

Ayurved treatment protocol in *Anantavata* with special reference to trigeminal neuralgia- a case study

Deepak Sawant

Professor and Head, Dept. of shalakyta tantra, Govt. Ayurveda College, Osmanabad, Maharashtra, India.

Abstract

In Ayurveda *Anantavata* is described as one of the disease under *Siroroga*. *Anantavata* is a *Tridosaja Vyadhi*. The dosas affect the *Manya* which is a *Siramarma* and causes severe pain in the *Ghata* that is the *prstha bhaga* of the *Griva* (back side of the neck), *akshi* (eyes), *bhru*(eyebrows), *shankha pradasha*(temples). There is also *spandan* in the *Ganda parshva pradasha* (spasm in the cheek), *netrarogam* (eye diseases) and *hanugraham* (spasm of temperomandibular joint). In modern science the above symptoms are correlated with Trigeminal Neuralgia. In the present case study a 37 year old female patient having symptoms of sharp pain in the right side of head at the temporal region radiating to the right side of forehead, pulsation of blood vessels seen in the right temporal region, spasm of the temperomandibular joint, unable to chew from the right side, tongue deviates towards the right side and gets compressed between the right side tooth in the upper and lower jaw resulting in bleeding and thus development of wound. The patient was treated with *Shirodhara*, *Gandusha* and oral medications for 10 days and then after a gap of 15 days she was treated with *nasyam* and *shirodhara* for 10 days along with oral medication. In the gap of 15days the oral medication was continued. At the end of 45 days patient showed significant improvement in her disease.

Key Words: *Anantavata*, Trigeminal Neuralgia, *Shirodhara*, *Nasya*.

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***CORRESPONDING AUTHOR:**

Prof. Deepak Sawant

Professor and Head, Dept. of Shalakyta Tantra,
Govt. Ayurveda College, Osmanabad, Maharashtra,
India

Email- drdeepakpsawant@yahoo.in

Mobile- +91 9422436590

Introduction:

Neuralgia is pain in the distribution of a nerve or nerves as in Trigeminal Neuralgia. It is a most debilitating form of Neuralgia affecting the sensory branches of 5th cranial nerve. Disorder of peripheral or central fibers of Trigeminal Nerve. [1] In this there is sudden usually unilateral, severe, brief, stabbing, lancinating, recurring pain in the distribution of one or more branches of Trigeminal nerve. As per Acharya *SushrutaAnantavata* is a disease mentioned under *Siroroga*. The *tridosas* affect the *Manya Sira* and causes severe pain the *prstha bhaga* of the *griva, akshi, bhru, shankha pradasha*. There is also *spandan* in the *ganda parsva pradasha, netrarogam* and *hanugraham*. [2] In Ayurveda according to signs and symptoms and pathology of disease we can nearly correlate Trigeminal Neuralgia with *Anantavata*. Previous case study also showed that the Ayurved treatment is effective in *anantavata*. [3] In the present study the case was diagnosed as *Anantavata* and the patient was administered with *Vata Pittahara, Brimhana* oral medication with a course of *Shirodhara* and *Nasya*.

Case history:

A 37 year old female patient was registered from OPD with registration no.1705, Department of Shalaky Tantra, Government Ayurveda Hospital, Osmanabad. The patient had complaints like sharp pain in the right side of head at the temporal region radiating to the right side of forehead more as compared to the right

cheek, swelling around the right eyes, spasm of the temporomandibular joint, unable to chew from the right side, tongue deviates towards the right side and gets compressed between the right side tooth in the upper and lower jaw resulting in bleeding and thus development of wound since 3 years.

History of Present Illness:

A female patient, age 37 years was apparently normal three years back then she gradually started developing headache due to stress for which she went to the family physician and was given analgesic which would give her temporary relief and then again get aggravated when medicines were stopped. In November 2018 she went to a Neurophysician in Sholapur and was diagnosed with Trigeminal Neuralgia. She was started with Tab. Tegrital (100mg) 1 tow times, Tab. Liofen (5mg) 1 two times and injection Botox IM was given. The intensity of the spasm and pain reduced but used to feel drowsy the entire day thus not able to carry out her routine work. In Jan 2019 she came to GAH, Osmanabad with the above mentioned complaints for further intervention.

In past history, patient was diagnosed with Hypothyroidism 4 years back and he was taken Tab. Thyronorm 50mg (1- 0- 0) empty stomach. Tab. Tegrital (100 mg) 1two times a day. Tab. Liofen (5mg) 1two times a day. In general examination Pulse: 80/min, BP: 110/80 mm Hg, RR: 20/min

Trigeminal Nerve Examination- Clenching of teeth: The strength of muscles in the right side less as compared to the left side. In

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blood investigation which were done at baseline the findings were Hb%: 10.0 g/dl BSL(R): 120mg/dl Sr. Creatinine: 0.9 mg/dl TSH: 1.31 mIU/ml, HBsAg: Non Reactive.

Treatment Given:

Trigeminal neuralgia is correlated with *Anantavata* drugs having *Vata Pittahara* and *Brimhana* property were prescribed- *Vidaryadi Kashayam* 15ml two times with luke warm water, *Ksheerabala* (101) 5 drops with milk once in the morning, *Laxmivilas Rasa* two times a day with water after food,

kalyanaka ghritham 5ml at night (Table-2) *Shirodhara* was done with *chandanabala lakshadi* tailam, *gandusha* was done with a mixture of *Irimejadi* tailam, *Lavanga* tailam and *Yashtimadhu kashayam* was done for 10 days. (Table-3) Then after 15 days interval where in the oral medications were continued and after that *Nasyam* was done with *vacha* tailam for 3days and *Ksheerabala* tailam for 7days and *shirodhara* with *chandanabala Lakshadi* tailam for 10 days. The pain was assessed as per pain gradation shown in table-1

Table -1: Gradations:

Clinical features	verbal scale	descriptor	Before treatment	After treatment			% Relief
				15 th	30 th	45 th	
Pain in the right side of head	No pain	0	4	3	2	1	90%
	Mild pain	1					
	Moderate pain	2					
	Severe pain	3					
	Extreme pain	4					

Table -2: Oral medication:

Formulation	dose	Anupana
1 st – 15 days medications		
<i>Vidaryadi kashayam</i>	15ml BD	Lukewarm water
<i>Laxmivilas rasa</i> 125 mg	1 BD	Water
<i>Ksheerabala</i> (101)	5 drops OD	Milk
Next 30 days medications.		
<i>Vidaryadi kashayam</i>	15 ml BD	Lukewarm water
<i>Ksheerabala</i> (101)	5 drops OD	Milk
<i>Kalyanaka ghritham</i>	5 ml HS	Luke warm water

Table- 3: Panchakarma procedure:

Panchakarma procedure	Medicines used	Quantity
1 st - 10 days		
<i>Shirodhara</i>	<i>ChandanaBalaLakshadi</i> tailam	500 ml
<i>Gandusha</i>	<i>Irimejadi</i> tailam+ <i>Lavanga</i> tailam+ <i>Yastimadhu</i> kwath	5 ml of each of the tailam In 100 ml of kwath.
A gap of 15 days was given and then next 10 days		
<i>Nasyam</i>	<i>Vacha</i> tailam for 3 days <i>Ksheerabala</i> tailam for 7 days	
<i>Shirodhara</i>	<i>ChandanaBalaLakshadi</i> tailam	500ml.

Results and Discussion:

After 45 days of treatment patient reported gradual improvement in the pain on the right side of head near the temporal region, spasm of tempero-mandibular joint, difficulty to chew and deviation of tongue. After the treatment patient got significant relief. After discharging from the hospital patient was advised to continue with *Ksheerabala* (101) 5 drops with milk OD and *Kalyanaka Ghritham* 5ml at night.

In this study *Shirodhara* (Parisheka) which is one amongst the Chaturvidha Murdha Tailam was done. It is a therapy indicated in Shiraha Thodam. *ChandanaBala Lakshadi* tailam was given due to its *Pitta Kaphahara* and *Balya* property and also to reduce stress thus relaxing the mind. [4] *Nasya* is one of the effective Panchakarma indicated in Urdhva Jatru Vikaras. Virechana *Nasya* with *Vacha* tailam was given for 3 days to pacify the *Kapha Dosa*. *Vacha* is described under *Shirovirechana Gana*. *Brhmana Nasya* with *Ksheerabala tailam* was given for 7 days for pacifying *Vata* and *Pitta Dosa*. It also has a

Brhmana effect on the nerves thereby helps in strengthening it. [5]

Gandusha was given with a combination of *Irimejadi* tailam, *Lavanga* tailam and *YastimadhuKwath* due to its *Sarva Mukha Rogahara* property, helps in reducing pain, inflammation and also helps in healing the wound developed on the tongue. *Vidaryadi Kashayam* was given because of its *Vata Pittahara* property and *Brhmana* effect. It also helps in reducing *Anga Shoolam*. [6]

Ksheerabala (101) drops were given as 5 drops in milk for intake due to its *Raktaprasadak* property. It also has *Vata Pittahara* property. It also helps in strengthening the nerves.

Laxmivilas Rasa was given due to its *Vedana shamak* property. It is *Balya*, has *Rasayana* effect. It is *Hridya* and helps in nourishment of *dhatu*s. [7-8] *Kalyanaka Ghritham* was given due to its *Kapha Pittahara* property and is indicated in both *Upahata Chetas* and *Alpa Retas* condition. It helps in reducing stress. [9]

Conclusion:

In the present case study *Shirodhara*, *Gandusha*, *Nasya* and oral medications like *Vidaryadi Kashayam*, *Laxmivilas Rasa*, *Ksheerabala* (101) drops, *Kalyanaka Ghritham* shows significant effect. The overall effect of therapies showed 80% improvement in symptoms. There are no any adverse reactions found with these drugs. These oral medication and *Panchakarma* procedures are effective in managing the symptoms of *Anantavata* (Trigeminal Neuragia).

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