

European Autism Congress

March 14-15, 2019 | Zagreb, Croatia

Sudarshana Kriya standardized structured breath-based meditation and yoga's impact on significantly reducing lifelong suffering of those born with autism along with reducing mental health stressors

How do we define normal neurologic processing of understanding human society's values on why respect and success is earned or lost based off of unspoken rules? What do people with autism have that causes them to be viewed very differently to the point people mis understandingly harshly punishingly judge their intentions in behavioral responsibility and capabilities? A first-hand lifelong account with undiagnosed Asperger's Syndrome until medical school caught it reveals many deficiencies/biases in institutional systems leading to serious lack of fair empathetic understanding on why autism is viewed as a disability. Even experienced medical, behavioral, and mental health care provider systems do not understand why autism is a disability that cannot be compared with any other disability or disorder. People with autism have varying degrees of disability along with ability. Autism is a difficult diagnosis to understand because neurodevelopmental cognitive programming differences do not cause people to be intentionally behaviorally badly challenged. The most important root cause that causes people with Autism to severely struggle is Mind-blindness.

Mind blindness means a person is very limited in learning cognitive behavior responsibility functioning values very easily and rapidly through observation. It is complicated to decipher warning signs that one is very limited in being able to understand normal human social-emotional intent plus pragmatic social language expectations for conversational contexts other than the fact that people with autism rely on factual written logically consistent strict structure to understand why social rules exist. Outside of a school classroom setting where social interactions are structured, neurotypical real-life social interactions such as friendship rules, parent relationship rules, authority relationship rules, and work relationship rules are severely debilitating because there is no logic as to why unspoken rules based off of observation exist plus they happen spontaneously very dependent on context. Observations do not provide the basis for why rules "logically exist or don't exist" according to the Autistic mindset. Mental health is undertreated and underdiagnosed in people with autism because it is a struggle to identify internal pathological processing neurotypicals are observationally able to mindfully identify and then not act upon their warning triggers. Research conducted and backed by Art of Living has shown that Sudarshana Kriya yogic breathing resources along with mindfulness and meditation tremendously reduces mental health suffering compared to those who had no prior access. It has been published in over 60 studies on peer review journals. Sudarshana Kriya approaches mindfulness and meditation so it goes beyond the point of putting in effort to successfully incorporate the therapeutic treatment, and self-teaching regime. The second article referenced by Iran successfully shows promising improvement in addressing the most severely debilitating aspects of Autism through yoga interventions.

Biography

Sreenath Jagannathan completed his Doctor of Osteopathic Medicine degree at Lake Erie College of Osteopathic Medicine United States between July 2013 and July 2017. Through access to mindfulness, meditation, and yoga resources such as the global Art of Living Sudarshan Kriya practice, he is looking for opportunity in medical residency or research. He was noted to be a big inspiration for his residency program for everyone born with autism.

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