

## A REVIEW ARTICLE ON TRIGEMINAL NEURALGIA AND ITS AYURVEDA MANAGEMENT

**Dr. Aarti Bhandule<sup>1\*</sup>, Dr. Nikita Jamadari<sup>2</sup> and Dr. Naresh Jain<sup>3</sup>**

<sup>1,2</sup>P.G. Scholar, Department of Kayachikitsa in Govt. (Auto) Dhanwantari Ayurvedic College  
& Hospital Ujjain (M.P.), India.

<sup>3</sup>Associate Professor, Department of Kayachikitsa in Govt. (Auto) Dhanwantari Ayurvedic  
College & Hospital Ujjain (M.P.), India.

Article Received on  
31 January 2023,

Revised on 20 Feb. 2023,  
Accepted on 12 March 2023

DOI: 10.20959/wjpr20235-27525

### \*Corresponding Author

**Dr. Aarti Bhandule**

P.G. Scholar, Department of  
Kayachikitsa in Govt.  
(Auto) Dhanwantari  
Ayurvedic College &  
Hospital Ujjain (M.P.),  
India.

### ABSTRACT

The Trigeminal or fifth cranial nerve (CNV) is the largest and one of the complex nerves. It is a sensory cranial nerve which carries sensation from the face to brain. Trigeminal neuralgia (TN) is known as Tic Douloureux. A chronic pain condition which affecting the trigeminal nerve in the face. The pain typically involves the lower face and jaw although sometimes it affects the area around the nose and above the eye, this stabbing, electric shock like pain is caused by irritation of the trigeminal nerve. Trigeminal neuralgia affects women more after than men and its more likely to occurs in people who are older than 50 years of age. According to ayurveda this condition is Anantvata among 11 types of Shiroroga explained by Acharya Sushrut. It is Vatapradhan Tridoshaj Vyadhi and classified under Sadhya

Vyadhi. Vatapitta prashaman chikitsa and shirovedhan are mainly indicated in treatment of anantvata. Many procedures like Nasya, Kaval, Gandush, Parishek, lepa, Shiropichu, Shirobasti, effectively work as a reducing pain and Tridosh Shamak. In acute attack of TN can be managed by Nasyakarma, Ghritpaan, Karnapoorna, and lepa. Patient follow advised to consume food processed with large quantity of milk and Ghrita. Ayurveda preparations and local applications of medicine provide good relief in pain. All these Ayurveda modalities act as Vatashamak which is main cause of pain and controlling the other two Doshas (Pitta, Kapha). Analgesics, Vitamin B12 supplements and Anticonvulsants medicines are first line of treatment for TN. If patient get not relief than surgery mainly indicated in this condition. Injection Alcohol, Microvascular Decompression, Radiofrequency, Thermocoagulation

procedures used to treat TN. But success rate is very low. Trigeminal neuralgia can not be cured permanently. The aim of Ayurveda treatment is breaking the Samprapti of disease and Shaman of causative of Doshas who was vitiated.

**KEYWORDS:** Trigeminal Neuralgia, Anantavata, Tridoshaj vyadhi, Snehan, Swedan, Ghrita.

## INTRODUCTION

It is mixed nerve and the largest of all cranial nerves. It is attached to the ventral surface of the pons at its junction with the middle cerebellar peduncle by two roots motor and sensory. The motor root is small and lies on the medial side of sensory root.<sup>[1]</sup> The sensations of pain, temperature, touch, and pressure from the skin of the face and mucous membranes travel along axons whose cell bodies are situated in the semilunar or trigeminal sensory ganglion. Trigeminal Neuralgia is a chronic pain disorder that affects the trigeminal nerve also known as 5th cranial nerve, it is neuropathic lesion or injuries. In Ayurveda this condition is Anantvata among 11 types of Shiroroga explained by Acharya Sushruta.<sup>[2]</sup>

**ETIOLOGY-** Age- middle age.

Sex- more in female.

## CAUSES

Unknown may entail a fault in the mechanism that insults neurons from each other. Vascular compression of nerve root by an aberrant Blood vessels.

### Exciting Causes

spontaneous or following exposure to cold wind, blow on face or chewing or eating or drinking hot or cold fluid or talking or washing the face.<sup>[3]</sup>

**PATHOGENESIS-** The current hypothesis as to aetiology suggests that the neuralgia is most commonly caused by compression of the trigeminal nerve rootlets at their entry to the brain stem by aberrant loops of the Cerebellar arteries other compressive lesions.<sup>[4]</sup> According to Ayurveda Acharya Sushruta very well defined the causes and pathogenesis of Anantvata. In Anantvata all the three aggravated Doshas pressing the carotid region produce excruciating pain in nape and get located particularly in eyebrows and temples causing shaking in side of cheeks, low jaw and disease of eye, this is known as Anantvata, a head disease causes by the three Doshas.<sup>[5]</sup> According Acharya Charak because of fasting,

excessive grief, intake of food which is exceedingly unctuous and cold and intake of extremely small quantity of food, all the three dosas (Vata, Pitta, Kapha) get vitiated to cause acute pain in the sternomastoid region (manya region of back of the neck ( Ghata). This pain (thereafter) gets localised in the eyes, eyebrows, and temples. The patient gets throbbing pain in the sides of cheeks, eye disease and lock jaw. This ailment called Anantvata.<sup>[6]</sup>

## **SYMPTOMS<sup>[7]</sup>**

During attack-

1. Pain- usually 2nd and 3 rd division together, 2nd severe in intensity, 3 rd sharp shooting lasts than 30 second.
2. Site- unilateral more commonly confined to one of the three divisions of the nerve common points of origin are just external to Alae Plasi. Infra orbital foramen or mental foramen below the canine tooth.
3. Duration -only a few seconds.

## **Associated Symptoms**

1. During attacks the face is often throw into a strong Involuntary spasm on the affected side.
2. Flushing face
3. Dilatation of pupil.
4. Excessive lacrimation.
5. Sometimes secretion of nasal mucus and occurs on the side pain.

In the between the Attacks

1. Triggers Zones- certain Hyperaesthetic spots on face gums or tongue. a slight stimulus which sets of an attacks.
2. Dull continuous pain – skin over affected region is sore and tender after a paroxysm.
3. Sensory changes- none except for hyperaesthesia
4. After repeated attack skin becomes shiny and hair in the area may become grey or rubbed away.
5. Loss of weight
6. Depression

## **MANAGEMENT**

Elimination of all possible sources of infection.

1. Analgesics – potent analgesics used with caution because of danger of habituation.

2. Carbamazepines – initial dose- 100 mg TDS than gradually increases 200mg QDS. Oxcarbamazepine-alternative with equal efficacy and better side effect profile with less chances of bone marrow toxicity.
3. Phenytoin sodium, Gabapentine, Pregabalin drugs also used in treatment.
4. Injection Alcohol, microvascular decompression, radiofrequency, thrombocoagulation may be used when patient get not relief by drug therapy.<sup>[8]</sup>

### AYURVEDA MANAGEMENT OF T.N. (ANANTVATA)

In Charak Samhita for the cure of this ailment therapeutic measures to be given are as follows.

1. Patient should be given a potion of ghee after meals.
2. Shirovirechana [inhalation therapy for the elimination of morbid matter from body.
3. Kayavirechana (emesis and purgation for the elimination of morbid matter from body.
4. Shirobasti should be given with three types of fat (oil, ghee, muscle fat).
5. Upnaha (hot poultice) prepared of the meat of animals inhabiting arid zone forests.
6. Sprinkling of the head with ghee and milk.
7. Milk should be boiled with the meat of peacock partridge, guails etc. And ghee should be taken out of the this milk this ghee should be added 8 time of milk jivniya group with this medicated ghee navana (inhalation therapy) should be given to the patient.<sup>[9]</sup>

According to Sushruta Samhita in this disease patient suffering from severe pain, for reducing pain we use Vatashamak Aushadhi.

In Vatika head disease the procedure as prescribed in Vatavyadhi should be applied. the patient should use ghee or oil with post of milk.

Vatavyadhidividhih – external as well as internal unction, Sedation, Massage, Irrigation Poultice, Shirobasti, Smuff etc. and the latter such as intake of Sneha Unctuous and Nonunctuous Enema etc. In head disease caused by three Doshas measures alleviating three Doshas are useful or intake of Ghee particularly the old one is prescribed.<sup>[10]</sup>

Medicines for Shiro Roga Sahasra Yogam.

1. Mushadi Taila 2. Triphaladi Taila 3. Asanbilwadi Taila 4. Manjisthaditaila Taila 5. Balahathadi Taila 6. Nasika Choorna 7. Karit Tailam 8. Shirostoda Gutika 9. Villam Pachotyadi Taila 10. Kavyonyadi Taila 11. Jatimanyaladi Taila.<sup>[11]</sup>

### Some Ayurvedic Medicines

Kwath- Rasnadi Kwath, Maharasnadi kwath, Rasna Dashmoola Kwath, Pathyadi Kwath  
Churna – Pippali Churna,

Vati- Rasonadi Vati, Yograj Guggul, Mahayograj Guggul, Rasnadi Guggul, Saptavishanti  
Guggul, Brihatvatchintamani Ras, Mahavatvidhvansan Ras, Ekangvir Rasa, Bramhi Vati.

Ghrita- Bramhi Ghrita, Mayurghrita, Mahamayur Ghrita.

For Nasya- Shadbindutaila, Karpasthayadi Taila, Ksheer Dhumam, Bala Ksheera Dhumam  
Kavala/ Gandush- Irimedadi Taila.

### DISCUSSION

Anantvata(Trigeminal neuralgia) is Tridoshaj vyadhi produces severe pain in nape of neck, eyes, brows, and temples,. To reduce pain and relief for symptoms we used Tridosh Shamak Vatahara Aushdhis, Brinhan, Balaya, Dravya along with Vatapittahara Pathya play major role in the management of Trigeminal Neuralgia. Also used various Panchkarma Therapies which provides relief from symptoms specially in pain and improving the quality of life patient. Ayurvedic medicines and Therapies must be adopted for Anantvata (trigeminal neuralgia).

### REFERENCES

1. Essentials of Human Anatomy Neuroanatomy 4<sup>th</sup> edition written by A.K. Dutta page no.
2. Richard S.Snell –clinical anatomy 6<sup>th</sup> edition's chapter 11 the cranial nerve nuclei and their central connections and distribution page no, 336.
3. Golwala Medicines for students a reference book for the family physician, aspi f golwalla, shahrukh golwalla edited by – milind kumar, jaypee brothers medical publishers (p) ltd. Newdelhi 25 th edition 2017 chapter 7 neurology page no. 486.
4. Davidson's principles and practice of medicines edited by christofer hasslet, Edwin R chilverse. nicholas a boone, nicki r colledge, edinberg London newyork oxford philadelphia ST Louis Sydney toronto 2002 19 th editions chapter 22 neurological disorder page no. 1120.
5. Priyavrita Sharma - Sushruta Samhita(with english translation of text and Dalhan's commentary along with critical notes) volume third Uttartantra chapter XXV Page No. 267 shloka no. 13-14.
6. R.K. Sharma, Bhagwandas Charak Samhita (A text with English translation and critical exposition based on chakrapani datta's on Ayurveda Dipika) volume VI Siddhistan chapter X page no. 354 shloka 84-85.

7. Golwala Medicines for students a reference book for the family physician, aspi f golwalla, shahrukh golwalla edited by – milind kumar,jaypee brothers medical publishers (p) ltd. Newdelhi 25th edition 2017 chapter 7 neurology page no. 486.
8. Golwala Medicines for students a reference book for the family physician, aspi f golwalla, shahrukh golwalla edited by – milind kumar, jaypee brothers medical publishers (p) ltd. Newdelhi 25th edition 2017 chapter 7 neurology page no. 486.
9. R.K. Sharma, Bhagwandas Charak Samhita (A text with English translation and crtical exposition based on chakrapani datta's on Ayurveda Dipika) volume VI Siddhisthan chapter X page no. 353 shloka 81-82.
10. Priyavrita Sharma - Sushruta Samhita(with english translation of text and Dalhan's commentary along with critical notes) volume third Uttartantra chapter XXVI Page No. 269 shloka no. 3.
11. Sahasrayogam(compendium of 1000 Ayurvedic formulaions) by Dr.G.Prabhakar Rao.