

TRIGEMINAL NEURALGIA – EXPLORING ITS TREATMENT THROUGH PANCHKARMA

Anjali V. Makodiya¹ Akanksha Sharma² Dr. Sweety Ruparel³ Dr. Ram Shukla⁴

¹PG Scholar, ²PG Scholar,

³Reader and I/C H.O.D. M.D. (Ayu.), ⁴Lecturer M.D. (Ayu.),

Department of Panchkarma, Govt. Akhandanand Ayurved College,

Ahmedabad, Gujarat, India

ABSTRACT

Trigeminal neuralgia is inflammation of the trigeminal nerve causing intense facial pain. It tends to afflict people older than 50 year of age. Possible cause of TN is transmission of intense pain resulting vascular compression of root of trigeminal nerve. In modern science anticonvulsant medications are prescribed and if pain persists or medications fail then surgery or radiation therapy is advised which is very costly and has adverse effects. Ayurveda has a ray of hope for management of TN through holistic way. The symptoms of TN can be correlated with *Ardhambhedak* which has been mentioned under *Shiroroga* by our *Acharyas*. *Panchkarma* procedures like *MriduVirechana*, *Basti*, *Nasya* can be very much helpful in this disease. They are safe, less costly and natural way of being healthy. This article deals with the concept of understanding TN in Ayurved perspective and management with *Panchkarma*.

Key words : Trigeminal neuralgia, *Ardhambhedak*, *Panchkarma* management

INTRODUCTION

Trigeminal neuralgia has been described as one of the most painful conditions known to mankind. It is a unilateral disorder characterized by brief electric shock like pain episodes which are abrupt in onset and termination limited to the distribution of one or more divisions of the trigeminal nerve. It is estimated that in a majority of cases TN symptoms begin appearing more frequently over the age of 50. It is more common in females than males. Most commonly it involves the middle and lower branch of trigeminal nerve. Although the exact cause of TN is unknown. A popular hypothesis for TN is the vascular compression of the trigeminal nerve. Patients may describe trigger area

on the face so sensitive that touching or even air currents can trigger on episode. Pain attack is felt like stabbing, electric shocks, burning, pressing, crushing or shooting pain that leads to difficulty in chewing, speaking, tooth brushing and washing the face. Loss of weight and depression found due to interference with food intake and recurrence of pain over a prolonged period¹. Treatment may include medicines, brain surgery or radiation therapy. Carbamazepine is the drug of choice but over time high doses may be required. It treats the condition very well but can have undesirable side effects such as dizziness and drowsiness. Patients may have to continue treatment lifelong. If medica-

tions no longer control TN pain or side effects are intolerable then surgery is the option. It is risky and complications after surgery like dysaesthesiae² in most cases and most important pain may come back after some years. Ayurveda can play a good role for better management and for better quality of life of TN patients. In Ayurveda Panchkarma is the best treatment for stopping recurrence of disease and being healthy ever. So here an attempt is made to explore the Ayurvedic line of treatment for TN.

AYURVEDA AND TRIGEMINAL NEURALGIA

First of all an attempt is made to understand TN in Ayurvedic perspective. Symp-

toms of TN are similar with *Shiroroga* described in Ayurvedic classics. *Aacharya Charak* described 5 types of *Shiroroga* (*Vataja, Pittaja, Kaphaja, Sannipataja, Krimija*) in *Kiyantashirahsiyam Adhyaya* and 4 types of *Shirorogas* (*Ardhavbhedak, Suryavart, Anantvata, Shankhak*) in *Trimarmiya Siddhi Adhyaya*. *Acharya Sushruta* and *Vagbhatta* have described 11 types & 10 types of *Shiroroga* respectively. Among them *Vataja Shirahshoola, Ardhavbhedak, Anantvata, Raktaja Shirahshoola* are much similar to TN. Following table shows the similarity of TN with different *Shiroroga*.

	Disease				
	TN	<i>Ardhavbhedak</i> ³	<i>Anantvata</i> ⁴	<i>Vatik Shirahshoola</i> ⁵	<i>Raktaja Shirahshoola</i> ⁶
Unilateral/Bilateral	Unilateral	Unilateral (<i>Ardha Shira</i>)	Bilateral	Bilateral	Bilateral
Site of pain	External to ala nasi, infraorbital foramen or mental foramen below canine tooth	Pain in <i>Manya, Bhru, Shankha, Karna, Akshi, Lalaata</i>	Pain at nape of neck Pain referred to <i>Manya, Bhru</i> and temporal region.	Pain in temporal region, nape of nape, <i>Bhruma dhya, Lalaata,</i>	Not specified
Character of pain	Electric shock like pain	Severe Stabbing, cutting like pain	Severe pain	Like Pricking, piercing,	Burning pain <i>Sparshasahatva</i>
Duration of paroxysm	In hours, weeks or years	Every 15 days, 10 days ⁷	-	-	-
Continuous pain	No	No	Yes	Yes	Yes
Associated symptoms	Depression Weight loss	-	<i>Spandana</i> in <i>Gandaparshva</i> region <i>Netra roga</i>	Tinnitus	<i>Trishna Daha Bhrama Sweda</i>

From the above similarities it can be said that *Ardhambhedak* is very much similar to TN. Before the planning of treatment it is

essential to understand *Nidana Panchak* and *Samprapti Ghatak* of TN~ *Ardhambhedak* which are as follows.

NIDANA PANCHAKA

*Nidana – Ruksha Bhojana, Purva Vata Sevana, Avashyay, Vega Sandharana, Vyayama, Aayasa*³

Purvaroopo –no

Rupa – episodic intense pain in half of face

Anupshaya – Shitakala

SAMPRAPTI GHATAK

*Dosha – Vata (Prana), Kapha/ Vata only*⁹/
*Tridosha*⁷

*Dushya- Rakta*¹⁰

*Strotas- Pranavaha*¹¹

Strotodudhti- Atipravriti

*Rogamaarga–Madhyama*¹²

Adhithana- Murdha

*Sadhyasdhyaata-Kruchhrasadhya / Yapya*¹³

PLANNING OF MANAGEMENT:

In *Ardhambhedaka* mainly *Vata Dosha* is vitiated. So, during treatment consideration of vitiated *Vata Dosha* is important. So, treatment can be done according to *Shiro-roga Chikitsa* and *Vatvyadhi Chikitsa*. Only herbal medications or other topical procedures are not beneficial for sustained pain relief. So here first of all *Shodhana* is required for pacification of *Dosha*. Treatment can be planned *Mridu Shodhan, Basti, Nasya, Shirobasti* etc.

SANSHODHANA

Vaman and *Virechana* both are procedures for *Shodhana*. *Vaman* is contraindicated in *Shiroroga*, but *Virechana* is indicated in *Shiroroga* by all *Acharyas*¹⁴. So *Virechana* is the first line of treatment. Particularly *MriduVirechana* is advisable due to old age and vitiation of mainly *Vata*. *Acharya Charaka* mentioned *Mridu Virechana* in *Vatvyadhi*. *Snehana* and *Swedana* pre procedures should be done before *Virechana* according to *Prakriti* and *Agni* of patient.

Virechana is appropriate with following *Yoga*:

1. Castor oil and milk in required dose according to patient¹⁵. Particularly this *Yoga* is beneficial because it is not aggravating *Vata* due to *Snigdha Guna*.

BASTI

Acharya Charak described *Ardhambhedak* in *Trimarmiya Siddhi Adhyaya*. So, hypothesis can be made that here in particular *Shira Marma* is affected. *Shira* is one of the most important *Marma* amongst all *Trimarma*. It is the site of *Prana Vayu* particularly⁸. Here in TN *Prana Vayu* is mainly disturbed¹⁶. *Acharya Charak* advised that always protect *Marmas* from vitiated *Vayu*. When *Marmas* are afflicted by *Vata Dosha Basti* is the choice of treatment¹⁷. So in planning of the treatment emphasis should be given on proper management of *Vata*. *Basti* is the best treatment for pacifying *Vata* as well as for *Shiroroga*. All *Acharyas* have described *Shirorogaas Basti Sadhya*¹⁸. There are many types of *Bastis* described in classics; among them *Yapana Basti* seems beneficial in this disease as it is *Rasayana* type of *Basti*. It has both actions of *Niruha* and *Anuvasana*. There is no need of *Pathya-Palana* during administration. *Mustadi Yapan Basti* seems beneficial as it is indicated in *Shiroruja* and best for nourishing sensory and motor organs¹⁹. It also acts on *Rakta Dhatu* which is *Dushya* in this dis-

ease. It must be given after *Mridu Shodhana*.

LOCAL TREATMENT

After purification of body with *Mridu Shodhana* and nourishment of body with *Yapan Basti*, other local treatment should be done. In *Siddhi Sthana Acharya Charak* mentioned that when specific *Shiro Marma* is afflicted by *Vata*, following *Panchkarma* procedures should be done: *Abhyang, Swedana, Upnah, Snehapana* – with *Ghrita, Taila, Vasa, Majja, Puran Ghrita, Nasya Karma, Dhumpana* and *Shirobasti*²⁰. All these local treatments pacifying remaining *Vata Dosha* and nourishes *Shira*. Mainly *Snigdha Guna* is used here, which is opposite *Guna* of *Vata*. Thus pacifies *Vata*.

SHIROABHYANG- *Abhyang* is beneficial when *Sparshanendriya* is affected. Pain is one type of sensation. Here in TN intense pain is observed which is due to *Vata* and disturbed *Sparshanendriya Karma*. So *Abhyang* with *Mahanarayana Taila, Bala-Ashvagandhadi Taila* seems effective.

SWEDANA-*Mridu Swedana* like *Shashtika Shali Pinda Sweda*

UPNAH- *Tilamasha Pinda upnah*

NASYA- *Ardhambhedaka* is *Urdhvajatrugata Vikara*. *Nasya* is specific treatment of *Urdhvajatrugata Vikaras*. So, drug administered by *Nasa* can reach to *Shira* and pacifies *Vata*. *Nasya* with *Mahanarayana Taila* or *101 Aavarti Ksheera Bala Taila* seems beneficial.

DHUMPANA- *Ksheeradhuma* or *Snehik Dhumpan* seems beneficial.

SNEHAPANA- *Abhayantar Snehapana* is indicated in *Ardhambhedak*. *Sneha* has *Snigdha, Guru, Mridu, Sara, Sukshma Gunas* which pacifies *Vata Dosha* and also effective in *Shirahshoola*, particularly. *Taila* and *Ghrita Sneha* is beneficial if patient is vegetarian. If patient is non-vegetarian *Majja* and *Vasa* is useful. *Pu-*

ran Ghrita is highly beneficial because it has intense *Sukshma* property by which it can reach in fine channels of the body. It also has *Shirahshoolaghna* effect²¹.

SHIROBASTI

It is specifically indicated in *Ardhambhedak*³. It pacifies *Daruna Rogas* situated in *Shirapradesha*.

CONCLUSION

Onset of TN is mainly in old age and intense pain is the main symptom. Only *Shaman Yogas* are not beneficial for pain relief in TN. Along with *Mridu Shodhan, Basti* is choice of treatment specifically *Mustadi Yapan Basti*. It nourishes body and has *Shirorujahar* effect. After *Basti Karma, Nasya* and other local *Panchkarma* procedures are effective. Above line of treatment if followed can give marked relief in symptoms of TN. Along with this *Panchkarma* procedure if *Shamana Yoga* given can even yield better results in patients of TN.

REFERENCES:

1. Shreenivasan P, Raj S.V., Ovalath S. Treatment options in trigeminal neuralgia- an update. European journal of general medicine 2014, p-209-216
2. Aspi F. Golwalla, Sharuka A. Golwalla. Medicine for Students, chapter 7/3, Mumbai: The National Book Depot, 2003, p-461
3. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Siddhi sthana, Trimarmeeya Sidhhi Adhyaya, 9/ 74-78, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-721
4. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Siddhi sthana, Trimarmeeya Sidhhi Adhyaya, 9/ 84-85, edited by Vaidya Jadavji Trikamji

- Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-722
5. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Sutra sthana, Kiyantahshiraseeyam Adhyaya, 17/ 15-21, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-100
 6. Sushruta, commentary by Dalhanacharya. Sushruta Samhita, Uttartantra, Shiroroga Vigyaniyama Adhyaya, 25/8, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-655
 7. Sushruta, commentary by Dalhanacharya. Sushruta Samhita, Uttartantra, Shiroroga Vigyaniyama Adhyaya, 25/15-16, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-655
 8. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Chikitsa sthana, Vatvyadhichikitsitam Adhyaya, 28/6 edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-616
 9. Vagbhata, commentary by Arunadatta and Hemadri. Astangahridaya, Uttarsthana, Shirorogavigyaniya Adhyaya, 23/7-8, edited by Pt. Hari Sadashiva Shastri Paradakara Bhisagacharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. P-859
 10. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Sutra sthana, Kiyantahshiraseeyam Adhyaya, 17/ 11, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-99
 11. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Siddhi sthana, Trimarmeeya Sidhhi Adhyaya, 9/5, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-716
 12. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Sutra sthana, Tistreshneeya Adhyaya, 11/ 49, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-77
 13. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Sutra sthana, Mahachatushpada Adhyaya, 10/ 14-18, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-14-18
 14. Vaidya Haridas Shreedhara Kasture, Ayurvediya Panchkarma Vigyan, 5th Adhyaya. Ilaahabad: Shree Baidyanath Ayurveda Bhavan Limited; 2011. P-292
 15. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Chikitsa sthana, Vatvyadhichikitsitam Adhyaya, 28/85, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-620
 16. Vaidya Ranjitaraya Desai, Ayurvediya Kriyasharira, 40th Adhyaya. Ilaahabad: Shree Baidyanath Ayurveda Bhavan Limited; 2007. P-799
 17. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakrapani. Charak samhita, Siddhi sthana, Trimarmeeya Sidhhi Adhyaya, 9/7, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-717

18. Vaidya Haridas Shreedhara Kasture, Ayurvediya Panchkarma Vigyan, 6th Adhyaya. Ilahabad: Shree Baidyanath Ayurveda Bhavan Limited; 2011. P-358
19. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakra-pani. Charak samhita, Siddhi sthana, Uttarabasti Sidhhi Adhyaya, 12/17(1), edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-731
20. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakra-pani. Charak samhita, Siddhi sthana, Trimarmeeya Sidhhi Adhyaya, 9/8, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-717
21. Agnivesha, elaborated by Charaka and Dridhabala, commentary by Chakra-pani. Charak samhita, Sutra sthana, Annapanavidhim Adhyaya, 27/ 233, edited by Vaidya Jadavji Trikamji Acharya. Varansi: Chaukhambha Surbharati Prakashan; 2014. p-166

CORRESPONDING AUTHOR

Anjali V. Makodiya

PG Scholar, Department of Panchkarma,
Govt. Akhandanand Ayurved College,
Ahmedabad, Gujarat, India

Email: anjalimakodiya91@gmail.com

Source of Support: Nil

Conflict of Interest: None Declared