

Management of *Ardita* w. s. r. to bell 's palsy through *Ayurveda*:**A case study****Nagre Narayan S.*¹ Thokal Devyani S.² Ramteke Rachana D.³**

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***Corresponding Author:** Email: dr.narayannagre17@gmail.com; Mob.No. [7385843307](tel:7385843307)**Abstract:**

Bell palsy is acute unilateral peripheral facial nerve palsy. It is a common disorder at all ages from infancy through adolescence. *Ardita* Vata presenting with palsy of one side of the face is akin to Bell's palsy or acute idiopathic lower motor neuron facial palsy. It causes distortion of the affected side of the face, deviation of angle of mouth to the normal side, tremors of the head, shaking of tooth, incomplete closure of the eye in the affected side, distortion of the nose, difficulty in speech and hoarseness of voice, loss of hearing and impairment in smell sensation, pain in the ear, difficulty in mastication and swallowing of food. In modern medicine management of facial palsy includes the

use of steroids and some anti-inflammatory drugs only, with a chance of recurrence and side effects. Present study reveals that *Ardita* can be managed successfully with *Ayurvedic* treatments with lesser chance of recurrence and without any side effects.

Key words: *Ardita*, Bell's palsy, *Ayurvedic* treatments.

Introduction:

Ardita is one among the 80 *Nanatmaja Vyadhis* of *Vata*^[1] As per *Ayurveda*, excessively aggravated *Vata* causes distortion in half of the face. *Acharyas* have different opinions about *Ardita*. *Acharya Charaka* described it as a disease affecting only face. But *Acharyas* like

Vagbhata and *Sushruta* pointing out the involvement of half of the body also. Causes of *Ardita* have also been explained in detail in *Samhitas*. Excessive laughing, speaking loudly, chewing hard food, yawning, sneezing, carrying heavy loads on head, sudden movement of head and neck, exposure to cold and wind etc. are some of the causes for developing *Ardita*.^[2] These *Nidanas* leads to vitiation of *Vata* and manifestation of symptoms of *Ardita*. The symptoms include distortion of the affected side of the face, deviation of angle of mouth to the normal side, tremors of the head, shaking of tooth, incomplete closure of the eye in the affected side, distortion of the nose, difficulty in speech and hoarseness of voice, loss of hearing and impairment in smell sensation, pain in the ear, difficulty in mastication and swallowing of food etc.^[3] Facial palsy due to the paralysis of facial nerve almost shows the symptoms of *Ardita*. So we can correlate this disease up to some extent with Bell's palsy, which is a lower motor neuron type. It usually develops suddenly and spontaneously due to idiopathic reasons. Approximately 85% of patients recover spontaneously with no residual facial weakness. About 10% of patients are left with poor improvement of condition with mild facial weakness as a sequel. Only 5%

are left with permanent severe facial weakness.^[4] Major complications of the condition are chronic loss of taste, chronic facial spasm, facial pain and corneal infections. The oral medications prescribed for patients of facial palsy are NSAIDs and steroids, which in turn causes severe side effects. In Ayurveda, treatment described for *Ardita* is safe and effective.^[5] The treatment provides strength to facial muscles, strengthens the nerves, improve the blood circulation and there will not be any recurrence of the disease.

Case Report:

13 year, old female patient was taken for the study. In early morning when she woke up from the bed, noticed a weakness in right side of face. Also right side of the mouth was deviated to opposite side, with difficulty in chewing and holding water in the mouth. She could not close the right eye completely. She noticed watering from the right eye also. He consulted an allopathic doctor and took a steroid therapy for 10 days. The problems persisted even after allopathic treatments and visited our hospital to take Ayurveda treatment. Symptoms persisted in the same severity even after 10 days of allopathic treatments. There was no previous history of similar symptoms or

a recent infection. She had no family history of any such illness. Patient was a student by profession considering the symptoms we diagnosed it as a case of *Ardita*.

Local Examination:

On examination all vitals were within normal limit. She had facial edema, her speech was slightly slurred, bell's phenomenon was present, she was not able to close her eyes against resistance angle was deviated towards right side. Corneal reflex was absent. Jaw Jerk was normal. Blow out the cheeks-present. Angle of mouth deviated towards right.

External therapies:

- *Sarvangaabhyanga* with *Balaashwagandhaditaila* for 30 minutes followed by *Baspasweda*.
- *KukkutandaTwak* + *Mahamashadi tail Pottali Swedaon Mukha Pradesh* for 20 min.
- *Nasya* with *Anutail*^[6] 2-2 drops each nostril + Local Physiotherapy.

Internal medicine:

Following internal medications were prescribed during the course of treatment

1. *Dashmulakwath* -20 ml twice daily after meals.

2. Tab. *Kumarkalyan rasa*-125mg two times in a day after food with plain water.

3. Cap. *Palsinuron* two times in a day after food.

Total duration of therapy: 15 days.

Result:

Patient showed significant improvement in the sign and symptoms of *Ardita*, thereby making quality of life of patient better. *Nasya* provided highly significant results in two parameters of assessment i.e. *Vaksanga* and *Netravikrirti* and significant results are observed in *Mukhavakrata* and *Lalasrava*. *KukkutandaSweda* provided highly significant results in *Mukhavakrata* and significant result is observed in *Mukhaparshwagreevavedana*, *Lalasrava*, *Mukhavakrata* and *Akshinimesha Asamarthya*.

Discussion:

The case was treated on the line of *VataVyadhias Ardita* is considered among 80 *VatajaNanatmajaVikara*. *Vata* is considered as a chief factor for the physiological maintenance of the body. Factors provoking *Vata* result in the instantaneous manifestation of diseases, which can even prove to be fatal. Therefore, the *Vatajananatmaja vyadhis*

are of utmost importance, rather than the *Vyadhis* produced by the other two *Doshas*. Contradictory approaches to pacify this vitiated state have to be restored, to maintain the equilibrium. In Ayurveda this condition is called *Ardita* means loss of function of facial muscles, Ayurveda consider this as a *Vata* disorder because *Vata* is the one *Dosha* control the motor and sensory activities of the body mainly the brain function. There are many possibilities for *Vata* disorders it might be due to some external factors or due to some internal infection, which will vitiate the *Vata Dosha*. Hence treatment modalities include both internal and external therapies for correcting the vitiated *Vata* as per *Ayurvedic* treatment principles. It improved the motor function by stimulating and strengthening the facial nerves and muscles. The *Nasya karma* especially exerts its effects on the *Urdhvajatrugatapradesha*. *Anu tail Nasya* provides nourishment to the *Shiroindriya*. The patient was also subjected for *Sarvangaabhyanga* and *baspasveda*. *Abhyanga* stimulate the nerves. It gave passive exercises to muscles there by strengthening them. The gentle pressure used during massage relaxes the muscles. *KukkutandaTwak + Mahamashadi tail Pottali Sweda* on *Mukha Pradesh* increases the metabolic

activity which in turn increases the oxygen demand and blood flow, as well as improves the tone of the muscles. Massage, heat and pressure during this procedure give nourishment to muscles and nerve endings. The internal medicines selected were *Vatavyadhi* Shaman drugs. *Kumar kalyana rasa* was administered for *balavardhana* (general health maintenance and immunomodulation) which helps in accelerating recovery and treating cause of *Ardita*.

Conclusion:

The patient was evaluated and treated according to *Ayurvedic* principles. From the study we can conclude that *Ardita* can be successfully managed by *Ayurvedic* treatment with lesser chance of recurrence and no side-effects noticed during the course of treatment.

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