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EFFECT OF WHOLE SYSTEM AYURVEDA PROTOCOL IN TRIGEMINAL NEURALGIA– A CASE REPORT

Ayurveda

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ABSTRACT

Trigeminal neuralgia (TN) is a painful condition that affects the lips, gums, cheeks, and chin. With a yearly incidence of 4 to 13 persons per 100,000. Allopathic therapies for TN include analgesics, anticonvulsants, and antidepressants. This is merely a short-term solution. After surgery, the pain will go away, but the facial numbness will remain. A 24-year-old female patient, complained of pain in the left half of the face with swelling and tingling sensation associated with tenderness in left cheek, in the past 3 months which aggravated since 15 days, She also complains of pain in the cervical region radiating to left upper limb since last 3 months associated with tingling sensation and numbness in left upper limb. Based on the signs and symptoms the condition was correlated to anantavata. Patient was managed in the IPD of KLE's Ayurveda Hospital, Belagavi, Karnataka, India, with internal medications and Panchakarma procedures. Outcomes were measured based on the relief in the symptoms presented at the baseline. There was no recurrence even after a 7-month follow-up period. Whole system Ayurveda treatment protocol was beneficial in treating TN.

KEYWORDS

Trigeminal Neuralgia, Anantavata, Ayurveda Pathyahara, Nasya

1.INTRODUCTION:

Trigeminal neuralgia, also known as tic douloureux, is a chronic pain condition marked by recurring transient electric shock-like symptoms that affects trigeminal nerve. It affects 4 to 13 persons per 100,000 each year. Women are affected more compared to men. The male-to-female prevalence ratio ranges from 1 to 1.5 to 1 to 1.7.[1] Because there are no conclusive laboratory or diagnostic tests for TN, the diagnosis is mostly based on the patient's medical history.[2] TN has been treated with a variety of medications and surgical techniques. Despite the different ways available, the results are not entirely satisfactory. It is a regular occurrence to require more current medications to control pain assaults. Furthermore, a percentage of patients develop treatment resistance, necessitating surgery to alleviate the neuralgia. Nonetheless, pain recurrence following one or more surgical procedures is common.[3]

Ananthavaata's symptoms and pathophysiology, as detailed by Acharya Sushruta, are quite similar to TN.[4] Anantavata, where Ananta means everlasting, is a condition characterised by intense discomfort in the eyes, temples, and jaws. The term Vata denotes the Vata Dosha's major involvement. Tridoshas will first become involved, aggravating the Manya Nadis (vessels on the sides of the neck) and causing considerable pain in the back of the neck. Doshas become lodged in the eyes, jaws, and temples, causing the upper jaw to pulsate. Finally, lock jaw and rigidity of the neck, ocular disorders develop.[5] The present case study is an attempt to evaluate the efficacy of whole system treatment approach which include Panchakarma therapies, Ayurveda medications & Pathyahara along with Yogic practices in Trigeminal neuralgia.

2.CASE REPORT:

A 24-year-old patient, unmarried, female reported to our OPD on January 14, 2021 with a history of trauma on the occipital region 4 months back with no bleeding or bruising, post that, she developed pain in the left half of the face associated with swelling and tingling sensation that got triggered on exposure to cold and on brushing, since last 3 months which aggravated since 15 days. She also complains of tenderness of the left cheek and pain in the cervical region radiating to left upper limb since last 3 months associated with tingling sensation and numbness in left upper limb. The pain was continuous in nature with severe intensity. She complains of persistent pain in left ear, teeth and left jaw, and heaviness of head. She had a history of repeated rhinitis and nose block. She had no history of extraction of the tooth or dental carries. The patient's medical history revealed that she was not diabetic or hypertensive, neither she had any thyroid dysfunction.

On examination, tenderness in the left cheek and swelling in left half of the face were present. Local examination of cervical spine revealed no spine deformity, and range of movements like flexion, extension, lateral flexion and rotation were all possible but with pain. Lhermitte's sign, Spurling's test and drop arm test were negative. Visual analogue scale was applied to assess the intensity of pain which was 8 (Table no. 1).

Diagnosis was based on clinical symptoms and radiology parameters. Patient presented with characteristic features of Anantavata, a kind of Shiro roga, based on history and examination. CT Brain plain done on January 27, 2021 revealed that there was no diagnostic pathology in brain parenchyma.

3.DISCUSSION:

Newly diagnosed TN patient who was not on any conventional medicine, was treated with traditional approach i.e., with Panchakarma procedures (Table no. 2), internal medications and Yoga advice. Acharya Sushruta has mentioned 11 shirorogas, among them anantavata and ardhavabhedaka i.e. having half sided headache as main complaint, but only difference between anantavata and ardhavabhedaka is vatapradhana and pitta pradhana respectively.[6] Anantavata is tridoshaja shiroroga whose lakshanas can be corelated with the symptoms of TN. Presently, kaphavruta vata lakshanas were found in the patient, and hence, Samshodhana (purification) and Avaranahara (removal of occlusion of body channels) treatment was adopted on the basis of Samprapti (pathogenesis).

Firstly, deepana and pachana was done with Hingwastaka churna which stimulates the jatargni (digestive fire).[7]

Nasya is the important line of treatment for urdhwajatrugata vikaras as it is the doorway to shiras.[10] Hence, nasya was done with Anutaila for 7 days. which is useful in alleviating vitiated tridoshas and it gives strength to all the sense organs.[8]

After Nasya, Hanubasti with Nirgundi taila was done which has properties like Katu (pungent), Tikta (bitter) rasa, Laghu (light),etc. It pacifies Vata-Kapha doshas. It is quoted that Nirgundi has anti-inflammatory, analgesic and anti-arthritic activity.[9] and Gandusha is helpful in relieving the stiffness of temporomandibular joint and Ksheerabala taila has properties like guru (heavy), sheeta (cold), snigdha (unctuous) guna and is brimhana (nourishing) and vatahara in nature was performed.[10]

Karnapurana is one of the vatahara and balya (strengthening) procedure which not only acts on ear, but also around the ear involving temporal and mandibular regions, hence is useful in relieving pain,

which was performed with Balataila which is brimhanam (nourishing), indriya prasadana (strengthens all the sense organs).[11] Internal medications like Ashwandha ghrita was given which does mamsa vivardhana (promotes muscle strength), and is vataghna and vrishya (aphrodisiac) in nature.[12]

The practice of yoga asanas and pranayama like surya anuloma viloma, surya bhedana, nadishodhna, bhastrika, shavasana, vajrasana, vakrasana, balasana and tadasana significantly impact quality of life and helps patients forget their pain, anxiety and stress.[13]

Discharge medications like Brihat Vatachintamani Rasa that removes disease particularly related to vitiated vata and pitta doshas,14 Shiro Vajra Rasa which is helpful in alleviating shirashula caused by vataja, pittaja, kaphaja or tridoshaja dosha vitiation,15 Vyoshadi Vati is ruchikara (generates taste), indicated in pinasa (chronic rhinitis) and pratishyaya (Coryza)16 were advised (Table3).

Whole system Ayurveda treatment protocol which contains Ayurveda medicines, panchakarma intervention, Ayurveda pathyahara and yogic intervention was beneficial in treating TN. This whole system approach can be taken into consideration for further treatment and research work for TN.

Table No.1: Timeline of the case

Year	Clinical events	Intervention	Outcome
Feb 1 2021	Patient was admitted in the IPD for the aggravated pain in the left half of the face, cervical region radiating to left upper limb and the treatment was planned	1.Hingwastaka churna 3 grams BD with warm water after food (5days) 2.Nasya with Anutaila 8 drops E/N for 8 days 3.Hanubasti with Nirgunditaila 4.Gandusha with Ksheerabala taila (Twice daily) 5.Karnapurana with Balataila 6.Shamana-a.Ashwandhaghrita 10 ml BD	Mild relief in the pain and swelling in the left half of the face and cervical region radiating to left upper limb. Tenderness of left cheek reduced. Tingling sensation and numbness in left upper limb reduced but persisted. Heaviness of head, pain in the left ear and jaw reduced mildly.
Feb 8 2021	Follow up	1.Brihat Vatachintamani Rasa 250 mg BD 2.Shirashula Vajra Rasa 250 mg BD 3.Facial steam	Moderate relief in the pain and swelling in the left half of the face and cervical region radiating to left upper limb. Tingling sensation and numbness in left upper limb reduced but persisted. Heaviness of head, pain in the left ear and jaw reduced mildly.
June 9 2021	Follow up	1.Nasya with Ksheerabala 101 start with 8 drops (up to 12 drops) 2.Hanubasti with kshirabala taila x 7days 3.Gandusha with kshirabala taila early morning 4.Vyoshadi Vati 500 mg 2 BD 5.Shirashuladi Vajra Rasa 250 mg 2 TID	Marked relief in the pain in the left half of the face and cervical region radiating to left upper limb. Tingling sensation and numbness in left upper limb reduced completely. Heaviness of head, pain in the left ear and jaw reduced completely. Improvement in the range of movements of cervical spine was noted.
July 7 2021	Follow up	1.Shirashula Vajra Rasa 250 mg 2 BD 2.Vyoshadi Vati 500 mg 1 BD	Marked relief was observed

Table No. 2. Details of Panchakarma modalities

Panchakarma Procedure	Method of administration	Treatment Duration
Nasya with anu taila 8 drops	Instillation of medicated oil in the nostrils	8 days
Hanubasti with Nirgunditaila	Oil is retained in the bridge created on the hanu pradesha (temporo-mandibular joint)	8 days
Gandusha with Ksheerabala taila (Twice daily)	Oil is retained in the mouth until the tears fall out of the eyes	8 days
Karnapurana with Balataila	Oil is retained in the ear canal	8 days

Oral medication	Details of oral medication (ingredients)	Dose	Anupana	Treatment duration
Hingwashtaka churna	Trikatu, ajamoda, saindhava lavana, Shweta jeeraka, krishna jeeraka, hingu, ghee.	3grams BD	Luke warm water	5 days
Ashwandhaghrita	Ashwagandha, water for decoction, ghrita, kshira, chaga mamsa, paste of kakoli, kshirakakoli, riddhi, vriddhi, meda, mahameda, jivaka etc sita, madhu.	10 ml BD	Luke warm water	7 days

Table No. 3. Follow up medications advised

Oral medication	Details of Oral medication(ingredients)	Dose	Anupana	Treatment duration
Brihat Vatachintamani Rasa	Swarna bhasma, rajata bhasma, abhraka bhasma, loha bhasma,pravala bhasma, mukta bhasma, suta bhasma, juice extract of kumari	250 mg BD	Luke warm water	15 days
Shirashula Vajra Rasa	Shuddha parada, shuddha gandhaka, loha bhasma, tamra bhasma, shuddha guggulu, triphala churna, yashtimadhu churna, pippali churna, shunti churna, gokshura churna, vidanga churna, brihat panchmula churna, laghu panchamula churna, dashamula kwatha, ghrita.	250 mg BD	Luke warm water	15 days
Vyoshadi Vati	Trikatu, amlavetasa, chavya, talisa, chitraka jeeraka, tintidika, ela, patra, guda,	500 mg 1 BD		15 days

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