Autism there are ways

UNDERSTAND | SUPPORT | HEAL | HELP THEM THRIVE

EARLY RECOGNITION CREATES BRIGHTER TOMORROWS

SIGNS AND SYMPTOMS OF AUTISM (STAGE-WISE)

EARLY SIGNS
0 – 18 MONTHS

- Reduced eye contact
- Less social smiling
- Delayed babbling or speech
- Less interest in being held or cuddled
- Does not respond to name
- Limited gestures (pointing, waving)
- Prefers to be alone

TODDLER STAGE
18 MONTHS – 3 YEARS

- Delayed speech and language
- Repetitive play or behaviours
- Limited pretend play
- Intense focus on specific objects (e.g., wheels, buttons)
- Sensory sensitivities (sounds, textures, food)
- Difficulty with changes in routine
- May prefer solitary play

PRESCHOOL STAGE
3 – 6 YEARS

- Difficulty in social interaction
- Limited understanding of others' emotions
- Repetitive movements (hand flapping, rocking)
- Strong resistance to change
- Unusual sensory reactions (loud sounds, certain foods, clothing)
- Speech may be delayed, repetitive or unusual
- May show exceptional focus in specific areas

SCHOOL AGE
6 YEARS AND ABOVE

- Challenges in making and keeping friends
- Difficulty understanding social cues
- Rigid routines and strong preferences
- Sensory sensitivities continue
- Anxiety, frustration or meltdowns
- May have special interests and unique talents
- Learning styles are different – often visual and pattern based

Ayurveda sees it as

"**Gut toxicity** masking their brain functions – which most medical systems **forget or ignore.**"

Accumulated toxins (Ama) in the gut disturb digestion, immunity and the gut–brain connection, affecting behaviour, communication and learning.

AYURVEDA FOCUSES ON

- Cleansing and healing the gut to reduce Ama (toxicity)
- Restoring healthy digestion and nutrient absorption
- Improving gut–brain communication
- Balancing the child's unique mind–body constitution (Prakriti)
- Using diet, herbs, lifestyle and supportive therapies
- Helping improve behaviour, focus, sleep and overall well-being

A CALMER GUT • A CLEARER MIND • A BRIGHTER TOMORROW

Register
vaidyagrama.com/autism-webinar
7 pm, 3rd Nov 2026 (IST)

vaidyagrāma