

AN ETIOPATHOLOGICAL STUDY OF ARDITA: A REVIEW

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➤ ABSTRACT

Ardita has been enlisted amongst the 80 types of Nanatmaja Vata Vyadhi and considered in almost all ayurvedic literature under Vata Vyadhi. Shira is considered as the Uttamanga where Prana and all Indriyas resides. When Vata is aggravated it destroys the function of the Indriyas, the aggravated Vata causes the disease Ardita which leads to the symptoms like Ardhmukha Jivha, Nasa, Bhru, Akshi, Latata, Hanu vakrata etc. Ardita has been mentioned as both an independent disease where functioning of Vata is hampered or can be a Nidana or Upadrava arising due to suppression of the urge of sneeze. Therefore it can be occurring due to Vegadharana along with Vata prakopa aahara vihara. They may lead to vitiation of Vata situated at Murdha either directly or indirectly. According to modern science, It can be correlated with Facial Palsy which is a condition that causes sudden weakness in the muscles on one side of the face.

KEYWORDS: Ardita, facial palsy, vata, vata vyadhi.

➤ INTRODUCTION

Ardita is characterized by symptoms like Ardha Mukha Vakrata.

अर्दयति पीडयति इति अर्दितः

Prevalance - World wide statistical indicate a frequency of about 0.2% of the population.

The incidence in India is 20-30 cases for every 10000.

- *As per Acharya Charaka and Vagbhatta Ardita is localized in half of the face with or without the involvement of the body. Vagbhatta also give the synonym 'Ekayama' for the Ardita.*
- *Facial palsy involves the paralysis of any structures innervated by the facial nerve. Facial palsy is weakness of the facial muscles, resulting from permanent or temporary damage of the facial nerve. Due to long and intricate pathway of the facial nerve, there are a number of causes that may result in facial nerve paralysis. Facial nerve is the 2nd brachial arch. It is mixed type of nerve and it contains sensory, motor and parasympathetic nucleus.*
- *Facial paralysis happens when there is damage or swelling of Facial Nerve (7th cranial Nerve) or when something interrupts the nerve signals between the brain and the muscles in the face.*
- *It is an idiopathic disease which has an acute onset, lower motor neuron facial weakness, symptom of several health conditions including Bells Palsy, Stroke, Neurosarcoidosis and brain tumor, certain viral infections like Herpes Zoster, Cytomegalovirus infections, German measles, Mumps, Flu and hence it should be diagnosed and treated early.*
- *Due to this patient may be unable to move the face and might not be able to close the eye affected side. Therefore, the person faces difficulty in daily work.*
- *The main reason people get affected to this disease are mental stress, among youths unemployment, addictions, insomnia, excessive consumptions of aerated drinks, disturbed lifestyle etc. And vatavridhi.*

Nidana panchaka of ardita

nidana of ardita

Acharya Charaka has quoted vatavyadhi nidana as the nidana of Ardita and also specifies Nidana at Shiroroga adhyaya in Siddhi sthana which can also considered as Ardita Nidana as the Shiraa is the adhisthana of the vyadhi Ardita.

In Siddhi sthana, it is clearly mentioned that Ardita will occur while head got abhihat or injured. (Charak Siddhi 9)

As it says, if head is afflicted; stiffness of carotid regions, facial paralysis, rolling of eye balls, mental confusion, cramps, loss of movement, cough, dyspnoea, lock jaw, muteness,

stammering, ptosis, quivering of cheeks, yawning, salivation, loss of voice, crookedness of face etc, arises.

In the context of Navegandharaneeya Adhyaay, Charaka has mentioned Ardita as one among the complications arising due to the suppression of the urge of sneeze. (Charak Sutra 7/16)

Whereas, Vriddha Vagbhatta mentioned Ardita as a complication of panchkarma.

He stated that Ardita may occur due to complication of Nasyakarma if it is performed immediately after headbath. (Ashtang Sangrah 19)

In Vatavyadhi chikitsa, Charaka has mentioned Nidana of Ardita as:

When excessively aggravated Vata afflicts half of the body, then it dries up the blood, and causes excessive contraction of the arm, foot and knee of that part.

Chakrapani has commented the word “Ativridha” stated “Ativridha Grahanena Vayorbalavataprakopamah” (अतिवृद्धग्रहणेन वायोर्बलवत्प्रकोपमाह)

According to Sushruta (Su. Nidaan 1/68-69)

As Sushrut says;

- *Garbhini, Prasuta stree, balak, vriddha evum ksheena purush asrika kshaye (The pregnant women, woman after delivery, children, old age person, the debilitated others having loss of blood)*
- *Ucchai vyaaharte (Shouting loudly)*
- *Atyarth khadat kathinani (Eats hard food or things)*
- *Ati hasana (Excessive laugh)*
- *Ati jrimbha (Excessive yawning)*
- *Ati bharavahana (Carry heavy weights on head)*
- *Vishama shyana (Adopt improper postures in sleeping etc.)*

Acharya madhavkara has also mentioned nidana similar as per the Charaka. (Madhav Nidan Vatavyadhi /44)

In Ashtanga Hridaya, nidana of Ardita are as follows: (A. H. Ni 5/32)

Carrying heavy loads on the head, too much of laughing and talking, sneezing, keeping the head in irregular positions, bending a very hard bow, using an uneven pillow, chewing very hard materials and such others activities cause aggravation of vata.

Yogratnakar further contributed some more etiological factors as: (Y.R. Vatavyadhi Ni. 3/5).

- *Abhighata (Due to injury)*
- *Diwaswaap (Sleeping too much during the day)*
- *Jivha nirlekhana (Sticking out the tongue too much)*
- *Vranapaakata kara (Getting wounds on the face, blows of hands etc, due to slapping)*
- *Siravyadhana*
- *Marma sandaana (Piercing of vital spots)*
- *Netram Karna nasa vigharshanata (Friction of eyes, ears and nose etc)*
- *Madhya aasava paan (Drinking strong-smelling liquor or alcoholic drinks)*
- *Vega nigrahana (Holding on to the force of urination and stool or any other vega)*

No any direct description of purvarupa of Ardita is found in Ayurvedic literature.

Acharya Charak has concluded purvarupa of common vatavyadhi as

अव्यक्तं लक्षणं तेषां पूर्वरूपमिति स्मृतम्॥ १९॥ (Ch. Chi. 28/19)

The unmanifested symptoms of these disorders are known as purvarupa.

Due to chala and ashukari guna of Vata, samanya purvarupa are not seen in vatavyadhi but vishishta purvarupa are visible.

Only Acharya Sushruta has described the following purvarupa of Ardita which is as follows:

- ❖ *Romharsha (Horripilation),*
- ❖ *Vepathu (Tremors),*
- ❖ *Netra aavilta (Lacrimation of eye or fullness of eyes),*
- ❖ *Vayu urdhvata (Eructation),*
- ❖ *Twachi swapta (Loss of sensation of skin/numbness),*
- ❖ *Toda (Tingling sensation),*
- ❖ *Manya Hanugraha (Neck rigidity, Lock jaw)*

Bhavprakash and Yogratnakara also mentioned the same Purvarupa as per Sushruta.

Rupa of ardita

According to different Acharyas; rupa of Ardita are as follows:

As per charaka; (Ch. Chi. 28/40-41)

- *Vakram aasya bhojane* (The food goes in the mouth in the crooked way)
- *Vakra nasika* (The nose is crooked),
- *Stabdha Netra* (Eyes stiffened)
- *Kshavthu nigrihate* (Sneezing is suppressed in spite of impulse)
- *Deena jimha* (Tongue when raised gets curved)
- *Samutkshipta kala aasya vaka* (Voice becomes feeble and impeded)
- *Danta chalati* (Teeth becomes loose)
- *Badhyate Shravana* (Hearing is defecient)
- *Swara abhiyadte* (Voice is broken)
- *Pada, hasta, Akshi, jangha, uru, shankh, ganda ruka* (There is pain in his feet, hands, eyes, calves, thighs, temples, ears and cheeks)

Whereas Vagbhatta said: (Ashtang Sangraha ch15/ 36-38)

- *Mukha vakrata* (Unilateral facial paralysis)
- *Netra, Lalata, Aushtha, Jivha vakrata* (Drooping of muscles of eyes, forehead, lip and tongue on the affected side)
- *Shirah Kampa* (Tremors of the head, involuntary movements of head)
- *Vaksanga* (Aphonia)
- *Stabdhanetrata* (Immobilization of eyes)
- *Dantachaal* (Friction of teeth)
- *Swarabhransha* (Hoarseness of voice)
- *Shrutihaani* (Deafness)
- *Kshavagraha* (Difficulty in sneezing)
- *Gandha agyaanta* (Anosmia)
- *Smriti moha* (Decreased memory)
- *Traasa suptata* (fear)
- *Nishthiva, Anna evum Jala* (Dribbling of salivation, water and food)
- *Jatru urdhva ruja* (pain in the upper or lower part of the neck)

Acc to madhavkara: (Madhav Nidana Vatavyadhi 22/44-46)

- *Vaktrardha* (Angles of the mouth droop)

- *Griva apvartarte* (Neck is turned outwards)
- *Shirah chalati* (Shaking of the head)
- *Vaksanga* (Inability to talk)
- *Netradinaam cha vaikritam*,
- *Griva, chibuk danta parshve vedana* (Abnormalities of movement of the eyes neck, chin and jaws associated with pain).

Sushruta has mentioned Ardita as limited to face or upper part of the body. Madhavnidan and Bhavaprakash followed the same.

Charaka and others have included Sharirardha in it. Specifically, Driddhbala has commented that: (Ch. Chi. 28/42). This condition, whether it occurs in association with paralysis in either one-half of the body or in half of the face is called Ardita Vagbhatta has said the word 'ekayama' for the disease Ardita.

Harita also followed the description given by Sushruta but Shosha, Shirovyatha and Dantashula are included in the symptoms of Vataja Ardita (Ha.S. Trutiyashtana 23)

Bhela has quoted 'Shleshmopastabdha' type of Ardita with Roopa likewise Manya, Murdhani, Griva, Shopha, Mookata, Nidraparitata, Kanthanishvasa, Lalaparitata etc. (Bh.S.Ch.12/10-11)

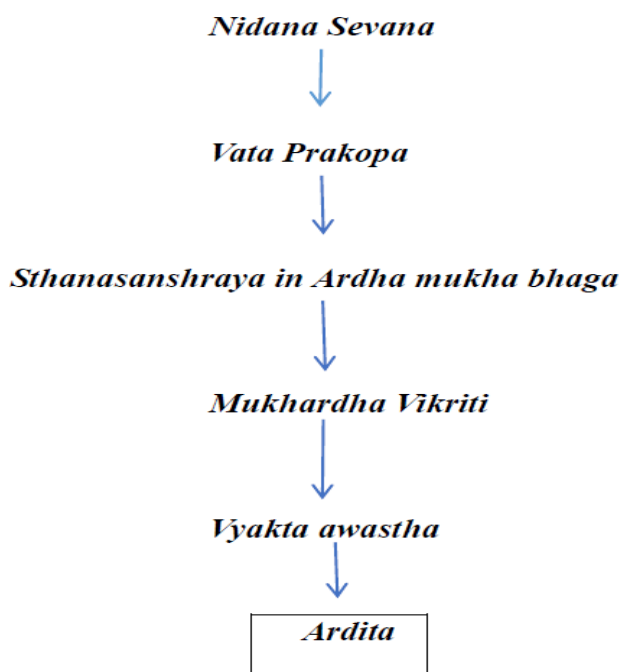
Acharya Yogratinakar has given the types of Ardita as:-

Vataja ardita: *Lalastrava* (Excessive salivation), *Kampa* (Tremors), *Hanugraha* (Lock jaw), *Austha shavthu* (Swelling in lips), *Shoolam* (Pain)

Pittaja ardita: *Jwara* (Fever) *Peeta aasya* (Yellowish face discoloration), *Trishna* (thirst), *Murccha* (Faint), *Dhoopana* (Ushnta in body)

Kaphaja ardita: *Ganda, shira, manya shopha* (Inflammation in head, neck and cheeks), *Stambha* (Stiffness)

Vangsenas has also similarly mentioned the rupa of Vataja, Pittaja and Kaphaja Ardita, but he added another type i.e. Mishrita Ardita which includes lakshanas of all the doshas.

Samprapti of ardita***Samprapti of ardita***

Dosha – Vata pradhan tridosha

Dushya – Rasa, Rakta, Mamsa

Srotas – Rasa, Rakta, Mamsavaha

Srotodushti – Sanga, Vimargaman

Udbhava sthana – Pakvashaya

Adhisthana – Sira, Indriya

Vyaktha sthana – Mukhardha

Roga marga – Madhyam roga marga

Sadhyasadyata of ardita

Ardita is one among Vata Vyadhi.

Vata Vyadhi is included under the heading of Maharoga according to Sushruta and Vagbhata.

All the Maharogas are Dushchikitsya by nature (S.S.Su.33/4; A.H.Ni.8/30), so Ardita is also considered as Dushchikitsya.

Charaka also mentioned that Vatavyadhi does not yield to any treatment. When there is Bala and Mamsa Kshaya. (Ch.In.9/88-90) Only Sushruta has mentioned the Sadhyasadyata of

Ardita in Nidanasthana where he stated that Kshina, Animishakshi, Prasakta-Avyaktabhasi and after passed three year of Ardita is incurable.

Treatment of ardita

Samshodhana chikitsa: *Eradicating the aggravated doshas from the body through methods like vamana, virechana etc is Shodhana Chikitsa.*

Chikitsa sutra for ardita

A stronger (Balvaan) and sadhana sampanna patient suffering from Ardita should be treated according to the treatment method of Vatavyadhi, and should be specially treated with the help of Mashtikshya (Shirobasti Vishesh), Shirobasti, Nasya, Dhoom, Upanaha, Sneha and Nadisveda.

According to Charak, (Charak Chikitsa 28/99): In facial paralysis, naavana nasya, murdhani taila, tarpana, nadi swed and upnaaha with aanupa mansa are beneficial.

In (Ashtang Hridaya Chi 21/43), In case of Ardita, repeated use of nasya with tikshna drugs, murdhani taila, shrota netra tarpana, if there is swelling in Ardita, make the patient vomit. If there is burning sensation (daha) and redness then get Siravedhana should be done several times till it gets cured, along with this Vata Dosha is also cured.

In case of Ardita disease, after giving Basti Karma, Abhyanga, Nasya and Sweda, eat food with ghee, this cures Ardita disease.

In vangsenā vatavyadhi: In case of Ardita disease, firstly drinking sneha, nasya, vata-nashaka food, upanaha, swedana and bastikarma, all these are beneficial.

Acharya Vangsenā and Acharya Bhavprakash has described treatment according to its bheda (types):

Vataja ardita

In case of vataja vikara, drink milk with the decoction of Dashmool or matulunga rasa, or with the juice of Bala or with the decoction of Panchmool.

Ingesting medicated oil or ghee, nasal administration of oil, foods that can pacify Vāta dosa hot fomentations (upnaaha) and navana nasya by way of Sirovasti and consuming milk prepared either with the decoction of Daśamūla or roots of Matulunga or Balā or Pañcamūla are ideal in Vataja type of Ardita.

Maansa grinded well with ghee, cooked and eaten along with navneet is also ideal. Cooked rice may be taken is along with milk or meat and decoction of Daśamūla is given in.

Pittaja ardita

In case of Pittaja type of Ardita, boiled and cooled oil or ghee are given. Ghee with milk or milk alone may be utilized for Sirovasti.

In Ardita disease, the face of the patient has become crooked. And if he becomes mute(muka) and has a burning sensation, then treat him with Vaataja-Pittaja treatment.

He should be given rechana karya with pitta nashaka i.e. Nasya with tikshna aushadhs and purana ghrita paan should be given through the nostrils.

*In case of **Kaphaja kshaya**, brimhann should be done.*

*If **shotha** involvement is there, vamana should be advised.*

*If **Daha** is involved, raktamokshana should be done at head region.*

➤ **Sanshaman chikitsa:** Shamana therapy is an important aspect of the treatment.

Shamana Chikitsa is recommended after completing the Shodhana Karma to alleviate the residual Doshas.

Some of the formulations indicated in Ardita are as follows

- *Ksheera taila (Sushruta Chikitsa 5)*
- *Ashtadashanga masha taila (Chakradutta 22)*
- *Mahamasha taila (Chakradutta 22)*
- *Dashmooladya Taila: Using this taila as Nasya, Paan, Abhyanga and Anuvasana Basti, Ardita is cured. (Vangsenā 60/570)*
- *Drinking urad pithi with navneet, milk with meat juice or only decoction of Dashmoola, all these are beneficial in Ardita disease.*
- *Bhringrajadi Nasya (Basavrajyām)*
- *Kashmaryadi Nasya (Basavrajyām)*
- *Mashabaladi Kwatha (Chakradutta 22)*
- *Swalpa Rasonapinda (Chakradutta 22)*
- *Chagaladya ghrita (Chakradutta 22)*

According to Bhavprakash, If a person suffering from Ardita disease is fed 3 gm of garlic clove mixed with 12 gm of butter, Ardita is destroyed within a few days just as a cloud group is destroyed by wind.

Whereas, Vangsen stated Eating garlic paste mixed with sesame oil destroys the disease quickly, just as clouds are destroyed by the speed of wind.

➤ **Nidana parivarjana**

It refers to avoid Aharaja (dietetics), Viharaja (lifestyle) and Mansika (mental factors) etiological factors. The causative factors leading to the disease and the disease which gets manifested without the process being initiated by the Nidana or causative factors.

All the drugs used in Vatavyadhi chikitsa should be done in Ardita.

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