

## **Botox - A boon to neurological problems & our experiences with the same**

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Botox is a Botulinum toxin obtained from a Bacteria called clostridium Botulinum. It produces Fatal disease in human called Botulism which is characterized by Paralysis of whole body with breathing difficulty and death. Toxin from this bacteria which is obtained after stringent methods are used to treat various neurological diseases.

Infact (Botox)- Botulinum Toxin has become boon to the patients with neurological disease.

Various disease where Botox can be used are;

### **Hemifacial spasm :**

Involuntary twitching of one half of the face, starting around the eyes, spreads to whole half of the face & upper neck. Some cases of hemifacial spasm do not respond to the oral medications have done very well with Botox Injections. (50-75 units)

#### Interesting case:

A middle aged nurse from Belthangady came to us with similar complaints. She was seen by various neurologist, & was not better with medicines. We after thorough examination explained the pros & cos of the treatment & injected the Botox into the muscle. She is now asymptomatic & comes for regular follow up. Prior to the treatment it was very embarrassing situation to work in her primary health centre because of involuntary twitching of face.

### **Blepharospasm;**

It is a condition where involuntary closure of one or both eyes will be present. It is very difficult to treat by medication. Botox is good solution for the same. Here we inject about 40-50 units around the muscles surrounding eye (eyelids & orbicularis oculi muscles)

#### Interesting case:

Middle age man who was fruit seller by occupation from Puttur came to us similar complaints. He could not open his eyes, his symptoms were more in sunlight & whenever he was seeing bright light. He was sole bread winner for the family. We explained about the disease to him & injected Botox into muscles. He has undergone about 3 session of the same in 1 year now & totally asymptomatic & not on any oral tablets also.

### **Writers cramp:**

This is also called task specific focal dystonia, where in patients while writing will develop severe pain in the hand & hand will go into abnormal Posturing. For some unknown reason it affects people who are involved more in writing jobs (The clerks/students etc)

### Interesting case:

A young college going girl presented to us with writers cramps, she was tried with medication (Both Allopathic/Homeopathic medications) She was given Botox to the hand muscle & forearm especially (FDS/FDP,FPL) Flexor digitorum superficial, flexor digitorum profundus & flexor pollicis longus Muscles. Now she is able to write properly & she is off oral tablets. She has undergone 4 sessions of Botox in our centre

### **Cervical dystonia/Neck/leg dystonia/Meigs syndrome**

Here patients will have fixed/patterned movements of one particular part of the body resulting in twisted & fixed posturing of the body. It can involve neck> face/jaw/limbs. By injection of Botox into his contracted muscle we can relax his much for about 4-6 months. All the patients should be know that Injecting Botox for one time is not cure. We will have to give repeated sessions of Botox into the affected muscles.

### Interesting case:

Middle aged man from Kerala had come with severe neck and cervical dystonia. He was not able to keep his head straight it was getting turned repeated to one side. He had visited several hospitals in Kerala without any significant results. He at our centre gave 150-200 units with of Botox into B/L Neck muscles. He is slightly better now.

### **Post stroke spasticity/cerebral palsy:**

Adults after stroke & children with cerebral palsy have significant difficulty in walking because of spasticity, sometimes it might result in recurrent falls also. So by Injecting Botox in to the muscle where there is increased tone we can relax the muscle & help in ambulation of the patient.

### Interesting case:

Elderly male from Mangalore who had suffered a stroke, he also had speech disturbances and Rt sided weakness. His speech had improved, his main problem was hand was very tight & had become useless because of spasticity. He approached us to our centre. We offered him the Botox treatment. Now his hand function are Better, he is able to write also.

### **Other uses of Botox**

- a) Botox can be used in children with cerebral palsy for excessive salivation.
- b) People with bladder problem, Botox can be injection into detrussor muscle for relaxation.
- c) It can be used for patient with G1 problem (spincter of oddi dysfunction/pyloric stenosis /and sphincter dysfunction)
- d) It can be used in patients with Trigeminal neuralgia.
- e) It can be used in patients with chronic headache/Migraine headache also.

So Toxin which is lethal to mankind when appropriately used in selected patients, It can be a boon to be neurological patients. It can reduce the sufferings/disability of the patients.

Hence apart from the cosmetic uses of Botox by celebrities to remove the wrinkles from this face/to enhance their beauty. We as neurologist can help our patients from decreasing their sufferings and disabilities.

