

CAMEL MILK AND OTHER DIETARY TREATMENTS IN AUTISM: AN OVERVIEW

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ABSTRACT

The present study is an overview of diverse treatments adopted over the last three decades using camel milk or other complementary alternative therapies for autism. A pertinent review revealed that many hypotheses have been reported for using such treatments for autistic persons. Some researchers believe camel milk contains many essential vitamins, minerals, and immunoglobulins, which impart many health benefits for diseases and various health conditions, including autism. It is hypothesised that the consumption of camel milk by autistic persons reduces their oxidative stress by altering and increasing the levels of antioxidant enzymes and other benefits. Researchers have reported a decrease in the Childhood Autism Rating Scale (CARS) scores in autistic persons when camel milk is administered. Additionally, diverse psychopharmacological and dietary interventions such as gluten-free, casein-free diets, and ketogenic diets also are perceived to provide symptom abatement to many autistic persons but studies are mixed. The authors state that exclusive and highly focused research on camel milk and other alternative treatments is recommended to differentiate, authenticate and, if needed, expand various hypotheses pointed out by researchers over the last few decades.

Key words: Alternative treatments, autism, camel milk