

# Homeopathics for PANDAS PANS

---

I've found homeopathy to be a very handy reset tool. Homeopathic remedies can be used as a rescue when a child is "not all good under the hood," as it were. If you've lived with a PANDAS/PANS child or teen for any length of time, you will inevitably have had the moment where you wonder who this person is, and what they did with your child.

Homeopathy uses the principles of "like cures like" and the "law of minimum dose."

The principle of "like cures like" states that a substance, which in large doses would cause similar symptoms to the patient, is then administered in minute amounts to treat the same symptoms. Hence like cures like.

The "law of minimum dose" says that the more minute the amount of a substance, the greater will be its therapeutic effect.

It's as if we give the body a red herring reason that it's upset, so it has something to organize a response around. In other words, we tell the body it isn't mad at brain cells, it's actually mad at the remedy. And since it's in such a small dose, the body gets to be successful, and fully resolve the issue. This is very calming to a body, and a brain.

I've listed my most commonly used acute rescue remedies. These are things that can move your child more easily through a crisis. I recommend working with a trained homeopath for longer-term support to find your child's constitutional remedy for lasting healing.

Homeopathic remedies are extremely easy and safe to use with kids of all ages. They can be administered on sugar pellets or in a little sip of water held in the mouth for 30 seconds. I usually use the 30c over the counter potency.

Note that if you have a child on the milder end of the PANDAS/PANS spectrum, you may read the symptoms below and not only become afraid, you may not see your child in any of the remedies. I've listed the most extreme versions of each remedy so you can more easily match a remedy to your child. No child perfectly fits all the symptoms—these are more like guidelines.

Let's get to the remedies.

Aconitum napellus:

- Strong fear and anxiety, deep phobias, panic attacks
- Fear of death, feels death is imminent
- Symptoms come on suddenly with great intensity
- Symptoms brought on after exposure to cold air or wind, shock, or fright
- Dilated pupils
- Sudden fever
- Intense restlessness, adrenaline rush
- Skin is red, hot, and dry

Arnica:

- Trauma of any type
- Concussive symptoms during or after a flare, or after dental work
- Mentally obtunded, jet-lag brain
- Fear of heart disease, chest pain, worse at night
- Body parts feel sore or bruised, especially after exertion
- "Rotten egg" smelling gas or body odor

Arsenicum album:

Tremendous anxiety, fidgety, pacing  
Anxiety over health, may lead to weakness, trembling, or prostration  
Compulsive behaviors, compulsive planning, fastidious, perfectionist  
Fears death to the very core, fears death of parents  
Restless mentally and physically, worse after midnight (Cinderella remedy)  
Burning pains relieved by heat  
Asthmatic, worse after midnight  
Diarrhea

Baryta carbonica:

Behavioral regression, suspended development, emotional immaturity for age  
Anxiety about health and despair of recovery  
Extreme dependence on parent, begs for reassurance  
Feels safe only at home  
School phobia, "childishly" gullible, strong feelings of insecurity  
Chronically inflamed and swollen tonsils, trouble swallowing  
Nail biting

Belladonna:

Delusions, delirium, violence  
May act out by hitting, biting, pulling hair, or spitting  
Twitches or jerking, febrile convulsions  
Complaints feel hot and dry with flushing, throbbing, or congestion  
Agitated if moved or jarred  
Dilated pupils with a glassy appearance to the eyes  
Intensely painful headache, migraine, sinusitis, ear ache, or joint pains

Chamomilla:

Great irritability, anger, inconsolable (demands a toy then throws it immediately)  
Separation anxiety, clingy, wants to be carried and walked  
Hypersensitive to noise, wind, and pain, as if nerves are bare or on edge  
Accusatory response to pain; hostile, vehement, may strike or kick  
Teething will set off aggravations, ear aches  
One cheek red, one cheek pale  
Restless sleep, better if held and walked or by putting hot feet out of covers

Cina:

Extreme irritability  
When frustrated may pinch, scratch or strike parents  
Intolerant of being touched, held, or even being looked at, may scream  
Intolerant of being scolded, anger may lead to tantrums  
Tics, grunting, twitching and jerking, may be convulsions  
Desire to pick the nose  
Itchy bottom

Hepar sulphur:

- Anxiety, irritable, may be abusive
- Strong violent impulses and rage, especially if put in uncomfortable position
- Vulnerability, susceptible to infections
- Empathically feels others pain, agoraphobia
- Intense sensitivity to external stimuli, especially wind, drafts, or open air
- Overly sensitive to pain, complains intensely
- Sore throat with stitching or splinter-like pains, swollen tonsils and glands
- Painful ear aches, wants ears covered or protected from drafts

Hyoscyamus:

- Ritualistic behaviors, repetitive actions
- Restless fingers, picks at things, chorea-like motions
- Poor impulse control, mania, “shamelessness”, hypersexual
- Jealous, suspicious, sleeplessness from being mentally agitated
- Jesting, antics
- Lewd, loud, loquacious speech
- Mania, rage or violent behaviors with increased strength, biting, or scratching
- Trouble swallowing, chokes even when swallowing water
- Urinary accidents

Lachesis:

- Highly charged, difficulty controlling overly-intense emotions
- Great anxiety and deep phobias
- Expressive, loquacious, when provoked verbally strikes at others’ vulnerabilities
- Envy or jealousy of sibling or same gendered parent, longs for revenge
- Breathing difficulty, asthma worse after extreme emotion, jealousy
- Compulsive hair-pulling, hypersexual
- Flushes of heat, purplish discoloration
- Sleep apnea, aggravated upon waking as if sleep brought on the complaint
- Sensitive throat, trouble swallowing, choking on saliva

Medorrhinum:

- Extreme behavioral changes from complete withdrawal to acting out to risk-taking
- Excessive aggression, fights with other children
- Violent temper tantrums, kicking or striking others
- Fear or sense that someone is beside or behind him, bites fingernails
- Loves the night, complaints ease in the evening, even though fears the dark
- Overly attached to animals but may be cruel to them
- Allergic triad of eczema, asthma, and hayfever, clears throat often

Mercurius:

- Introverted, withdrawn, shy but intense, “adult-like”, suspicious of others
- Deep anxieties and phobias about mental health, panic attacks, fears going insane
- Internal impulses; to scream, violence, homicide, stabbing, though won’t disclose
- Compulsive behaviors, may stutter
- Complaints are worse at night and from changes in temperature
- Susceptible to dental, throat, and respiratory infections, bad breath

Phosphorous:

Great anxiety about health, strong fears, occur when alone, desires company  
Sensitive, open, poor boundaries, spacey, loss of “effervescence”  
Desire for company so strong, may take consolation from strangers  
Fears something bad will happen, thunderstorms, the dark, disease, death  
Better after sleep, mental symptoms worse at twilight  
Poor resistance to infection, especially after teething or a growth spurt  
Susceptible to nose bleeds and dehydration, likes cold drinks

Rhus toxicodendron:

Restlessness, impatient, hurried, cannot sit still, tics, twitches, chorea  
Great irritability, easily frustrated  
Compulsiveness and ritualistic behavior, progressively rigid and fixed ideas  
Superstitious, fears killing someone, possible preconceptions  
Worse from drafts, cold and cloudy days, and better from warm bathing  
Intensely itchy rashes, stiffness like an old man in a young child  
Susceptible and made worse from any infection or vaccination from the Herpes virus family (chicken pox, Epstein-Barr virus, cold sores)

Stramonium:

Feels the full depth of fear, fear of being alone, animals, frights, sexual abuse  
Normally cool and collected but with an expression of fear in the eyes or face  
Rage events come as an outburst or convulsion, triggered by exposure  
May not recall event, no malicious intent (Jekyll and Hyde)  
Uncontrolled rages and violence with red face, dilated pupils, superhuman strength  
Nightmares and night-terrors, often follow rage event  
Fever delirium or convulsions with violent jerking of the head  
Grimacing, tics, twitches, grinding teeth

Syphilinum:

Fear and anxiety about all matters of health, infection, and disease  
Destructiveness without violence, due to excesses of intent to the point of breakdown  
Obsessed with germs and maintaining cleanliness  
Compulsive hand-washing, will scrub hands raw  
Compulsive checking, taken to the point of prostration with desire to burn to the ground so as not to have to worry about it  
Dreads the night, headache felt in the bones, bone pain worse at night

Tarentula hispanica:

Over-stimulated and hyperactive nervous system, which physical activity relieves  
Impatient, hurried, obstinate and disobedient  
Dishonest if helps to create the situation to quell obsessions  
Mania and rages with sudden destruction, wild laughing, increased strength  
Restlessness, twitches, pins and needles, jerking, chorea made better from exertion  
Music and dancing may excite or calm, hypersexual, genital itching  
Restless sleep, restless legs, covers in disarray in the morning

Zincum:

Tremendously excited nervous system, hyper-stimulated, over-sensitive  
Loquacious, racing thoughts, easily irritated and prone to rages  
When angry may have delirium, become violent, or seek escape  
Distracts others with constant complaints, though averse to reciprocal conversation  
Over-stimulated state may be followed by complete collapse and suicidal thoughts  
Thoughts of death ease his mind, the relief of suffering  
Worse after suppression of symptoms with steroid inhalers or creams  
Tics, twitches, tremors, convulsions

To prevent “discharging” the remedy, here are some guidelines:

Storage: Do not expose to cell phone or microwave radiation, or full-strength essential oils

Pellets: Do not touch them before popping them under your child’s tongue

Liquid: Use a glass cup only

---

This content is for health information only and not intended as personal medical advice. Reading or viewing it will not establish a doctor-patient relationship. It is not intended to diagnose, treat, cure or prevent any disease or medical condition. The information discussed is not intended to replace the advice of your healthcare provider. Reliance on information provided by Dr. Jill Crista, employees, or others appearing at the invitation of Dr. Crista is solely at your own risk.