

## Aromatherapy and Neuralgia/Neuritis

### What is Neuralgia?

Healthline says that Neuralgia is:

“is a stabbing, burning, and often severe pain due to an irritated or damaged nerve. The nerve may be anywhere in the body, and the damage may be caused by several things, including:

- aging
- diseases such as diabetes or multiple sclerosis
- an infection, such as shingles

Treatment for the pain of neuralgia depends on the cause.

### Types of neuralgia

#### Postherpetic neuralgia

This type of neuralgia occurs as a complication of shingles and may be anywhere on the body. Shingles is a viral infection characterized by a painful rash and blisters. Neuralgia can occur wherever the outbreak of shingles was. The pain can be mild or severe and persistent or intermittent. It can also last for months or years. In some cases, the pain may occur before the rash. It will always occur along the path of a nerve, so it's usually isolated to one side of the body.

#### Trigeminal neuralgia

This type of neuralgia is associated with pain from the trigeminal nerve, which travels from the brain and branches to different parts of the face. The pain can be caused by a blood vessel pressing down on the nerve where it meets with the brainstem. It can also be caused by multiple sclerosis, injury to the nerve, or other causes.

Trigeminal neuralgia causes severe, recurrent pain in the face, usually on one side. It's most common in people who are older than 50 years.

#### Glossopharyngeal neuralgia

Pain from the glossopharyngeal nerve, which is in the throat, is not very common. This type of neuralgia produces pain in the neck and throat.

## **Causes of Neuralgia**

The cause of some types of nerve pain is not completely understood. You may feel nerve pain from damage or injury to a nerve, pressure on a nerve, or changes in the way the nerves function. The cause may also be unknown.

## **Infection**

An infection can affect your nerves. For example, the cause of postherpetic neuralgia is shingles, an infection caused by the chickenpox virus. The likelihood of having this infection increases with age. An infection in a specific part of the body may also affect a nearby nerve. For example, if you have an infection in a tooth, it may affect the nerve and cause pain.

## **Multiple sclerosis**

Multiple sclerosis (MS) is a disease caused by the deterioration of myelin, the covering of nerves. Trigeminal neuralgia may occur in someone with MS.

## **Pressure on nerves**

Pressure or compression of nerves may cause neuralgia. The pressure may come from a:

- bone
- ligament
- blood vessel
- tumor

The pressure of a swollen blood vessel is a common cause of trigeminal neuralgia.

## **Diabetes**

Many people with diabetes have problems with their nerves, including neuralgia. The excess glucose in the bloodstream may damage nerves. This damage is most common in the hands, arms, feet, and legs.”

## **How Can Aromatherapy Help with Neuralgia/Neuritis**

Certain essential oils may help to alleviate the pain of neuralgia and reduce the inflammation of neuritis. These include:

Neuralgia:

- St John's Wort (*Hypericum perforatum*)
- Cajeput (*Melaleuca leucadendron*)
- Eucalyptus Peppermint (*Eucalyptus dives*)
- Peppermint (*Mentha piperita*)
- Black Pepper (*Piper nigrum*)

- Chamomiles – Roman/German (Chamaemelum nobile/Matricaria recutita)
- Geranium (Pelargonium graveolens)
- Lavender (Lavandula angustifolia)
- Marjoram (Origanum majorana)
- Rosemary (Rosmarinus officinalis)
- Helichrysum (Helichrysum italicum)

Neuritis:

- May Chang (Litsea cubeba)
- Peppermint (Mentha piperita)
- Roman Chamomile (Chamaemelum nobile)

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

**References:**

<https://www.tna.org.uk/>

<https://www.healthline.com/health/neuralgia>

The Art of Aromatherapy by Robert Tisserand

Aromatherapy – An A-Z by Patricia Davies

The Complete Guide to Aromatherapy by Salvatore Battaglia

The Encyclopedia of Essential Oils by Julia Lawless

Encyclopedia of Aromatherapy by Chrissie Wildwood

Essential Oils in Colour by Rosemary Caddy

Aromatherapy Workbook by Marcel Lavabre

Aromatherapy for Health Professionals by Shirley and Len Price

To find a practitioner to discuss your needs visit [www.ifaroma.org](http://www.ifaroma.org)