



Original Research Article

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HOMOEOPATHIC MANAGEMENT OF SEVERE SELF-INJURIOUS BEHAVIOUR IN AUTISM SPECTRUM DISORDER: A CASE REPORT AT DR BATRA'S

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Abstract

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by deficits in social interaction, communication, and repetitive behaviors. Self-injurious behavior represents one of the most challenging manifestations, causing significant distress to both patients and caregivers. This case report describes a 15-year-old autistic boy presenting with severe self-injurious and aggressive behavior, including hitting himself, scratching until bleeding, biting, and pulling hair. Individualized homoeopathic treatment with Lyssin resulted in a marked reduction in the intensity and frequency of self-injurious episodes, leading to substantial improvement in quality of life for both the patient and family.

Keywords: Autism Spectrum Disorder, Self-Injurious Behaviour, Aggression, Lyssin, Homoeopathy, Neurodevelopmental Disorders

Introduction

Autism Spectrum Disorder (ASD) affects social communication, behavior, and sensory processing. Self-injurious behavior is among the most disabling manifestations and may include head banging, scratching, biting, self-hitting, and other repetitive harmful actions.

Management often requires multidisciplinary intervention, and outcomes may remain unsatisfactory in severe cases. Homoeopathy offers an individualized approach based on the totality of symptoms, emotional characteristics, and developmental history.

This report highlights the successful management of severe self-injurious behavior in an adolescent with ASD.

Case Profile

Patient Information

- Age: 15 years
 - Gender: Male
 - Diagnosis: Autism Spectrum Disorder with Severe Self-Injurious Behaviour
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Chief Complaints

The patient was brought for:

- Repeated self-hitting on the face
- Scratching himself until bleeding
- Biting behavior
- Pulling his own hair
- Aggressive behavior towards others
- Hyperactivity and restlessness
- Running continuously from one end of the room to another

The self-injurious episodes frequently occurred without any obvious trigger and had become increasingly distressing for the family.

Behavioural and Developmental Characteristics

The child preferred to remain isolated and was comfortable in his own world.

Characteristic interests included:

- Watching devotional videos
- Aarti, Bhajans, and Kirtans
- Drum music
- Dhol and traditional festival music

