

MANAGEMENT OF ARDITA WITH SPECIAL REFERENCE TO BELL'S PALSY –A CASE STUDY

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ABSTRACT

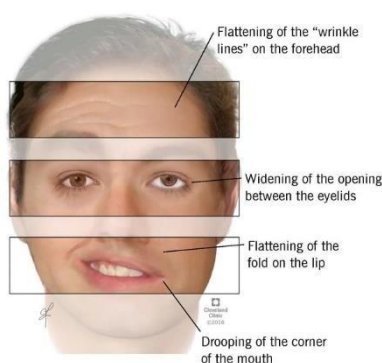
Introduction: *Ardit* is one among the vataja nanatmaja vikara where the deviation of face is main feature. The causes for ardit are carrying heavy weight on head, excessive laughing, shouting loudly, eating hard foods and exposure to cold weather. When a person expose the causes, the vaat dosha get aggravated at take sthansanshraya in head, nose, lips, chin, forehead, eyes. Aggravated vaat dosha causes sankochata of organs and lead to Ardit roga. The sign & symptoms of ardit are *Mukhavakrata* (deviation of mouth at one side), *sira chalati* (tremous of the head) *vakasanga* (speech impairment) *vaikrata netra* (inability of closure of eyes). This symptoms are related with Bell's Palsy. **Methodology:** A 15-year old male child presented with sudden onset of left side deviation of mouth, difficulty in closure of right upper eyelid, watering from right eye, Running nose & cough since 2 days.

By sign and symptoms it is diagnosed as *Ardita* and managed in out patient department – based panchakarma treatment at Shri Ayurved Mahavidyalaya Nagpur. The treatment is given for *ardit roga* i.e nasya, snehan with *bala tail*, *kukutanda* Sweden, vidhhakarma for 7 days along with oral medicine. Patient was assessed both before and after treatment. **Result:** Improvement was marked on the basis of House-Brackmann scale, continuous lacrimation from right eye were completely stopped. After 7 days of treatment, the scale was reduced from IV to III and then II, I respectively. **Conclusion:** Patient is managed with the panchakarma procedure such as snehan, Sweden, nasya with oral medications and viddhakarma. After completion of treatment significant improvement was noticed in the sign and symptoms of the patient.

KEYWORDS: *Ardita*, Bell's palsy, Nasya, kukutanda Sweden, viddhakarma.

INTRODUCTION

Ardit is one among the vataja nanatmaja vikara where the deviation of face is main feature.^[1] The causes for ardit are carrying heavy weight on head, excessive laughing, shouting loudly, eating hard foods and exposure to cold weather.^[2] According to modern classic causes are viral infection, trauma, infection to parotid gland. Bell's Palsy is the paralysis of facial nerve which affects the movement of facial muscles. Bell's Palsy has an incidence of 11- 40 cases per 1,00,000 population per year at all ages from infancy to adolescence.^[3]



METHDOLOGY

Case Study: A 15-year old male child presented on 20/02/2023 with sudden onset of

- ❖ left side deviation of mouth
- ❖ difficulty in closure of right upper eyelid
- ❖ watering from right eye,
- ❖ numbness over right side of the face
- ❖ Running nose & cough since 4 days associated with mild fever since 1 day.

Patient consulted allopathy doctors and received medication for 5 days but no relief found.

General Health of patient was good.

Past History: H/o URTI since 7- 8 days

H/o medication for 5 days (17/2/23) cap Rabson 1 BD, Tab Azee 500 1 OD

Tab Nimtech 100 1HS, syp Rapitus 10 ml TDS

Local Examination

Deviation of mouth towards left side

Incomplete closure of right upper eyelid

Lacrimation from right eye

Examination of facial nerves

1. Motor functioning testing

Instruction	Response of patient	Muscle tested
1. Patient asked to wrinkled(fold) on his face	He was unable to fold his forehead on the right side	Occipitofrontalis
2. Patient asked to closed his right eye	Unable to close his right eye completely	Orbicularis oculi
3. Patient asked to smile	Deviation of angle of mouth towards left side	Zygomatic major, levator anguli oris, Depressor anguli oris,
4. Patient asked to blowing air in mouth	Unable to blowing mouth, air escaped from right side	Orbicularis oris, Buccinator

2. Sensory motor testing

No loss of taste on the anterior 2/3rd of tongue on either side

3. Reflexes

Corneal reflex – partial blinking of right eye (Diminished on the right side)

TREATMENT PROTOCOL

Internal medication for 30 days

Drug	Dose	Anupana	Duration
1.Cap. Palsineuron	1 tab qid	Lukewarm water	7 days
2. chandramrut ras +sitopaladi churna + sunthi churna	3 tab/day + 3 gm/day +1.5 gm/day	Honey	7 days
3.Dashmularistha	15 ml BD	Lukewarm water	7days
4.Tab AargwadhaKapila	2	Lukewarm water	7days
5. Opthocare eye drop	2 drops		7 days

External medication for 21 days

Panchakarma	Drugs
1.Abhyanga (sthanik- mukha)	Bala Tail
2.Kukutanda pinda swedan (mukha)	Dashmula churna,Sunthi churna, Lahasun, egg
3. Nasya	Anutail
4. Karnapuran	Katutail

Vidhhakarma: Apanga, Lalata, bhrumadhya, upnasika

RESULTS

After 7 days there is significant improvement from the symptoms. After follow up on 30th day there is complete relief in symptoms of disease (fig. 1 & 2)

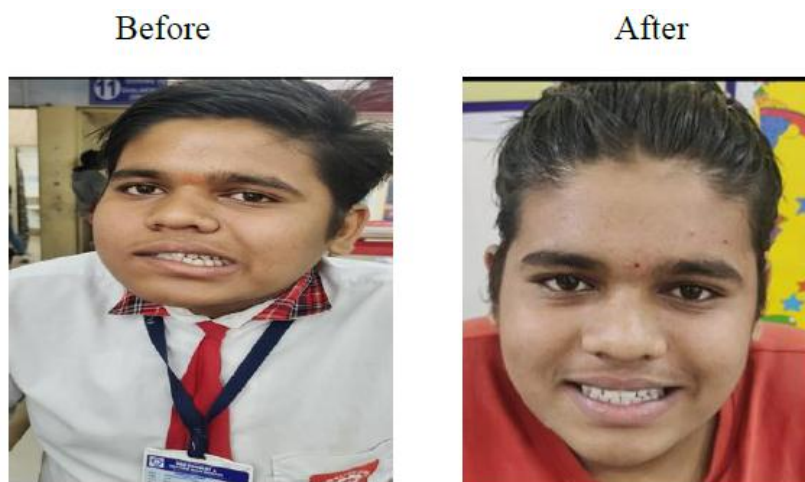
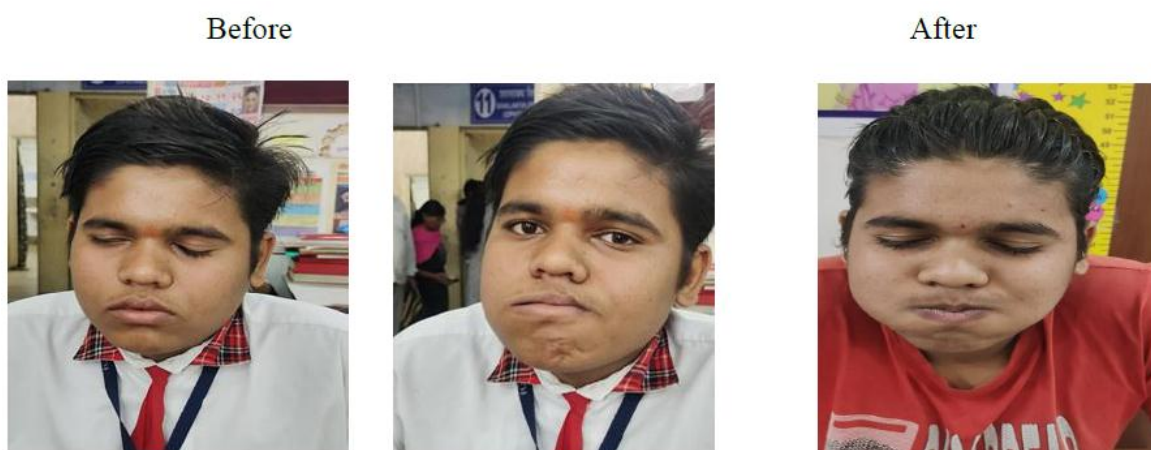


Fig.1



House & Brackmann Grading was used to access the facial nerve functions

Parameters	Grading		BT	AT	Relief
1. Deviation of angle of mouth to left side	Normal Function	1	4	1	100 %
	Slight asymmetry or weakness of mouth movement	2			
	Slightly weak with max efforts	3			
	Asymmetry of mouth with maximum effort	4			
	Slight mouth movement	5			
	No facial movement	6			

Parameters	Grading		BT	AT	Relief
2. Inability to close the right eye completely	Normal facial function in all areas	1	4	2	90 %
	Complete eye closure with minimum efforts	2			
	Complete eye closure with efforts	3			
	Incomplete eye closure	4			
	Barely perceptible eyelid movement	5			
	No movement	6			

Parameters	Grading	BT	AT	Relief
3. Unable to wrinkle his forehead on the right side	Normal facial function	1	3	1
	Slight weakness to good function of forehead	2		
	Slight to moderate movement of forehead	3		
	Weakness or disfiguring movement	4		
	Barely perceptible movement	5		
	No facial movement	6		
			1	100 %

DISCUSSION

In ayurveda the above condition is called arditā means loss of function of facial muscles. This is vata vikar because vata is a dosha which controls the motor and sensory activities of the body mainly the brain function. Considering the nidān and lakshana it was due to vata and kapha dosha.

अर्दिते नावनं मूर्ध्नि तैलं तर्पणमेव च। नाडीस्वेदोपनाहाश्चाप्यानूपपिशितैर्हिताः ॥ च.चि. २८/९६^[4]

स्नेहपानानि नस्यं च भोज्यान्यनिलहन्ति च। उपनाहाश्च शस्यन्ते स्वेदनं च तथार्दितः ॥ नि. रत्नाकर

According to above chikitsa śidhānt of ardit, patient was treated with panchakarma procedure like nasya, bahyasnehan, upanaha and *vataghna bhojan*.

Mode of action of panchakarma procedure and internal medication

1) Abhyanga with Bala tail^[5]

Abhyanga corrects disorder caused by vata dosha and bala is useful to regenerate nerves.

2) Kukutanda pinda swedan

Bhavprakash has mentioned kukutanda pinda swedan in vatavyadhi adhikara as a form of snigdha pinda swed. Pinda swedan is highly effective in painful condition caused due to vata-kapha dosha. kukutanda swedan has Brimhana and snigdha guna which increases the localized circulation.

3) Nasya

Nasya is the prime line of management in urdhwajatrugata as it is said by āchārya vāgbhata (Nasya hi sirasodwaram)^[6] and to decrease vata dosha. Anutail is used which has Bruhana & vatahara property so it reduces the symptoms of disease.

4) Karnapurāṇa

It nourishes and stimulates the nerve endings, sense organs. It controls vitiated dosha in head.

5) Cap. Palsineuron^[7]

It consist Mahavatavidhwanasa rasa that activates neuromuscular communication. Sameer pannag regulates blood circulation in affected areas. Ekangaveer ras promotes healing of damaged nerves and blood vessels.

6) Dashmularistha^[8]

It has power of revitalizing the body, vata balanced properties and analgesic property.

7) Vidhhakarma

It is a procedure mentioned in sushruta Samhita. Vidhhakarma works over tridosha and rakta. It open entrapped vayu in pathology of disease. Same as in ardita it relives pain and obstruction due to abnormality of facial nerves.

CONCLUSION

The treatment adopted here are having the properties of vatahara, santarpaniya chikitsa. All threapies like nasya, karnapurana, snehan, kukutanda swedan pacify the vitiated vata in body and provide nourishment to sense organs.

The treatment improves the blood circulation, improves motor functions by stimulating and strengthening the facial nerves and muscles.

In this case study patient got 100 % relief.

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