

Autism update: heat wave conditions reveal the magnitude of undiagnosed autism, upleveling mitochondrial energy basis understanding of autism

Abstract

Heat Wave conditions hit humanity like never before, leaving the human species in an ENERGY Slump. The quantum leap that has largely gone unnoticed is this: Suddenly, humans have realized they are more energy beings than clumps of flesh and bone. This has opened the door to the now-established understanding of Autism as a spectrum that presents with symptoms that reflect the underlying MITOCHONDRIAL Energy dynamics that govern every single experience of an autistic individual in a manner that is unique to the way this Energy Flow is allowed, resisted, drained, or blocked. This article offers a fresh perspective through the “Heat wave lived experience” of humanity that has resulted in the death of thousands of undiagnosed autistic people whose suffering and deaths were testimony to their “lived experience,” paradoxically resulting in death in many cases. When a condition like Autism is labelled “Invisible”, how would anyone even bother to look for the “invisible autistic persons” suffering from the damages wrought by the heat wave? Connecting sensory/interoceptive masking (such as conditioning that leads to ignoring bodily distress signals) with systemic mitochondrial allostatic load is a valuable perspective that could significantly contribute to discussions in public health and neurodiversity.

Volume 17 Issue 5 - 2026

Rajalakshmi Kandaswamy

Autism Expert and Consultant in Energy Medicine, Authentic Autism Solutions (™), India

Correspondence: Rajalakshmi Kandaswamy, Autism Expert and Consultant in Energy Medicine, Authentic Autism Solutions (™), Chennai- 600117, India, Tel +91 474504

Received: August 10, 2026 | **Published:** October 26, 2026

Introduction

Fatigue, Heat Exhaustion. Low Energy. These are the words that are ruling the global vocabulary in 2026, finding instantaneous resonance, dissolving geographical boundaries. Nothing could have cemented the validity of the phrase “lived experience” that people on the autism spectrum have been bonding over in the hope of gaining legitimacy on par with the “evidence-based” yardstick of the Neurotypical world than the energy deficits caused by the heat wave that did not discriminate between neurotypical and autistic individuals. People on the spectrum suffered more, largely unrecognized as being autistic in the first place and bearing the brunt of the extremes, as they are usually prone to endure. With or without interoception. With or without Alexithymia.

Autism as the template for the evolving human being made up of energy fields, extended human capacities and expanding sensory repertoire: the evidence

1) Human beings as primarily energy fields:

The evidence for human beings being composed of Electrical Energy fields is so ubiquitous in its application that it is easily ignored. Measuring EEG, ECG, and EMG, which measure the electrical and electromagnetic ENERGY activity, disturbances, or the absence of it, all point to the fundamental electrical nature innate to the cells of the human body. The book “The Body Electric” explores this in great detail and is a “must-read” for all those awakening to the energy-based understanding of Human Beings.¹

Latest updates in treatments of cancers have demonstrated cancerous tumours being destroyed using Sound Energy.²

The Heart Math Institute has scientifically documented and leveraged the healing power of the Energy waves from the Heart to benefit humanity for decades.³

The mounting evidence at the intersection of the fields of Quantum physics and Biomedicine confirms human beings as beings of energy fields, with Energy being accepted as the “missing dimension in Bioscience”. Quantum energy mechanics is being demonstrated within living cells as measurable energy, and pictures of quantum entanglement have been revealed to the world as evidence of the INTERCONNECTEDNESS of all cells and systems within human beings through Energy Flow Systems that function as a “whole” rather than in parts.

Of particular relevance of this in the context of heat wave dynamics is the Thermal Physics component of quantum entanglement studying how thermal energy affects matter and mitochondria. The SHIFT has been made from decades of teaching in Biology that the energy in cells is due to the chemical reactions alone to now knowing that inside living human mitochondria, a signal vibrating 71 trillion times per second exists and animates the cell and disappears as soon as the cell dies. This demonstrates the role of quantum mechanics in powering human life.⁴⁻⁶

All the above are reframing the study of autistic beings as humans who are born energy-sensitive and are scattered on the spectrum based on how their mitochondria are playing out the energy dynamics within them individually and as they evolve or devolve depending on the circumstances of their lives.

This is where the heat wave situation pushes everything to the surface - the challenges, trauma, and, more importantly, the undeniable presence of their autistic energy sensitivities that cannot be masked even if they tried to. Because, energies and the mitochondrial dynamics within the cells are inextricably linked and entangled, so much so that anything that affects one cannot help but affect the other.

Therefore, mitochondrial studies on this level will reveal patterns of energy dysfunction or regulation in an autistic individual more dramatically and visibly than those that could be seen in Neurotypical individuals.

Human beings as beings with extended human capacities

Extended Human Capacities include Telepathy, Precognition, Psychokinesis, Clairvoyance, and Energy Healing, which have been scientifically studied and rigorously documented in human experience since 1973 by the Institute of Noetic Sciences.⁷

Human beings as beings with expanding sensory repertoire

Neuroscience is now discovering that expanded sensory capabilities are a fact and is acknowledging that there are more than five senses that were limited to humans and probably at least 33 senses today.⁸

AUTISM is the Template for the “Lived Experiential Proof” of these parameters of the “Evolved Human” described above.

At the level of cellular biology, the Mitochondria are involved, affected, and/or impacted by all these parameters that are innate in autistic beings, with varying levels of expression or the lack of it, depending on various factors such as awareness, insights, vocabulary, masking, and overall feelings of safety that the autistic person experiences daily.

The intensity of the lived experiences under chronic stress and the added mental and emotional trauma, especially brought on in an amplified and often accelerated manner in a heat wave condition, can influence mitochondrial function and energy production, often going unnoticed when hidden by the blind spot of the “invisible condition” narrative in autism.

Mitochondrial allostatic load under these overwhelming conditions of often unrecognized stress, threat-signaling exposure, and heightened sensory inputs can lead to recalibration of the structure and function of the mitochondria. This could result in an increase in oxidative stress and less efficient ATP production. In short, Less Energy in the autistic person.⁹⁻¹¹

Exactly where in the body the Energy is reduced could determine the intensity of the symptoms, and often multiple systems are involved in a condition such as the heat wave in a brief time period, leaving no opportunity for the system in the autistic person to reallocate the mitochondrial energy resources for efficiency or for survival. IF the situation were not that of a heat wave condition, there could have been a window for adaptation in the mitochondria rather than permanent damage, and the heat wave condition left no room for even this.

Unless something is done BEFORE the autistic person’s system is pushed into the heat wave abyss. And this something hinges upon two aspects mainly - SAFETY without the need to mask, as a consciously prepared, reasonably predictable environment in an autistic person’s life, and the energy signature of the autistic person as determined by energy assessment methods. Both of these helps in preparing the ground and providing the “SPACE” for the mitochondria in the autistic person’s body to group in a manner that allows for ease of interoceptive capabilities in the autistic person to register well as a “Knowing” within the person that builds the confidence in the person to be able to handle mitochondrial shifts amidst “crisis” situations such as heat wave conditions. This could also build the RESILIENCE in the autistic person as a “Mitochondrial Energy Flow on demand,” more along the lines of graded adaptation in preparation for heat wave conditions and/or thermal stress due to other factors too, described in Ayurveda as “Ushna” and Pitta” and other dosha imbalances throwing the “body heat” out of balance.

The dance between the various Energy fields within and outside an autistic person and the mitochondrial energy responsiveness within the body is not unlike a “Dance” of creation and destruction. Dynamic and evolving, in tandem with the extreme and sudden conditions of environmental changes, especially heat waves on the planet.

Paradoxically, a supposedly “invisible condition” such as Autism thus offers a template for humanity to survive in these times, by making visible the evolutionary capabilities hidden in the mitochondria for supporting human survival.

The “Invisible autism/unrecognized autism oxymoron” in autism

That brings us to the main reason why I chose to highlight the unrecognized autism martyrs, if you will, in these heat wave conditions. The root cause of their suffering was/is the challenge with respect to their cognizance, or the lack of it, of their interoceptive abilities.

In the past eight months, various studies have reported on the alarming rise in Hypertension, Obesity, Mental health conditions, escalating rates of use of anti-psychotics, anti-depressants and other psychiatric medications among the children and youth, government schools being shut down due to “lack of students”, increasing violence and suicidal actions among the youth, children and young individuals suddenly “dropping dead” in schools and other public places, unregulated “growth” of rehabilitation centers, special schools, homes/institutions in countries like India and specifically, in states like Tamil Nadu where the heat waves have been relentless with night time humidity reported as unprecedented in cities such as Chennai. These studies and reports reported by mainstream newspaper publications referencing epidemiologists in India bring together several complex societal and public health trends in India as a demonstration of broad systemic stress. Even if some of these data points may be influenced by confounding variables, the focus is on autism as a Differential Diagnosis, which is seldom on the radar of the investigating professionals in a clinical setting. Mainly because they are conditioned to the “autism is an invisible condition” narrative.

Menstrual challenges such as early menarche, life-threatening menorrhagia, more intense and severe menstrual cycles, and debilitating symptoms of peri-menopause and menopause were reported as “lived experience” by women living in challenging climates with severe heat wave conditions.

Among children, sensory and sleep issues, erratic appetite, and basic signals of survival, including hunger, thirst, adequate breathing, and sleep, were all disrupted, resulting in meltdowns, agitation, and violence or lethargy/fatigue, amplified sensory issues, and more experienced by the children already diagnosed with autism and others presenting as “don’t know why my child is behaving this way”.

When a condition such as Autism is tabled as “Invisible” and this “status” is compounded by masking and societal conditioning to “grit your teeth and bear it,” and with “therapies such as ABA for autism derailing an already compromised interoception GPS of the children and people on the spectrum, is it any wonder that their suffering due to Heat Wave condition has gone/is going unrecognized?^{12,13}

The mitochondrial connection in autism

Autism being an energy-sensitive state of being, is most susceptible to sensory disruptions and temperature extremes. Added to this are the inherent challenges for people on the Autism spectrum, with day-to-day and sometimes moment-to-moment interoceptive cognitive

dissonance and overloads leading to confusion, brain fog, and freezing in energetic shock to the system, which their nervous system is unable to handle, with contradictory signals coming in from all directions.

The solution to shift out of this cycle lies in the ability of the Mitochondria in each cell to be able to navigate and “upregulate and downregulate” in tandem with the shifting signals and inputs, and with a compromised cognitive state and mental resistance of various kinds brought on by masking and “trying to fit into expectations for survival”. For want of a better term, this is an “acquired skill” for the Mitochondria, when faced with familiar patterns in an autistic individual, even if those patterns are constrictive and survival/stress-based. With enough awareness, time, and practice, most autistic people’s systems operate in the “coping” mode of mitochondrial support for energy, even though this coping is at the cost of impending Autistic Burnout on its way. In short, a mitochondrial energy deficit of sorts, resulting in exhaustion and non-negotiable “time-out”; the entire system has been demanding and has been ignored or pushed to the extreme.^{14,15}

With this kind of vulnerability already cloaked as “invisibility”, people on the autism spectrum are literally left with Nothing to deal with a situation such as heat waves, where their systems often do not even attempt the mitochondria-driven triage survival mode. Because there is just too much happening too fast, and with no hope of rescue, while in the middle of the heat wave onslaught on their systems.

They and their systems simply give up, as, paradoxically, their mitochondria now have no resistance to flow energy while at the same time, NO DEMAND for energy either.

Try explaining all this to a Neurotypical person who themselves are in the throes of keeping their wits about them in the midst of the heat wave, Lost Cause. No Energy.

Energy assessment as a vital parameter in diagnosing autism before the “acute” presentation as a heat wave

Unidentified /Undiagnosed Autism with Heatwave challenges is at the Intersection of Energy assessments as a tool for Autism diagnosis and mitochondrial energy dynamics as the psychobiology of how the heatwave symptoms may present on a case-by-case basis based on their unique mix of mitochondrial lack or augmentation/diversion into areas of internal stress response needs.

Therefore, the Only way to address this situation regarding heat waves, which is only going to get worse and more “static” as the “new norm” of temperature settings for the next few years at least, is by doing something BEFORE the heat wave strikes, and that “before” is NOW, with Super El Niño already gathering momentum. Extremes of Heat and Cold waves are on the way.

And what could help is mapping the Energy Pattern of each individual on the spectrum, helping them “Know” how they are regulating their Energies, and helping them Train their “Mitochondrial muscle,” a.k.a. physiological resilience, cellular metabolic reserve, or targeted interoceptive profiling beforehand with applied energy-based techniques. And this mapping is unique to each individual on the spectrum, depending on various factors that shape their “daily lived experience patterns”.

The paradigm-shifting research and discoveries, and more importantly, “Priming” humanity through the available media today, by Martin Picard and others stating unapologetically and boldly that it is time to acknowledge that we are Energy Beings, is paving the way for these kinds of Energy Assessments and Applied energy medicine

that factor in what matters most in autism, which is mitochondrial energy “patterns” and “dynamics” of people on the autism spectrum.¹⁶ Heat waves, Cold waves, or not. This is the autism update that has up-leveled our understanding of the role of the mitochondria in practical and tangible terms, bringing more clarity and ease of having a “lived experience” that is empowering and borders on thriving rather than surviving with and in autism.

The long-term solution for the heat wave challenges in autistic beings lies less in adaptation and more in individual acclimatisation. Adaptation, as in a heritable or behavioural trait that helps an organism survive, is a paradoxical conundrum in autistic individuals. This is because of two factors: a) Masking, which is invariably an ingrained parameter that governs the daily survival grind of autistic adults and is often set in motion in childhood itself, and b) Behavior Modification Therapies such as ABA (Applied Behavior Analysis) in autism, which have already wreaked havoc on the interoception abilities in autistic individuals and result in confusion between what is “socially acceptable” versus what their individual body truly needs. For example, sitting in AC rooms makes many autistic people feel very cold/very hot and not comfortable, while neurotypical people are comfortable in the same setting.

This is where Acclimatisation is more valid as a mechanism in autistic people, as it factors in individual Internal adjustments being made in the person rather than external, performative, and seemingly socially legible external parameters of adjustments as signs of adaptation that do not serve the genuine needs of an autistic person in heat distress. This again is because of Energy dysregulation challenges that are the bane of individuals on the spectrum. Adaptation is energy-draining; for example, Masking, ABA, and other repetitive behaviour modification therapies that distort interoception, and adding alexithymia too, as roughly 50 % of autistic individuals could have alexithymia.¹⁷

Acclimatisation builds resilience in autistic individuals, while forced adaptations could cause further stress and could accelerate the downward spiral in a heat wave situation. Studying mitochondrial patterns in autistic individuals in daily life’s conditions of heat and cold could help map individual patterns.

Studies are now revealing organisms functioning as a WHOLE rather than as collections of organs and systems, especially in conditions of stress and pressure for survival, not unlike the heat wave condition being discussed here. What orchestrates this is the Flow of Energy through Body-Wide circuits in the organism, which has been seen and recorded as light.¹⁸

Identification of all these states in heat acclimatisation and building resilience in autistic individuals could be made easier for neurotypical people to “gauge” through developments in optogenetics measuring light as a marker of heat and mitochondrial activity.

Mitochondria could well be credited with making the invisible autistic cellular dynamics visible, to be seen, recognised and acknowledged. Thus, opening the possibilities for solutions to make the autistic person’s life amidst the heat wave situation better.

Acknowledgments

None.

Funding

None.

Conflicts of interest

The author declares that there is no conflict of interest.

References

1. <https://www.scribd.com/document/640705379/The-Body-Electric>
2. *Tumor-destroying soundwaves receive FDA approval for liver treatment in humans*. Michigan Medicine. University of Michigan. 2023.
3. <https://www.heartmath.com/science/>
4. Yu Yang, Zhenglong Gu, Bo Song. A quantum state of mitochondria in the living cell. *bioRxiv*. 2026;09(10):750628.
5. Wang D, Xu X, Liu Y. Quantum simulation in the entanglement picture. *Quantum Rev Lett*. 2025;2:57–62.
6. Picard M, Kempes CP. *Energy flows through all living organisms constantly*. Nature. 2026.
7. <https://noetic.org/science/publications/>
8. <https://www.gla.ac.uk/research/az/cspe/projects/rethinking-the-senses/>
9. Picard M, McEwen BS. Psychological Stress and Mitochondria: A Systematic Review. *Psychosom Med*. 2018;80(2):141–153.
10. Picard M, Prather AA, Puterman E, et al. A mitochondrial health index sensitive to mood and caregiving stress. *Biol Psychiatry*. 2018;84(1):9–17.
11. Mahony C, O’Ryan C. A molecular framework for autistic experiences: Mitochondrial allostatic load as a mediator between autism and psychopathology. *Front Psychiatry*. 2022;13:985713.
12. Shkedy G, Shkedy D, Sandoval-Norton AH. Long-term ABA therapy is abusive: a response to Gorycki, Ruppel, and Zane. *Adv Neurodev Disord*. 2021;5:126–134.
13. Kupferstein H. Evidence of increased PTSD symptoms in autistics exposed to applied behavior analysis. *Adv Autism*. 2018;4(1):19–29.
14. Mantzalas J, Richdale AL, Li X, et al. Measuring and validating autistic burnout. *Autism Res*. 2024;17(7):1417–1449.
15. Khaliulin I, Hamoudi W, Amal H. The multifaceted role of mitochondria in autism spectrum disorder. *Mol Psychiatry*. 2025;30(2):629–650.
16. Rajalakshmi K. The third brain in autism: Opening the doors to the solution in autism. *J Neurol Neurobiol*. 2015;1(1).
17. Kinnaird E, Stewart C, Tchanturia K. Investigating alexithymia in autism: a systematic review and meta-analysis. *Eur Psychiatry*. 2018;55:80.
18. Ruetten VM, Zheng W, Siwanowicz I, et al. Imaging cellular activity across all organs reveals body-wide circuits. *Nature*. 2026;1–11.