

AYURVEDIC MANAGEMENT OF ARDITA (FACIAL PALSY): A CASE STUDY**Dr. Pranjali B. Kharat^{1*}, Dr. Prashant Baghel², Dr. Ashishkumar L. Bansod³, Dr. Sayali A. Kulkarni⁴**^{1,4}PG Scholar Agadanttra Dept. Govt. Ayurvedic College Osmanabad, Maharashtra, India.²PG Scholar Kriya Sharir Dept. Govt. Ayurvedic College Osmanabad, Maharashtra, India.³PG Scholar Rachana Sharir Dept. Govt. Ayurvedic College Osmanabad, Maharashtra, India.***Corresponding Author: Dr. Pranjali B. Kharat**

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Article Received on 07/06/2018

Article Revised on 27/06/2018

Article Accepted on 17/07/2018

ABSTRACT

Aacharya Charaka has explain 80 *Vataja nanatmaja vyadhi* one of them is *Ardita*. It can be correlated with the disease facial palsy in modern science. In *Ardita Vyadhi* under wide spectrum facial paralysis can be placed which is explained in *Ayurvedic* classics. The present study was done to find out the effective *Ayurvedic* management in facial palsy. For present study, a 32 years old male having history of twitching of left side face (deviation), difficulty in moving up left eyebrow, heaviness in left side angle of mouth, difficulty in closing left eye, this symptoms are since last 2 years was registered in our OPD. History and examination shows the diagnosis of facial nerve paralysis and patient sings, symptoms was treated on the basis of *Ardita Chikitsa*. Start *Pachana* with *Lashunadi Vati*, *Nasya* with *Anutail*, *Shirodhara*, after *Nasya Dhoompana* with *Vacha Churna*, *Nitya Virechana* with *Eranda Tail*, along with oral drugs and exercise. 100% relief was found in twitching of left side face (deviation), heaviness in left side angle of mouth and 90% relief in difficulty of closing left eye, difficulty in moving up left eyebrow. Before starting the treatment House Brackmann's grading of facial nerve was Grade 4 and after 30 days treatment it was Grade 2. After and during this treatment no any side effect seen.

KEYWORDS: *Ardita*, Facial palsy, *Nasya*, *Shirodhara*, *Ayurvedic* management.**INTRODUCTION**

In various *Ayurvedic Samhita* and text books *Ardita* is described as one of the *Vataja Nanatmaja Vyadhi*^[1]. *Aacharya Charaka* explain *Ardita* in *Vatavyadhichikitsa* in *Chikitsasthana*, they says that *Ardita* is a disease causing *Mukhaardha* (half of face) *Vakrata* (deviation)^[2]. According to *Aacharya Vagbhata* half of the face involve with or without body^[3]. *Aacharya Sushruta* says mouth and other regions of head is affected^[4]. *Arundatta*- mostly affecting half of the face^[5]. *Sharangadhara*- affect half of the face^[6]. Due to facial nerve damage facial muscles may appear to weak or droop which leads to facial paralysis i.e. loss of facial movement,. It can happen one or both sides of face. common causes of facial paralysis is head trauma, head or neck tumor, infection or inflammation of the facial nerve^[7].

In our body normal *Vata* is responsible for stimulation of all sense organs but in abnormal state it produces various disease like *Ardita*^[8]. In *Ayurvedic Samhita* and texts particular etiological factor for this disease is explained as over laughing, sleeping on uneven bed, on head heavy weight transferring, sudden fearing, sudden happiness, etc.^[9] Clinical features of half sided facial deformity including eyebrows, eyes, chin, nose, and tongue regions on affected side, etc.^[10] On the above clinical features

this disease has similarities with the facial palsy. In *Ayurvedic* classics treatment available for *Ardita* (facial palsy) is, *Pachana*, *Snehana*, *Swedana*, *Nasya*, *Shirodhara*, *Virechana*, *Dhoompana*^[11]. etc. Keeping all these effective treatment in our mind. The present study was done to evaluate effective *Ayurvedic* management in *Ardita* (facial palsy).

MATERIAL AND METHOD**AIM AND OBJECTIVE:** To evaluate the effective *Ayurvedic* management in *Ardita* (facial palsy).**CASE REPORT**

A 32 years old male having history twitching of left side face (deviation), heavyness in left side angle of mouth, difficulty of closing left eye, difficulty in moving up left eyebrow, etc. since 2 years. Patient take a treatment from various hospitals since 2 years continuously, but he did not get any satisfactory relief and stop taking treatment. Then he was came in our OPD for *Ayurvedic* treatment. Patient has no any previous history of Diabetes mellitus, Hypertention, Tuberculosis and any other family history.

History of illness: No any history of illness, trauma.**On examination**1. *Nadi* (pulse) = 80/min.

2. Mala (stool) = *Asamyak Pravartana*.
3. Mutra (urine) = Normal.
4. Jeeva (tounge) = *Saam*.
5. Kshudha (agni) = *Mandya*.
6. Shabda (speech) = Normal.
7. Sparsha (skin) = *Shitoshna, khara*.
8. Druka (eyes) = Normal.
9. Nidra (sleep) = *Khandita*.
10. Aakruti = *Madhyama*.
11. Bala = *Uttama*

Blood pressure, CVS, RS, CNS, HR, Blood investigation, Body weight, Temperature, all were within normal limit. On the basis of *Ayurvedic Samhita Grantha*, text etc. *Ardita Chikitsa* is described, and patient was treated with *Pachana, Snehan, Nasya, Shirodhara, Dhoompan* etc. along with oral drugs and exercise. (table no. 2)

ASSESSMENT CRITERIA:- On the basis of House Brackmann's gradation system assessment was done^[12]. (table no. 1)

Table no. 1 – Grading for clinical feature.

Clinical feature	Grading	Before treatment	After treatment	% Relief	
twitching of left side face (deviation)	-No persistent	0			
	-Persistent but do not disturb routine work	1			
	- Persistent disturb routine work	2	2	0	100%
	-Constant	3			
Difficulty in	-No	0			
moving up left eyebrow	persistent	1			
	-Persistent but do not disturb routine work	2			
	- Persistent disturb routine work	3	2	1	90%
	-Constant	3			
heaviness in left side angle of mouth	-No persistent	0			
	-Persistent but do not disturb routine work	1			
	-Persistent disturb routine work	2	2	0	100%
	-Constant	3			
difficulty of closing left eye	-No persistent	0			
	-Persistent but do not disturb routine work	1			
	-Persistent disturb routine work	2	2	1	90%
	-Constant	3			

Table no. 2 – Treatment given.

<i>Pachana – Lashunadi Vati</i>				
<i>Nasya</i>			<i>Shirodhara</i>	<i>Nitya Virechana</i>
<i>Poorva Karma</i>	<i>Snehana- til tail</i>	<i>Swedana- Nadisweda with Nirgundi patra</i>	<i>Snehana- Til tail</i>	<i>Swedana- Nadisweda with Nirgundi patra</i>
<i>Pradhana Karma</i>	<i>Anutail - two drops each nostrils, in two settings. Both setting have 7 day therapy and 7 day gap</i>		<i>Til tail and Jatamansi tail. In two settings both setting have 7 day therapy and 7 day gap</i>	
<i>Pashchata Karma</i>	<i>Dhoopana – Vacha Churna.</i>			
Oral drugs	<i>Akaangavira Rasa – 125 mg. Samerpannaga - 250mg. Ashwagandha Churna- 2gm</i>		Twice a day with <i>Ashwagandha Arishta</i> (20ml. with equal water)	
	<ul style="list-style-type: none"> <i>Gandharavaharitaki Churna – 3gm. HS with Koshna Jal.</i> Balloon breathing exercise. 			
Exercise				
Total duration of therapy	30 days	30 days	7days	

RESULT AND DISSCUSSION

After 30 days of treatment 100% relief was found in twitching of left side face (deviation), heaviness in left side angle of mouth. 90% relief was found in difficulty of closing left eye, difficulty in moving up left eyebrow. There was no any side effect observed during over all treatment. In *Ardita Hetu* is also important like irregular and improper diet causes disturbance of *Vatadosha*, *Jagarana*, *Atibhashan*, *Vrudha Avastha* (75-100 years old), *Mansika Chinta*, *Bhaya*, *Shoka*, *Krodha*, etc. it causes *Vata Vrudhi*. We can considered as facial paralysis is one of the condition of *Ardita*, because *Ardita* is a broad spectrum disease. In *Ardita Samprapti* (*Vata*, *Kapha*) *Sanshraya* in *Vatavahanadi Sanstha*, then *Laghu*, *Ruksha Guna Vrudhi* causes *Kriya alpata* and *Stambha* in *Mukhapradesh*.

MODE OF ACTION OF TREATMENT

Pachana with *Lashunadi vati*. *Snehana Karma* with *til tail* for nourishment of *Shleshaka Kapha* to stimulate the sensory nerve endings and give strength to the facial muscles^[13]. *Swedana* before *Nasya* and *Shirodhara* for increasing blood circulation to the peripheral arterioles which help for fast drug absorption. In *Nasya* therapy medicated oil is administered in nostrils, this medicine is reaches to *Shringataka marma* and spreads into all *Srotas* (vessels, nerves) and eliminate the vitiated *Dosha*^[14]. *Nasya* nourishes nervous system by vascular pathway. *Shirodhara* stimulate the sense organs and nerves and relaxes mind, decrease mental exhaustion and control the increased or *Dosha Vrudhi* in the head. *Ekangaveera Rasa* used orally act as *Rasayan*, *Brihan* and *Vishaghna*. *Ashwagandha* is *Balya*, *Brihan*. *Samirpannag* act as *Kaphaghna*, *Margavarodha Nashaka*. Balloon exercise causes decrease the compression of nerve and stimulate nerve^[15].

CONCLUSION

From this case study we concluded that, the *Ayurvedic* management explained in various *Samhita* and classical texts is helpful for release sings and symptom of the disease *Ardita* (facial paralysis) and fast improvement. All treatment like *Pachana*, *Nasya*, *Shirodhara*, *Dhoompana*, oral drugs, helpful for vitiated *Vata* in the body and nourishes sense organs and relieving the symptoms and sings of *Ardita* (facial paralysis).

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