

Pranic healing, music help autistic kids: Docs

Revathi Ramanan | TNN

Chennai: Apart from medicines and a positive atmosphere at school and home, methods like pranic healing, yoga and music as therapy can help children with mental disabilities. On Thursday, the second day of the third international conference on the recent trends in early intervention, experts spoke about how augmentative therapy over a period of time can help children with disabilities in the long run.

Dr Padmini Sharma spoke about how pranic healing experiments conducted on 30 children helped in significant reduction in pain, hyperactivity and sleep disorders, improvement in motor activities, speech and communication and general behaviour in children suffering from

cerebral palsy and autism. "Better health will ensure better attendance in school and secondary disabilities can be prevented by better participation in community life," she said.

Along with live demonstrations, Prof P Jeyachandran showed how yoga helps improve the general health and attention span of the children.

Dr Rajam Shankar, a music therapist, explained about the 72,000 different energy channels and 72 ragas which could be used in various combinations to help heal children.

"All children have some connection to music and children might not respond to their parents' calls but respond to music. Every individual's body has a signature raga which I recognise and work on," she said.