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A case of provisional tic disorder treated with homoeopathic medicines

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Abstract

Tic disorders (TD), which include chronic / persistent TD (CTD) and Tourette syndrome, have been known and studied for many years over the last two decades. Increased research efforts have resulted in increasingly explicit hypotheses about the origins and influences of both genetic and environmental elements. Attention-deficit / hyperactivity disorder and obsessive-compulsive disorder (OCD) are common co- morbidities of TD in children and adolescents. This case highlights the symptoms of Tic disorder and how it can be treated with homoeopathic medicines.

Keywords: Provisional tic disorder, Tourette syndrome, vocal tics, muscle twitching, homoeopathy

Introduction

The DSM-5 ^[2] defines tics as "sudden, rapid, recurrent, but non-rhythmical motor movements and / or vocalizations, generally preceded by premonitory somato-sensory urges" ^[3]. The condition usually develops within 3 to 11 years, mean onset between 6 to 7years. Tics typically start in early kindergarten and school years. The tics are mainly of two types, Basic tics which includes recurrent blinking of the eyes, twitching of the nose, jaws, neck jerks and activities like coughing, clearing throat, sniffing, groaning, and squatting. On the other hand Complicated Tics include activities like repetitive touching, jumping, repeating words or phrases. Certain tics and vocalizations are frequently misinterpreted as symptoms of allergies or asthma. The frequency and intensity of tics typically decreases near the end of adolescence, peaking at around age of 12 years. Tics typically manifest as a temporary condition, which the DSM-5 now refers to as "provisional tic disorder". Even though about 5-10% of patients continue to experience symptoms or functioning issues into adulthood, it should be noted that Tourette syndrome continuity is particularly when combined with comorbidities, can manifest as significant social functioning challenges and may lower quality of life ^[4].

A case report

On December 30th, 2023, a 10-year-old boy presented in the Out Patient Department (OPD) of Government Homoeopathic Medical College with neck pain caused by frequent jerking and nodding of the head, which had worsened during the previous month. Sudden, repetitive Jerking movements of the head were increased by eating sweets, sitting upright, becoming excited, experiencing worry, and becoming anxious and so on. Facial muscle twitching and abdominal contraction occur at times. Sometimes jerking movements of the legs were observed while walking or playing football. There were additional vocal sounds and occasional repetitions of words.

History of presenting complaints

The complaint started 4 years back, as the parents observed constant jerking movements of head. At first, they thought the child was trying to imitate somebody, later it intensified & then they consulted a neurologist and it was diagnosed as Complex motor and vocal tics - Provisional tic disorder.

- Then child was treated by various methods of treatment including Homoeopathy and Ayurveda but without any satisfactory outcome.
- There is family history of tic disorder in mothers uncle.
- Mothers sister was having Pulmonary Tuberculosis.

Chart 1

Table 1: Evaluation of symptoms

Mental generals	Physical generals	Particulars
Indolent	Appetite: decreased	Neck pain due to jerking of head
Timid	Thirst: normal	Sudden and involuntarily movements of whole body
	Sleep: Sound	Jerking of legs
	Stool: sometimes constipated	
	Urine: Normal	
	Desire for Sweets and salty things	Aversion - Not particulars
	Thermally - chilly	

Chart 2

Repertorial Analysis

1 HEAD - JERKING of the head - side to another; from one	<input checked="" type="checkbox"/>
2 HEAD - JERKING of the head - violent	<input checked="" type="checkbox"/>
3 HEAD - MOTIONS of head - nodding of	<input checked="" type="checkbox"/>
EXTREMITIES	
4 EXTREMITIES - JERKING	<input checked="" type="checkbox"/>
GENERALS	
5 GENERALS - FOOD and DRINKS agg.	<input checked="" type="checkbox"/>
6 GENERALS - FOOD and DRINKS aggravates; but	<input checked="" type="checkbox"/>
Remedies	ΣSym ΣDeg Symptoms
calc.	4 6 3, 4, 5, 6
ign.	4 5 1, 3, 4, 5
lyc.	4 5 3, 4, 5, 6
arg-n	3 7 4, 5, 6

Fig 1: Synthesis repertorial chart ^[5]

Therapeutic Intervention ^[6, 7]

Rx

IGNATIA-1M was prescribed as the first prescription on the basis of marked tendency to clonic spasms, jerking of limbs

and grief caused due to the insult and stress from his friends and peers. There was no response from Ignatia-1M.

MAG PHOS-6x - Indicated as anti-spasmodic medicine. Muscles cramps with radiating pains.

Chart 3

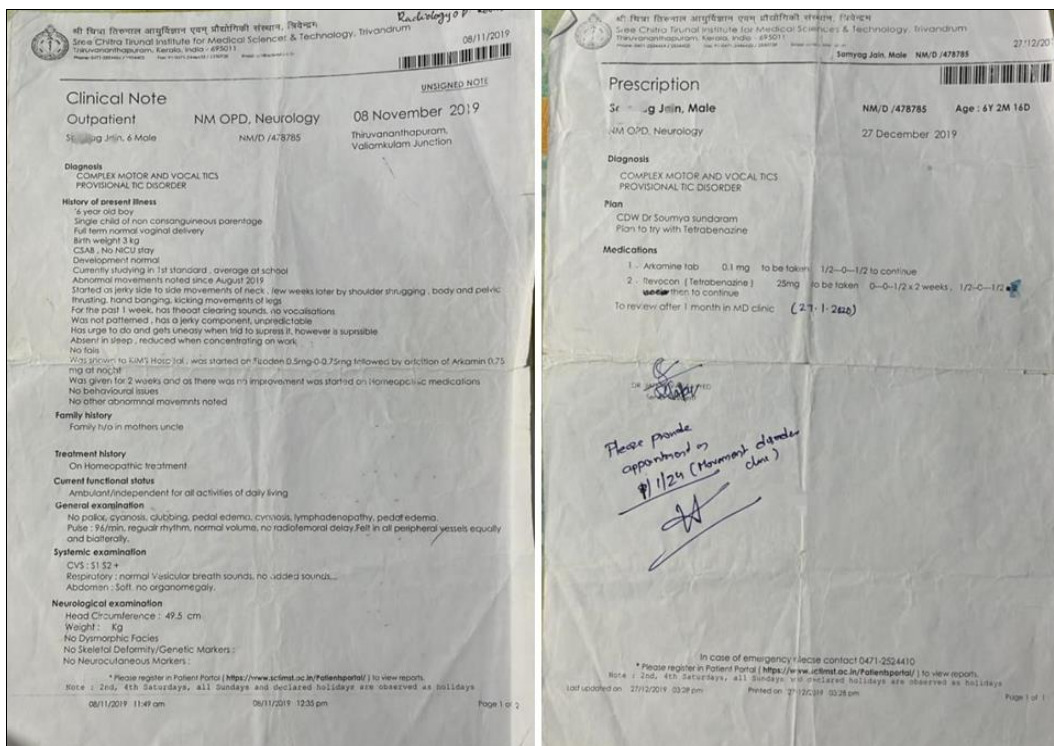
Table 2: Case Follow UPS

Follow up date	Symptoms	Remedy selection	Basis of selection [6]
6.1.2024	Jerking movements	1.Ignatia-10 M / 1 dose (before food) in morning	Tendency to clonic spasms, Jerking of limbs Grief
		2.Mag phos-6x 1 grain tab (3-3-3) After Food	An anti-spasmodic medicine for muscles cramps with radiating pains
14.1.2024	No relief presenting complaints	1.Carcinosin-200 / 1 dose (powder) (1-0-0) Before Food	As Intercurrent medicine considering family history of tic disorder and tuberculosis
		Followed by - 2. Calc carb -0/3 in 1 ounce aqua (2 pills) (8-8-8) drops Before Food	Based on repertorial analysis.
		3.Artemesia vulgaris -30 1 grain medicated tabs (1-1-1) After food	Prescribed on the basis Head-Drawn back by spasmodic twitching
07.02.24	Presenting Complaints reduced. Intensity of jerk increased at first followed by relief	1.Carcinosin-1M / 1 dose (powder) (1-0-0) Early Morning Followed by - 2. Calc carb-0/3 in 1 ounce aqua (8-8-8) drops Before Food 3. Artemesia vulgaris-30 1 grains medicated tabs (1-1-1) After food	
2.03.24	Followed by reduction of Frequency & intensity of jerk Neck pain relieved Repetition of words is there sometimes Facial twitching and blinking is there	1. Calc carb - 0/3 in 1 ounce aqua (2 pills) (8-8-8) drops Before Food 2. Artemesia vulgaris-30 1 grain medicated tabs (1-1-1) After Food	
15.06.24	Improvement of symptoms Facial twitching relieved repetition of words decreased	1. Calc carb - 0/3in 1 ounce aqua (2 pills) (8-8-8) drops Before food 2. Artemesia vulgaris-30 1 grains medicated tab (1-1-1) After food	
20.08.24	Improvement of all symptoms but jerking of whole body sometimes	1. Calc carb - 0/3 in 1 ounce aqua (2 pills) (8-8-8) drops Before Food 2.Artemesia vulgaris-30 1 grains medicated tabs (1-1-1) After Food	
19.10.24	Improvement no any jerks no repetition of words	1. Calc carb-0/3 in 1 ounce aqua (2 pills) (8-8-8) drops Before food 2. Artemesia vulgaris - 30 1 grain medicated tabs (1-1-1) After Food	

Results

The medicine Calcarea carbonica-0/3 was prescribed on the basis of indications. This was followed with Artemisia

vulgaris-30 produced good response in this case of tic disorder with improvement in the quality of life and life at school.



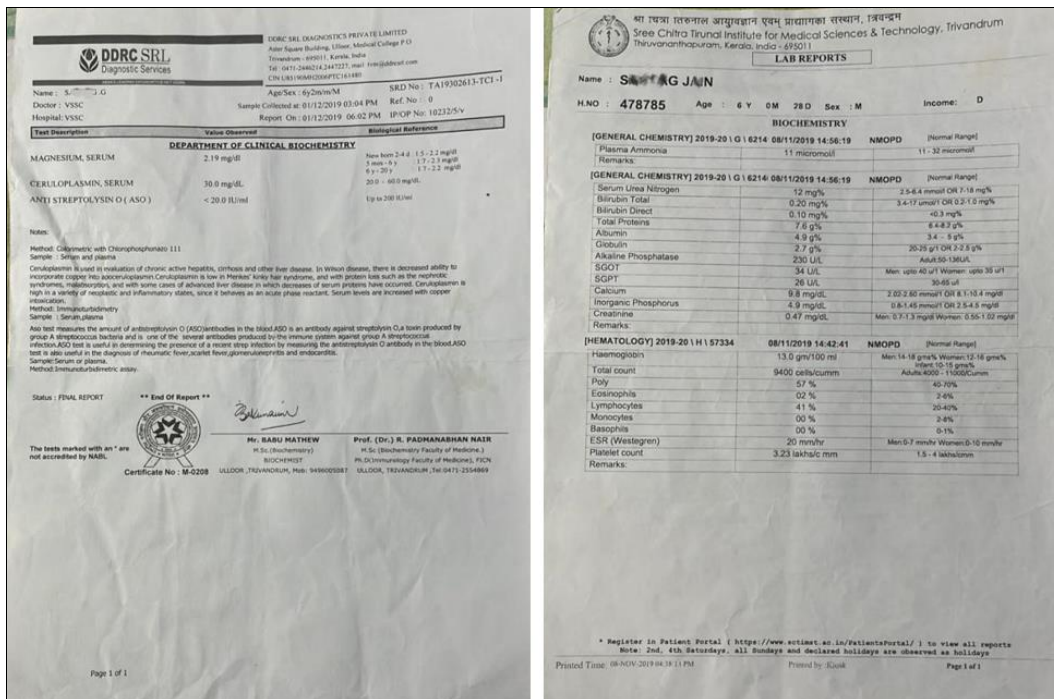


Fig 2: Investigations



Conclusion

As Tic disorder is a neurodevelopmental illness with its onset in childhood. In this case of tic disorder, the medicines were selected and administered based on indications. Ignatia-1 M was given as the first prescription followed by Ignatia-10 M but it produce no change in presenting complaints. Then Carcinosisin-200 followed by 1M (powder dose) was administered as an intercurrent medicine, considering the hereditary tendency of tic disorder and pulmonary tuberculosis in his family. This was followed with Calcarea carb-0/3 in water doses before food and Artemisia vulgaris-30 medicated 1 grain tabs 1 tab 3 times daily based on the indication “Head -Drawn back by spasmodic twitching”. After starting these two medicines, the frequency and the intensity of the jerk were significantly reduced. Now he is enjoying normal life and going school regularly and freely mingling with peers or classmates without any issues. This case proves that Homoeopathy has scope in the treatment of Tics disorder.

Conflict of Interest

Not available.

Financial Support: Not available

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