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An Ayurvedic Management of Trigeminal Neuralgia : A case Report

Bavana Gopinath[1], N.A. Prasad[2], Ganesh Tejasvi S[3], and Sreelakshmi Kartha[4]

[1-4]Department of Shalakya Tantra, Parul Institute of Ayurved and Research, Waghodia - 391760 (India)
Corresponding Author contact: 8547530310, bgambika@gmail.com

Abstract

Trigeminal Neuralgia (TN) is a debilitating disorder characterized by frequent bouts of severe, sharp, and stabbing facial pain, aggravated by activities like chewing, speaking, or wind exposure. Despite various conventional therapies, TN remains unsatisfactorily managed for many patients, with frequent recurrence of symptoms. This case study will report the successful treatment of TN in a 64-year-old female patient using an Ayurvedic regimen, thus avoiding surgical intervention. The patient, presenting with throbbing pain on the left temporal side of her head, aggravated by chewing and wind exposure, was diagnosed with *Anantvata*, a *vata* imbalance affecting the nervous system. She will undergo a comprehensive Ayurvedic treatment approach. The protocol includes *Urdhwanga Abhyanga* with *Bala Taila* to calm the nervous system and reduce *vata, Nadi Sweda* with *Dashamoola Kashaya* for detoxification and anti-inflammatory effects to balance vata and alleviate nerve irritation, and *Ksheerabala* Nasya to stabilize and nourish vata in the cranial area, relieving facial pain. *Shirodhara* with *Dhanwantharam* Thaila will reduce mental tension, pacify *vata*, and restore emotional balance, promoting deep relaxation to alleviate pain. *Dhanwantharam* 101 with *Rasnadi* as *Thalam* will further pacify vata, reduce inflammation, and stimulate local circulation, thus enhancing blood flow to the head and calming the nervous system to reduce sharp, stabbing pain. *Pratimarsha Nasya* with *Anutaila* and steam inhalation will enhance circulation and balance vata in the head, improving blood flow and providing relief from pain. *Lakshmivilasa Rasa,* with its neuroprotective and anti-inflammatory properties, will support the treatment, while *Kalyanaka Ghritham* will nourish the nervous system, reducing pain and promoting healing. *Yogaraja Guggulu* and *Dashmool Kwatha* will enhance the nervous system, alleviating pain and inflammation. The internal use of Cap Palsinuron will aid in nerve regeneration and reduce neuropathic pain by addressing the root cause of the *vata* imbalance.

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[1]PG Scholar, [2]Professor, [3]Associate Professor, [4]Assisstant Professor

After one month of treatment, the patient will show significant improvement, with a reduction in both the frequency and severity of pain episodes, and there will be no need for surgical intervention. This case will demonstrate the efficacy of Ayurvedic interventions as a non-invasive, holistic alternative to traditional treatments, with the potential to restore both physical and emotional well-being without surgery.

Key words : *Anantvata, Urdhwanga Abhyanga, Nadi Sweda, Ksheerabala Nasya, Shirodhara, Pratimarsha Nasya,*

Trigeminal Neuralgia (TN) is a chronic and often debilitating disorder characterised by recurrent, severe, unilateral facial pain, which usually occurs along the trigeminal nerve distribution. The largest of the twelve cranial nerves, the trigeminal nerve is the fifth (V) cranial nerve and is essential to the sensory innervation of the face. Its three main branches—the mandibular (V3), maxillary (V2), and ophthalmic (V1)—are in charge of relaying sensory data from the lower jaw, upper mouth, and eyes, respectively. The trigeminal nerve innervates the muscles of mastication through motor filaments in addition to its sensory role. This nerve is vital for sensory and motor functions since it emerges from the pons in the brainstem and extends to several facial tissues.[16] Vascular compression of the trigeminal nerve root, which results in demyelination and hyperexcitability of the nerve fibres, is the main cause of TN. Other anatomical defects or aberrant blood arteries may be the cause of this compression. Less frequently, underlying diseases like multiple sclerosis, in which the trigeminal nerve root becomes demyelinated, can cause TN. Inappropriate pain signals are sent to the brain as a result of aberrant nerve signalling caused by the breakdown of normal myelin sheath integrity, which is part of the pathophysiology of TN. TN has a very distinctive clinical presentation, frequently comprising intense pain that is limited to one side of the face and that flares up in response to particular triggers.[9]

TN is characterised by spontaneous episodes of pain that can occur intermittently, often with long periods of remission. The disorder is more common in people over 50[20]. TN usually presents as paroxysms of intense, stabbing pain that can last from a few seconds to a few minutes. The pain is often described as a "electric shock" sensation and is most commonly triggered by non-noxious stimuli like light touch, chewing, talking, or even exposure to wind. In fact, simple activities like brushing teeth, washing the face, chewing food, or even talking can cause these episodes.

The traditional medical strategy to treating TN involves the use of anticonvulsant drugs like carbamazepine or oxcarbazepine, which stabilise nerve membranes and lessen the trigeminal nerve's hyperexcitability. Baclofen and gabapentin are two other pharmaceutical treatments that may be utilised to treat symptoms. Percutaneous procedures or microvascular decompression are two surgical options that may be explored in refractory patients. But for certain people, these medicines frequently don't offer long-term relief, and they might have serious side

effects or consequences. In order to improve long-term results with fewer side effects, there is increasing interest in investigating alternate therapy approaches that can offer better long-term outcomes with fewer adverse effects.[11]

Ananta Vata is the name given to a condition that is comparable to TN in ancient Ayurvedic treatment. Ananta means "limitless" or "excessive," whereas *Vata* is one of the three *doshas* in Ayurvedic physiology that control nerve activity, movement, and sensation. *Ananta Vata* is classified under *Shiro Rogas* (head disorders) and is said to be brought on by an imbalance in the *Vata dosha,* which is frequently made worse by disruptions in the *Pitta and Kapha doshas*. According to Ayurvedic scriptures, *Ananta Vata* presents as intense, radiating pain that starts at the nape of the neck and moves to the eyes, eyebrows, and temples. The afflicted portions of the face experience a vibrating feeling. This imbalance in *Vata* is thought to result from an excess of the mobile, dry, and cold qualities of *Vata*, which are believed to affect the nervous system, causing nerve pain and spasms, much like the pain experienced in TN.[9]

Restoring equilibrium to the *Vata dosha,* lowering inflammation, and enhancing circulation to the afflicted regions are the main goals of Ayurvedic treatment of *Ananta Vata*. Abhyanga (oil massage), *Nasya* (nasal injection of medicinal oils), *Swedana* (therapeutic sweating or steam therapy), and the use of certain herbal formulations intended to calm *Vata* and support nerve health are some of the treatment methods. By treating the condition's symptoms as well as its underlying cause, ayurvedic therapies aim to function holistically and provide a natural substitute or addition to traditional medical treatments. Restoring balance to the body's energy systems, especially the neurological system, is the goal of the Ayurvedic method, which may be quite helpful in treating persistent and recurring illnesses like TN.[1]

Patient information :

Chief Complaints: Intense, throbbing pain in the left temporal region of face, accompanied by mild stiffness and difficulty in chewing hard foods. These symptoms had been ongoing for the past five years, with a noticeable worsening over the last two years.

History Of Present Illness : A 64-year-old female housewife presented with a chief complaint of severe, throbbing pain in the left temporal area of her face, associated with mild stiffness and difficulty in chewing hard foods. The symptoms had persisted for five years, with an aggravation occurring over the last two years. Although the intensity of the pain had decreased, its duration had increased, and episodes now lasted between 2 to 8 hours. The pain was described as continuous and would worsen with daily activities such as chewing, talking, exposure to wind, and during colder weather. The patient also reported disturbed sleep during pain exacerbations and found relief through hot fomentation.

The patient was diagnosed with Trigeminal Neuralgia while living in Ahmedabad and had been receiving irregular medication thereafter. However, she reported no significant improvement with the treatment. There was no significant past medical history, family history of neurological conditions, or relevant occupational history.

Clinical Findings :

Table-1. Showing General examination

Pallor	Absent
Pulse	76 bpm
Icterus	Absent
Respiratory Rate	17episodes/min
Cyanosis	Absent
Koilonychia	Absent
Lymph adenopathy	Absent
Oedema	Absent
Facies	Normal
BP	124/88mmHg
Temperature	98 F
Weight	63kg
Height	168cm

Personal History :

Table-2. Showing Personal History

Bowel	Regular
Micturition	4-5 times in morning 1-2 times at night
Appetite	Good
Sleep	Reduced due to pain
Diet	Vegetarian
Addiction	Tea

CNS Examination :

HMF-Patient is conscious and well oriented to time place and persons, Recent and remote memories are intact, Speech is normal, No dysarthria

Trigeminal Nerve Examination :

Table-3. Showing Trigeminal nerve examination on First Sitting

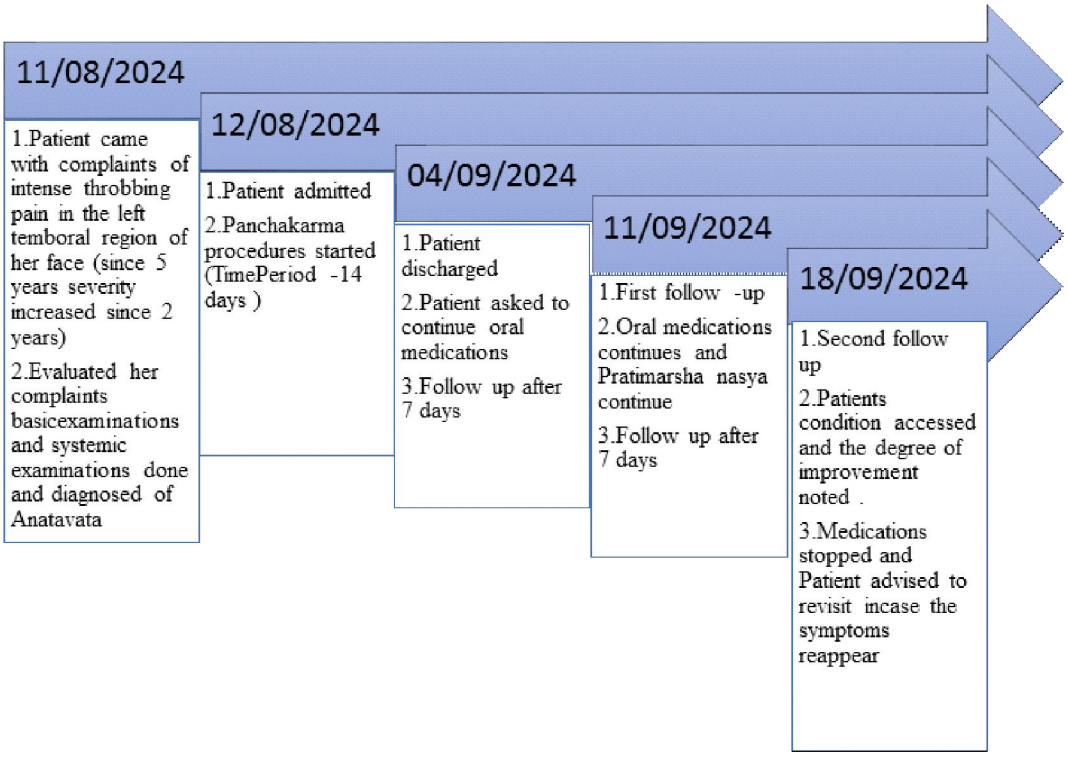
	RIGHT	LEFT
Sensory function	NAD	Thermal sensation + (cheek and temples)
Motor function (Palpation Of Massetter And Trigeminal Muscles)	NAD	NAD
Corneal Reflex	NAD	Diminished
Test Jaw reflex	NAD	NAD

Table-4. Showing Scoring of pain (According to VAS Score)

	First Sitting	Second Sitting	Third Sitting
Pain in the left temporal region	5	3	2

Timeline :

Table-5. Showing Sequential presentation of Treatment



Diagnostic Assessment :

Localised tenderness over the trigeminal nerve branches and the absence of neurological deficits were among the physical examination signs that were consistent with Trigeminal Neuralgia. Based on the patient's clinical history and physical examination, a diagnosis of Trigeminal Neuralgia was confirmed. The patient came in with recurrent, sharp, and stabbing facial pain, mainly on the left temporal side, that was brought on by activities like chewing and wind exposure.

Nidana Panchaka :

Nidana -Rooksha aahara and vihara, ratri jaagarana,ati gamana
Poorvaroopa- Nil
Roopa- Suptata and shola in vaama mukhardha ,shola while charvana
Upashaya – Ushna Vihara

Samprapti Ghataka :

Dosha -Vata Kapha
Dushya -Rasa
Srotas-Rasavaha
Dushti -Vimarga gamana ,sanga
Udhbhavasthana -Pakvashaya
Sanchara sthana -Mukha pradesha
Agni- Dhatvagni vaishamya
Rogamarga – Madhyama

Therapeutic Intervention **:**

Table-6-Showing Procedures Done

Treatment given	Duration
Urdhwajatru Abhyanga With Bala Tailam	Day1-Day 14 (14 days)
Nadi Sweda With Dashamoola Kashyam	Day 1 -Day 14 (14 days)
Nasya With Ksheerabala 101(6o-6odrops)	Day 1 – Day 14 (14 days)
Kavala With Dashamoola Kashya + Bala Taila	Day 1 -Day 14 (14 days)
Shirodhara With Dhanwantharam Tailam	Day 14 -Day 24 (10 days)
Thalam With Rasnadi Churnam and Dhanwantharam 101 tailam	Day 14 -Day 24 (10 days)
Pratimarsha Nasya with Anu Tailam And Steam Inhalation	Day 24 - Day 38 (14 days)

Table-7. Showing Oral Medications Given

Medication	Quantity	Anupanam
Lakshmivilasa rasa	1 BD(A/F)	Warm water
Cap. Palsinuron	2 BD (A/F)	Warm Water
Kalyanaka ghrutam	10ml HS	Warm Water
Yogaraja Guggulu	2 TID(A/F)	Warm Water
Dashamoola Kashayam	2BD (B/F)	Warm water

Follow up and outcome

Table-8. Showing the Results and Outcome of Treatment

	Before treatment (1st Sitting)	After Treatment (2nd Sitting)	Third Sitting
Sensory Function	Thermal sensation + (cheek and temples)	Thermal sensation ++	Thermal sensation +++
Corneal Reflex	Diminished	+	++
Pain In The Temporal Region	5	3	2

Outcome : Anantavata-related trigeminal neuralgia significantly improved after receiving Ayurvedic therapy. The method successfully decreased inflammation, eased nerve discomfort, and balanced the *vata dosha*. The patient's emotional health and energy increased, and the frequency and severity of pain episodes significantly decreased. With no need for surgery, the patient experienced significant alleviation from face discomfort by the conclusion of the course of therapy, proving that Ayurvedic treatments are efficient in bringing the nervous system back into balance and offering long-lasting relief.

In trigeminal neuralgia (TN), the surrounding blood vessels compress the trigeminal nerve, causing demyelination and

discomfort. Although the precise mechanism causing pain is yet unknown, it is thought to be related to the demyelinated nerve fibres' hyperexcitability. Inflammation is also implicated in the onset and progression of Trigeminal Neuralgia.[16]

In this case, treatment is primarily intended in the management of *vata pradhana tridoshas* through therapies like *Snehana* (oleation), *Nasya* (nasal administration), *Shamana* (palliative), *Brimhana* (nourishing), and *Rasayana* (rejuvenation). According to Ayurveda, the primary goal of TN is to pacify the *tridoshas*[1]. Pain is considered a manifestation of aggravated *Vata dosha*.[20]

Urdhwanga Abhyanga with *Bala taila :*

Urdhwanga Abhyanga have the ability to balance the *Vata* and *Kapha doshas* is one of its qualities. Because of this, it works well for ailments like *Anantavata*, which are marked by the participation of both doshas. It has been discovered that the practice improves *Bala*, relaxes muscles, and is Shramahara[2]. Both *bala* (*Sida cordifolia*) and tila (sesame), which have *Vatahara* (*Vata*-alleviating) qualities, are used in this technique. *Bala taila* is known for its *Ushna Virya* (hot potency) and *Tridoshahara* (balancing all three *doshas*) qualities. Since *Vata dosha* plays a significant role in the pathophysiology of *Anantavata, Bala Taila* is especially effective in reducing *Vata dosha* and resolving the condition's main imbalance.[3]

Nadi sweda with Dashamoola Kashaya :

Nadi sweda which acts through its vasodilation action promotes better circulation, aiding in cellular detoxification and speeding up the healing process.[14] Stimulation of sweat glands during *Swedana* procedures triggers sweat production, which helps eliminate toxins and waste products from the body and this is done with *Dashamoola kashaya* which possesses anti-inflammatory, antioxidant, and analgesic properties, effectively pacifying *Vata dosha*.[5]

Nasya with *Kasheerabala taila* and *Kavala* with *Dashamoola Kashaya* and *Bala Taila :*

The *Nasya Karma,* specifically *Ksheerabala Snehana Nasya* was administerd to the patient as it possesses *Ushna Veerya* of *Tila Taila* which reduces the *Vata* and *Kapha*, clears the channels, thereby allowing the action of the properties like *Snigdha, Manda, Sukshma* and *Vyavayi* was employed to address *Vata* imbalance.[10] It contains the soothing, restorative, and neuroprotective qualities of *Ksheera* (milk) and *Bala (Sida cordifolia*). It supports the neurological system, reduce inflammation, and ease cranial nerve discomfort. It relieves the intense, stabbing facial pain by increasing circulation, lowering discomfort, and assisting in the regeneration of nerve *tissues*. This was supplemented with *Kavalagraha* techniques to strengthen perioral muscles and alleviate cranial pain.[13] *Dashamoola Kashaya* balances *vata*, reduces nerve pain, and possesses cleansing and anti-inflammatory qualities. With its revitalising and nourishing properties, *bala taila* fortifies the neurological system, lowering face discomfort and encouraging nerve tissue repair.[7]

Shirodhara with Dhanwantharam tailam and Thalam with Rasnadi Churnam :

Shirodhara stimulates the parasympathetic nervous system, promoting relaxation and reducing stress by lowering cortisol levels. This helps alleviate pain and tension associated with neuralgia. Additionally, it enhances blood circulation to the brain and nervous system, reducing muscle spasms and supporting nerve regeneration.[17] The combination of herbs in *Dhanwantharam Tailam*, such as *Vata*, *Ashwagandha*, *Bala*, and *Yastimadhu*, further aids in reducing inflammation and enhancing nerve repair[11]. *Thalam* with *Rasnadi Churnam* and *Dhanwantharam 101 Taila* is helpful since it offers specific comfort to the head area. *Dhanwantharam 101 Taila* soothes nerve irritation by nourishing and calming vata, while *Rasnadi Churnam* involves *Rasna* (Alpinia galanga), *Shunti* (Zingiber officinale), and *Pudina* (Mentha arvensis) which reduces the inflammation and pain. *Rasna* has potent anti-inflammatory effects, while *Shunti* and *Pudina* provide analgesic and muscle-relaxant properties, relieving discomfort and reducing nerve irritation and lessens pain and inflammation. The combination successfully reduces the severe, stabbing face pain associated with TN and supports general neurological balance by improving blood circulation, promoting nerve repair, and inducing deep relaxation.[16]

Pratimarsha Nasya With Anutailam And Steam Inhalation :

Pratimarsha Nasya enhances *Nidra* and *Bala* and teaches *Soumanasya* and *Indriya Prasada*. The *vata* and *kapha doshas*, which are frequently exacerbated in TN, are balanced by mix of *Katu, Tikta, Madhura,* and *Kashaya rasas* in *Anu taila*. Deep tissue penetration is made possible by the oil's *Laghu* (light) and *Tikshna* (sharp) properties, which lessen inflammation and discomfort near the trigeminal nerve. The intense, stabbing pain is lessened by the *ushna* (hot) nature, which calms agitated *vata*. Its *Kaphanihsaraka* and *Vatanulomaka* qualities improve nerve function by unblocking *vata* channel blockages. *Anutaila* also relieves pain and lessens nerve irritation due to its anti-inflammatory, analgesic, and antispasmodic properties. Because of the oil's antibacterial and antioxidant qualities, infections are avoided and local immunity is strengthened,which calms the nervous system and lessen the frequency and severity of pain episodes.[12]

Lakshmivilasa Rasa :

Laxmivilas Rasa is chosen due to its great *Vedanasthapana* (pain relief) and *Balya* (strengthening) characteristics. It aids in calming the agitated *vata dosha*, which frequently causes the severe, piercing, and painful face discomfort associated with TN. Because of its *Rasayana* (rejuvenating) properties, nerve tissues are strengthened and more resilient as they regenerate and are nourished. *Laxmivilas Rasa* is also well-known for its Hridya (heart-strengthening) qualities, which support general vigour. Enhancing the *dhatus* (body tissues') nutrition helps bring the nervous system back into balance, lowers inflammation, and eases the chronic pain that comes with TN, all of which contribute to long-term recovery.[19]

Capsule Palsineuron :

Cap. Palsineuron strengthens and

nourishes the nervous system, making it a powerful nervine tonic. Its herbal mixture has anti-inflammatory, analgesic, and neuroprotective properties that help lessen the condition's intense, stabbing pain. It reduces inflammation and aggravation of the nerves by regulating the *vata dosha*. Palsineuron also boosts general vitality, encourages nerve regeneration, and returns function to normal. Its adaptogenic qualities enhance emotional resilience by lowering stress. Frequent usage provides long-term comfort and improves general well-being by reducing the frequency and intensity of pain episodes.[15]

Kalyanaka Ghrita :

Kalyanaka Ghritha is Kapha Pittahara (balancing both *kapha* and *pitta doshas*) which make it useful for treating Trigeminal Neuralgia (TN). It aids in reducing the congestion and inflammation surrounding the trigeminal nerve brought on by agitated pitta and *kapha. Kalyanaka Ghritham's* nourishing and stress-relieving properties help calm the nervous system and ease the acute, stabbing pain that is common in TN, where nerve irritation and discomfort are prevalent. By addressing *Alpa Retas* (poor vitality) and *Upahata Chetas* (mental discomfort), it also aids in reviving mental clarity and vitality, which enhances general wellbeing. It helps TN patients feel less pain, have better nerve function, and maintain emotional stability by balancing the *vata, kapha, and pitta doshas.*[18]

Yogaraja Guggulu :

Yogaraja Guggulu is a *Kapha-vatahara* agent who possesses *tikta, kashaya*, and *katu* tastes in addition to *ushna* and *ruksha* attributes and *ushna virya. Guggulu* is a key component of *Yogaraja Guggulu*, which essentially explains its primary therapeutic effects of *vedana stapaka* (pain-relieving) and *shothahara* (anti-inflammatory). A number of this compound's constituents also have *vata-shamaka* qualities, which are important for symptomatic relief in *vatavyadhi* (disorders caused by *Vata* imbalance). These qualities include *vedana stapaka, nadi balya* (nerve-strengthening), *shulashamaka* (relieving spasms), and *shothahara* actions.[8]

Dashamoola Kashaya :

Dashmoola is *Tridoshahara*,and is particularly good at calming *Vata* agitation while balancing the three *doshas*. Another *Tridoshaja Vyadhi* that mostly affects *Vata* is *Anantvata. Dashmoola* is therefore regarded as a viable treatment option for Trigeminal Neuralgia (TN). *Dashmoola* strengthens the body and enhances the performance of organs in *Vata* regions by acting as an analgesic, anti-inflammatory, and anti-rheumatic agent.[7]

Patient Perspective :

The patient highlighted the discernible improvement in their symptoms and general well-being as a way of expressing gratitude for the holistic Ayurvedic treatment. They believed the therapy improved their everyday lives and successfully managed their physical discomfort. The patient acknowledged the beneficial impact on their health and reported feeling more at ease and confident in their daily activities. They also expressed gratitude for the ongoing support and direction given during the course of therapy, which was crucial to

their quick recovery.

Informed Consent :

The authors have ensured that the necessary patient consent forms have been acquired, enabling the journal to publish their clinical data. The patient understands that although every attempt will be made to protect their identity, complete anonymity cannot be ensured, and that their name and initials will not be disclosed.

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