

## AYURVEDIC TREATMENT OPTIONS IN ANANTAVATA WSR TO TRIGEMINAL NEURALGIA: A CASE STUDY

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### ABSTRACT

Trigeminal neuralgia is an excruciating painful condition that involves the fifth cranial nerve i.e trigeminal nerve. Trigeminal nerve has three branches mainly maxillary, mandibular and ophthalmic nerves<sup>1</sup>. When there is any stimulus in the form of chewing, brushing or a wind, patient experiences severe pain due to the stimulation of nerve in the areas of its supply i.e around eyes, face and cheeks. Allopathic medicine doesnot have any permanent cure for this disease. Ayurveda offers relief in symptoms of TN and provide stress free life of patient. *Anantvata* has similar features as of TN. In the present case study a female patient of 26 yr age came to Shalakya OPD with the complaints of pain in face and eye region on and off from last 2 years. The pain

was severe in nature and lasted for 2 hours. Patient was depressed due to the condition and was in a hope to get relief from ayurvedic treatment. Treatments like *shirodhara*, *shiropichu*, *kawala*, *karnapurana* and *nasya* provided her calmness and she got rid from her pain.

**KEYWORDS:** Trigeminal neuralgia, *Nasya*, *Shirodhara*, *Shiropichu*, *Nasya*.

### INTRODUCTION

Trigeminal neuralgia is a chronic pain condition that affects trigeminal nerve, which causes sensation from the face to brain. It is also called tic doulereux. Even mild stimulation can trigger nerve sensation which results in excruciating pain. Activities like brushing, chewing, speaking produces intense pain sensation.

TN is considered to be one of most painful afflictions known in medical practice. TN is a disorder of fifth cranial nerve. The typical or classical form of disorder TN1 causes extreme,

sporadic, sudden burning or shock like facial pain in areas of face where branches of nerve are distributed- lips, eyes, nose, scalp, forehead, upper jaw and lower jaw. The pain episodes last from a few seconds to as long as 2 minutes. These attacks can occur in quick sensation or in volleys lasting as long as 2 hours. The atypical form of disorder TN2 is characterized by constant aching, burning, stabbing pain of somewhat lower intensity than TN1. Both forms of pain may occur in some person, sometimes at same time.<sup>[1]</sup>

Ayurveda describes *Shiroroga* in various texts. Out of 11 *shirorogas*, *Anantvata* has similar features as described in TN.<sup>[2]</sup> The *doshas* involved in *anantvata* are *tridosha* i.e *vat*, *pitta* and *kapha* which when vitiates produces unilateral excessive pain in head and facial area.<sup>[3]</sup> All the *ahar* and *vihar* which increase *vata* like fasting, dry/cold intake and living in conditions which dry, cool are causative factors for *anantvata*. The treatment modalities include the therapies which pacify the vitiating *tridoshas*.

In the present case, a patient who was already diagnosed with TN in an allopathic research institute and was taking allopathic medicines which include injection endoxan, tab tegretol since 2 years came to shalakya OPD. The patient was distressed and depressed by taking these medications due to their side effects and no relief. In order to avoid surgery she came in ayurvedic OPD for some relief from her condition.

The main aim of the treatment was to reduce the dosage of allopathic medicines, pacify the *tridoshas*<sup>[4]</sup> and provide her comfort from pain and maintain a healthy stress free lifestyle.

### CASE STUDY

A female patient named Manjeet Kaur aged 28 years CR no:19012927 came to Shalakya OPD on 22/11/2019 with the complaints of pain in mouth, face, eye and neck region on getting any stimulus like brushing, chewing unilaterally on and off since 2 years. The pain was stabbing in nature associated with stiffness and lasted for about 1 hours or whole day. The pain started after her delivery 2 years back. It occurred every twice or thrice in a month and hindered the movements like talking, brushing etc.

Patient was a known case of TN in PGIMER Chandigarh and undergoing the following medicine schedule injection endoxan 1g, tab omnacortil, tab tegretol 200mg, tab tryptomar 10 mg, tab tadart 20mg, tab ultracet from different specialists in and around Chandigarh due to non relief from any hospital.

She experienced extreme weakness, heaviness in the whole body and no relief in her complaints. So she withdrew the medicines on and off. She was advised surgery thereafter. In order to avoid surgery and to seek some relief she came in Shalakyia OPD. She had no history of any other illness and her routine blood tests, neurological and dental examination, MRI brain, CT PNS were also normal. Patient was married since 4 years and had a daughter of 2 years.

### Personal History

Diet...vegetarian

Appetite...moderate

Bowel...regular

Urine...normal

Sleep... disturbed due to pain

Addiction...no

### Investigations

Blood:

ESR: 50

RA Factor: negative

TSH: 2.900

FBS: 87

CXR: Normal

MRI BRAIN: Normal

Ayurvedic Management:

The patient was admitted and following treatment schedule was adopted.

- *Sadyovirechan* with *aviopattikar churan* 20 gm with hot water on first day
- *Nasya* with *ksheerbala taila*
- *Karnapurana* with *ashwagandha tail*
- *Shirodhara* with *ksheerbala taila*
- *Shiropichu* with *ashwagandhadi taila*
- *Kawala* with *irimedadi taila*
- *Brihatvatachintamani ras* 1 BD oral

*Pathyadi kadha* 10 ml BD for 7 days

Along with it, *yoga* and meditation which included *trataka, jalneti* with *saindhav, yogindra* and breathing exercises.

### OBSERVATIONS AND RESULTS

The patient got marked relief from the symptoms during and after the treatment. The diet advised during the treatment was semisolid like *khichdi, daliya* and light pulses. The patient was followed up after one month of treatment and she had experienced no pain after the treatment. The patient was able to chew and brush teeth without any pain.

### DISCUSSION

Ayurvedic treatment given judiciously can relieve the pain experienced in TN.

*Nasya* with *ksheerbala taila, karnapurana* with *ashwagandha taila* results in stimulation of nerve sensations ie *vata shaman* which is the main causative agent of TN.

*Shirodhara* with *ksheerbala taila* along with *shiropichu* with *ashwagandha taila* helped in diminishing *pitta dosha* along with *vata shaman*. *Kawala* with *irimedadi tail* helped in strengthening nerve of face and oral region. All the therapies like *nasya, karnapurana, kawal* act as *rasayan* and nourished the nervous tissue. *Shiropichu* and *shirodhara* helped in providing relief to *marmas* and revitalization of central nervous tissue. *Pathyadi kadha* which is mentioned under *shiroroga adhikara* helps in relieving the headache and pain in the head region.<sup>[5]</sup>

### CONCLUSION

Thus ayurvedic treatment has proved to be effective in reducing TN symptoms and prevented its recurrence. Strict *pathya* diet and lifestyle should be followed even after the treatment. Proper awareness must be created for ayurvedic treatment of such diseases where allopathic treatment has a limited role.

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