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A CASE REPORT ON BELL'S PALSY TREATED SUCCESSFULLY WITH *CAUSTICUM* IN 3 MONTHS

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ABSTRACT:

Introduction: Bell's Palsy is sudden onset of complete or incomplete, isolated, unilateral lower motor neuron facial palsy presented with Asymmetrical face, Inability to close eye, Bell's phenomenon, Dribbling of saliva from angle of mouth, Epiphora, Earache, Hyperacusis. Bell's palsy usually resolves within 4-8 weeks, usually such cases do not require much of treatment. In stubborn cases which extend beyond 6-8 weeks homeopathy aids in the recovery of the patient safely and surely whereas Conventional treatment includes the use of steroids, non-steroidal anti-inflammatory drugs and Surgical Nerve decompression, can result in developing a lot of side effects without much improvement of the condition.

Case Summary: A male patient aged 16 years with Bell's Palsy on left side of face from fear and sudden emotion reported here. Homoeopathic medicine *Causticum*30C was prescribed on basis of totality of symptom resolved Bell's palsy within 3 months with no recurrence for 1 year. This case report with photographic evidence shows the effectiveness of *Causticum*30C in Bell's palsy of left side of face.

KEYWORDS: Bell's palsy, Facial paralysis, *Causticum*, Homoeopathic medicine, Case, Fear

INTRODUCTION:

Bell's palsy is facial paralysis characterised by acute, isolated, unilateral, lower motor neuron facial paralysis. It accounts for over 50% of acute facial palsies. The aetiology remains unclear.^[1] Various causes have been proposed including Viral Infection, Vascular Ischaemia, Hereditary and Autoimmunity. Primary ischaemia may be induced by cold or emotional stress which causes increased permeability that leads to exudation of fluid, oedema and compression of microcirculation of the nerve (secondary Ischaemia). Despite advances in neuroimaging, the diagnosis of Bell's palsy is mainly clinical.^[2]

The Homoeopathic medicine *Causticum* has played a major role in treatment of cases of Bell's Palsy since time of Dr Samuel Hahnemann. *Causticum* is a great polycryst, antipsoric, antisycotic, deep and long-acting remedy. It is one of the greatest monuments of Hahnemann's work. It is a unique remedy and is one of those without which we cannot practice. *Causticum* is a mixture of caustic lime and bisulphate of potash. Its seat of action is on brain, nerves, muscles of bladder and respiratory, larynx, mucous membrane, face, skin, right side, medulla oblongata and vagus nerve, flexor tendons and skin.^[3]

CASE REPORT:

Patient history

A male patient aged 16 years reported on 2 December 2019 to Dr MPK Homoeopathic Medical College Hospital & Research Centre (Under Homoeopathy University) Jaipur, Rajasthan, India, Outpatient Department with complaint of asymmetrical movement of left side of face, since he has experienced fear from a horror incidence 4 days back at night in cold weather when he was coming home. After that, next morning the movements of left side of face were lost with inability to close left eyelid, dropping of left angle of mouth, pain on left side of face and left ear (Figure 1). He had fear of ghost, fear of dogs. No specific history of any other illness in past or in family. Patient had directly approached for Homoeopathic treatment.

CLINICAL EXAMINATION

On general examination, his appetite was satisfactory but chewing was difficult on left side.

Patient was chilly. Left side of face asymmetrical, left eye partially remained open, when asked to smile the left angle of mouth was dropped, movements of left side of face were absent (Figure 1). Bell's phenomenon positive. There was mild localised tenderness on left side of face and left ear was also painful.

CASE ANALYSIS

In this case, local signs and symptoms were considered for repertorisation such as one side paralysis of face, Numbness of left side of face, pain in left side of face and left ear, fear of ghost, paralysis of face from cold and fear. Repertorisation was done with help of Radar software, and repertorisation chart is presented in (Figure 2). The first six medicines with higher score are as follows in their descending order: *Causticum*, *Graphites*, *Platina*, *Aconite*, *Belladonna*.

Causticum for longstanding chronic cases of facial paralysis where the person has a history of cold air exposure complications prior to the paralytic symptoms. Paralytic affections indicated by tearing pain in muscles and tissues, progressive loss of muscular strength, local paralysis of muscles of deglutination and eyelids, face, tongue. Ailments from fear, fright, dark, sudden emotion, cold exposure.

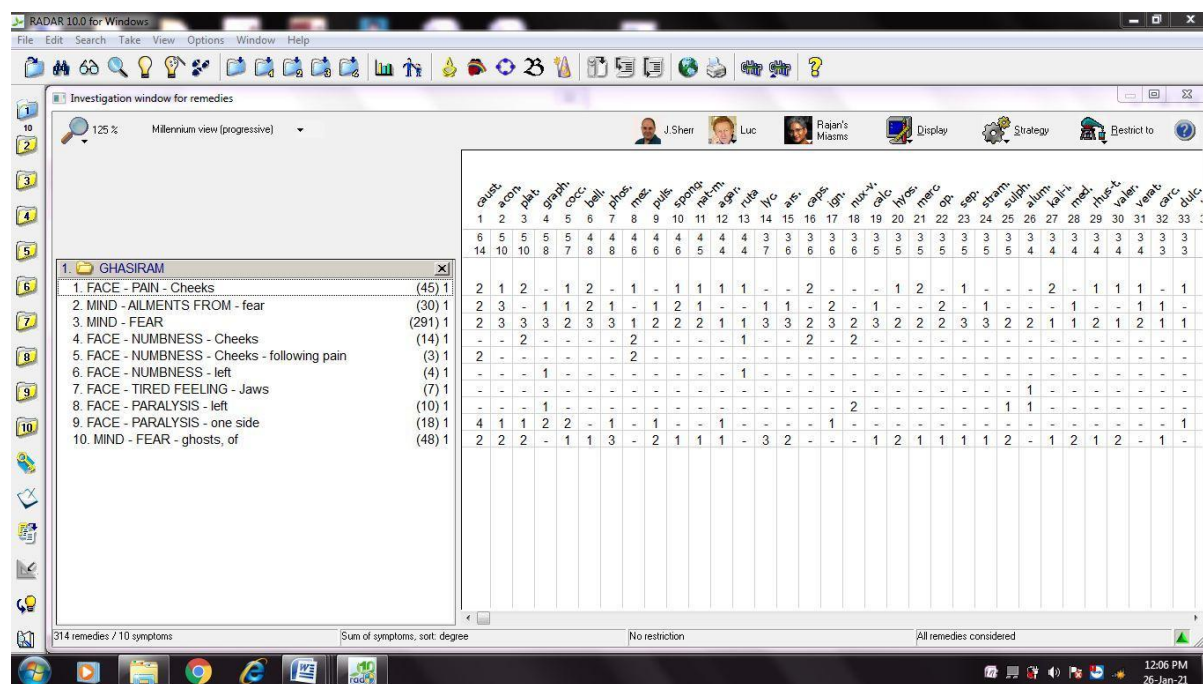
Platina may be indicated for painless paralysis of the face, with facial distortion that raises one eyebrow or creates a "haughty" look. Efficient remedy for Bell's Palsy with numb feeling in facial muscles with coldness and numbness. Pain increase and decrease gradually. Eyes feel cold.

Aconite Napellus-When one side of a person's face becomes paralyzed, especially after being exposed to wind or cold air. A feeling of fear and agitation and a sudden onset of symptoms are strong indications. Excellent for acute cases of Bell's palsy after sudden exposure to cold winds. Extreme fear, anxiety and anguish with intense fear of death. One cheek red, another pale. Face is red, hot swollen. Tingling of facial muscles with numbness. Affections of left side of face

Belladonna- Effective remedy for facial neuralgia with twitching of facial muscles and redness of face. Convulsive motions of face. Face is hot and swollen. Congestion of face is intense. Aversion to water. Fear and irritation from light and noise. ⁽⁴⁾

As the complaints started after the sudden emotion of fear and exposure to cold. Also, there was paralysis with severe pain so *Causticum* was selected on basis of Boericke where it was clearly mentioned about its action on nerves of face.

REPORTORIAL SHEET



INTERVENTION

Causticum 30C- medicated on 30 sized globules were dispensed single dose with Placebo dose three times a day for 1 week on basis of totality of symptoms. The patient was advised physiotherapy along with it.

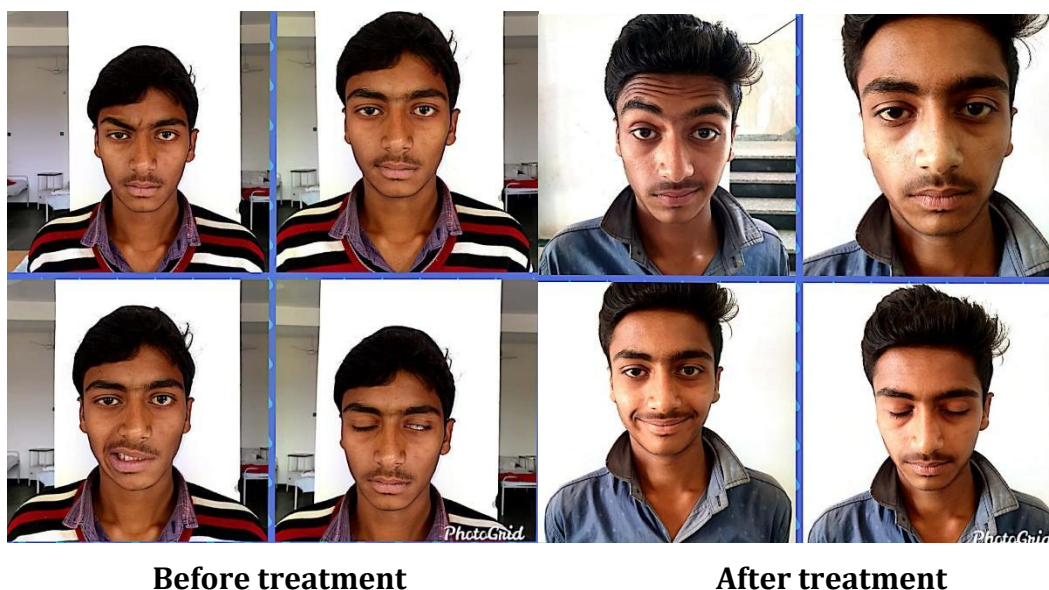
FOLLOW-UP WITH PRESCRIPTION AND JUSTIFICATION:

Date	Detailed symptoms/ observation	Treatment with dosage
08/12/2019	Pain in left ear, left side of face was reduced 50%. Left angle of mouth same. Left Eyelid closure improved 10%. lower eye lid dropped Furrows on left side of forehead absent	Rubrum 30 Single dose Phytum 30 6-6-6 x 7 days
17/12/2019	Pain in left ear, left side of face was absent.	<i>Causticum</i> 30

9	Left angle of face slightly improved. Left Eyelid closure improved 20% lower eyelid dropped. Furrows on left side of forehead absent. C/o Dryness of left eye	Single dose Phytum 30 6-6-6 x 15 days Advice to apply rosewater dipped cotton on left eye daily at night for 15 days
30/12/2019	Left angle of mouth improved 50%. Left Eyelid closure same. Lower eyelid dropped. Furrows on left side of forehead absent. Dryness of left eye improved	Rubrum 30 Single dose Phytum 30 6-6-6 x 15 days advised to apply rosewater dipped cotton on left eye daily at night for 15 days
06/01/2020	Left angle of mouth improved 75% Smiling ++ Lower eye lid dropping improved 80%. Furrows started appearing on left side of forehead. Dryness of left eye improved. Left eyelid closure same	Rubrum 30 Single dose Phytum 30 6-6-6 x 15 days advised to apply rosewater dipped cotton on left eye daily at night for 15 days
21/01/2020	Left angle of mouth improved 80% Smiling ++ Lower eye lid dropping improved 90%. Furrows started appearing on left side of forehead. Dryness of left eye improved. Left eyelid closure same	<i>Causticum</i> 30 Single dose Phytum 30 6-6-6 x 15 days advised to apply rosewater dipped cotton on left eye daily at night for 15 days
03/02/2020	Left angle of mouth improved 95 % Smiling ++ Lower eye lid dropping improved 95 %. Furrows started appearing on left side of forehead. Dryness of left eye improved. Left eyelid closure same	<i>Causticum</i> 200 Single dose Phytum 30 6-6-6 x 15 days advised to apply rosewater dipped cotton on left eye daily at night for 15 days

18/02/2020	Left angle of mouth improved. Smiling ++ Lower eye lid dropping improved. Furrows started appeared on left side of forehead. Dryness of left eye improved. Left eyelid closure improved 50 %	<i>Causticum</i> 200 Single dose Phytum 30 6-6-6 x 15 days advised to apply rosewater dipped cotton on left eye daily at night for 15 days
25/02/2020	Left angle of mouth improved. Smiling ++ Lower eye lid dropping improved. Furrows started appearing on left side of forehead. Dryness of left eye improved. Left eyelid closure improved 10%	Rubrum 30 Single dose Phytum 30 6-6-6 x 15 days advised to apply rosewater dipped cotton on left eye daily at night for 15 days
03/03/2020	Smiling expression of face normal. Lower eye lid dropping improved. Furrows on forehead appeared normal. Both eyes closing properly All symptoms are back too normal	Rubrum 30 Single dose Phytum 30 6-6-6 x 15 days

PHOTOS OF PATIENT BEFORE AND AFTER TREATMENT:



DISCUSSION AND CONCLUSION:

Most people with Bell's palsy make a full recovery. However, if damage to the facial nerve is severe, some complications are possible, including: Misdirected re-growth of nerve fibres can result in involuntary contractions of some muscles. A patient may involuntarily close one eye when trying to smile. The problem might be the other way round – when the person closes one eye, the side of the mouth lifts involuntarily. Ageusia i.e., Chronic loss of taste. Gustatolacrimal reflex or crocodile tear syndrome-While the patient is eating, their eye will shed tears. It eventually goes away. In some rare cases, the problem can be longer lasting. Corneal ulceration: When eyelids cannot completely shut, the protective and lubricating tear film of the eye may become ineffective. This can result in corneal drying. The risk of corneal drying is even higher if Bell's palsy has also caused a reduction in tear production. Corneal ulceration can result in infection of the cornea, which can lead to severe loss of vision.

According to JT Kent's *Materia medica* "In case were a long drive with the east wind coming against the face. The next day that side of the face will be paralyzed. Such a paralysis will almost always recover under *Causticum*. The pains in the face are violent. Neuralgic pains from exposure to cold. These pains often accompany the facial paralysis. Tearing pains in the face, stitching pains, pains of a rheumatic character. Paralysis of the organs of speech, paralysis of the tongue, awkward at talking, awkward at chewing; bites the tongue and cheeks while chewing. Post-diphtheritic paralysis is a serious condition and only a few remedies can cure- it."

According to J H Clarke *Materia medica* "The leading feature of the *Causticum* effects is Paralysis, showing itself both in voluntary and involuntary muscles. Ill effects of burns and scalds, fright, grief, worry, sorrow, night watching."

According to E B Nash drooping of the lids, gradually appearing paralysis.

Precautions to be taken by Bell's palsy are manage stress by meditation to get better recovery, Don't eat hard/ solid food, Take soft or semisolid food, Don't eat hot or cold food, Do not chew gum, Chew food from both sides of the mouth, Do facial exercises under the guidance of expert and skilled Physiotherapist, Do pouting by your lips, Try to do complete

smile, Closes both the eyes, Raise your both eyebrows up, Move your lower jaw side to side, Open your mouth, Do lip vibrations, Inflate your mouth by keeping your lips closed.

The homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution, family history, presenting symptoms, underlying pathology, possible causative factors etc. A homeopathy doctor tries to treat more than just the presenting symptoms. The disease diagnosis is important but in homeopathy, the cause of disease is not just probed to the level of bacteria and viruses. Other factors like mental, emotional and physical stress that could predispose a person to illness are also looked for. The correct homeopathy remedy tries to correct this disease predisposition. The focus is not on curing the disease but to cure the person who is sick, to restore the health. If a disease pathology is not very advanced, homeopathy remedies do give a hope for cure but even in incurable cases, the quality of life can be greatly improved with homeopathic medicines.

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