

# Autism update: ground-breaking understanding of autism as evolutionary autism and iatrogenic autism

## Abstract

Autism Spectrum Disorder is redefining how human beings on this planet are going to navigate the next Era in Human History that was already born amidst the chaotic global happenings in 2025. While the global spotlight was focused on the causes of autism being debated, quietly but surely in the shadows, two clear categories of autism became evident. This perspective article seeks to introduce these two categories of autism and hopefully offer points to ponder on where humanity is headed with Evolutionary and Iatrogenic Autism.

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## Opinion/ perspective

For years, from the time it was recognized, Autism was just one word. Then it expanded into Autism Spectrum Disorder with more presentations of this condition in ways that established the “uniqueness” within ASD. In the past decade or so, autism has become less of a “disorder” and more of a “diversity in brain processing and functioning” being brought under the umbrella of Neurodiversity. With this, there came a major shift where the diagnosis of autism stepped out of the domain of mental health professionals and became a self-tested, albeit debatable, way of identifying oneself as being on the autism spectrum, not always needing a psychiatric stamp of approval.<sup>1</sup>

The year 2025 established Evolutionary Autism and Iatrogenic Autism as two clear categories of Autism, dividing the Autism Spectrum Disorder landscape with these signposts like a fork in the road. The complexity represented by Evolutionary Autism and the complications unfolding in Iatrogenic Autism reveal two clear tracks that lead to completely different outcomes.

This is because Evolutionary Autism seeks to establish autism as being the “Next Stage in Human Evolution”, primarily due to the realization that autistic individuals are humans beings with “Extended Human Capacities” such as telepathic abilities, savant-like talents with photographic memories far advanced than neurotypical humans and vast sensory bandwidths that neuroscience is now discovering to be a fact and are acknowledging that there are more than five senses that were limited to humans and probably at least 33 senses today.<sup>2</sup> In short, evolutionary autism skews autism in the direction of being less of a disorder and more of a step in the direction of the human species itself evolving to be more of beings with an energy-based template than density-based physical forms.

Iatrogenic autism, on the other hand, represents autism as a disorder brought on primarily due to known and unknown factors that interfere with the expression of the “Extended Human Capacities” in detrimental and regressive ways, and rather than fostering evolutionary advantage, pushes humans into struggling for basic survival means.

These two categories in autism are like two trains that are side by side, leaving the train station on two different tracks, leading to two different destinations. Evolutionary autism on the path of ongoing evolution with human beings thriving with their extended capacities, while Iatrogenic autism pushes autism in a direction that limits and

thwarts even basic human capabilities necessary for leading “healthy normal lives” leading to institutionalization to varying degrees of people with this kind of autism as the final destination.

For a while, the trains and the people on them will be visible to each other. Once the trains leave the station and gain momentum and accelerate on their separate tracks, they are bound to disappear from each other’s visual bandwidth permanently.

Autism is here to stay forever. Every single individual will be impacted by it in some way, shape or form, even if seemingly only as an “onlooker” as the very act of observing autism changes the onlooker too, as is evident from the chaos that was on public display in 2025, making every human question the structure of authorities, agencies, organizations, experts and being burdened to make choices and decisions that had been long outsourced to all these structures in good faith.

Fundamentally, autism is an energy-sensitive state of being. At the lower frequencies, the limiting symptoms dominate, and at the higher frequencies, the gifts and talents bloom. The energy basis of autism is confirmed by the discoveries that show mitochondrial energy dysregulation and dysfunction in autism and the Autistic Burnout Report,<sup>3</sup> which has studied the Energy Basis of Autism in a new way, factoring in the Energy dynamics causing Autism Burnout as a definite condition that has been validated as worthy of further studies.<sup>4</sup> Another pointer to this is the Mitochondrial Bioenergetics studies that suggest that many individuals on the spectrum exhibit a “unique metabolic signature,” that show a high-metabolic-demand state required for increased sensory processing.

All beings on the autism spectrum are Energy Sensitive, meaning, they are born with an expanded bandwidth of being able to sense/feel/experience/navigate/struggle with an intense range of frequencies from various dimensions.<sup>5</sup> This fundamental “hard-wiring” is the double-edged sword, and that either “makes them or breaks them”, and that’s a topic for another discussion.

Iatrogenic Autism manifests when already energy-sensitive individuals and their systems are targeted and manipulated with external interventions and modifications that completely derail the systems’ ability to escape the detrimental effects of these factors and/or compromises and short-circuits their ability to “cope” and thrive on earth. The list of manipulations includes and is not limited to Vaccines, Tylenol, Ultra-processed food, Genetic factors/manipulations, diseases, pollutants and literally anything and everything that has

been “studied” in the context of causations and associations regarding autism for many decades now. The list is as complicated as Iatrogenic Autism is or vice-versa.<sup>6,7</sup> From another angle, one could explore through Epigenetic Landscape Theory. “Evolutionary Autism” could represent a natural phenotypic shift, while “Iatrogenic Autism” could represent an “Epigenetic Insult” where environmental stressors (toxins, nutritional deficiencies) push the system into a state of chronic cellular stress.

Evolutionary Autism has existed since the time human beings have been on planet earth and is a Natural Evolutionary progression of the human species and has been underway largely undetected, unrecognized, invalidated, misunderstood, and dismissed by society at large as weird/abnormal and ignored for the most part. Some articles attribute prehistoric cave paintings as one such example of “autism was always here”.

Iatrogenic Autism is precipitated when the natural evolutionary trajectory of Energy Sensitive individuals (Autism, ADHD, AuDHD, Neurodiversity) is interfered with, and manipulations are introduced with little or no regard for the consequences and with no guardrails in place. In short, it is the deliberately induced dysfunctional energy states in individuals who could have either passed off as “normal/neurotypical” or would have been onboarded onto the expanded definition of “New Normal” that evolutionary autism is now being categorized as humanity is hurtling towards more than half the population in most countries being “diagnosed” as landing on the autism spectrum. As per systems-theory context, a complicated system is defined as a mechanism with a large number of interconnected parts that, while difficult to understand, operates in a linear, predictable, and cause-and-effect manner. Complex systems are adaptive and unpredictable. Evolutionary Autism is complex, while Iatrogenic Autism is complicated.

Those reading this article have a window of opportunity to disembark from whichever train they are on and hop on to the train of their choice while they are still at the station, and the trains have not gained momentum on their set path. The Evolutionary Autism train is rich with lived experiences, insights, discoveries, and solutions that are literally saving the human species from extinction and expanding consciousness, making it an accessible and tangible reality of a New Earth. An earth where freedom of choice and sovereignty over one’s body are honoured, and diversity is celebrated. The passengers on the Iatrogenic Autism train, on the other hand are on a track where the sense of agency with independent and critical thinking have been handed over to “authorities” whose mandates and orders experiment with the human species dictated mostly by complicated algorithms that even AI would steer clear of or take over the reins of, as is being predicted by those warning us about this unfolding nightmare.

**Rule of thumb:** Any perspective or narrative about autism that lands as simple and/or complex is more along the Evolutionary Autism spectrum, and anything that lands as complicated and confusing is on the Iatrogenic Autism trajectory. Having said that, the scientific lens that could serve as a guardrail in this detrimental trajectory of Iatrogenic Autism is by exploring the “Exposomal Overload,” which

allows for a discussion on toxins and modifications. And hope for those on the Iatrogenic Autism Spectrum.

The universe is unconditional and supports all possible choices and outcomes.

Question is - Are you even aware which train you are on? Not just as a person on the autism spectrum but even as a passenger on these trains?

2026 could well be the year when these trains become invisible to each other. The data point that is likely to determine this “Visibility factor”, in all likelihood, would be AI determined Algorithms customized by each individual’s interest on the train of their interest.

## Conclusion

The world has been rudely awakened and, in most cases, reluctantly so, into acknowledging two clear categories of autism as Evolutionary and Iatrogenic, that have emerged when autism took global centerstage in 2025. Each category comes with its own set of challenges that humanity can address by widening the aperture of the lens each person chooses to view this path-breaking understanding of autism, moving forward in 2026. The paradoxical conclusion of this article is that this is just the beginning of stepping into realities that autism has forced us to explore and navigate, demanding individual participation requiring tremendous energy.

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## Conflicts of interest

The author declares that there is no conflict of interest.

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