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EFFECT OF AYURVEDIC MANAGEMENT IN ARDIT W.S.R. TO BELL'S PALSY - A SINGLE CASE STUDY

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ABSTRACT:

In modern era of disciplinary life pattern, excessive movement vehicle, unhygienic food intake, use of long posture, lack of exercise, anxiety, stress etc. Leads various diseases including *Pakshawadh*, *Ardit*. Ayurveda categorised neurological disorders as *Vatavyadhi*. Out of 80 *Nanatmaja vyadhi*, *Ardit* is one. *Ardit* is the disease characterised by *Mukhavakrata* and results in facial asymmetry and dysfunction. *Ardit* can be correlated to Bell's palsy. Bell's palsy is neurological condition that involves the 7th cranial nerve. The present case deals with the 58 years old man came att Kayachikitsa OPD of G.N.T. Hospital, Vidarbha Ayurved Mahavidyalaya Amravati, complete relief in all symptoms with appreciable changes. TO explore and elaborate the role of *Nasya* in *Ardit* with special reference to Bell's palsy, various *samhitas* along with contemporary books, research articles available on *Nasya* and *Ardita* are studied.

Keywords; *Ardit*, *Vatavyadhi*, *Nasya*

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Introduction:

Now a days prevalence of neurological disorders are raising due to fast and stressful lifestyle. Unilateral facial palsy is common neurological problem.[1] A lower motor neuron tension of facial nerve results in paralysis of all the muscle of facial expression. Hence there is an absence of furrowing in the forehead, inability to close ipsilateral eye (On attempted closure the eye ball rolls upward closure). This is the most common disease of the facial nerve. It affects men and women equally and is seen at all stages. The incidence is probably higher in Diabetics. Complete clinical paralysis, within the 1st 7 days indicates a poor prognosis. Patient in whom the paralysis is incomplete throughout the clinical course invariably recover completely. Increasing age at onset and associated diseases like Diabetes or HTN indicate poor prognosis. Each of these separately may not be a reliable prognostic factor but two or more factors in same patient may be suggestive of poor prognosis.

Vata is responsible controlling all the body functions. [2] Acharya Charka has explained *Ardit* as contracture of mouth along with the involvement of forehead, eyebrow, eye, nasal fold on the affected side of face. He opines that *Ardit* is localized in half face with or without involvement of body. *Madhav nidan* has considered the involvement of face only.

Nasya is one of the *Panchakarma* procedure in which the drug (Medicated oil/ ghee/ Decoction/ Powder) is administered through *Nasa*, essentially to eliminate the vitiated *Dosha* present in *Sheera*.

Aim and Objective

To evaluate the effect of Ayurvedic Treatment in *Ardit* (Bell's Palsy)

Case Report: A 58 years old male having history of watering from left eye, difficulty in closing left eye, difficulty in moving up left eyebrow, heaviness in left ear and face, slurred speech, unable to inflate air in mouth, couldn't make whistle. These all symptoms were since last 5 days before arriving at *Kayachikitsa* OPD of G.N.T. Hospital, Vidarbha Ayurved Mahavidyalaya Amravati. Patient was K/C/O DM & HTN since 2 years on regular medication.

Examination

- Body wt: 65 kg
- Heart rate: 70/min
- Respiratory rate: 16/min
- Temperature: Afebrile
- BP :140/90 mmhg
- CNS: Conscious oriented
- CVS: Normal
- RS: AEBE clear

Ashtavidh Parikshan

- Nadi*: 70/min
- Jivha*: *sam*
- Mala*: *Samyak Pravrutti*(1_2) times/day)
- Mutra*: *Samyak Pravrutti* (4_5 times/day)
- Shabda*: *Aspashta*
- Sparsha*: *Samashitoshna*
- Druk*: *Atur*
- Akruti*: *Madyam*

As per the principle of *Ardit* Chikitsa described in Ayurvedic texts patient was treated with *Nasya Karma* along with *Shaman Aushadhi*.

Treatment given as follow^[3]

| Treatment | Drug |
|------------------|--|
| Shaman | 1) <i>ekangavir Ras</i> 125 mg TDS 2) <i>Bala churna+ Ashwagandha Churna+Bramhi Churna+Jatamansi churna</i> TDS 3) <i>Ashwagandharishtha</i> 15 ml TDS with <i>koshna jal</i> 4) <i>Shunthisiddha Eranda tail</i> 10 ml HS with <i>koshna jal</i> |
| Local Snehan | <i>Mahamash Tail</i> |
| Nasya | With <i>Pnchendriya Wardhan tail</i> |
| Jivha Pratisaran | <i>Vacha churna</i> |

Assessment Criteria^[4] The assessment of the result was done by observing clinical signs and symptoms of *Ardit* as follows

- a) *Mukhavakrata*
- b) *Nasavakrata*
- c) *Greevavakrata*
- d) *Netrastabdhat*
- e) *Waksang*
- f) *Lalastrava*

Following examinations were also included in assessment criteria

- 1) Unable to close eyes
- 2) Unable to whistle
- 3) Unable to inflate mouth

Probable mode of action^[5]

Snehan karma with *Mahamash tail* stimulates the sensory nerve endings and provides strength to the facial muscle. *Swedaan karma* before *nasya* enhances local micro circulation by dilatation of blood vessels and increasing blood flow to the peripheral Arterioles which accelerates the drug absorption and fast improvement. ^[6] In *Ashtanga samgraha* it is explained that *nasa* being the entry

of *shira*(head), the drug is administered through nostrils reaches through nostrils reaches *shringataka marma*, a *sira marma* by *nasa strotas* and spreads in the *murdha*(brain). According to *Acharya Charaka Nasa* is the portal(gateway) of *shira*.The drug administered through *nasa* as *nasya* reaches to the brain and eliminates only the morbid *doshas* responsible for producing disease.*Ekangvir ras* is herbo mineral medicine, it constitute *bhasma* as ingredients are the most superior form of medicine. ^[7]*Nighantu Ratnaka* in *Vatavyvadhhi prakrana* *Ekangvir Ras* has been mentioned for treatment of *Pakshaghata* and other *Vatavyadhhi*. *Vcha Churna* is used as *lekhaniya draavya*.*Shunthisiddha eranda tail* is uses as *Anulomak* for *Vata dosha*.

Result and Discussion

After 15 days of therapy 60% relief was found in watering from left eye, difficulty of in closing left eye, difficulty in moving up left eyebrow, heaviness in left ear and face, slurred speech, unable to inflate air in mouth, And after 30 days 100% relief was found in above symptoms . There was no side effect observed during treatment.



Conclusion:

From the present case study it was observed that Ayurvedic management described in classical text is helpful in giving significant relief in symptoms and signs of the disease *Ardit* (Bell's Palsy), thereby improving quality of day by day life to the sufferer. Therapy like *Nasya* provides nourishment to the sense organs. More-over the drugs used orally having additional effect in the relieving the signs and symptoms.

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