

CASE STUDY

# The Role of *Purva Janma Krita Karma* and *Jata Karma Vikara* in the Etiopathogenesis of Autism Spectrum Disorder (*Unmada Bheda in Bala Avastha*)

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## ABSTRACT

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental disorder characterized by communication deficits, impaired social interaction, and repetitive behaviors. Ayurveda provides unique insights through *Purva Janma Krita Karma*, *Beeja Dushti*, and *Samskara Vikriti* concepts. This article reviews the Ayurvedic understanding of ASD correlated with Bala Unmada and emphasizes preventive and therapeutic Ayurvedic approaches.

**Key Words** *Autism Spectrum Disorder, Bala Unmada, Purva Karma, Samskara Vikara, Ayurveda, Vata Dushti*

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## INTRODUCTION

### Introduction

Autism Spectrum Disorder (ASD) manifests with deficits in communication, social interaction, and repetitive behaviors. Modern science attributes it to genetic and neurobiological causes. Ayurveda explores prenatal and karmic factors such as *Purva Janma Krita Karma*, *Beeja Dushti*, and *Samskara Vikara* offering an etiopathological insight into ASD, comparable with Bala Unmada<sup>1,7,8</sup>.

## 2. Objectives of the Review

- To explore Ayurvedic causative factors for Autism Spectrum Disorder.
- To correlate ASD with Bala Unmada and Manasa Vikara.
- To analyze disruptions in Garbhadhana and Jata Karma Samskaras.
- To propose preventive and therapeutic frameworks within Ayurveda.

## Literature Review

### A. Concept of Bala Unmada

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Bala Unmada is described in Kasyapa Samhita, Ashtanga Hridaya, and Bhava Prakasha, characterized by emotional, sensory, and behavioral anomalies resembling clinical features of ASD<sup>2,3,5</sup>.

### B. Role of Purva Janma Krita Karma

Charaka Samhita (Sharira Sthana) and Ashtanga Hridaya discuss karmic influences affecting fetal development and congenital disorders, relevant to ASD pathogenesis<sup>1,3</sup>.

### C. Beeja Dushti and Garbha Dosha

Beeja Dushti and Garbha Dosha concepts in Sushruta and Charaka Samhita explain congenital anomalies similar to genetic theories<sup>1,2</sup>.

### D. Disruption in Samskaras (Jata Karma Vikara)

Kasyapa Samhita emphasizes the importance of postnatal Samskaras like Jata Karma, Namakarana, and Annaprashana. Disruption in these impacts psychosocial development<sup>4</sup>.

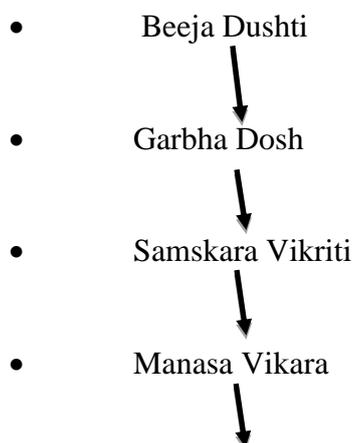
## 4. Pathogenesis (Samprapti)

Dosha Involvement: Vata Pradhana Tridoshaja

Dushya: Majja Dhatu, Manas, Satva

Srotas: Manovaha and Pranavaha

Samprapti Ghataka sequence:



- Bala Unmada

Table 1: Ayurvedic Concepts and Their Modern Correlation

## 6. Management Principles in Ayurveda

Ayurvedic Concept	Modern Correlation
Bala Unmada	Autism Spectrum Disorder
Beeja Dushti	Genetic/Epigenetic Mutations
Purva Karma	Congenital or Prenatal Predisposition
Samskara Vikriti	Perinatal Environmental Insults
Vata Dushti	Neurodevelopmental Dysfunction

### A. Daivavyapashraya Chikitsa

Mantra, japa, homa, and devata aradhana to balance karmic influences and promote sattva.

### B. Sattvavajaya Chikitsa

Behavioral interventions including storytelling, music therapy, social reinforcement to stabilize mental faculties.

### C. Yukti Vyapashraya Chikitsa

Medhya Rasayana: Mandukaparni, Shankhapushpi, Brahmi; Vata Pacifying therapies: Sneha, Swedana, Shirodhara; Panchakarma: Nasya and Basti<sup>9,10</sup>.

## 7. Preventive Perspectives

- Garbhadhana Samskara: Purification of Beeja before conception<sup>4</sup>.
- Antenatal Samskaras: Pumsavana and Simantonayana.
- Postnatal Samskaras: Jata Karma, Namakarana, Annaprashana to promote healthy psychosocial development<sup>9</sup>.

## CONCLUSION

Autism Spectrum Disorder can be understood in Ayurveda as a manifestation of Bala Unmada, arising due to Purva Janma Krita Karma and

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Samskara Vikriti. Ayurveda emphasizes holistic preventive and management strategies, which require further interdisciplinary validation<sup>6,7,8,9</sup>.

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