



## **AUTISM: CAUSES AND TREATMENT**

**Adashaliyeva Mexribonu Mirzoxid qizi**  
Student of Namangan State Pedagogical Institute

<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 24 <sup>th</sup> November 2025 <b>Accepted:</b> 20 <sup>th</sup> December 2025	This article examines the concept of autism, its causes, and its main symptoms. It defines autism and explains its essence. It also describes the conditions under which autism manifests itself and its treatment methods. The article examines the main symptoms and causes of autism in detail, summarizes the findings, and presents suggestions and recommendations for treatment methods.
<b>Keywords</b> special education, autism, syndrome, disease, psychology, disability, treatment methods.	

As is well known, the term "autism" is widely used in special education today. However, in some cases, this term is misinterpreted. Based on the definitions of most scientists, if we give a general definition, autism is a socioeconomic condition, a syndrome that can arise in the life of any person, regardless of their health, income, gender, race, religion, social status, general characteristics, and a number of other factors.

Most media and social media platforms with millions of followers define autism as a disease, but despite this, autism is more of a syndrome. It is viewed as a neurological condition, and autistic people differ from normal people in their social and communication skills and abilities. Autism is not actually a disease, and people are not infected with it. The truth is that autism is caused by various vaccines and chemical technologies. Contrary to several other hypotheses, which have not yet been fully proven, a child is born with autism.

The specialized literature contains a wealth of information on the developmental defects and severe impairments of children with autism, the causes and consequences of autism, and treatment issues. In particular, J.Itard, E.Bleuler, L.Kanner, G.Asperger, S.Mnukhin, E.Ornis, L.Muminova, D.Elamanova and others.

Children with autism have specific developmental characteristics compared to their typically developing peers: they are characterized by developmental delays, an inability to perform the communicative function of speech and, therefore, cannot receive an education in a public school [1].

Autism (from the Greek word "autos," meaning "self") is a specific mental condition in which the patient avoids interacting with the outside world and others. They prefer solitude and repeat the same actions and words. A child with autism lives in their own world. Their thinking differs from that of others. Their actions are disconnected from reality. Emotional experiences play a significant role in the patient's behavior. This syndrome

is more common in boys than in girls. The variety of symptoms and the variability of the disease indicate its complexity: from subtle autistic traits to the need for constant care [2].

Autism can affect anyone, regardless of socioeconomic status, income, social status, health, or other factors. This means autism could enter your life, mine, or anyone else's life tomorrow, accompanied by a child. No one is immune to autism [3].

Another definition: autism (from the English "infantile" - autism, childhood autism - "childhood autism") is a disorder resulting from impaired brain development and characterized by obvious and pervasive impairments in social interaction and communication, as well as restricted interests and repetitive behaviors. All of these signs begin to appear before the age of three. Similar conditions with milder signs and symptoms are called autism spectrum disorders [4].

As for the causes of autism, it is closely linked to genes that influence the development of synaptic connections in the brain. However, the genetics of the disease are complex, and it is currently unclear what primarily influences the development of autism spectrum disorders. In rare cases, the disease is associated with exposure to substances that cause birth defects. Other proposed causes are controversial; in particular, there is no scientific evidence for the hypothesis linking autism to childhood vaccinations. It's also possible that certain exposures during pregnancy (infections, medications, toxins) can also trigger the condition. Some studies suggest that the risk of autism may also increase as the father and mother age.

It's clear that, based on the above-mentioned opinions of mature scientists, the causes of autism have yet to be clearly confirmed. Autism is attributed to hereditary and environmental factors. It's also incorrect to claim that autism is always passed down from generation to generation, meaning it can lie dormant in certain corners of human genetics, undetected for centuries, and then, several generations later, for some reason or



simply without reason, enter your life as the companion of a newborn child. This means that a genetic abnormality in an ancestor who lived several centuries ago could impact your life. Generally, possible causes of autism include conditions such as vitamin deficiency during pregnancy, stress, environmental pollution, and advanced maternal age.

If we look at the results of a survey conducted among the general public, participants gave a variety of answers. The largest number of participants, 71%, answered that autism is a "syndrome." This shows that autism is indeed a syndrome. 16% answered "a disease," 3% answered "a disability," and 10% answered "I don't know." Thus, the majority of people consider autism a syndrome [3].

Due to the many negative descriptions and images associated with autism in our everyday lives, when people think of autistic people, they often imagine individuals with intellectual disabilities who are unable to control their actions. Intellectual disability and autism are completely different concepts, and an autistic person can be intellectually superior to the average person, or, conversely, an autistic person can be intellectually disabled. Furthermore, autistic people are usually indistinguishable in appearance from the average person.

Uzbekistan faces numerous challenges related to autism rehabilitation. For example, there is a shortage of qualified therapists and special education teachers, outdated diagnostic and intervention methods, negative attitudes toward autism among parents and the public, and a lack of specialized institutions.

Some children with autism complete high school, obtain vocational training, and work in prestigious positions. Despite this, people with autism have a very difficult time establishing a personal life and starting a family.

Early diagnosis and treatment are crucial in the treatment of autism. The primary goal of treatment is to improve the social and personal abilities of individuals with autism. Behavioral and special therapy methods are used for this purpose. It is also crucial that the treatment used is appropriate for the family. These treatments include speech therapy and therapy aimed at mastering social communication skills. Medications may be used to treat conditions associated with autism, such as depression and attention deficit hyperactivity disorder. Parents also play a crucial role in the treatment of autism.

Experts offer several treatment options for autism. They argue that comprehensive care is essential for young patients. This means that the treatment plan should include medication, social adaptation, and psychological

support. In some cases, psychological support is needed not only for the child but also for their parents. During treatment, much attention is paid to improving the child's relationships with parents and other family members, teaching them to overcome fears and combat aggressive behavior. Parents of children with autism are required to be very responsible. The most important thing is not to view autism as a terrible death sentence. In conclusion, it's worth noting that autism isn't a scary concept, but it's also not dangerous. People with autism live among us today. Due to a lack of understanding, we may call them introverts, introverts, or something else entirely. It's crucial that more parents understand the early signs of autism.

Autism is a complex neurodevelopmental disorder that causes a wide range of symptoms. Further research is needed to understand the precise causes of autism and to develop effective treatments.

#### **LIST OF REFERENCES AND LITERATURE:**

1. L.Mo'minova. Autizm sindromi, uning sabablari, turlari va bartaraf etish metodikalari (uslubiy qo'llanma). Toshkent, 2015-yil.
2. <https://kun.uz/kr/news/2018/12/27/autizm>
3. D.Elamanova. Autizmning ilk belgilari: o'ta-onalar nimalarni bilishi kerak? <https://xabar.uz/uz/tahlil/autizmning-ilk-belgilari>
4. <https://uz.wikipedia.org/wiki/Autizm>
5. Axmadjanovna, B. O. (2022, December). PROSPECTS OF INCLUSIVE EDUCATION. In Conference Zone (pp. 272-277). O'zbekiston Respublikasining yangi tahrirdagi "Ta'lim to'g'risida"gi Qonuni. 2022-yil 23 sentabr.
6. Toxirjon o'g'li, H. J., & Adashaliyevich, B. M. (2023). PROSPECTS FOR DEVELOPMENT OF THE SERVICES FIELD. INNOVATION IN THE MODERN EDUCATION SYSTEM, 3(27), 274-279.
7. Adashaliyeva, M. ., Bekmirzayev, . M. ., & Bekmirzayeva, O. (2022). TRAINING OF QUALIFIED SPECIALISTS IS A CHALLENGING PROBLEM. Scientific Impulse, 1(3), 1104-1106. Retrieved from <http://nauchniyimpuls.ru/index.php/ni/article/view/1247>
8. Adashaliyeva, M., Bekmirzayev, M., & Bekmirzayeva, O. (2022). TRAINING OF QUALIFIED SPECIALISTS IS A CHALLENGING PROBLEM. Международный научный журнал «Научный импульс». № 3 (100), часть 1. Октябрь.



9. Axmadjanovna, B. O. (2022, November). BOLALAR NUTQINING RIVOJLANISHIDA LOGOPEDIK O'YINLARNING AHAMIYATI. In Conference Zone (pp. 311-314).
10. Axmadjanovna, B. O. (2022, December). PROSPECTS OF INCLUSIVE EDUCATION. In Conference Zone (pp. 272-277).
11. Mirzoxid, B., Onaxon, B., & Mexribonu, A. (2023). USE OF PEDAGOGICAL TECHNOLOGIES IN IMPROVING THE QUALITY OF EDUCATION. *Новости образования: исследование в XXI веке*, 1(6), 1013-1018.
12. А.Ш.Бекмирзаев, М.А.Бекмирзаев, О.А.Бекмирзаева. Рақобатбардош кадрлар тайёрлашнинг долзарб масалалари. "Маҳаллий хом-ашёлардан рақобатбардош маҳсулот ишлаб чиқаришнинг илмий-технологик масалалари" номли Республика илмий-амалий анжумани тезислари тўплами, Наманган, НамМТИ, 2011 йил.
13. Adashaliyeva, M. Bekmirzayev, M., & Bekmirzayeva, O. (2022). TRAINING OF QUALIFIED SPECIALISTS IS A CHALLENGING PROBLEM. *Scientific Impulse*, 1(3), 1104-1106.
14. Бекмирзаев, А. Ш., Бекмирзаев, М. А., & Бекмирзаева, О. А. (2011). Рақобатбардош кадрлар тайёрлашнинг долзарб масалалари."
15. ADASHALIYEVA, M. (2024). LOGOPEDIK O'YINLARNING AHAMIYATI. *News of UzMU journal*, 1(1.1. 1.), 37-40.
16. Адашалиева, М. М. (2024). ЗНАЧЕНИЕ ЛОГОПЕДИЧЕСКИХ ИГР В РАЗВИТИИ РЕЧИ ДЕТЕЙ. *INNOVATIVE ACHIEVEMENTS IN SCIENCE 2022*, 3(25), 120-123.
17. Bekmirzayev, M., & Mirzatov, B. (2023). Issues of econometric modeling and forecasting of sustainable development of agribusiness subjects. In *E3S Web of Conferences* (Vol. 452, p. 01022). EDP Sciences.
18. Bekmirzayev, M., & Xolikov, J. (2023). PROSPECTS FOR THE DEVELOPMENT OF SERVICE INDUSTRIES. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 8(1), 233-237.
19. Bekmirzayev, M. A. (2023). O'ZBEKISTONNING "YASHIL IQTISODIY STRATEGIYASI" VA UNI AMALGA OSHIRISHNING ASOSIY YO'NALISHLARI.
20. Adashaliyeva, M. M. (2024). Important Issues of Implementation and Development of Inclusive Education. *Journal of Pedagogical Inventions and Practices*, 29, 35-39.
21. Ориббоева, Д. Д., & Адашалиева, М. М. (2025). ВОПРОСЫ ВНЕДРЕНИЯ И РАЗВИТИЯ ИНКЛЮЗИВНОГО ОБРАЗОВАНИЯ В СТРАНАХ ЦЕНТРАЛЬНОЙ АЗИИ. «Ёш олимлар ахборотномаси»-«Вестник молодых ученых», 1, 158-162.
22. Adashaliyeva, M., & Dadamirzayevna, O. D. (2025). Strategies for Implementing Inclusive Education in Educational Institutions. *European Journal of Life Safety and Stability* (2660-9630), 53, 18-24. Retrieved from <https://ejlss.es/index.php/ejlss/article/view/129>
23. Mamatxanova Nargiza Toxirovn, & Adashaliyeva Mexribonu Mirzoxid qizi2. (2026). O'ZBEKISTONDA UZLUKSIZ TA'LIM: MAVJUD TENDENSIYALAR VA ZAMONAVIY YONDASHUVLAR. *FAN, TA'LIM, MADANIYAT VA INNOVATSIYA JURNALI | JOURNAL OF SCIENCE, EDUCATION, CULTURE AND INNOVATION*, 5(2), 36-39. Retrieved from <https://mudarrisziyo.uz/index.php/innovatsiya/article/view/3600>
24. Адашалиева Мехрибону Мирзохидовна. АУТИЗМ: ПРИЧИНЫ И ЛЕЧЕНИЕ. *Международный современный научно-практический журнал «Научный Фокус»*. № 33 (100), часть 1. Февраль 2026.