

Tourettes Syndrome:

10th January 2006: Stephanie aged 10 was brought to my clinic for consultation. Her mother said that she was very emotional and that it was impossible to reason with her. She was described as very argumentative. Often she would burst into tears even when sitting alone on the couch. At this point Stephanie burst into tears, started grunting and said that she was very scared and did not want to be like that. Stephanie had been diagnosed with Tourette's Syndrome when she was 7 or 8 years of age. The first symptom noticed was constant blinking, followed by a period of time when the grunting started and occurred at the same time as the blinking and then the blinking stopped and now she grunts. Stephanie can exert some conscious control over it for a short period. Stephanie is the eldest of 2 children and the younger child was experiencing psychological problems that caused a lot of conflict in the home and took up most of her mother's attention and energy when the syndrome was first noticed. Stephanie was very healthy apart from suffering some mild hay fever in Spring and needing to wear glasses for reading due to short sightedness. The only other symptom of consequence I could pick up was an aversion to sweets – Stephanie always avoided them.

Stephanie was born 6 weeks premature following a difficult pregnancy for her mother. Mother suffered very high BP during the pregnancy, was in and out of hospital and finally had a Caesar section because the placenta had started to disintegrate. Stephanie likes to be doing something all the time. Although not academic she is doing well at school, is quiet, well behaved and has good friends. Stephanie loves craft activities and swimming. At home she can be very difficult and argumentative. Recently there had been a lot of fighting between friends at school.

Facial Analysis:

Yellow	Red	Blue
Ears position	Hairline shape	Hairline height
Smile shape	Nose width	Forehead shape
	Ears position	Eyes shape
	Mouth size	Teeth
	Chin - ball	Asymmetry – eyes, nose
2	5	5

There being an equal number of red and blue features Stephanie was assessed as belonging to the purple group or syco-syphilitic miasm.

Repertorisation; (Mac Rep for Windows):

The rubric for grunting which was the dominant “Tourette's” symptom at the time only contained 5 remedies which were nowhere near enough to use this rubric with confidence. I decided to look a bit more laterally for rubrics which might convey the same intent and chose SPEECH: stammering. On some of the occasions that Stephanie grunted she did so several times before starting to speak.

Rubrics Chosen:

MIND; WEeping, tearful mood; tendency (356)

MIND; CONTRARY (78)

SPEECH & VOICE; SPEECH; stammering (94)

EYE; BLINKING (24)

VISION; MYOPIA, nearsightedness (70)

GENERALITIES; FOOD and drinks; sweets; aversion (40)

The screenshot shows the MacRepertory for Windows interface. The window title is "MacRepertory for Windows". The menu bar includes "File", "Edit", "Graph", "Analyze", "Limit", "Search", "Rubrics", "Windows", and "Help". The main window displays a grid of data for various remedies. The columns are labeled with rubric categories: WEeping, tearful mood ... (356), MIND: CONTRARY (78), SPEECH; stammering (94), EYE; BLINKING (24), MYOPIA, nearsightedness (70), and FOOD and drinks; ... (40). The rows are labeled with remedy abbreviations: Lyc., Bell., Arg-n., Sulph., Phos., Nux-u., Anac., Ars., Petr., Caust., Puls., Hep., Lach., Merc., Calc., Cham., Nit-ac., Stram., Acon., Con., Euphr., Sep., Thu.j., Agar., Hyos., Mag-m., Ruta, Bar-c., Carc., Plb., Graph., Ant-t., Carbn-s., Kali-c., Nat-m., Sul-ac., Arn., Cocc., and Cupr. Each cell in the grid contains a number (1, 2, or 3) and is color-coded: 1 is green, 2 is yellow, and 3 is red. The window also shows a "Numbered..." dropdown menu and standard window controls (minimize, maximize, close) in the bottom right corner.

	WEeping, tearful mood ... (356)	MIND: CONTRARY (78)	SPEECH; stammering (94)	EYE; BLINKING (24)	MYOPIA, nearsightedness (70)	FOOD and drinks; ... (40)
Total	10	9	11	10	9	8
Rubrics	6	6	6	6	6	6
Family	6	6	6	6	6	6
Lyc.	3	2	2	3	2	2
Bell.	2	2	2	2	2	2
Arg-n.	2	2	2	2	2	2
Sulph.	2	2	2	2	2	2
Phos.	2	2	2	2	2	2
Nux-u.	2	2	2	2	2	2
Anac.	2	2	2	2	2	2
Ars.	2	2	2	2	2	2
Petr.	2	2	2	2	2	2
Caust.	2	2	2	2	2	2
Puls.	2	2	2	2	2	2
Hep.	2	2	2	2	2	2
Lach.	2	2	2	2	2	2
Merc.	2	2	2	2	2	2
Calc.	2	2	2	2	2	2
Cham.	2	2	2	2	2	2
Nit-ac.	2	2	2	2	2	2
Stram.	2	2	2	2	2	2
Acon.	2	2	2	2	2	2
Con.	2	2	2	2	2	2
Euphr.	2	2	2	2	2	2
Sep.	2	2	2	2	2	2
Thu.j.	2	2	2	2	2	2
Agar.	2	2	2	2	2	2
Hyos.	2	2	2	2	2	2
Mag-m.	2	2	2	2	2	2
Ruta	2	2	2	2	2	2
Bar-c.	2	2	2	2	2	2
Carc.	2	2	2	2	2	2
Plb.	2	2	2	2	2	2
Graph.	2	2	2	2	2	2
Ant-t.	2	2	2	2	2	2
Carbn-s.	2	2	2	2	2	2
Kali-c.	2	2	2	2	2	2
Nat-m.	2	2	2	2	2	2
Sul-ac.	2	2	2	2	2	2
Arn.	2	2	2	2	2	2
Cocc.	2	2	2	2	2	2
Cupr.	2	2	2	2	2	2

Given that Stephanie was assessed as belonging to the purple group, the remedies that came up for consideration were Belladonna, Anacardium, and Lachesis. Nit Ac, Stramonium, Hyoscyamus and Cuprum were also present.

Given that Belladonna was one of the 5 remedies that appeared under the rubric MIND: grunting I chose this remedy.

Belladonna 200C 1 dose.

30th January 2006: No change. Chose the next “purple” remedy from the repertorisation.

Anacardium 200C 1 dose.

21st February 2006: Phone contact. Stephanie had no observable grunting for 1 week, then gradual return of symptoms.

Sent Anacardium 1M 1 dose.

23rd October 2008: Stephanie had had no Tourette symptoms since taking the Anacardium 1M. Blinking had returned in the last 2 months. Stephanie’s parents had separated 2 years ago. Stephanie spends equal time at both her parent’s places and her grand parents are heavily involved in her care as her mother is working long hours. Had started a new school this term and found it to be very difficult and was very teary describing what it was like. She said she had no friends. She had commenced her period a month ago. Blinking was first noticed when her grand parents went away on a holiday.

As it was over 2 years since I had seen Stephanie I re-took her photos and rechecked the facial analysis. More features were observable but the facial group (miasm) was still the same as was expected.

Facial Analysis:

Yellow	Red	Blue
Ears position	Hairline shape	Hairline height
Smile shape	Nose width	Forehead shape 50%
	Ears position	Eyes shape
	Mouth size	Teeth
	Chin - ball	Asymmetry – eyes, nose
	Forehead shape 50%	Bridge
	Gums	Eyes position
2	7	7

Stephanie’s miasmatic group was still clearly purple.

Since Stephanie had not experienced the Tourette symptoms for 21/2 years from taking the remedy. Decided to repeat the Anacardium.

Anacardium 1M 1 dose.

22nd November 2008: Been very good. No further Tourette's symptoms. Stephanie to contact me if symptoms return.

30th April 2014: Stephanie's grandmother contacted me by phone stating that the Tourette's symptoms had started to return in the last few weeks. The symptom noticed most was the blinking. Stephanie had remained symptom free since last taking the remedy. Her grandmother wanted Stephanie to come back to see me but Stephanie was too busy. The return of symptoms seemed to correspond to some major life changes. Stephanie was embarking on a career in nursing which required her to move away. Grandmother asked Stephanie if she obtained the remedy would she take it? Stephanie agreed and therefore her grandmother contacted me and asked if I would supply the remedy without an appointment. I sent a bottle of Anacardium 30C with instructions. (one dose daily). I had been using daily dosing for the past few years as per the research done by VCCH and found it to be a very successful way of prescribing.

4^h June 2015: Received a phone call from Stephanie's grandmother to thank me for the help the remedy had given the previous year. 2015 was turning out to be a difficult year too. Stephanie had left nursing and was now planning to join the army. Blinking had become significantly worse recently and there had also been some return of the grunting. There was some remedy left from 2014 and after taking one dose daily for a few weeks the symptoms again disappeared. Stephanie's grandmother said that she was incredibly impressed with the results of homoeopathic treatment.

Robyn Williams
Dip Hom., Aroh, Dip PE, HDTS (PE)