

Homœopathic Mentor – Sample Case

EM – new PANS, ASD

Information to include:

- Age
- Gender
- Dx
- Remedies already used and response (positive, negative, no response)
 - Give specifics of potency, dosing strategy, etc when pertinent to the case discussion
- Current chief concerns/the main thing
 - Include modalities
- Relevant concomitant Sx and pertinent negatives
 - Include modalities
- Strong generals
- Additional therapies being used by you or another provider
- Any challenges you have faced with the case taking, case analysis, communication, etc

CASE HISTORY:

EM is a 7-year-old female with Autism and suspected PANS/PANDAS. The main concerns since the onset of PANS/PANDAS are new onset tics and stuttering.

Chronic Symptoms to be Tracked from the initial case history include:

- Suspected PANS/PANDAS Flair (aggravated with sore throat & better with antibiotics – has taken 2-3 rounds of abx since onset of PANS; tested negative for strep; aggravated by mold exposure).

- First PANS flair was in fall 2022 at age 6, triggered after HBOT use that the parents suspect triggered yeast overgrowth. Around the end of Oct, early Nov 2022, it started with a throat clearing tic. She kept saying her throat hurt. Clearing her throat 150 times per day. They checked her for strep and was negative. No fever or obvious symptoms of illness. They went to the ER a total of about 7 times. At one point she was constipation, had X-rays, treated the constipation. She was treated with Miralax, which aggravated things and made them worse. They suspected there may be mold in the house, so Mom moved out with the kids to grandparents house and they lived there for most of Dec, which helped. Mom gave a high dose Vitamin A and put her **Apis mellifica** and **Histaminum** homœopathic medicines. By the end of Dec 2022 she was better and they moved home. She was okay in Jan and Feb 2023.
- By March 2023 started stutter for 3-4 weeks then went away.
- August 2023 stutter returned within 1 week of returning to school.
- Oct 2023 was acutely sick. Tx with abx. After abx course ended, throat clearing tic returned along with oppositional behavior. New round of abx helped tics and oppositional behavior, but stutter remained.
- Tics (throat clearing, eye blinking; tics and stuttering aggravated when anxious).
- Stuttering with word hunting, using a guttural voice to start speaking as if a spasmodic motor paralysis of the organs of speech.
- Anxiety (felt in her body with anxiety that she will vomit/anxiety about her health, anxiety going places like the grocery store unless it is somewhere fun like the Zoo).

- Anxious/timidity/shyness (worse with strangers; worse in crowds even if it is a group of people she knows like the extended family, worse groups of kids, worse quiet time in her room; yet bossy to her brother and immediate family).
- Peevishness during PANS flair with obstinate/oppositional behavior (refusal to do as told).
- Possible one time hallucination with this PANS flare of a spider with a "horrible nose" that she thought went in her ear and was going to get her.)
- Bothered if too hot (worse heat of sun) with red cheeks and a lack of sweat; she undresses down to underwear (often feels hot, even when Mom is bundled up and chilly).
- Autism and speech delay (improved a lot with dietary changes and functional medicine; still struggles with proper verb tenses).
- Difficulty focusing unless one on one.
- Fatigue (taking 30 minute naps since PANS flair).
- Lack of sweat, even when hot.
- Thirstless, even when hot (desires cold drinks, must be reminded to drink).
- Chronic disposition to constipation (treated with Mg Malate and Oxy Powder).
- Sensory aversion to being wet (with a single drop of water will strip down and take off clothes).
- Chronic sensitivity to overheat in the sun (lack of stamina to hike or go to the beach when heated in the sun).
- Chronic low muscle tone (floppy as a baby, delayed in walking, still has low muscle tone).

I initially prescribed Lycopodium 30c on November 27, 2023, which triggered an aggravation of her stutter (new onset to PANS), without further improvement after stopping the remedy on Dec 6th. She continued to

regress with more tics (e.g. eye blinking), stuttering with 70% of the words she attempts to speak, immature childish behaviors, and defiance. On Dec 11, 2023, I changed the prescription to Belladonna 30c (dry) BID based on the following symptoms:

TBR2 --> Belladonna:

1022 - General - Generals - Movements - convulsive (spasmodic; chorea, etc):

1099 - General - Generals - Spasms (cramps, convulsions) - clonic

1722 - Modalities - Temperature, Seasons, Weather - Sun - in the (from the heat of the sun)

698 - Systemic - Thermoregulatory - Heat - Dry (hot dry skin; lack of perspiration with heat)

165 - Regional - Head - Face - Appearance - Colour - red

796 - General - Mind - Disposition - Peevishness (annoyance, ill-humour, moroseness)

On Dec 18th I checked in again. She had only had a couple of doses of Belladonna. That night she was crying about going to bed and had major anxiety about going to bed. Next 2 days stuttering was not getting better. On Friday, Mom gave her 1 pellet and her anxiety isn't worse, but stuttering is still bad. She was nervous to go to bed alone in her room. On Dec 18, 2023, stopped Belladonna 30c and changed to Stramonium 30c (dry) BID based on the following symptoms:

TBR2 --> Stramonium:

1047 - General - Generals - Paralysis (palsy) - organs, paralysis of + 1022 - General - Generals - Movements - convulsive (spasmodic; chorea, etc): (stutter)

1882 - Modalities - From Situation & Circumstance - Company, in (+ amel. by being Alone) - amel. (+ aggr. by being Alone) (separation anxiety during

PANS flair)

165 - Regional - Head - Face - Appearance - Colour - red

Other treatments used by me:

E.N.T. Biotic BLIS K12 probiotic 60 lozenges [PROT Protocol for Life Balance]

1 lozenge(s) , every night , At Bedtime , Dispense Quantity : 1 unit(s)

Comments : Take after brushing teeth.