



## **Full Length Review Article**

### **BRUXISM (TEETH GRINDING) IN AUTISM AND HOW TO STOP IT: THE PERMANENT SOLUTION**

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#### **ARTICLE INFO**

##### **Article History:**

Received 19<sup>th</sup> October, 2016  
Received in revised form  
24<sup>th</sup> November, 2016  
Accepted 19<sup>th</sup> December, 2016  
Published online 30<sup>th</sup> January, 2017

##### **Key Words:**

Autism, Bruxism,  
Teeth Grinding in Autism,  
Teeth Grinding,  
Neurobiology of Autism,  
Applied Intentional Epigenetics,  
Applied Energy Medicine.

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#### **ABSTRACT**

Current neurobiological understanding of Bruxism (Teeth Grinding) in Autism reveals a non-invasive, permanent cure for this condition based on the cutting-edge sciences of Applied Intentional Epigenetics and Applied Energy Medicine.

## **INTRODUCTION**

### **Understanding Teeth Grinding in Autism (and ADHD)**

Bruxism or Teeth Grinding is a relatively common, troublesome and worrying symptom in autism, especially in autistic children. It may be intentional or unintentional and it presents as keeping one's teeth together and forcefully clenching or grinding the teeth with the accompanying sound of the grinding teeth in most cases. This can happen regularly or sporadically and eventually presents as a chronic night-time (Nocturnal Bruxism) or Daytime teeth grinding (Diurnal Bruxism). This invariably results in many negative damaging effects for the autistic child engaging in the behavior, such as damaged gum and bone structures, accelerated and abnormal wear and tear on the teeth, headache, earache, jaw, gums and facial pain and issues relating to the teeth including tooth sensitivity. Many reasons have been ascribed to the symptom of bruxism in autism - common among these being - anxiety, stimming, habitual, side-effects of antidepressants, misaligned teeth or abnormal bite and limited diet. While the reason could be a combination of these factors and more, ultimately the underlying fundamental trigger for teeth grinding in autism is - STRESS.

This stress could be on many levels (physical, mental, emotional and so on) but the basis of ALL these various forms of stress is primarily "Energetic Stress" (Stress at the basic level of the Energy Fields of the autistic being). One can peruse the article under the reference section below to understand this term better (Rajalakshmi, 2015).

### **The Neurobiology of Bruxism (Teeth Grinding) in Autism**

Let us now understand the Actual Dynamics of the symptom of bruxism in autism from a Current Neurobiological Perspective that is (W) Holistic and has immediate practical relevance in helping cure it permanently. This perspective is inclusive of the fundamental "Energy Level" understanding of the human body and its neurobiology as applicable to bruxism.

### **This basic level of understanding is that EVERYTHING in the Universe, including the human body, is made up of ENERGY**

In other words, the Fundamental IRREDUCIBLE Unit of Existence is Energy. Starting with this foundational level, when the other building blocks are added, the understanding of bruxism or teeth grinding becomes crystal clear. And so does the understanding of the Solution for teeth grinding, especially in the context of Autism. Because, autistic children are highly Energy - Sensitive beings and so ANY disturbances at the

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Energy level affects the entire neurobiology of the autistic individual (Rajalakshmi, 2014).

**Here are the components of the (W) Holistic understanding of Bruxism**

**Fundamental level** - There is a 'Subtle' but powerful Energy System that underlies and animates all living beings, including human beings.

This can be understood at the basic operational level as the 'Chakras and Meridians' Energy system. Although the ancient wisdom traditions of Indian and Chinese medicine have been Applying this since centuries in healing various illnesses and conditions and in maintaining the wellbeing of individuals and systems, it is only now, relatively recently that 'mainstream science' has 'caught up' with the FACT that the 'Subtle Energy System ' is indeed present and operational in all human beings .The presence of which has been well established by 'mainstream' science in recent times. One can peruse the references under this article for papers published in various scientific journals about the 'Energy System ' in the human body and the connection between Intention and activation of these Energies and more (Tiller, 1997; Tiller, 1993; William; Jahn, 1987; Hunt, 1989; Lyn Buchanan, 2003; Rupert Sheldrake, 2012 and Lynne McTaggart *et al.*, 2008).

same chemicals as the cells in the brain in the skull. Not only that , this 'second brain' in the gut in fact controls the brain in the skull at many levels (Rajalakshmi and Rajalakshmi Kandaswamy, 2015). So much so that in fact , it would even be appropriate to call the brain in the gut as the "First" Brain instead of calling it the 'second brain'. The important fact to note here is that EMOTIONS act as the Primary Trigger that activates this connection between the gut brain and the brain in the skull, especially in Bruxism. This is further amplified by any form of "Stress" that the individual's system is unable to "tolerate". Again, THIS 'tolerance level ' to stress is greatly reduced in children with autism due to their inherent high Energy Sensitivity.

**The Neurobiology of the connection between the Gut, Teeth/Gums and the Brain in the skull**

Embryo logically the teeth originates from the Neural crest cells which in turn originate from the embryonic Ectoderm, the same cells that develop into the peripheral and enteric (gut) neurons and the glia. In other words, the ectoderm differentiates to form the nervous system (spine, peripheral nerves and brain), the teeth and the gut neurons. Thus, the brain, the gut and the teeth are Neurobiologically connected .It is no wonder that any stress in the gut or the brain affects the teeth.

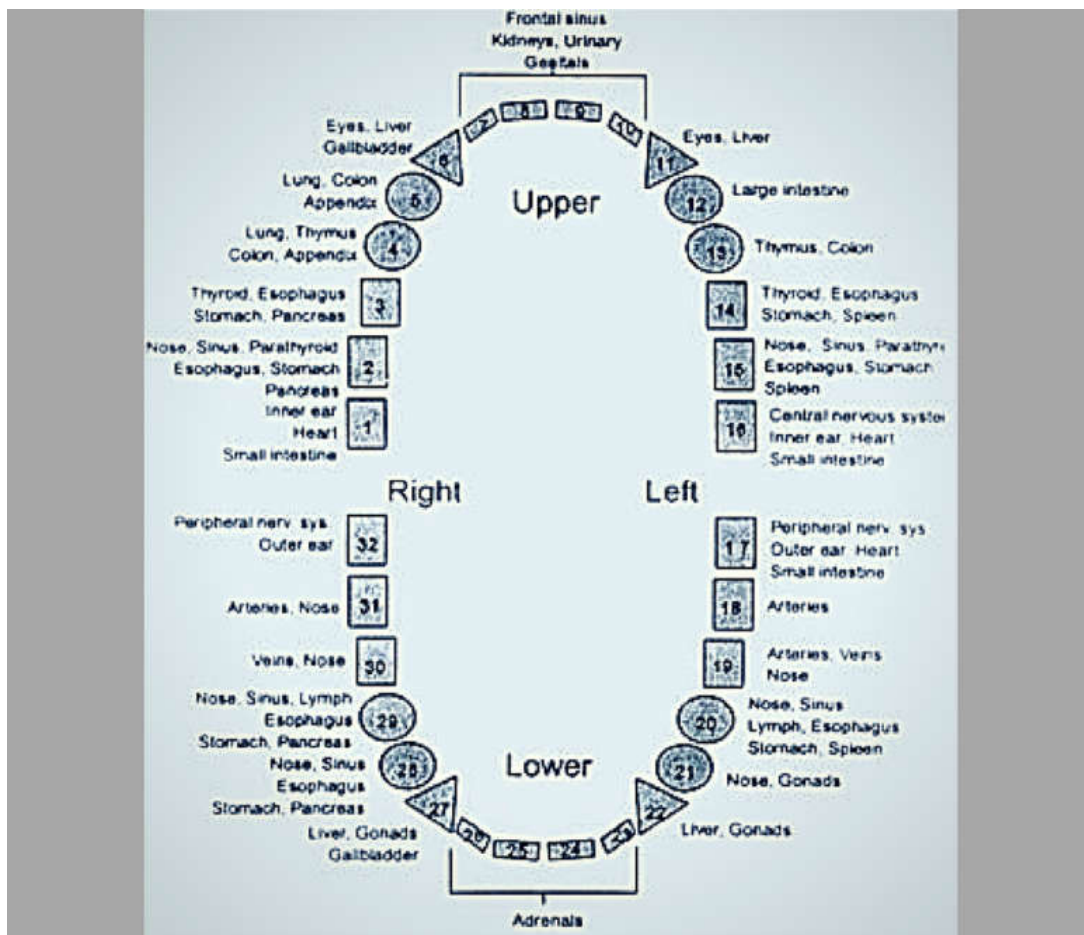


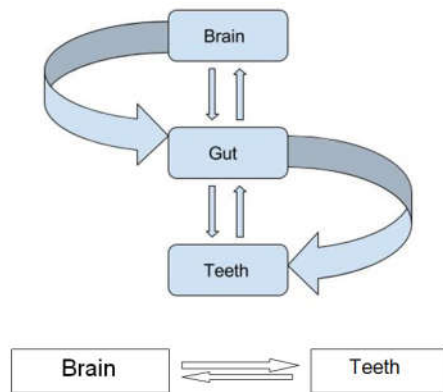
Figure1. Energy Meridians of the Organs and their Connections to the specific Teeth and gum areas in the Mouth

**The Second Brain:** Neurogastroenterology has now established that there is a "second brain" in the gut.

Discoveries have revealed that the same cells that are present in the brain are also present in the gut and they release the

Now let us understand the Energy System connection between the gut and the teeth and both these to the brain in the skull. The above picture depicts the Energy Meridians of the various organs in the body and their connections to the specific teeth and gum areas in the mouth (Image Credit).

It can thus be seen that the entire gut and the organs of the digestive system occupy a fairly large area and any ENERGETIC Stress at the gut/digestive system level affects almost all the teeth and acts as a trigger for teeth grinding in autism. Not only that, the brain (central nervous system), sympathetic and parasympathetic nervous systems too are connected in the triad of the Brain-Teeth-Gut functional system. And it is the ENERGY System that underlies this Triad and organizes and regulates the proper functioning of the same.



**Figure 2. The Brain-Teeth-Gut Triad**

(Images : The Brain-Teeth-Gut Triad and the Brain-Teeth Energy Meridian system connections (Dr.Rajalakshmi Kandaswamy).

### The Solution

The above pictures are self explanatory and depict the connections between Energy Meridians and the Teeth, the Brain and the Gut. Since the Energy and (Meridian) system is the fundamental level of functioning and regulation apparatus, stress in any way, shape or form causes Energy Disturbances that affects the Brain in the skull, the Brain in Gut and Is reflected in the Teeth and gums as Tension. This tension manifests as the symptom of Teeth Grinding in autism. The Solution therefore is to correct these Energy Disturbances causing the Energetic Stress. Once these energy disturbances are corrected at all the levels, the symptom of teeth grinding vanishes permanently. These energy disturbances can be corrected with Energy Healing techniques such as Intent Healing™ that is based on the cutting-edge sciences of Applied Intentional Epigenetics and Applied Energy Medicine and is Non-Invasive .To understand this better and to know how Intent Healing™ works one can peruse the articles under the reference section (Rajalakshmi Kandaswamy; Rajalakshmi *et al.*, 2015; <http://intenthealing.com/blog/blog/2016/06/10/new-treatment-that-helps-non-verbal-autistic-children-speak/>). This understanding and the practical application of Intent Healing™ is transforming the lives of children with autism and their families who are clueless as to HOW to deal with teeth grinding.

### Conclusion

Good science is the Integration of all the knowledge that is available from all the scientific disciplines in a manner that

shows the Results of actual improvement in the well being of individuals - autistic beings, in the context of this article. It is time to operate from this current and expanded understanding of the neurobiology of Bruxism and apply the same in helping individuals and especially autistic children gain freedom from the often debilitating symptom of Teeth Grinding. Why wait when the solution is this simple and efficient in improving the quality of lives of not just autistic children but also all those suffering from bruxism.

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