



Temporomandibular Joint Disorders and Homoeopathy

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Definition

Temporomandibular joint (TMJ) disorders are a group of conditions that cause pain and dysfunction in the jaw joint and related muscles. It is more common in females.

These conditions can be kept in four groups-

Myofascial pain

Discomfort or pain in the muscles that control jaw function.

Internal derangement of the joint

Disc displacement, jaw dislocation or injury to the condyle.

Arthritis

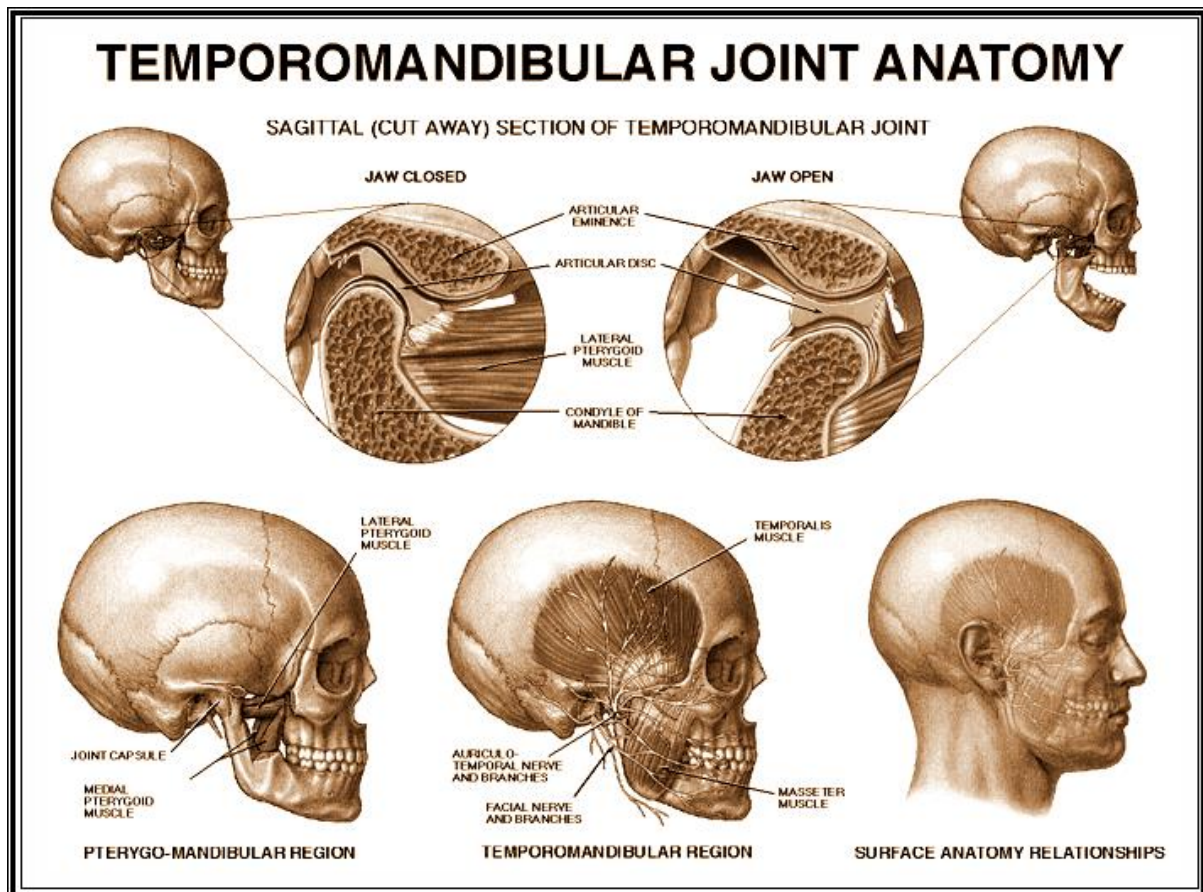
Degenerative and inflammatory joint disorders.

Combination of one or more conditions

A person may have one or more of these conditions at the same time. With TMJ disorders, chronic fatigue syndrome, sleep disturbances or fibromyalgia etc. can accompany. TMJ syndrome may be secondary to rheumatic diseases.

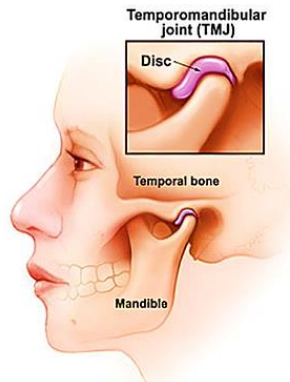
Anatomy

The temporomandibular joint connects the mandible to the temporal bone, forming flexible joints so that one can move jaw smoothly up and down and side to side, enabling to talk, chew and yawn. Muscles attached to and surrounding the jaw joint control its position and movement.



While opening the mouth, condyles glide along the joint socket of the temporal bone and come back to their original position when mouth is closed. A soft disc lying between the condyle and the temporal bone makes these movements smooth. This disc acts as a shock absorber from chewing and other movements.

- Temporomandibular Joint is a hinge located either side of your face that connects your jaw to the temporal bone of your skull
- Enables your lower jaw to open and close, move backward and forward, side to side
- Talk
- Chew
- Yawn



TMJ is a combination of hinge and sliding motions makes this joint among the most complicated in the body. Due to its complexity in anatomy and physiology, there are several disorders affecting its functioning.

Causes

Trauma

Injury to the jaw or temporomandibular joint. (Causa occasionalis)

Hormones

Because the condition is more common in women than in men, there may be a possible link between female hormones and TMJ disorders. (Psora/ Sycosis)

Idiopathic

Sometimes, symptoms may appear without obvious reason. (Psora)

Bad bite

It has a doubtful role. (Causa occasionalis)

Orthodontic braces

These can trigger TMJ disorders. (Causa occasionalis)

Signs and symptoms

There may be several symptoms associated with TMJ syndrome, but pain in the chewing muscles or jaw joint is the most common symptom. Other likely symptoms are-

- Radiating pain in the face, jaw, or neck
- Stiffness of jaw muscles
- Restricted movement or locking of the jaw
- Painful clicking, cracking or grating in the jaw joint on opening or closing the mouth
- A change in the way the upper and lower teeth fit together

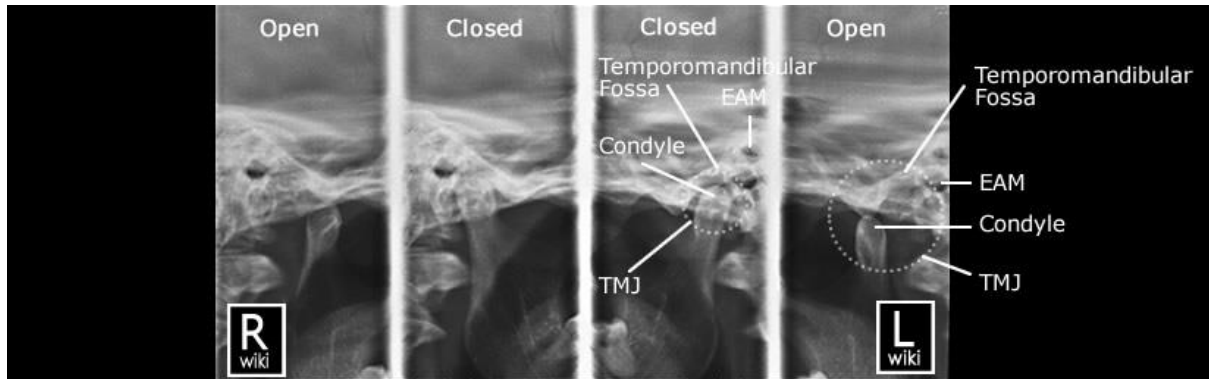
Diagnosis

Case history

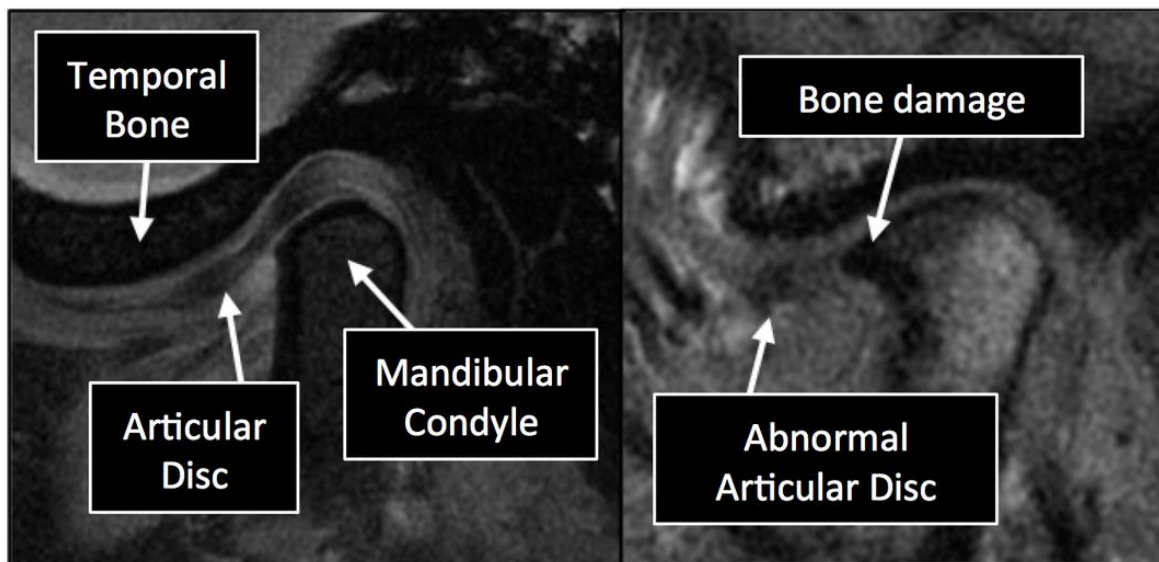
It must include detailed medical and dental history, physical examination of affected areas, including the head, neck, face, and jaw.

Imaging studies

- X Ray TMJ



- CT scan of face
- MRI of face



MRI examinations showing normal (left) and abnormal (right) TMJ

Treatment

Conservative Treatments

Most of the TMJ disorders are reversible and can be cured easily with medicines.

Self-Care Practices

Some self-care tips may help in rapid cure-

- Eating soft foods
- Ice packs application

- Avoiding extreme jaw movements like wide yawning, loud singing and gum chewing
- Using methods for relaxing and reducing stress
- Physiotherapy including gentle jaw stretching and relaxing exercises

Stabilization Splints

Stabilization splint or bite guard may be used for TMJ support.

Surgery

Surgical treatments are controversial, often irreversible, and should be avoided where possible.

Homoeopathic treatment

Common remedies for TMJ disorders

acet-ac. acon. agar. alum. alumn. am-c. **Arum-t.** asaf. asar. **Bar-c.** bell. brom. calc. **CAUST.** cimid. cist. coc-c. cor-r. dros. fl-ac. glon. hep. hyper. **Ign.** laur. mang. mez. nicc. op. **RHUS-T.** sabad. sil. spig. spong. staph. **Stry.** sul-ac. verat. vesp.

Short repertory of TMJ disorders

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints - chewing, on acon. alum. am-c. bell. calc. coc-c. cor-r. sil.

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints – morning vesp.

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints - opening, mouth alum. am-c. **CAUST.** cor-r. dros. hep. nicc. sabad. verat.

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints - rest, during **Rhus-t.**

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints – rheumatic **Rhus-t.**

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints - shutting, mouth **Bar-c.**

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints - swallowing, when **Arum-t.**

Teeth - TEMPOROMANDIBULAR, T.M.J., jaws, pain in joints – yawning cor-r. ign. rhus-t. staph.

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Temporomandibular, t.m.j., jaws, pain in joints - chewing, on acon. alum. am-c. bell. calc. coc-c. cor-r. sil.

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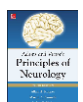
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Radar 10



The Head and Neck > Inability to close the jaw—TMJ dislocation DeGowin's Diagnostic Examination, 10e ... Because the TMJ is a shallow biconcave surface, it can easily partially sublux or completely dislocate. After a yawn or an upward blow on the chin with the mouth wide open, the jaw cannot be closed. The mandible protrudes and the lower teeth override the upper. There is a depression or pit...



The Head and Neck > TMJ pain DeGowin's Diagnostic Examination, 10e... Symptoms include pain, which may be felt in the ear or temple, clicking, and occasionally locking. Trauma is associated with injury and crepitation. See TMJ pain



Chapter 21. Infratemporal Fossa > Muscle Movement of the TMJ The Big Picture: Gross Anatomy... Soft palate Tenses soft palate Tensor tympani Auditory tube Malleus Dampens ossicles during chewing The muscles acting upon the TMJ are primarily the muscles that generate the various movements associated with chewing; hence, these muscles are often called the muscles...