BIRTH OF UCOPE<sup>3</sup> – 2018

*Entity created for parents, from parents, by parents*

*To Energize parents globally to face the challenge of Autism through Humility, Respect and Boldness of knowledge.*

- *Convention proclaims that the child with autism lives inside a bubble.* ‘Instead of forcing our way into the bubble’ the approach of DOAST is to slowly make the child extend the hand outside the bubble through the clinical benefits integrated therapy.

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<sup>3</sup> United Constellation Of Parent Empowerment

Then we together with the parents gently clasp the hand and guide the child outside the bubble into an independent existence. Some may condemn this explanation as oversimplification and many may not even understand the analogy.

- Now the **families who have achieved cognitive/behavioural coherence through the 'DOAST Integrated Therapy' platform** have come together to create a united initiative called UCOPE. Their intention is to further enhance the obtained cognitive/behavioural coherence in their children, towards academic and vocational excellence.

#### AIM & MISSION of UCOPE

- To create a unique **united/responsibility sharing forum** of global families to **cope up & take up** the challenge of managing children suffering from Autism/ Behavioural/ Cognitive deficits.
- To create a dynamic, multi professional, international **Single Roof diagnostic & therapeutic** facility
- To create various facilities **to practice and value add DOAST Integrated Therapy** to achieve effective coherence of brain functions.
- To constantly strive to Secure a **cost effective/universally applicable treatment methodology** for care/ emotional support for the **child/family**.
- Assist the child to **semi-independent adulthood** by the age of 18 years.
- Facility for providing **holistic healthcare service to Autism afflicted adults**.
- **Harness the individual/unique ability of autism afflicted** to shape them for a vocation that provides them with earnings for their sustenance
- **Explore unchartered avenues** to create facilities **for vocational programs** based on data accumulated at these centres.
- Improve **general visibility and awareness** of autism in society for better understanding and management and thereby **remove the stigma attached to it**
- By this unique 'Treatment guided research' approach streamline and **reduce the gestation period of diagnosis/treatment#**.
- Create facilities for **24 hours exposure for resident parents to gain confidence and reduce dependence on professionals** in handling their children.
- Create **positive attitude in society by showcasing this brick and mortar entity. There by sensitize parents** of afflicted children to seek early professional intervention
- To create **facilities to educate/train professionals** in treatment and research.
- Establish various **Satellite centers** for alleviating **wide spread global misery**.
- To use the data generated for therapeutic research on varied 'chronic neurological pathologies' like Learning disorders, Cerebral debility [mental retardation], Dementia, Alzheimer's, Multiple sclerosis.

## UCOPE in NUTSHELL

Effective response to crisis is a challenge we face in managing the rising numbers of autism. **Our health and planetary problems will not wait for the perfection of our knowledge base, we need to act now#.**

- The mission of 'UCOPE' Trust is to move forward together towards peace and confidence by converting '**Family confined responsibility**' to '**Collective Parental Responsibility**'.
- UCOPE aims to lessen the anxiety of the parents, by converting the statement '**my Child**' into '**our Children**' in at this ONE STOP institution.

**THE WAY FORWARD IS CHALLENGING, *but it is exciting*, AND THE REWARDS ARE GREAT#.**

**WE SEEK YOUR HELP IN ABUNDANCE TO NURTURE UCOPE.**

References:-

\*REVIEW ARTICLE. Front. Cell. Neurosci., 15 August 2018 | <https://doi.org/10.3389/fncel.2018.00256>

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#Martha R. Herbert, M.D., Ph.D. Treatment-Guided Research Helping People Now with Humility, Respect and Boldness

[www.doast.com](http://www.doast.com)

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