

Treatment of Trigeminal Neuralgia with SCENAR Device

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Trigeminal Neuralgia

Trigeminal neuralgia is a nerve pain in the face, teeth, mouth, or nose. Attacks of pain may occur on one or both sides of the face. Trigeminal neuralgia is also called tic douloureux.

How does it occur?

The causes are not well understood. The problem may result from:

- irritation of nerves that cause pain and multiple sclerosis;
- infection of the nerve by the herpes simplex virus.

An attack usually follows some sort of trigger. Possible triggers are: a light touch to the area brushing teeth chewing or swallowing exposure to hot or cold air or drinks.

What are the symptoms?

An attack of trigeminal neuralgia often brings severe stabbing or burning pain that comes in sudden jabs. The pain may last 1 to 15 minutes. The most common areas of attack are the cheeks and jaw. The frequency of the attacks varies from person to person. Between attacks, most people do not have pain, but some may have a dull ache.

How is it treated?

Anticonvulsant medicines, muscle relaxants, and antianxiety medicines may help to relieve pain. Some people may find pain is reduced or relieved by acupuncture, chiropractic adjustment, self-hypnosis, or meditation.

General approaches to the treatment of this pathology

- SCENAR therapy
- Combination with other methods

Typical SCENAR therapy for trigeminal neuralgia with typical complaints is performed exclusively during an exacerbation in period between the bouts of pain. If a patient has it in **anamnesis, do not use** this technique, start treatment with some kind of general regulation complex.

- **Contraindications:**

The presence of symptoms or disease - more dangerous and more manifested - than trigeminal neuralgia, as well as the absence of exacerbation of the trigeminal nerve in the period between the bouts of pain.

- Specifics of SCENAR course therapy

It is necessary to alternate this technique with General Zones of regulation, especially **SCENAR Technique** “: “3 pathways and 6 points” applying Strategy “All Higher” in IDM/D-1.

- **Specifics of a single SCENAR procedure:**

The procedure has a peculiarity that depends on which side and from what point there is an exacerbation.

1) If the exacerbation is from the **right** point, then the mental exit point of the trigeminal nerve on the right is treated first.

2) If the exacerbation is on the left, then the mental exit point of the trigeminal nerve on the left is treated first.

3) If there is **bilateral** inflammation (on both sides) of the trigeminal nerve, regardless of the type of branches, start treating on the right. In the case of bilateral inflammation of the trigeminal nerve or if there are several inflamed branches of the trigeminal nerve, then the treatment is performed from zone 2 on both sides, and the treatment on the exit points of the trigeminal nerve begins on the right side.

- The positive effects and the effectiveness of the treatment of trigeminal neuralgia depends on:
 - how long the patient has it,
 - severity,
 - degree of conjugation of this neuralgia with the patient's habits or his/her chronic harm to his/her health (for example, drafts or working in the wind),
 - some of the patient's bad habits (smoking).

It is **ineffective** to apply the treatment of trigeminal neuralgia in the period between the bouts of pain, when the patient has complaints only in anamnesis.

The prognosis for the healing of the neuralgia of the trigeminal nerve is generally good with the regular treatment, but to achieve a long-lasting effect, an average of 3-4 courses of 8-10 procedures are required.

- Criteria for the end of SCENAR course therapy and the beginning of the next course:

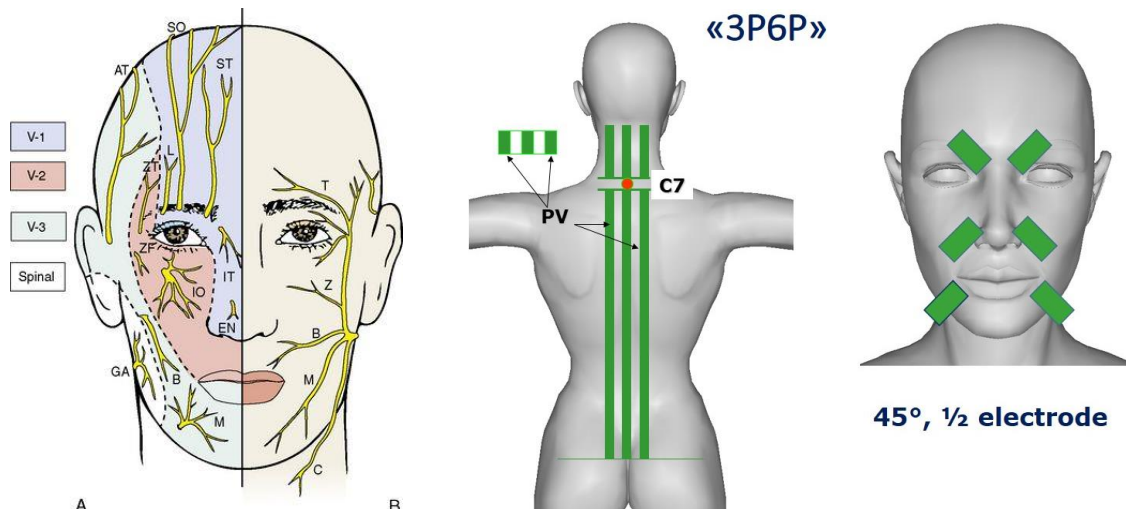
The course **ends** with a significant decrease in the patient's complaints and with the appearance of a feeling of health, as well as in the presence of objective symptoms that indicate improvement.

Do not start the next course earlier than in 2-3 weeks. Each course consists of an average of 7-12 procedures.

Special zones for this pathology

Set of points for Zone No. 1

- Borders, points and guidelines
The set of points for **Zone # 1** is the exit points of the trigeminal nerve
- Device settings: **SW1 (No Damping or other additional settings)**

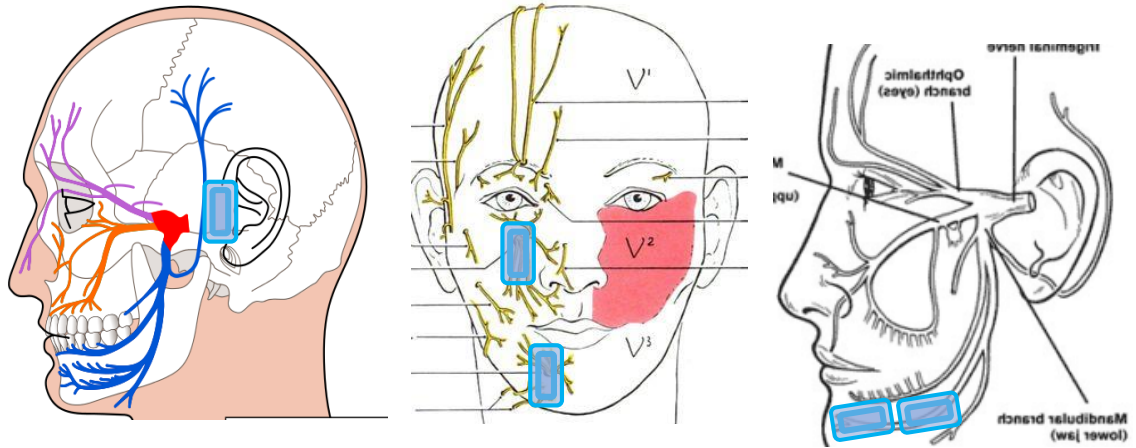


- Treatment order:

- 1) **Start** from the sore side. First treat the lower points (if the sore side is right start from the right; if the sore side is left start from the left). The sore side refers to the side on which the neuralgia of the trigeminal nerve is manifested to a greater extent, or the side on which more branches of the trigeminal nerve are involved in the painful process. After the lower points, treat the middle ones, then the upper ones. If the affected side is left, then the starting point will be the left mental point of exit of the lower branch of the trigeminal nerve on the lower jaw. If the neuralgia is bilateral, then you should start only on the right side. (For example, from the side of both frontal branches).
- 2) **Treatment time** – 1.5 – 2 min for each point depending on the severity of the pain syndrome. It is possible to treat the non-painful points for 1.5 minutes and the painful ones – for 2 minutes.
- 3) **Simultaneous treatment** of two points of the trigeminal nerve using **external electrodes** is possible. In this case, the electrodes are placed on paired points on the same level (for example, both lower, middle and upper exit points). In this case, the treatment time for each set of points is 2 minutes.
- 4)

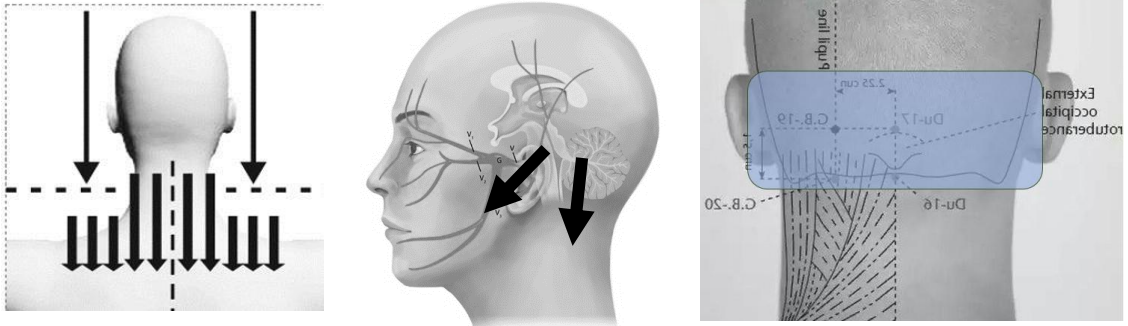
Set of points for Zone No.2

Local treatment on the painful/sore branch of the trigeminal nerve:



- Borders, points and guidelines
Zone # 2 consists of two sections:
 - 1) the area where the device is **stable** in front of the ear for some time (the vertical line passing through the base of the tragus should be on the same edge of the electrode, the horizontal line passing through the point where the earlobe joins the skin is the corner of the device, relatively in the middle of the electrode is the acupuncture point IG-19);
 - 2) Then the zone expands for **labile** treatment from below to the angle of the lower jaw and is bounded from above by the top of the zygomatic bone, in front - is bounded by the middle of the zygomatic bone (i.e., the front edge of the zone is a vertical line drawn from the middle of the zygomatic bone to the lower jaw).
- Device settings: SDM, F=30Hz, Int=8, Gap=30. E comf, **Preset** :LocalPain , “FastAid”
- Both sides are treated for 3 mins.
Stable mode – 1 min, labile massage like movement – 2 mins.
- **Treatment order:** The treatment begins on the sore side. In the case of a bilateral inflammation - on the right. First, stay on the indicated point for 1 min, then a wider zone is labile treated for 2 min. in the direction from the ear downward relative to the line that connects the ear canal and the lower exit point of the lower branch of the trigeminal nerve.
- Treatment time 3 mins for each zone. Stable mode – 1 min, labile massage like movement – 2 mins.

Set of points for Zone No.3



- Borders, points and guidelines:
Zone #3 is Collar Zone - the upper border is right under the hairline and projection of the first cervical vertebra C1, the lower border runs in a semicircle from the shoulder girdle through the lower point above the level of the spinous process of the first thoracic vertebra Th1. In front, this area is limited by the anterior edge of the trapezius muscle of the back and the psoas muscles.
- **Device settings:** SDM, F=60Hz, Int=3, Gap=40. **Preset** "LoFM". E- Comf
- Treatment order:
 Treatment time of this zone is on average 5 minutes, 2.5-3 minutes on the left and right. Perform treatment from top to bottom, from the center to the periphery - from the spinous processes of the vertebra to the edges of the trapezius muscle.

Severe inflammation in the nerve

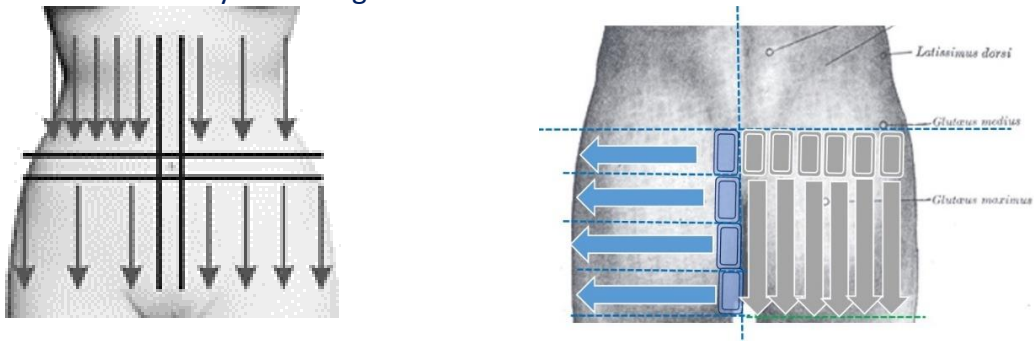
Treatment of the facial neuralgia or paresis

SCENAR therapy is also performed on what are called "Reciprocal Zones". These zones consist of points/spots that correspond to the areas of initial pain or stress. Providing biofeedback therapy to Reciprocal Zones enhances its overall effectiveness.

Reciprocal zones:

- Abdomen Zone and Gluteal Area

Zones of Systemic regulation: **"ABDOMINAL ZONE" and Gluteal Area**



Rules for combining zones on one procedure.

- In IDM/D-1, use different digital techniques at the selected zone.
- In SDM/D-0, highlight the asymmetry in the selected Reciprocal Zone and then work on it according to the treatment rules till dynamics.
- **In women**, the combination /coincidence of the attack of trigeminal neuralgia with the menstrual period increases the effectiveness of this procedure.
- *Dependence on complaints:*

This procedure is performed in the presence of an active complaint about typical pain from the inflamed trigeminal nerve.

In the absence of a typical pain syndrome or the absence of exacerbation, begin the treatment with General zones techniques. If there is only trigeminal nerve neuralgia in the anamnesis and the patient has an unclear complaint, use SCENAR technique "Information Cleansing" on the spine. During one procedure treat all the zones described in the technique and shown in the picture.

Treatment time - this procedure takes about 20 min. The time may be increased if you find signs of Small Asymmetry (SA) and if a patient has an active complaint.

Pay attention at:

- 1) the appearance of SA areas and secondary signs
- 2) the presence of herpes rashes, other various skin rashes
- 3) the presence of the inflammatory processes in the ear and on the face in the projection of the exit points of the trigeminal nerve.
- 4)

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