EVERY DARK SIDE HAS SOME SILVER LINING TOO

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“Try to take what I am saying at face value and do not try to read into it. I am not capable of that kind of phrasing” Many of us might have seen people with some awkward or strange facial expression and we might have come across with people who may have difficulty in understanding nonverbal communications, social interactions and in sequencing the objects. Such people are supposed to have Autism. Autism is acknowledged as complex developmental disability which is mostly said to appear in first three years of a child not every child be a victim of it but if you observe a child with abnormal facial expression or unsocial behavior then he might be at risk of autism.

Historically the traces of autism were prevailing earlier in 1943 but it was Leo Kanner who first clarified the details of autistic behavior. Prior to his explanation autism was named as childhood schizophrenia. Kanner observed that such affected individuals were showing difficulty in understanding other’s feelings and they are obsessive. Such infants might face visual hindrances. Autism spectrum disorder is another wide term used for lifelong complex neurological disorder with no known cause in many cases but it is portrayed by three spheres of influence mostly communication, interaction and monotonous behaviors.

Till 1920s the occurrence of ASD was believed to be rare which was in ratio of 5 cases per 10,000 individuals. But today its prevalence has increased greatly as compared to past. People with ASD make very little eye contact while talking and they may show resistance to any little or major change occurring in their practice. They might not even recognize the talking gestures of person in front of them. They exchange less idea while being involved in a conversation and they hardly show understanding with other people. When it comes to physical contact many autistic individuals do not like to be cuddled or touched whereas some do hug or cuddle their parents.

They express aggressiveness to loud sharp noises, smells and light. They also have problems in speaking and verbal communication. Other features that are comorbid with ASD are ADHD (attention deficit hyperactivity disorder), motor and sensor abnormalities and mental retardation. Male are largely affected by ASDs than females. Genetically autism was reported first in 1977 based on a study of 11 monozygotic and 10 dizygotic twins. This showed that autism is inheritable and it is most likely to be found in male sibling’s more than female ones with a ratio of 4.3:1.

In the past ten years more than 100 candidate genes have been studied yet the model of inheritance is still not clear. Some bio markers, neurotransmitters and growth factors along with other androgenic, endocrine and obstetric factors are also being found culprit in this disorder.

The treatment of ASD is still not developed but medicines are prescribed to control comorbid behavioral changes and some therapies are designed to help the autistic child or individual to improve learning processes and behavior development as well as psych pharma therapies may help in vanishing severe mood symptoms. Still there is need for research to be done on genetic and environmental factors so that the mystery can be further solved.

Famous Autistic people:

- **Albert Einstein**  
  Albert Einstein a well renowned name of every era had difficulty in social interaction and touch sensation. He faced a lot of difficulty while learning at school.

- **Isaac Newton**  
  This name is considered as pioneer of development of phenomenon of gravity. He was not good at small talks and used to have irritations while talking.

- **Bill Gates**  
  The most leading person of Microsoft brand, a living legend is also affected by autism.

- **Charles Darwin**  
  Person who proposed the theory of evolution, a genius scientist was a victim of autism.

- **Sylvester Stallone**  
  The famous actor known as Rambo due to his sequel films is an autistic star.
Every child is a genius in his own way. If your child is autistic do not discourage or demotivate him. We never know in what individual he/she might turn out to be. Be proud of your child and help him explore the world so that he can bring you joy in his own unique ways.

REFERENCES