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Trismus with Left-Sided Peripheral Facial Nerve Paralysis Following Emotional Distress Treated with Natrum muriaticum 200C: An Evidence-Informed Case Report

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Abstract

Background: Trismus and peripheral facial nerve paralysis are clinically important conditions with multifactorial etiology. Emotional stress is increasingly recognized as a precipitating factor in functional neuromuscular disorders. Homoeopathy emphasizes the role of emotional causation in disease manifestation.

Objective: To document the clinical outcome of a case of trismus with left-sided peripheral facial nerve paralysis following emotional distress, treated with individualized homoeopathic medicine.

Case Summary: A 19-year-old male presented with restricted mouth opening (20 mm), left-sided deviation of the mouth, jaw stiffness, and vertex headache following love disappointment. The patient exhibited marked grief, emotional regression, desire for solitude, and strong craving for salt. Based on the totality of symptoms and repertorial analysis, Natrum muriaticum 200C was prescribed. Progressive improvement was observed, with approximately 60% relief by the second follow-up, resolution of headache, and complete recovery by the fourth follow-up.

Conclusion: This case demonstrates a favourable clinical outcome following individualized homoeopathic treatment. Although spontaneous recovery cannot be ruled out, the temporal association between remedy administration and sustained improvement suggests a possible therapeutic role of Natrum muriaticum in stress-related neuromuscular conditions.

Keywords: Trismus, Facial nerve paralysis, Emotional stress, Love disappointment, Natrum muriaticum, Homoeopathy, Case report

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