



Case Study

SUCCESSFUL AYURVEDA MANAGEMENT OF TRIGEMINAL NEURALGIA

Neetu Sharma^{1*}, Nidhi soni², Vijay Jatolia³

¹Assistant Professor, PG Department of Kayachikitsa, PGIA, Dr. Sarvepalli Radhakrishanan Rajasthan Ayurved University, Jodhpur, Rajasthan.

²Assistant Professor, PG Department of Rog Nidan evam Vikriti Vigyan, M.M.M. Government Ayurvedic College and Hospital, Udaipur, Rajasthan.

³Assistant Professor, Department of Ras Shastra and Bhaishajya Kalpana, Pt. Dr. Shivshakti Lal Sharma Ayurveda Medical College & Hospital, Ratlam, M.P, India.

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ABSTRACT


Trigeminal Neuralgia (TN) is a neuropathic pain syndrome which is characterized by critical unilateral paroxysmal facial pain. TN is a chronic pain disorder that affects the trigeminal nerve. Attacks of pain are usually stimulated by tactile irritation within the part of the trigeminal nerve. TN leads with disability and poor quality of life, even when patients are taking conventionally treatments. **Case-** A 71 years old man consulted in Out-patient department of Sanjeevani Hospital, DSRRAU, Jodhpur, with the complains of sudden pain like electric shock on right side of the head which gets aggravated on touch patient and so MRI was done which was suggestive of patient suffering with trigeminal neuralgia. In the present case report patient was considered suffering from *Anantvata* and was treated with 2 sittings of leech therapy with oral medications like *Ekangveer Ras*, *Mahavatavidhvansan ras*, a mixture of *Ashwagandha Churna*, *Bala churna*, *Godanti bhasma* and *Dashmool kwath* with *Anutaila Nasya*, were also added to the treatment and the same continued for three months. According to symptoms, patient was diagnosed with TN. As per the outcomes, we can say that the cases of TN can be successfully managed with Ayurvedic treatment only and no surgical intervention is needed.

INTRODUCTION

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known to humankind^[1]. Trigeminal nerve is the largest of 12 cranial nerves. Trigeminal nerve (fifth cranial) provides sensation to the anterior half of the head and skin of the face^[2]. Its motor part innervates the pterygoid masticatory muscles and masseter. There are three major branches of the nerve; 1. Ophthalmic: Sensory, 2. Maxillary: Sensory and 3. Mandibular: Sensory and motor.

Loss of the myelin sheath around the trigeminal nerve, is the main cause of TN. This disorder has characteristics of episodes of severe facial pain along the trigeminal nerve divisions.

In modern medicine the anticonvulsant carbamazepine is the first line treatment: second line medications include baclofen, lamotrigine, phenytoin, gabapentin, pregabalin etc. Many clinical trials have suggested that clonazepam and lidocaine may be effective. Even after taking these drugs for such a long time, there are no significant changes in the patient. Surgery is normally recommended only after medication has proved ineffective, or if side effects of medication are intolerable. There may be a chance of relief in pain after surgery; but also a considerable risk of side effects, such as facial numbness after the procedure. Here we present a case of trigeminal neuralgia which was successfully treated with Ayurvedic management with *Anantvata* as the Ayurvedic diagnosis. In *Anantvata* all the three *Doshas*

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get aggravated together and produce pain in the nape of the neck, eyes, brows and temples, there is throbbing pain at the sides of the cheeks, loss of movement of the lower jaw and diseases of the eyes.

Patient information

A 71 years old male patient was consulted in Out-Patient Department (OPD) of Sanjeevani Hospital, DSRRAU, Jodhpur, for complaint of sudden pain like electric shock on right side of the head which gets aggravated on touch. The pain was so severe chronic pain with electric shock-like sensations on face. Patient had suffered from this problem for Eight years. The patient consulted to some allopathic hospitals and took allopathic treatment, anti-convulsant were prescribed but did not get any relief from modern medicine and even condition become vaster with more frequent painful sensation. Then one of his friends advised him to take Ayurvedic treatment so he came here for treatment. His general health was good. He was taking carbamazepine 200 mg thrice a day at the time of consultation.

Place of study: The present case study was done in Kayachikitsa OPD, Hospital of Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur.

Case Report: Basic information of the patient

- Age - 71 yrs
- Religion - Hindu
- Socio economic status – Middle
- Farmer

Chief Complaints

Pain like electric shock on right side of the head which gets aggravated on touch, chewing and talking. Disturbed sleep due to sharp pain in temporal region. Patient was unable to talk properly. Patient had suffered from this problem since eight years.

Treatment protocol

S.no.	Therapy	Drug	Doses
1.	<i>Raktamokshana</i>	Leech	Total 3 sittings, once a week
2.	<i>Shamana Chikitsa</i>	1. <i>Ekanaveer Ras</i> 2. <i>Mahavataavidhvansan ras</i> 3. <i>Ashwagandha Churna</i> <i>Bala churna</i> <i>Godanti bhasma</i> 4. <i>Dashmool kwath</i> 5. <i>Nasya with Anutaila</i>	250mg, twice a day 250mg, twice a day 2gm, twice a day 1gm, twice a day 125mg, twice a day 40ml, twice a day <i>Pratimarsha Nasya</i> , twice a day
6.	Yoga and meditation were also advised to the patient		

History of Present Illness

Patient was asymptomatic before 8 years and then suddenly he felt pain on right side of the face just below the right eye after that the pain was aggravating slowly so he went to the allopathic hospital. The doctor gave him some anticonvulsant but the pain was increasing very much. So went to the AIIMS, Jodhpur, there he suggested for surgery. So finally he came in the Kayachikitsa OPD of DSRRAU.

Family History

- Father - Healthy
- Mother - Healthy
- No family history of any

Personal History

- Diet - Vegetarian
- Bowel - Frequency - 1/day
- Evacuation - Complete
- Stool consistency - Well formed
- Appetite – Decreased
- Micturition - Regular
- Sleep - Adequate; Day sleep - Present
- Allergy - Not yet detected
- Addiction - Nil
- Exercise - Poor

On Examination

- General condition was fair
- Vitals were normal, afebrile
- *Prakriti: Vata - Kaphaj*
- Site of onset – Right side of the face
- Distribution – Unilateral

Outcome Measures and Follow Up

After the completion of the treatment patient got almost complete relief from TN symptoms. The patient got some relief after the first sitting of leech therapy. Felt great relief in pain after the second and third sitting. Along with leech therapy, medicines for *Shaman chikitsa* were given. As this treatment is more concentrated to treat the symptoms of T.N. patient followed the above intervention for the total duration of months with regular follow up. Patient didn't leave the treatment in this 3 months duration and followed all the advised given to him. He got relieved from all the symptoms in just 3 months.

DISCUSSION

Trigeminal neuralgia is a neurological disease in which irritation or pressure on the trigeminal nerve (the fifth cranial nerve leave the skull) pathway causes a stabbing and sharp pain in the cheek, eye, temporal area and lower part of the face. The pain is usually located on only one side of the face. Symptoms of TN have similarity with *Anantavata* in Ayurveda. It is believed that all the *Tridoshas* get aggravated together and produce severe pain in the nape of the neck, eyes, brows and temples; there is throbbing pain at the sides of the cheeks, loss of movement of the lower jaw and diseases of the eyes. Such symptoms produced by *Tridoshas* are called as *Anantvata*. In the treatment of *Anantvata* food which mitigates *Vata* and *Pitta* such as *Madhumastaka Samyava*, *Ghritpura* etc (all are sweet dishes) should be partaken.^[3] Preparations of rice boiled with milk and added with ghee should be advised to take regularly.

Leech therapy or *Jalaukavacharan* is an ancient Ayurvedic bloodletting technique that has the great potential to manage many inflammatory, ischemic, and infectious diseases. Leech's saliva contains many biologically and pharmacologically active compounds that exert anticoagulant, anti-platelet, anti-inflammatory, and anti-edema effects in the body. Many kind of vascular and musculoskeletal diseases like venous congestion, vascular diseases, abscess, ischemic heart disease, arthritis etc can be successfully managed by leech therapy. Leeches are used to reduce the congestion by removing impure blood (*Tridosha yukta rakta*) that can't exit via the venous system.^[4]

Anu Tail is an Ayurvedic medicated oil used for the treatment of diseases related to head, brain, eyes, face, nose, ear, and neck because '*Nasa hi sirso dwaram*'. By using *Anu tail* through the nose, which is a door to brain and prevents many brain disorders like depression, headache, migraine, Parkinson's disease, memory loss, seizures, poor coordination, mental stress and depression because *Vata*, *Pitta* & *Kapha* said to be involved in TN. *Anu Tail* helps to keep all the

three *Dosha* in its balance state which helps to maintain the harmony in the body especially of supraclavicular (*Urdhvajatrugata*) parts of the body. It pacifies *Vata*, which plays a major role in development of TN. *Anu Tail* reduces *Vata* aggravation, improves nerve function and enhances the faster recovery from TN^[5].

Ashwagandha also called Indian ginseng because of its rejuvenating effects on the CNS and endocrine system. Although *Ashwagandha Churna* is *Tridosahara*. In many research trials it has been proven that the *Withania somnifera* is most beneficial drug to treat many kind of diseases associated with inflammation in the body, such as cardiovascular, pulmonary, and autoimmune diseases and diabetes, cancers, and neurodegenerative diseases^[6]. *Ashwagandha* also has anti-anxiety effect. However, many research studies shows that the positive anxiolytic effects of *Ashwagandha* in adults^[7].

Godanti (calcium sulphate) is having *Vata Pithahara* properties and acts as *Jwaraghna*, *Sulahara* and *Balya*.^[8]

Dashmool kwath works on all the three *Doshas*; *Dashmool Tridoshagnama*. *Dashmool* is *Tridosahara*^[9] but it predominantly pacifies *Vata* aggravation and *Anantvata* is also *Tridoshaj Vyadhi* but mainly *Vata* is affected. So *Dashmool* is considered as good option for TN. *Dashmool* also works as an anti-inflammatory, analgesic, and anti-rheumatic agent.

Maha Vata Chintamani Ras is used in the treatment of *Vata* and *Pitta Dosha* imbalance diseases such as paralysis, hemiplegia, facial palsy, tremors etc. It is also effective in *Vata pitta prahana* disorders such as migraine, vertigo, digestive disorders. Hence all these drugs help the patient to get rid completely of TN.

CONCLUSION

The case report demonstrates the treatment of Trigeminal Neuralgia completely with only oral Ayurvedic medicinal intervention. No surgical intervention was given.

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***Address for correspondence**

Dr. Neetu sharma

Assistant Professor,
PG Department of Kayachikitsa,
PGIA, Dr. Sarvepalli
Radhakrishanan Rajasthan
Ayurved University, Jodhpur,
Rajasthan.

Email: drneetu90@gmail.com

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