



ABHYANGA, NASYA AND RASA AUSHADHIS : A SILVER LINING IN THE MANAGEMENT OF ARDITA (FACIAL PARALYSIS): A CASE REPORT

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ABSTRACT Ayurveda is the ancient system of medicine and the holistic blueprint for maintaining good health, contentment, peace, and tranquility. In present scenario the prevalence of Vatavyadhi (neurological disorder) such as Pakshaghata (hemiplegia), gridhrasi (sciatica), Ardita (facial palsy) has been increased due to stressful lifestyle. There are 80 types of vataja nanatmaja vata vyadhi in ayurveda, Ardita is considered as one of them. Ardita is characterized by Mukhardha bakrata in which there is deviation or crookedness leading to deformity of one side of the face. Based on clinical symptomatology Ardita can be correlated with Bell's palsy. It is the neurological condition that causes sudden onset of weakness of muscle to oneside of the face which includes facial nerve (7th cranial nerve). The present case deals with 64yr old man diagnosed with Ardita which is already admitted in our IPD after complaint of knee joint pain. During the treatment, presenting symptoms included with complaints of deviation of mouth, improper closure of eye, speech impairment and dribbling of saliva on oneside. According to sign and symptoms he was diagnosed with Ardita and treated with sthanika snehana (massage therapy), sthanika swedana (localised steam), and nasya karma and murdhni taila along with oral Ayurvedic samana ousadhis effectively alleviated the Ardita symptoms. A significant relief from all the symptoms was observed within a two week period, demonstrating the efficacy of the Ayurvedic approach in managing neurological conditions.

KEYWORDS : Ardita, Bell's palsy, House Brackmann grading for facial function Nasya, Murdhni taila

INTRODUCTION

Ardita has been included in the "Aseeti Vata Vikaras" by charak and Vagbhata in their respective samhita Granthas. As it is a vata vyadhi caused either due to dhatu kshaya or vayu avaran.^[1] It appears that in view of the pathology occurring in the "SIRAS", Ardita has been enumerated under sirarogas. The etiological factors include speaking a loud, eating hard food stuff, excessive laughing, carrying heavy loads on the head, sleeping in uncomfortable postures which causes aggravation of vata.^[2] When vayu aggravated severely affects one half of the body, it dries up the blood, hand, leg and knee and produces contracture in that half. Consequently face and also nose, eyebrows, forehead, eyes and jaws get crooked. Thus the morsel of food goes in the mouth in crooked way, the nose is crooked, eye stiffened and sneezing is suppressed in spite of impulse. Tongue when raised becomes curved, voice become feeble and impeded, teeth become loose, hearing is deficient and voice is hoarse. There is pain in foot, hand, eye, shank, thigh, temple, ear and cheek. The disease is localised either in one half of the body or in one half of the face. This is known as "Ardita".^[3] The specific lakshanas of Ardita vata are mukha-vakrata, Greeva vakrata, Sira kampa, Vak sanga, Vaikruta netradi, Greeva chibuka danta parshwa vedana.^[4] Bell's palsy can be correlated to Ardita. Annual incidence of Bell's palsy varies in different parts of the world, with estimates varying between 11 and 40 per 100,000 people being reported.^[5]

One of the most common causes of facial weakness is Bell's palsy, a lower motor neuron lesion of the facial nerve. It is more common in patients with diabetes, immunosuppressant, and hypertension.^[6] It is characterized by the sudden weakness in the muscle of one half of the face due to inflammation or compression of facial nerve which is commonly unilateral. As it is a lower motor neuron disorder, LMNs are located in an anterior grey column, anterior nerve root or the cranial nerve nuclei of the brain stem. The first symptom is often an ache in the region of stylomastoid foramen, then the deviation of face, inability to close the eye of the affected site while trying to rolls it up, disturbance of taste on the anterior 2/3rd of the tongue, drooling of saliva etc.^[7] The oral medications prescribed for patients of facial palsy are steroids, which in turn causes severe side effects. In Ayurveda, the special line of treatment for Ardita vata includes Navanam, Murdha taila, Nadi Sweda, Upanaha, Srotra Akshi Tarpanam, Sira vedana,

Vamana are advised in daha and sophra respectively. In facial paralysis snuffing, head oil, saturation, tubular fomentation and poultices with meat of marshy animals are beneficial.^[8] This management provides strength to facial muscles, strengthens the nerves, improve the blood circulation and there will not be any recurrence of the disease.

Case History

A 64 yr old male patient with Cr No: - A58290 came to Government Ayurvedic College & Hospital, Patna, Bihar in Kayachikitsa opd with C/O weakness in right limb, B/L knee joint pain, unable to walk, indigestion, irregular bowel evacuations, diagnosed with Sandhivata. During this treatment, when he woke up from the bed, noticed a weakness in right side of face, deviation of angle of mouth towards left side, drooling of saliva from right side, inability to close the right eye and speech difficulty along with difficulty in chewing and holding water in the mouth.

Examination

On facial nerve examination, the patient cannot close his right eye, blowing of cheeks is difficult, while clenching the teeth asymmetry of face is seen, corneal reflex in right eye is absent, Bell's phenomenon is observed over the right eye.

Diagnosis

Diagnosis was done clinically with classical symptoms of Ardita like Vakrata, Vaktrardha, swarabhansa, ekasya Akhsnau nimeelana. Bell's palsy was diagnosed by the presence of paralysis on one half of the face.

Assessment Criteria

House - Brackmann Grading For Facial Function.

Score	Remarks	Definition
Grade 1	Normal	Normal facial function in all areas
Grade II	Slight Dysfunction	Gross: slight weakness noticeable on close inspection; may have very slight synkinesis. At Rest: normal symmetry and tone Motion: forehead - moderate to good function; eye - complete closure with minimum effort; mouth - slight asymmetry.

Grade III	Moderate Dysfunction	Gross: obvious but not disfiguring difference between two sides; noticeable but not severe synkinesis, contracture, and/or hemi-facial spasm. At Rest: normal symmetry and tone Motion: forehead - slight to moderate movement; eye - complete closure with effort; mouth - slightly weak with maximum effort
Grade IV	Moderate Severe Dysfunction	Gross: obvious weakness and/or disfiguring asymmetry. At Rest: normal symmetry and tone Motion: forehead - none; eye - incomplete closure; mouth - asymmetric with maximum effort.
Grade V	Severe Dysfunction	Gross: only barely perceptible motion At Rest: asymmetry Motion: forehead - none; eye - incomplete closure; mouth - slight movement
Grade VI	Total Paralysis	No movement

Methodology / Treatment Plan:-

External Medications:-

The treatment for Aridavata described by different Ayurveda scholars are Nasya, Murdhnitaila (application of different oil treatments on head), Tarpana (retention of oil in eye), Karnapurana (retention of oil in ear), and Upanaha (herbal poultice) with internal medications, which pacifies Vatadosha.^[9] Prior to Nasya, Abhyanga and svedana are essential.^[10] Here, ksheerabala taila was used for Sthanika Mukha Abhyanga (Local Massage of Face) followed by Mridu Svedana, as snehana and svedana pacify Vatadosha, which is the main pathological factor involved in the development of Aridavata. After sthanika abhyanga and mridu svedana Navana therapy with Shadbindu taila is continued for 14 days. Nasya with Shadbindu Tail is the prime treatment described for Ardita. There is involvement of head in Ardita as it is the site of all cranial nerves, hence Nasya is considered as the best treatment modality.^[11] Nasya with Shadbindu Tail 4 drops in each nostril and Sthanika Nadi Sweda have been adopted to remove Urdhwajatrugata Dosha. Nasya stimulates olfactory and trigeminal nerve ending present in peripheral surface of mucous membrane and impulses are transmitted to CNS.^[12]

For Moordhnitaila we used Rasnadichoorna with Ksheerabalatila as Talam, which has Vatahara properties, thereby improving the motor functions of the facial nerve.^[13]

Internal Medication

To subside the remaining Doshas, oral medications combating Vata and Kapha Dosha have been selected.

Formulation	Days of treatment administration	Total duration of treatment
Vatagajankusha ras- 125mg Brihatvatichintamani ras- 125mg BD	15 days	15 days
Ashwagandha churna- 5 gm(with luke warm milk) BD	15 days	15 days
Balarista- 15ml BD (with equal amount of water)	15 days	15 days
Nasya Shadbindu taila 4 drops in each nostril	14 days	14 days
Mukha abhyanga with Ksheerabala taila followed by nadi sweda with Dashamoola Kashaya	7days	7days
Murdhni taila with ksheerabala taila with Rasnadi churna	7days	7days

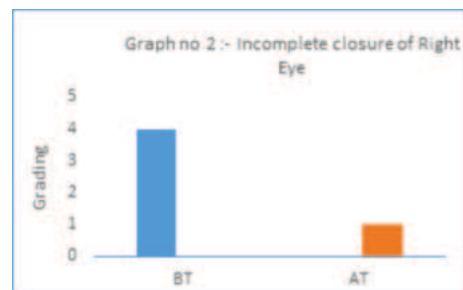
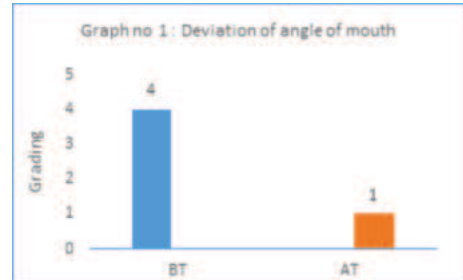
Before Treatment

After 14 days



Assessment Of Symptoms Before & After Therapy

S.No	Symptoms	Before	After
1	Deviation of angle of mouth	Grade IV	Grade 1
2	Incomplete closure of right eye.	Grade IV	Grade 1
3	Drooling of saliva	Present	Absent
4	Nasolabial fold	Loss from Right side of the mouth	Normal
5	Slurred speech	difficulty in pronouncing	Normal



Mode Of Action Of Nasya:-

Acharya Charaka described Nasya as the "Gateway" to Shira.^[19] The drug given through the nose as Nasya enters the deeper tissues of the brain and pacifies Doshas which is responsible for the disease. The drug administered in Nasya is mainly Sneha; i.e. best Vatahamaka. Viscosity of Sneha increases the absorption of the drug by increasing the contact time of the nasal mucosa and lipophilic drugs have better absorptive capacity.^[20] Nasya drug acts on Shringatak Marma which is a congruence of the nerve fibres for smell, taste, speech, vision and hearing sensation.^[21]

RESULT & DISCUSSION

Bell's palsy can be correlated to Ardita. Annual incidence of Bell's palsy varies in different parts of the world, with estimates varying between 11 and 40 per 100,000 people being reported.^[5] Even though this condition is gradually resolves over time, it needs proper management to prevent irreversible changes as there is association of Vata with Kapha, so here Vata Kaphahara Chikitsa is to be adopted. As per Vagbhata and Charaka, Ardita requires a nourishing type of therapy^[14]. 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 Anoopamamsa Sevana (consumption of meat of animals residing in Marshy area) is the line of treatment mentioned for Ardita.^[8] After 15 days of treatment with internal medication there is significant improvement in signs and symptoms of Ardita. This was assessed by House Brackmann facial nerve grading scale which was reduced from grade IV to grade I.^[18]

Vatagajankusha Rasa – It works as Deepan and Pachana improves digestion, valya, rasayan and used in the treatment of the neuromuscular diseases like sciatica, paralysis, arthritis etc..., due to its hotness, it balances vata and kapha doshas and also promotes strength of bones and joints.^[14]

Brihat Vatachintamani Rasa- It is used in the treatment of diseases that are caused by the imbalance of vata dosha such as facial palsy, paralysis, tremors and hemiplegia as it balances vata, pitta.^[15]

Balaarista- Bala (Sida cordifolia) mainly contains ephedrine, an alkaloid which is a CNS stimulant. It increases the activities of

neurotransmitter and improve the functioning.

Ashwagandha Churna - As it relieves stress and anxiety, improves muscle strength, and promotes healthy metabolic endocrine and immune function.

Shadbindu Taila – The ingredients include Eranda, Shatahva, Tagara, Jivanti, Rasna, Yastimadhu, Sunthi, Bhringraj etc. which have katu, tikta rasa, ushna Virya, tikshna-laghu-rukshya guna and vata-kaphahara which helps in relieving the symptoms of Ardita.^[16]

Ksheerabala Taila –It was selected due to Brimhana, Rasayana, indriya prasadana and Vatapitta Samana properties.^[17]

After 15days of treatment with Nasya and murdhni taila along with internal medications, patient showed marked improvement in signs and symptoms of Ardita. Nasya provided highly significant results in complete closing of right eye and in deviation of mouth.

CONCLUSION

Based on the findings of the study, it can be inferred that Ardita, a condition commonly known as Bell's palsy, can be effectively managed through Ayurvedic principles. The treatment protocol includes oral medication, mukha abhyanga (facial massage), mridu swedana (mild sweating) nasya therapy, murdhni taila is particularly and mild exercises. The combined approach of sodhana nasya and murdhni taila is particularly effective in alleviating the vitiated vata dosha in the body and providing nourishment to the sense organs .it is concluded that the Ayurvedic management as described in classical texts significantly relieves the sign and symptoms of Bell's palsy ,thereby enhancing the quality of life for individuals afflicted with this condition notably, no conventional pharmaceutical interventions were employed throughout the treatment course. Furthermore, the oral medications and exercise regimen administered serve as supplementary aids for symptomatic relief.

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