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HOMEOPATHIC TREATMENT OF TRIGEMINAL NEURALGIA – A CASE REPORT

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Abstract: Trigeminal Neuralgia(TN) is a painful condition that causes sharp, shooting, electric shock like pain along one or more division of trigeminal Nerve, often starting with cold exposure or chewing .In this case report a 49-year-old man who has been experiencing right-sided facial neuralgia for one and a half years. The pain starts from the forehead and spreads to the upper jaw area, lasting about 1 -2 minutes.The pain comes suddenly and is sharp in nature,gets worst when exposed to cold,during runny nose, in winter or when chewing hard food substances and improves with warmth.The patient was clinically diagnosed with right sided facial Neuralgia.Based on symptoms reportorial analysis andindividulaizedassessment. Homoeopathic medicineNatriumMuriaticum 1M was prescribed. There are no Neurological deficitand the purpose of this case report is to showhow a case of idiopathic trigeminal neuralgia improved significantly, with complete relief of symptoms after follow – up.This case demonstrates how personalized homoeopathic treatment can effectively managechronic facial neuralgia.

Keywords - Homoeopathy, Individualised Homoeopathic medicine, trigeminal neuralgia, pain intensity score.

Introduction

Trigeminal Neuralgia (TN) also called tic doloureaux,is regarded as one of the most painful physical and emotional condition a person can experience[1,2.] The right side of the face is affected in about 60% of cases,more than left side[3]. Trigeminal neuralgia is a condition that causes sudden,sharp and intense pain on the face,usually in one or more branches of Trigeminal nerve.This pain most often happens in the maxillary nerve (V2) or the Mandibular nerve(V3)[4]. TN leads to sudden, sharp pain on the face that comes on suddenly and is felt along one or more branches of trigeminal nerve.The pain is strong ,briefand happens repeatedly,often described assudden, severe, short-lived,stabbing and recurring[5,6].TN can be caused by thingsthat aren't typically painful,like a gentle touch on the face,a light wind chewing,talking or brushing teeth[6,7,8.]The diagnosis of trigeminal neuralgia relies on history of pain episodes that fit the typical pattern.Although the exact cause of trigeminal neuralgia is not known,its often thought that pressure on the trigeminal nerve roots from blood vessels is a common reason[9].

Patient Information

A 49-year-old male on 27th June, 2025 with the complaints of severe lancinating ,intermittent pain on the upper right side of his face extending from forehead to the upper jaw for 2 to3 minutes since 1 and 1/2 year. Pain used to start from upper premolar region and radiates towards right temple .Shock like pain which was Aggravation by Cold,Coryza,Winter, Chewing Hard substance. Amelioration by Warmth. He reported to have taken modern method of treatment (Mazetol SR 200mg TID) for six months without much improvement.
Medical History- He had Hip Replacement Surgery at the age of 44years attributed to Avascular Necrosis (AVN). Cataract surgery of both eyes in 2023.
Family history -Father suffered from Interstitiallung disease (ILD).Mother is Hypertensive and Diabetic.
Miasmatic analysis – it reveals Psora-syplilitic predominance.

Psychosocial History

The patient was very anxious, wants to be alone. He feels depressed, feels undervalued, and stressed. He feels he is under achiever in life. He suffers from grief and does not share it with anyone. His thermal reaction was hot, with a normal appetite abnormal thirst. He had a craving for meat,spicyfood. His bowel movement was regular. The patient also complained of disturbed and unrefreshing sleep

Clinical Findings-

The patient experienced severe, sharp and intermittent painon the upper right side of his face, starting from forehead and going down to the upper jaw.The pain used to begin around the upper premolar areaand spreads towards the right temple. It felt like a shock or electric shock like pain that lasted for 1-2 minutes.The pain was worse bycold temperature, nasal congestion, winter season and chewing hard food substance.The pain was relieved by warmth.
Sensory Testing (Trigeminal Nerve - CN V) - Light touch and pain were tested on all three divisions of the trigeminal nerve(ophthalmic,maxillary,mandibular) on both sidesof the face using a cotton swab and a pin. There were no areas of reduced sensation,numbness or increased sensitivity.
Jaw strength –The patient was asked to clench their jaw to check the size and strengthof the Masseter and Temporalis muscles.
Jaw movement - The patient was asked to open the mouthto check the jaw alignment,which could indicate a problem with the motor branch of the nerve.

Diagnostic Investigations:
MRI: Essential to rule out structural causes such as tumours, multiple sclerosis plaques, or vascular compression of the nerve. Nothing abnormal was detected.
Impression –MRI findings are within normal limits. No identifiable structural cause for trigeminal neuralgia. features are suggestive of idiopathic neuralgia
Dental/Oral Exam: Necessary to exclude dental infections or temporomandibular joint (TMJ) disorders as the source of pain. No such evidences were found.
Since the etiology was idiopathic,a standardized pain scale was used to used to assess the severity of neuralgia. The pain scale was 8 before any treatment.

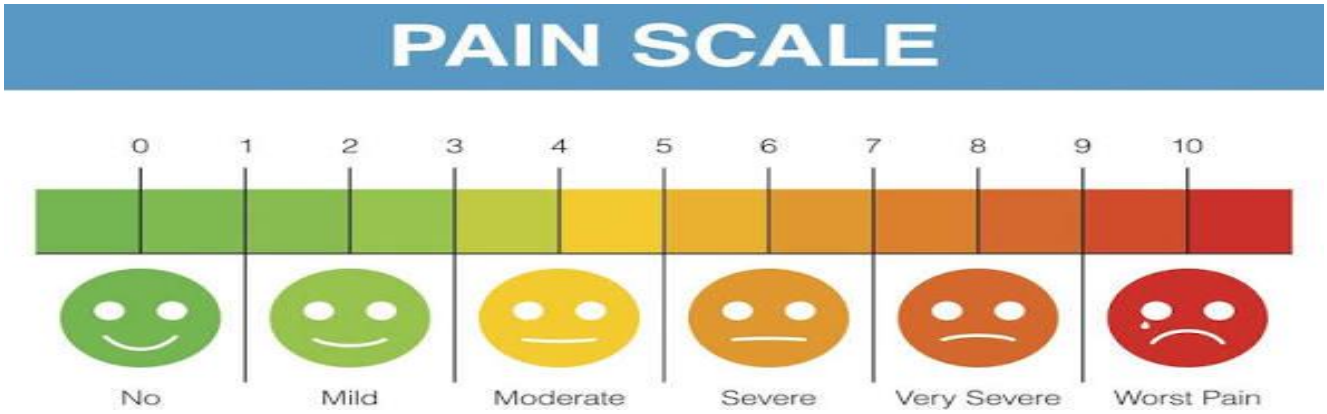
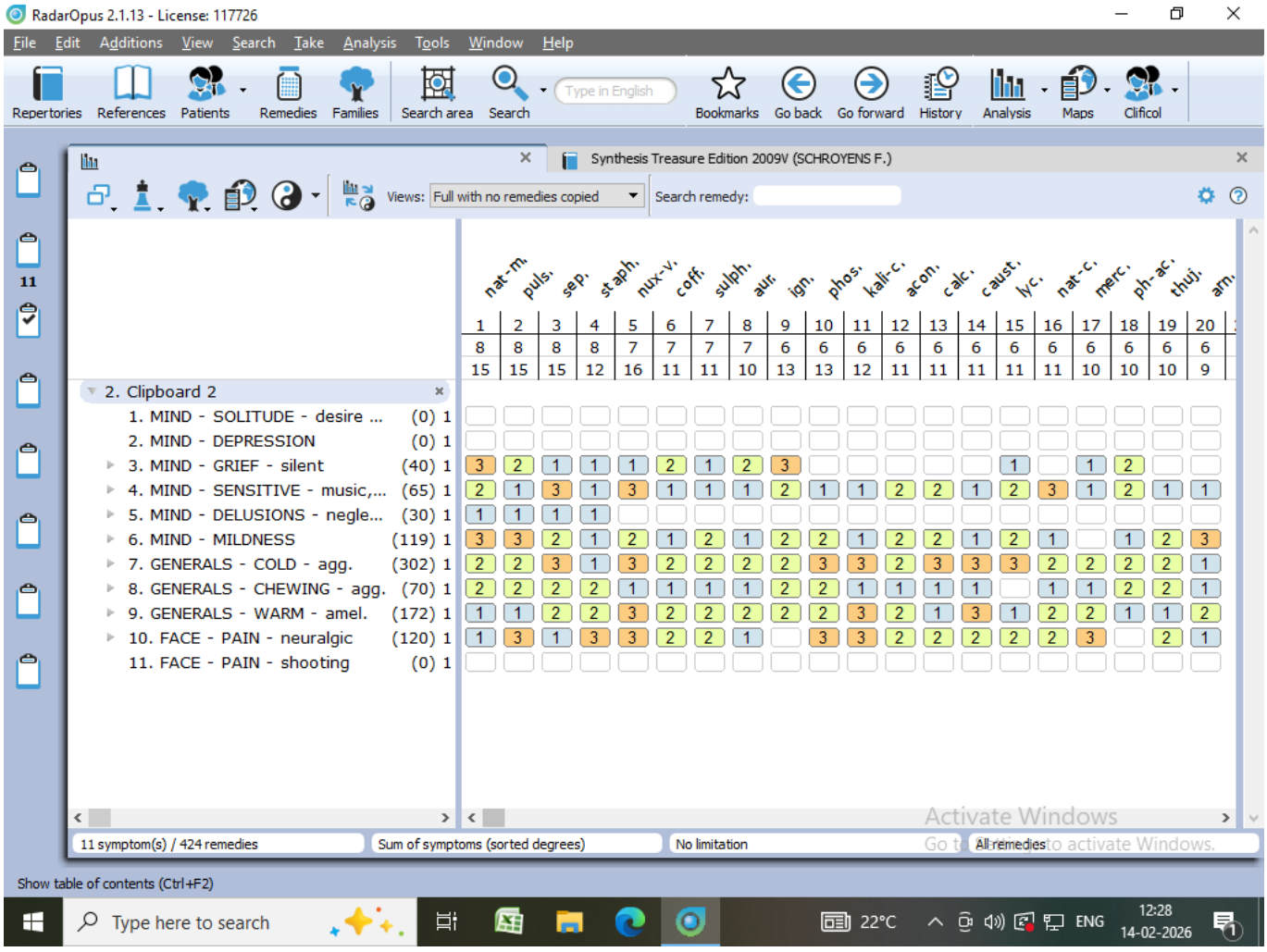


Figure 1: Repertorisation Chart



Therapeutic Intervention.

Basis of prescription -
Following repertorial analysis, miasmatic analysis and consultation with materiamedica, considering the individualised characteristics of the patient, homoeopathic medicine NatrumMuriaticum was selected as the initial prescription.
First prescription
Four doses of potentised homoeopathic medicine, NatrumMuriaticum 1M was prescribed and in globules sized 30. The patient was advised to take four globules of medicine weekly on an empty stomach.

Follow-Up and Outcomes

The patient was followed up for 15 days for one month and then monthly or as per requirement for 4 months. During follow-ups, the medicines were prescribed for a limited duration as per the need and were followed by placebo pills for rest of the period. The changes in signs and symptoms, as well as medicines prescribed in every follow-up, are provided in Table 1.
The patient was questioned on the timely consumption of medication in the prescribed dose and compliance with other behavioural restrictions at every follow-up visit. During the course of homoeopathic treatment, no adverse or unanticipated events were noted.
Based on characteristic symptoms, repertorial analysis and individualisation, homoeopathic medicine NatriumMuriaticum(1M) was prescribed. Over the period of time the patient started feeling better.

Table 1: Treatment Timeline Including Follow-Ups.

Date with number of Follow-ups	Complaints/symptoms	Intervention	Justification of prescription	Pain Scale
27/06/2025 Baseline visit	-Severe, sharp and intermittent pain on the upper right side of his face, starting from forehead and going down to the upper jaw. -The pain used to begin around the upper premolar area and spreads towards the right temple. .It felt like a shock or electric shock like pain that lasted for 1-2 minutes. -The pain was worse by cold temperature, nasal congestion and chewing hard food substance. -The pain was relieved by warmth.	Natrum Muriaticum 1M	Based on totality,reportorial analysis,consultation with MM	8
12/07/2025 First follow up	Pain improved slightly than before worse by cold, nasal congestion, chewing hard substance.relieved by warmth	No medicine was prescribed as improvement was seen	Pain improved slightly	7
20/07/25 Second follow up	-Pain better than before	No medicine was prescribed as improvement was seen	Pain improved slightly	7
9/18/2025 Third follow up	-Pain aggravated last night	Natrium Muriaticum 1M Was repeated	Patients condition came to standstill	8
30/08/2025 fourth follow up	-Pain better. -Mentally patient is improving	No medicine improvement seen	Patients condition improved than last time	7
28/09/2026 Fifth follow up	-Cold, coryza,throat pain, loss of taste relapsed relapsed	Pulsatilla 30 /TID x 2 days	On the basis of current totality prescription was changed	7
24/10/2025 Sixth follow up	-Cold, coryza,throat pain, loss of taste relapsed relapsed	Pulsatilla 30 /TID x 2 days	On the basis of current totality prescription was changed	7
18/11/2025 Seventh follow up	-Pain was much better	No medicines prescribed as there was improvement.	Patients condition was improved as a	5

			whole	
24/12/2025 Eighth follow up	-Pain better in winter	No medicines prescribed as there was improvement.	Patients condition was improved as a whole	2

The patient was contacted telephonically recently to enquire about the Pain. He informed that there was no recurrence of the Pain.

Discussion-

Trigeminal Neuralgia is a long term nerve pain condition that causes sudden intense,shock like or sharp pain along one or more branches of trigeminal nerve. The most common area affected is the upper part of face,Maxillary division(V2) branch,and the pain often starts with small actions like eating, talking or cold air 10. In this case the patient had typical symptoms of trigeminal neuralgiawithout a known cause. The pain was one sided sudden, very sharp, starting from forehead and going down to upper jaw. Each episode lasted for 1-2 minutes and got worse when the person was exposed to cold, had a runny nose or chewed hard foods.There are no neurological issues and since the pain comes in episodes and matches the clinical diagnosis,it is considered idiopathic trigeminal neuralgia.The specific triggers are worsening pain from cold, winter,and runny nose and improvement with warmth were the key features that helped tailor the treatment.From Homeopathic perspective,and miasmatic analysis, the remedy selection was based on considering all the symptoms together a detailed analysis of the symptoms led to selection of NatriumMuriaticum,which is known to help with neuralgic painsthat gets worse in cold and is often followed by a runny nose. The medicine was given in 1M potencyfollowing Homoeopathic principles[11,12,13,14]. This led to slow but steady improvement,and in the follow-ups there was complete resolution of symptoms.The positive result in this cases shows how important it is to tailor treatment to each persons unique needsin homeopathy.It also shows how characteristic modalities helps to differentiate factors when choosing the right remedy.But since this is just one case,more research and clinical studies are neededto see if these results can be applied more widelyand to confirm them scientifically.In several clinical conditions, homoeopathy has shown to be a helpful alternative to surgery.While homoeopathy does not claimto replace necessary surgical treatments,it is fair to say that there are cases where surgery can be avoided through appropriate homoeopathic treatment. The results of this case studycould help increase understanding in clinical practice,offering support to peoplesuffering from trigeminal neuralgia,a condition that can cause,significant pain,as well as possible dangers of undergoing surgery.

Case Summary:

A 49-year-old male presented with the complaint of right side trigeminal neuralgia for the past 1½ years. The case was clinically diagnosed as right trigeminal neuralgia. He took modern method of treatment without much improvement so he preferred to go for homoeopathic treatment. Based on characteristic symptoms, repertorial analysis and individualisation, homoeopathic medicine NatriumMuriaticum(1M) was prescribed. Over seven months of treatment, the patient improved with NatrumMuraticum. Pain scale was used to evaluate the attribution of recovery to homoeopathic treatment. The Pain scale score was 8 before the treatment and now it is 2 , which is indicative of the possibility of patient's improvement resulting from the homoeopathic treatment. This clinical case report demonstrates the beneficial effects of individualised homoeopathic treatment for the management of Trigeminal neuralgia.

Conclusion

This case report on Trigeminal Neuralgia shows that homeopathic treatmentled to positive results. By following the homeopathic principles of tailoring treatment to individual, the patient experienced improvement in both physical and mental plane. To confirm these findings scientifically, more case studies and clinical trials with large group of patients are needed.

Declaration of patient consent - The authors have obtained written, informed consent from the concerned patient to publish his case records, with all possible attempt to not revealing his identity.Financial support and sponsorship. The authors declare that they have not received any financial support or sponsorship for publishing this case report.

Conflict of interest – none

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