



Patient's Treatment Journey Report:

Anirudh Saha

"In Pursuit of Freedom from Limits"

Introduction

Anirudh Saha, a 10-year-old male patient, has been under the care of Longevity & Beyond Clinics (L&B Clinics) for the progressive symptoms of Torsion Dystonia 1, a rare genetic movement disorder. Increasing muscle tremors, involuntary movements, and restrictions on daily activities have impacted his quality of life. Anirudh's case is managed through integrated, holistic care taken according to his specific condition and symptoms; under the guidance of L&B Clinics. The following is a comprehensive report on his treatment journey under L&B Clinics, emphasizing unique and innovative strategies used for his well-being.

Patient Overview

- **Patient Name: Anirudh Saha**
 - **Sex: Male**
 - **Age: 10 years**
 - **Diagnosis: Dystonia**
 - **Initial Consultation Date: 07/05/2024**
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Initial Condition and Complaints

- Progressive tremors starting in the right hand and spreading to the left hand and shoulders.
- Weak grip strength, inability to stretch limbs above shoulder level, and difficulty holding objects.
- Increased stammering and difficulty with articulation.

Medical History

- Delayed teething, with first teeth emerging at 1 year old.
- An only child, delivered by C-section.

Genetic Testing and Diagnosis

- **DNA Test Report (25/07/2023):** Confirmed the presence of a pathogenic variant associated with Torsion Dystonia 1, a genetic dystonia disorder.
- **Genetic Findings:** TOR1A (-) Heterozygous mutation, autosomal dominant, classified as pathogenic.

CASE SHEET REPORT LINK:

https://drive.google.com/file/d/15vnxf4KOa8gv2zvfizNE8we_MEwXaZcn/view?usp=sharing

Dystonia Overview

Dystonia is a movement disorder in which some of your body's muscles contract in uncontrollable ways. This can cause your body to twist and move awkwardly.

Dystonia can affect one muscle, a muscle group, or your entire body. Dystonia affects about 1% of the population



Treatment Plan:

Anirudh was enrolled in a HOLISTIC treatment plan at L&B clinics, starting from 7/05/24

Origin and Progression of Symptoms

Initially, Anirudh enjoyed activities such as playing the harmonium and tabla, but about three years ago, he began experiencing difficulty due to a clenched right thumb and muscle cramps. His symptoms progressively worsened, spreading from the right side of his body to the left, ultimately affecting his upper limbs and shoulders. He has been previously treated with counseling and holistic medications but has experienced limited relief. Then patient came to L&B Clinics for a comprehensive, multidisciplinary approach.

Treatment Journey at L&B Clinics

Under the holistic health model at L&B Clinics, Anirudh's treatment combines personalized care, integrative therapies, and continuous monitoring through advanced assessments.

First Follow-up

- **Date:** 29/06/2024
- **Treatment Provided:** Holistic, general treatment plan customized to Anirudh's specific motor symptoms.
- **Medication Prescribed:** Holistic medicines and therapies as part of the integrative care model.
- **Follow-up Interval:** 15 days.
- **Relief in Complaints:** Slight improvement observed.
- **Notes:**
 - Involuntary jaw movements were noted.
 - Stammering persists, and tremors are ongoing.
 - Improvement in neck control was observed.

REPORT LINK:

https://drive.google.com/file/d/1gtoSaSB - ItBU0cVPsD_96eEcKYjdp6u/view?usp=sharing

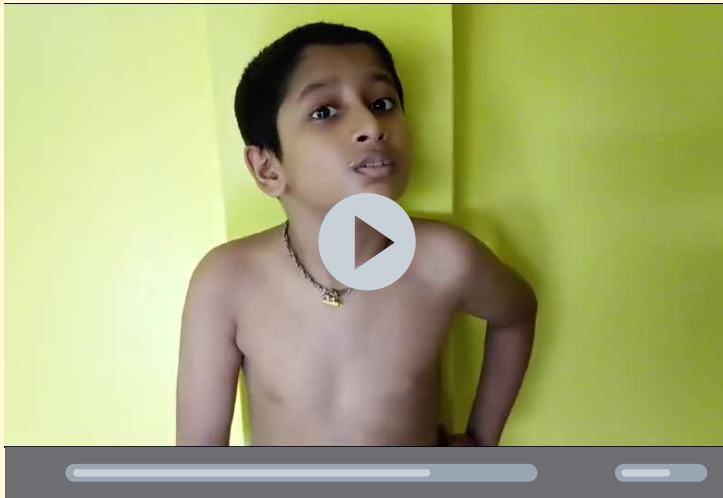
Second Follow-up

- **Date:** 29/07/2024
- **Treatment Provided:** Continued holistic treatment, adjusting therapies to address evolving symptoms.
- **Medication Prescribed:** Holistic.
- **Follow-up Interval:** 30 days.
- **Relief in Complaints:** Slight improvement noted.
- **Notes:**
 - Relief in some Symptoms.
 - Head bending forward and turning towards the left.
 - Speech slurred with articulation difficulties.

REPORT LINK:

https://drive.google.com/file/d/1gtoSaSB - ItBU0cVPsD_96eEcKYjdp6u/view?usp=sharing

Video Visualization



Before

starting treatment at L&B Clinic

Link to Watch

<https://shorturl.at/8BVsl>



After

starting treatment at L&B Clinic

Link to Watch

<https://shorturl.at/8BVsl>

Future Plan:

- **Continued HOLISTIC Treatment:** The focus will remain on customized remedies, lifestyle changes, and dietary modifications to address the root causes.
- **Regular Monitoring:** Follow-ups every 14 days to track progress and adjust treatment as necessary.
- **Dietary Adjustments:** Maintain a proper diet plan
- **Support and Counseling:** Ongoing support for mental health and emotional well-being to help manage daily challenges.
- **Nutrition and Supplement Support:** Enhancements to ensure optimal nutrition, medication, and symptom relief.

Conclusion

L&B Clinics is committed to supporting Anirudh's journey with an integrative, patient-centered approach. Our team provides expertise in advanced diagnostics and holistic treatment strategies to help Anirudh achieve better control over his symptoms, improve his daily functionality, and enhance his quality of life. This report outlines his treatment journey at L&B Clinics, highlighting the clinic's commitment to innovative and compassionate care for complex cases like Anirudh's.

"Healing Beyond Boundaries"



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