

**AYURVEDIC MANAGEMENT OF *ARDITA* (BELL'S PALSY): A
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Tantra, Y. M. T. Ayurveda
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Maharashtra, India.**ABSTRACT**

Ardita presenting with palsy of one side of the face that is the most common type of idiopathic infranuclear facial nerve palsy. This is characterised by sudden onset paralysis or weakness of the muscles to one side of the face controlled by the facial nerve. In contemporary science, administration of steroids and multivitamins is the treatment of choice for complete facial palsy. A 44-year-old female diagnosed as *Ardita* was treated with *Anu Taila Nasya*, *Viddhakarma* and oral *Ayurveda* medicines. Total duration of the treatment was fifteen days however significant results observed from day four. Shown almost complete recovery without any concurrent medications. This case is evidence to demonstrate the effectiveness of *Ayurveda* treatment in case of *Ardita* (Bell's palsy) and as a proposition for further research on a greater number of patients.

KEYWORDS: *Ardita*, Bell's Palsy, *Ayurveda*, *Nasya*, *Viddhakarma*.**INTRODUCTION**

Ardita is one among Vataj Nanatmaja vyadhis.^[1] Bell's Palsy is the most common type of idiopathic infranuclear facial nerve palsy presenting with palsy of one side of the face. Infranuclear palsy occurs on the same side as the causative lesion, and the upper part of the face also gets involved. It is a flaccid type of paralysis.^[2] The early effect of Bell's palsy is inability to fully close the mouth and eye on the affected side of the face, causing difficulties in eating and speaking, corneal dryness and erosion, dribbling of saliva from angle of mouth. Later symptoms can include pain around the ear sometimes extending to the back of

head or neck, altered taste, facial spasm, facial contractures, dysfunctional lacrimation and noise intolerance.^[3]

About 71% of patients with Bell's palsy have motor function recovery completely within six months without treatment. It accounts for approximately 60–75% of cases of acute unilateral facial paralysis.^[4] About one-third of patients may have incomplete recovery and residual effect. Among the residual effects include post-paralytic hemi facial spasm, co-contracting muscles, synkinesis, sweating while eating or during physical exertion. The two most common abnormal regeneration patterns are lacrimation of the ipsilateral eye during chewing (crocodile tears) and closure of the ipsilateral eyelid when the jaw opens (jaw-winking). Based upon symptomatology, this manifestation can be compared with *Ardita* in *Ayurveda* are *Vakreekaroti Vakradham* (Deviation of mouth), *Netra Avilam* (Watering from eyes), *Stabdha Netra* (Unable to close the eye), *Vaksanga* (Slurred Speech).^[5] A close resemblance of Bell's palsy and *Ardita* are seen as the symptoms are similar and hence an effort is made to treat Bell's palsy according to the treatment lines of *Ardita*. In contemporary science, administration of steroids, multivitamins, antiviral drug is the treatment of choice for complete facial palsy.^[6] Here is a case where almost complete recovery observed by administering *Anu Taila Nasya* for seven days, *Viddhakarma* along with other internal Ayurvedic medicines.

CASE REPORT

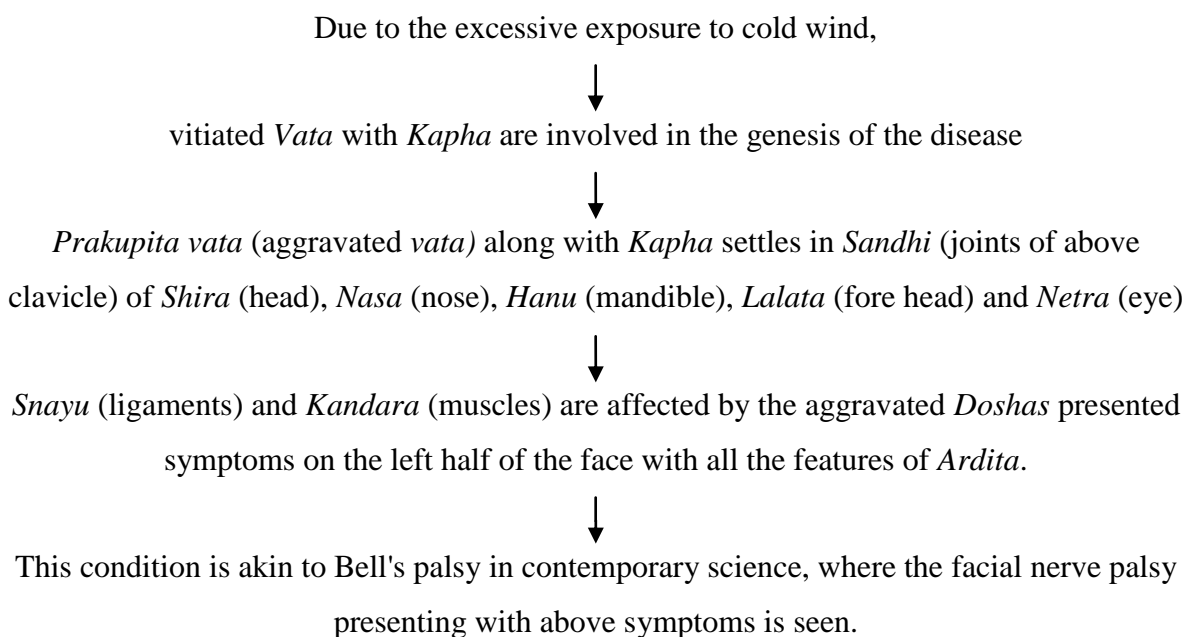
A 44-year-old Female, belonging to housewife, visited to Shalakya ENT OPD with the complaints of deviation of mouth towards right side (*Vakreekaroti Nasa Bhru Lalata Akshi Hanustatha*), dribbling of saliva from mouth, unable to blink (*Stabdha Netram, Ekasya Aksho nemeelanam*), difficulty in chewing food on the left jaw (*Bhojanamiti na samam mukhena khadati*) and tingling sensation of head in the last 1 month. She had a history of excessive exposure to wind before the manifestation. She has under hypertensive medicines in the last 3 years. Started with headache with mild swelling in the lower lid of the left eye. Next day, she had sudden onset of deviation of mouth and weakness on the right side (*Samutkshipteti atitwaritah*). Followed by inactivity of eyelid movement of left eye and difficulty in speech (*Vaak Sanga*). So patient reach to hospital for consultation for *Ayurvedic* treatment.

EXAMINATION

Deviation of mouth towards right side observed on clenching of the teeth. Mouth deviated on right side and leakage of air through the left angle of mouth observed on an act of filling of

air in mouth. Complete closure of left eye was not possible and unable to raise the left eye brow with absent wrinkles on left side of the forehead, indicating the affected motor function of the facial nerve, however the sensory functions were unaffected.

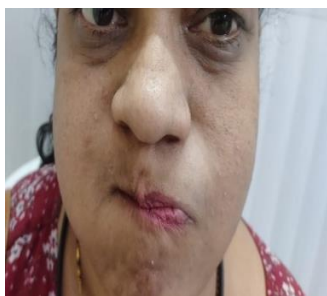
PATHOGENESIS



TREATMENT

Table 1.

Sr.no.	Formulation	Duration
	Local- 2/12/2024	
1.	<i>Sthanik snehan- Tila Taila</i>	10 min for 7 days
2.	<i>Sthanik swedan (Mrudu Nadi Sweda)</i>	10 min for 7 days
3.	<i>Nasya- Anu Taila</i>	8 drops each nostril for 15 days
4.	<i>Gandush- lukewarm Tila Taila</i>	15 days
	Oral	
1.	Cap Palsineuron	1 capsule BD for 15 days
2.	<i>Dhandhanyadi kashay</i>	3 tsp with lukewarm water for 15 days
	Pathya: <i>Ksheerasarpi Bhojana</i>	
	Apathya: <i>Sheetambu, Rookshanna, Kathina Bhakshya, Ucha Bhaashya</i>	

BEFORE TREATMENT

1. Absent wrinkle folds 2. Air blowing negative 3. Deviation of mouth towards right

Corneal dryness assessment (Schirmer Test)**Table 2**

Date	Schirmer test
2/12/2024	Right eye- 8mm, left eye- 2mm
10/12/2024	Right eye- 10mm, left eye- 6mm

**TREATMENT PROTOCOL**

Nasya with Anu Taila

Viddhakarma at Sthapani, Aavarta, Apanga Pradesh

AFTER TREATMENT**1. Air blowing present****2. Complete closure of eyelid****3. Wrinkle Folds present****DISCUSSION**

In *Ayurveda*, Bell's palsy can be correlated to *Ardita*. Even though this condition is gradually resolves over time needs proper and timely administration of intervention to prevent irreversible changes. Hence, in conventional therapy, steroid and multivitamin administration as early as possible is considered as the line of treatment. In the current case; treating Bell's palsy without steroid treatment yielded complete recovery within fifteen days of treatment.

While discussing the causative factors for *Vata Vyadhi*, excessive exposure to cold wind is considered as one of the causative factors in the vitiation of *Vata* that was evidenced in the present case.

TREATMENT PRINCIPLE AND RATIONALE OF TREATMENT

Association of *Vata* with *Kapha* in this disease, the *Vata Kaphahara chikitsa* is to be adopted. *Navana Nasya* (putting medicated oil drops in the nostrils), *Moordhni Taila* (different modalities of treatment of putting medicated oil over the head), *Tarpana chikitsa* (putting medicated oil over the eyes), *Nadisweda* (fomentations to face through the tubular structures), *Upanaha* (application of paste prepared of medicines to head) and *Anoopa Mamsa Sevana* (consumption of meat of animals residing in Marshy area) is the line of treatment mentioned for *Ardita*.^[7] Based on this, the *Anu Taila Navana Nasya* and *Sthanika Nadi Sweda* have been adopted to remove *Urdhwajatrugata Doshas*. To subside the remaining *Doshas*, oral medications combating *Vata* and *Kapha Dosha* have been selected. *Ashwagandha*, *Yashtimadhu*, *Jatamansi* are observed to have beneficial effects on nervous system as neuritic regeneration and synaptic reconstruction, used as internal medication.^[8,9,10]

Dhandhanyadi Kashaya is considered to be quick control over the *Vata* and *Kapha Shamana* in *Vegavastha* of *Vyadhi*.^[11] Possibly, a combination of all these formulations helped in breaking the pathology at different levels.

CONCLUSION

Navana Nasya with *Anu Taila* followed by *Viddhakarma* and oral medicines in the treatment of Bell's Palsy (*Ardita*) has provided significant improvement in this case. No conventional drugs were used during the course of treatment. Moreover, the internal medicines opted; maintained diet is having additional effect in relieving the signs and symptoms. It is helpful for restoration of facial nerve function.

The success in managing the case of *Ardita* not only speaks to the efficacy of the interventions but also opens avenues for further research into the role of Ayurveda in complex neurological conditions. Documentation of such cases will contribute to establishing Ayurveda as a valuable and complementary system in the broader healthcare landscape.

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