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Review Article

Medicinal Effect of Pyridoxine - Magnesium for the Cure of Autism Spectrum Disorder

Hafiza Madiha Jaffar[1*], Sadia Sukhera[2], Syeda Aiman Batool[2], Asma Draz[3], Bahisht Rizwan[1] and Zeenat Islam[1]

[1]University Institute of Diet & Nutritional Sciences, Faculty of Allied Health Sciences, The University of Lahore, Lahore, Pakistan
[2]University Institute of Physical Therapy, Faculty of Allied Health Sciences, The University of Lahore, Lahore, Pakistan
[3]Institute of Diet & Nutritional Sciences, Government College University, Faisalabad, Pakistan

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***Corresponding Author:**
Hafiza Madiha Jaffar
University Institute of Diet & Nutritional Sciences, Faculty of Allied Health Sciences, The University of Lahore, Lahore, Pakistan
madihajaffar06@gmail.com

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ABSTRACT

Dietary interventions involving the use of magnesium and vitamin B6 supplements are considered the most commonly employed therapeutic approach for autism spectrum disorder (ASD). However, there is currently a lack of investigation into the medicinal efficacy of vitamin and mineral supplementation in improving ASD symptoms. Nonetheless, several researchers have observed a prevalence of nutritional and metabolic abnormalities among individuals with autism. While there is some evidence suggesting that nutrient and mineral supplementation may enhance these fundamental physiological processes, further research is necessary to establish their effectiveness. This review aims to explore potential direct and indirect contributions of metabolism to the primary symptoms of autism, as well as provide evidence regarding nutritional deficiencies and metabolic dysfunction. The present review systematically investigates the existing body of evidence regarding the utilization of high-dose vitamin B6-mg supplementation for the therapeutic intervention in individuals, encompassing both pediatric and adult populations, diagnosed with autism spectrum disorder.

INTRODUCTION

Autism and autism spectrum disorder (ASD) are concept that are in flux and is a heterogeneous group of sever basic neurodevelopmental issue with symptomatic highlights [1]. Remember that subjective hindrance for social correspondence, subjective debilitation in correspondence (for instance echolalia, absence of language advancement, redundant utilization of language) and correspondence and of confined tedious and generalized example of practices, exercises, and interests. It is a generally a deep-rooted issue and shift intense to deal with it [2]. As of late there has been an expanding enthusiasm for the utilization of dietary intercessions as an integral helpful choice for these patients [3]. Chemical imbalance can be caused by several factors, including increased immunization with constricted infections and diminished the basic unsaturated fat in dietary admission. The beginning of mentally unbalanced patient happens during the initial three years of life and has a sexual orientation predisposition with a proportion of 1 female to 5 guys [4]. Basic comorbidities related with ASD's incorporate gastro-intestinal illness and dysbiosis, auto-immunity and mental hindrance [5, 6]. In the USA 1 of 88

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youngsters builds up any type of chemical imbalance and worldwide commonness is around 1% [7], while approximately 22-30% of kids experiencing ASD`s additionally create seizures without displaying basic pathology. In addition, about 25% kids with ASDs show excessive touchiness like symptomatology, while indicative or optional mentally imbalance patients where the causative factor can be resolved because exists just in 15% of the cases [8, 9]. The exact mentally imbalance patient's etiology is muddled because the way that its pathogenesis begins very right on time during early-stage advancement preventive measures are difficult to take. Multi-factorial and multi-dimensional causing of chemical imbalance remember hereditary for the examination premise including twins, families and hereditary affiliations [10, 11]. To comprehend the atomic premise of ASD even more likely, portray the hereditary and epigenetic the study of disease transmission alongside the natural hazard factors fundamental the aetiology of ASD [12]. Albeit authoritative aetiology and pathogenesis fundamental ASD have not yet been distinguished, collected proof has recognized different hazard factors, including natural, hereditary, and epigenetic factors. Ongoing examinations in creatures just as in people have recognized a crucial part of quality condition communication. A person with a specific hereditary cosmetics is undeniably progressively helpless against any conduct issue, for example, mentally imbalance patients whenever uncovered during the perinatal period to a natural pathogen [13, 14].

Nutrition in ASD

Nutrients and minerals supplements are one of the most generally utilized medicines for chemical imbalance. The Recommended Daily Allowance (RDA) is the base sum required to forestall infection, however, might be not exactly the sum required for ideal mental and physical wellbeing. Youngsters with mentally imbalance patients appear to have an expanded requirement for specific nutrients and minerals (Figure 1).

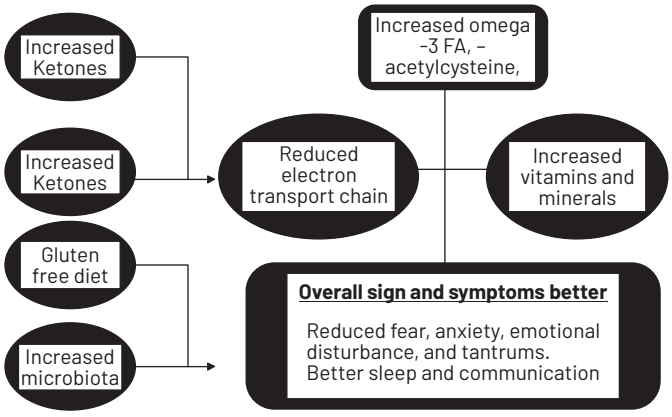

Figure 1: The chart shows the essential nutrients that should be focused on

While an individual without ASD might be peevish and experience issues thinking in the wake of avoiding a supper, for instance, an individual with ASD who is non-verbal might be influenced along these lines [15]. The generously expanded commonness of ASD and the related heavy financial burden give a solid reasoning to creating powerful treatment techniques of center indications of ASD [16, 17]. Until this point in time, no drug is as of now accessible for the center manifestations, and there is a pressing general wellbeing need for extra mediations [18, 19]. While the precise etiology of autism spectrum disorder (ASD) remains elusive, a multifaceted pathogenesis involving genetic, neurological, metabolic, and immunological factors has been implicated [20, 21]. Furthermore, studies have identified several dietary deficiencies, such as vitamin D with omega 3 fatty acid [22, 23], that might manifest in toddlers. These discoveries present a narrative perspective on nutritional supplements as a supportive and alternative therapy for ASD. Among children diagnosed with autism spectrum disorder, feeding challenges such as selective eating and atypical food patterns are notably widespread [24]. Food selectivity poses concerns due to its harmful effect on nutrient acceptability with defective nutrient consumption has existed stated to be haunted with food stuff choosiness in children [25], which can have a profound impact [26]. Therefore, dietary supplements are commonly utilized to address nutritional deficiencies. Moreover dietary supplements may be a preferred option for families [27, 28], as they can be administered early or for an extended period in young children. Additionally, these supplements are relatively safe, affordable, effective, and efficient [29]. In recent years, there has been a growing number of studies investigating and evaluating novel interventions through dietary supplements for autism spectrum disorder, yielding conflicting results. However, the use of dietary supplement interventions for ASD remains highly prevalent [30]. This paper provides a comprehensive analysis of recent findings on the therapeutic effects of dietary supplements for ASD, focusing on RCTs with rigorous methodologies. It examines supplement composition, mechanisms, advancements, study limitations, and future directions [31]. Hendren *et al.*, conducted a double-blind, placebo-controlled trial with 57 children (aged 3-7) diagnosed with ASD. Methyl B12 supplementation was found to improve ASD symptoms based on the Clinical Global Impression Scale of Improvement (CGI-I) score, which correlated with changes in plasma methionine and S-adenosyl-lhomocysteine levels. However, the studies had limitations, including small sample sizes and inadequate laboratory testing [32]. The association

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between autism spectrum disorder (ASD) and vitamin D has been subject to extensive investigation, although only one published randomized controlled trial (RCT) is available [33]. Following a 4-month intervention period, the treatment group exhibited a significant increase in mean 25-hydroxyvitamin D [25(OH)D] levels, whereas the placebo group did not show a significant change. The administered dosage of vitamin D was 300 IU/kg/day, with a maximum limit of 5,000 IU/day for children diagnosed with ASD. Lavretsky *et al.*, (2015) conducted a 6-week study administering 840 mg/day EPA and 700 mg/day DHA, showing effectiveness in reducing certain ASD symptoms. However, subsequent replication studies with extended duration did not observe significant effects. Another trial involving omega-3 fatty acids in children with ASD yielded mixed results, with significant improvements in some subscales but no significant changes in overall core symptoms. Additionally, a 12-month trial using Peptizyd in children with ASD demonstrated improvements in behavior problems but no significant changes in developmental behaviors [34, 35]. In a recent double-blind placebo-controlled trial lasting 12 weeks, high-dose folinic acid supplementation was administered to 48 children with ASD and language impairment. The participants were randomly assigned to either the folinic acid group or the placebo group. Notably, this study revealed significant improvements in verbal communication, particularly in individuals who tested positive for Folate Receptor Alpha Autoantibodies (FRAA) [36]. In the pioneering study, the impact of a gluten-free and casein-free (GFCF) dietary intervention on autistic behavior was investigated through a randomized, controlled, single-blind design [37]. The 12-month experimental period involving 20 children revealed a significant reduction in autistic behavior in the GFCF diet group, as evaluated by the Diagnose of Psykotisk Adfaerd hosBørn scale, while no significant changes were observed in the control group. However, two other single-blind trials did not yield statistically significant differences between the treatment groups [38].

Role of Magnesium in ASD

At some point magnesium and nutrient B6 has included logical enthusiasm for treatment in mentally imbalance patients. Magnesium is most normal cation in the body since it has different capacities that just halfway cover with those of calcium, from which it is varies as its generally intracellular compartmentation [39]. Interminable low blood levels of Mg may likewise prompt development impediment and social changes [40]. Magnesium is well-known to be vital for cerebrum movement and its association in the avoidance of neuro behavioral sicknesses is by all accounts built up. Magnesium assume fundamental job in bone arrangement, basic job in mental health and useful prosperity, discharge nitric oxide from cells and controls the few compound exercises where included the digestion of nucleic acids, fats, proteins, and chiefly starches [40]. There are 300 chemical procedures of middle of the road digestion in which magnesium is included and it is basic in all compound responses including ATP. Principally required for movement of thiamine pyrophosphate and appears to balance out the structure of macromolecules like DNA and RNA as shown in Figure 2 [41]. Chanzymes are engaged with magnesium re-absorption in the kidney and digestive tract. The admission of Mg is driven by a transmembrane potential that encourages the section of the cation through the TRPM6 channel at the apical piece of epithelial cells [42, 43]. The TRP superfamily is ensnared in channelopathies including an actuation of a layer cation channel. The imperfections in these particle channels probably cause different infections portrayed as channel-opathies. The hereditary deformity in TRP channels has been distinguished as the immediate reason for genetic sickness.

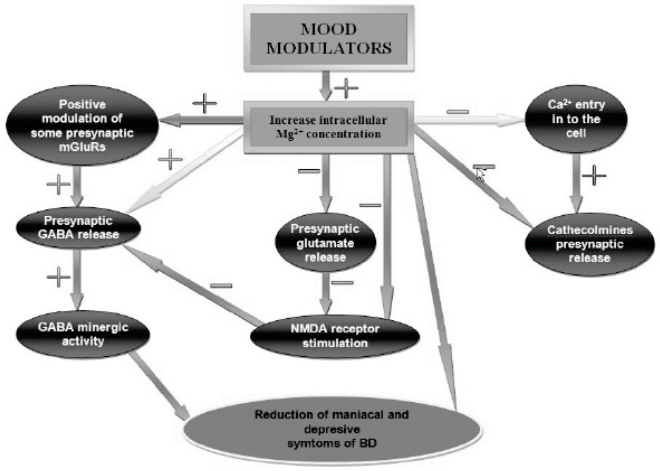

Figure 2: Mechanism of the Magnesium which involvement in Mood Modulator Action

Role of Pyridoxine in ASD

The essential job of nutrients and minerals is to go about as enzymatic co-factors for some significant responses in the body. The creation of serotonin (a significant synapse) requires the change of 5-HTP to serotonin, and nutrient B6 is the co-factor for the protein for that response. If you have too little nutrient B6, at that point the response is moderate, and less serotonin is delivered. Nutrient B6 likewise adds to the amalgamation of numerous synapses. It is a key coenzyme for an astounding assortment of proteins associated with parts of digestion [44]. Nutrient B6 is engaged with more than 100 enzymatic responses in the body in which including the creation of a few synapses. In spite of the fact that the specific pathogenesis basic chemical imbalance isn't characterized, it is obvious that

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specific synapse frameworks are debilitated in every patient [45-47]. The organically dynamic type of nutrient B6 is pyridoxal 5 -phosphate (PLP), which goes about as a coenzyme more than 160 particular enzymatic exercises running from the amalgamation, interconversion, and debasement of amino acids. A substance, which can improve numerous synapse frameworks, would be relied upon to be valuable for mentally unbalanced patients [48]. Pyridoxal 5'-phosphate (PLP), the metabolically dynamic type of nutrient B6, assumes a fundamental job in mind digestion as a cofactor in various catalyst responses So, nutrient b6 is significant for the union of different synapses like GABA, dopamine, serotonin, histamine, noradrenalin [49], glycine and D-serine [42] agent that this enhancement of nutrient B6 may improve numerous other synapse framework in a predetermined patient, regardless of whether the debilitated synapse frameworks are not characterized [43].

Different studies related to B6 and Magnesium against ASD

The predominance of ASD has expanded significantly, arranging a kind of "epidemics". One of the most seasoned and best-read dietary supplementation procedures for ASD is high-portion pyridoxine (nutrient B6) and magnesium (Mg). In a planned open preliminary, 15 of 44 youngsters matured 3–16 with extreme ASD reacted to B6 30 mg/kg/day. Be that as it may, a twofold visually impaired fake treatment-controlled investigation announced no advantage in 10 kids with chemical imbalance rewarded for 10 weeks [50]. An investigation of 60-day medical clinic ASD patients matured 3 to14 included four hybrid preliminaries with every preliminary enduring two months: 2-week benchmark, 2 week first Tx, multi week 2d gauge, 2 wk 2d Tx)[51]. Dosages were pyridoxine 30 mg/kg per day up to 1 g per day, and Mg 10 to 15 mg/kg daily for a half year. The primary hybrid (N=16) demonstrated improvement for both the mix and Mm alone, but correlation of the mix versus fake treatment examination was not appeared. Improvement was related with increment towards typical erythrocyte Mg [52]. In aggregate, the proof for Pyridoxine + Mg from more than twenty investigations remains rather obscure, more positive than negative. Future investigations ought to include bigger, twofold visually impaired fake treatment-controlled preliminaries utilizing a biomarker of Tx reaction, for example, B6 and Mg levels. It is trustworthy that the hereditary variation bringing about medically introverted side effects may include a metabolic requirement for more than expected admission of these two supplements [53, 54]. An investigation was length of mediation shifted between about 14 days and 40 months, although by and large the intercession went on for somewhere in the range of two and 10 weeks. It is hard to recognize the doses utilized on the grounds that various specialists utilized various methods of computing the measurements. Included investigations were distributed somewhere in the range of 1993 and 2002. These two examinations were led in the USA and one in the Japan [55, 56]. 23 young men and 10 young ladies participated. Symptomatic strategies shifted from DSM-III-R to the CARS to DSM-IV measures for PDDs. Organization of the mediation differed from 4 to 20 weeks. Measurements fluctuated from 100mg B6 ascending to 200mg every day following fourteen days (no magnesium utilize answered) to 200mg/70kg of B6 in addition to 100mg/70kg of magnesium; to the higher portion of 30mg/kg body weight (limit of 1 gram/day) and 10mg/kg body weight (greatest 350mg/day). Results estimated included behavioral ones, social working, and IQ [57].

CONCLUSIONS

The use of magnesium and vitamin B6 among ASD children appears to be a safe adjuvant practice. Studies highlighting their efficacy are encouraging, even though there has been identification of statistically significant differences only in specific behavioral areas. In future, clinical trials that are more randomized with systematic planning and appropriate calculation of sample sizes are needed to confirm the above findings. In this review, the supplementation effect of only two nutrients over ASD has been reviewed and various other nutritional deficiencies have not been discussed. There are relatively small number of included studies per type of nutrient along with the fact that in various studies combination of supplements were used. Preclinical models haven't been identified in literature which demonstrated the reversal of clinical features after the intake of some specific dietary supplement. The authors suggest that future research should put more focus on homogenous patient population regarding disease diversity, age, and prominent clinical features.

Authors Contribution

Conceptualization: BR, SS, ZI
Writing-review and editing: AD, HMJ, SAB

All authors have read and agreed to the published version of the manuscript.

Conflicts of Interest

The authors declare no conflict of interest.

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