



EFFICACY OF KSHEERBALATAILA NASYA WITH KUKKUTANDA SWEDA IN THE MANAGEMENT OF PARALYTIC LAGOPHTHALMOS – A CASE REPORT

Ayurveda

Dr. Priya Bhardwaj*

Final year PG Scholar, Department of Shalakya Tantra, Shri Ayurved Mahavidyalaya, Nagpur Maharashtra, India. *Corresponding Author

Dr. Govind D. Tundalwar

Associate Professor, Department of Shalakya Tantra, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

ABSTRACT

LAGOPHTHALMOS is one of the conditions of the eyes which causes an inability to actively close the eyelids. The potential causes may be due to the direct trauma to orbicularis oculi muscle or as a sequelae of Facial Nerve palsy (Paralytic lagophthalmos). Treatment involves Supportive management & Surgical Tarsorrhaphy which is not feasible to everyone. If it is left untreated it may lead to severe complications, so Treatment is necessary. In *Ayurveda* it is closely resembles with *VATAHATAVARTMA* which is a *Vataprakopajanya Vyadhi* characterized by restricted movement of eyelids with or without pain. In this present article there is a case report of 57 yr. old male patient who visited *Shalakya Tantra* OPD with complaints of inability to close his left eye properly from 1 month, along with some other symptoms. Even though *vatahatavartma* is a *asadhya* condition it may be significantly treated using *vatahara* line of treatment. *Nasya* is the best method to eliminate and alleviate the vitiated *Doshas* of *Urdhwanga*. So considering all facts *Ksheerbalataila Nasya with Kukkutanda Sweda* has been selected in this present case of Lagophthalmos.

KEYWORDS

Lagophthalmos, Vatahatavartma, Kukkutanda sweda, Ksheerbalataila Nasya

INTRODUCTION:-

Acharya Manu asserts that among five sense organs Eyes are considered as most precious, they are similar to the sun in the sky. Eyelids acts as a curtain to shield the ocular surface and are also responsible for adequate tear film production, tear drainage & for cosmic purpose¹. Lagophthalmos is one of the disorders of the eyelids which is characterized by incomplete or defective closure of the eyelids. It may occur due to the paralysis of orbicularis oculi muscle, due to Facial nerve palsy, contraction of lids from Cicatrization, Marked proptosis, surgical overcorrection of ptosis surgery, symblepharon, in comatose patient. Conjunctival or Corneal xerosis and Exposure Keratitis are the common complications of Lagophthalmos which can leads to blindness also. Treatment is frequent use of Tear substitute, Bandage Contact Lens, Implantable devices and Tarsorrhaphy (surgical procedure in which the eyelids are sutured together) which are not feasible to everyone. Tarsorrhaphy is also of two types one is TEMPORARY Tarsorrhaphy which is used where palsy is expected to recover and another one is PERMANENT Tarsorrhaphy which is used in established cases of 7th nerve palsy where there is no chance of recovery. Moreover Tarsorrhaphy is also having some limitations such as decreased peripheral vision in case of lateral or medial Tarsorrhaphy and blurred vision in case of central Tarsorrhaphy².

Acharya Sushruta has described 21 Eyelids diseases³. *Vatahatavartma vyadhi* is among one of them. Its *lakshanas* are *vimuktsandhinishchesht* i.e. loss of integral Function of Eyelids, *nameeyathe* (unable to close the eyelids) and it can be a painful or painless condition⁴ which resembles to Lagophthalmos. It is a *vataprakopajanya asadhya vyadhi*⁵. Prognosis of the disease as per classical texts is not so promising however systemic & local therapies which will strengthen the localized muscles, nerves and will reduce the vitiated *vata* can produce improvement in the condition. Considering all facts *Vatahara* line of treatment oleation, sudation & muscle strengthening procedures are administered to alleviate the vitiated *vata dosha* in this present case.

AIMS AND OBJECTIVE:-

To Evaluate the Efficacy of *Ksheerbalataila Nasya with Kukkutanda Sweda* in the management of Paralytic Lagophthalmos.

Case Report:-

A 57 Yr. old male patient came to OPD (21885) of Shalakya Tantra, Shri Ayurved Mahavidyalaya Nagpur in May 2023 having complaints of unable to close his left eye properly from 1 month with mild weakness in left side of face, watering & mild burning sensation in Lt. eye. A detailed history of the Patient was taken & it was found that the Patient had

- H/O – facial palsy attack 2 and half month ago for which he took allopathic treatment & got mild relief in his condition gradually.
- There is N/H/O – Hypertension /diabetic mellitus / Asthma / Thyroid / Any other major illness.
- There is N/H/O – Any other Family member suggestive of such type of history.
- There is N/H/O - Any surgical procedures.
- There is H/O – Spectacles from 15yrs (Regular use)

On Examination:-

His vitals were within normal limits. On general Examination, there was no pallor, icterus, oedema & lymphadenopathy.

	RT. SIDE	LT. SIDE
Facial symmetry	Normal	Normal
Forehead wrinkles	Present	Present
Eyebrows	Normal Position	Normal Position
Eyelashes	NAD	NAD
Eyelids	Complete blinking/ closure present On closure-No gap present between the two eyelids Palpebral Aperture -not seen after closing eyes Movement – proper	Complete blinking/ closure is not present On closure -gap present between the two eyelids Palpebral Aperture - seen after closing eyes Movement – discomfort present
Cornea	Clear	Clear
Sclera	Normal	Muddy sclera
Anterior chamber	Normal depth	Normal depth
Iris	Normal color pattern	Normal color Pattern
Pupil	NSRTL	NSRTL
Lens	Lens changes	Lens changes
Fundus Examination	Red Reflex seen Optic disc normal Macula – FR present General fundus -Normal	Red Reflex seen Optic disc normal Macula – FR present General fundus - Normal
Visual Acuity	6/9(p) N/6 } (with old spec)	6/9 N/6 } (with old spec)
Nasolabial Fold	Present	Present
Deviation of mouth	Not deviated	Not deviated
Speech	Normal	Normal
Blow of cheeks	Normal	Slight weakness

After complete Examination it was found that he had Paralysis of

Orbicularis oculi muscle as a sequelae of facial Nerve palsy. All the signs of Facial palsy got resolved except of LAGOPHTHALMOS.

Treatment Protocol:-

- *Snehana* with *Ksheerbala Taila* for 5 min
 - *Kukkutand Sweda* for 3min
 - *Ksheerbala taila NASYA* 8 BINDU in each nostril
- } FOR 7 DAYS

METHOD :-

- Poorvakarma:-** a) Collection Of Essential Materials.
- b) Preparation Of *Pottali*.
- c) Preparation Of Patient.

Collection Of Essential Materials:-

ksheerbala oil, pan, induction, water, cloths, tags, eggs, *saindhavilavana*, *ghruta*, guaze, bowl, spatula etc..

Preparation Of *Pottali* :-

Kukkutanda	4
Saindhava lavana	10 gm
Ghruta - goghruta	10 ml

Kukkutanda contents were poured in a pan with *Saindhavalavana* & *Ghruta*. Then the entire mixture was stirred well and made to reach a semisolid consistency over induction. Then the entire mixture was poured on a cloth & tied into two *pottali* and kept ready for use.

Preparation Of The Patient:-

Lied down the patient in supine position. Performed *abhyanga* with luke warm *ksheerbala taila* for 5 min. After that performed *swedana karma* with *kukkutand pottali*. *Pottali* is dipped in *Go-ghruta* & being heated on water bath, after that *mridu swedan karma* was done with those *Pottalis*.

Pradhankarma :-

Raised the chin of the patient, after that Nose was raised from the tip, lukewarm *ksheerbala taila* was poured in both nostrils. 8 BINDU (~4 ml) in each nostrils. After administration patient was asked to lie down in same position for 2 min. He was advised to avoid swallowing of drug during the procedure.

Paschatkarma :-

Face was wiped with guaze dipped into luke warm water. He was advised to perform gargles with lukewarm water & to avoid direct exposure to excessive wind, heat breeze etc.

MODE OF ACTION :-

Snehana

It is an important *Poorvakarma*. It pacifies the *vata dosha* due to its *snigdha*, *picchila* & *guru guna*. Moreover *Snehana* with *ksheerbala oil* will nourish the *shleshmaka kapha* which will stimulate the sensory nerve ending of Facial nerve thus provide strength to the facial muscle & will also improve its motor functions.

Kukkutanda sweda

It is a unique *swedana* modality mentioned by Bhavprakash.⁷ It is *Sadyobalakara*⁸ and useful in conditions like *ksheendhatu* & *Kshatta* condition. It has triple qualities it provides *snehana*, *swedana* & *bhrumhana* effect at the same time. *Pottali* was applied after dipping it in lukewarm *goghruta* so this will also provide *snehana* action. *kukkutanda* in itself has *brumhana* & *snigdha guna* & these *gunas* are opposite to the *vata dosha*.

Due to *swedan* effect there is stimulation of *bhrajakpitta* which takes up the nutrition from *kukkutanda*. Drug after coming in contact with skin undergoes *paka* by action of *bhrajakagni* and *rasadhatwagni*. Further leads to *rasaadi dhatu tarpana* by the action of *vyanyava*⁹. The process combats the *sheeta*, *laghu* & *ruksha* guna of *vata dosha*.

Nourishing action of *kukkutanda sweda* can be known from the facts that the ingredients of *kukkutanda sweda* like *kukkutanda* & *Goghruta* have *Madhur rasa* which does *dhatu poshana*. *Ghruta* also has *Rasayan* properties & it also provides lipid media which helps in bioavailability of the drug and the drug will reach upto the cellular level. *Saindhavalavana* due to its *sukshama guna* enables the medication to reach into the deeper *strotas* & also pacifies the *Tridoshas*.

Nasya

Nasa is the gate way to *Shirah*, the drug administrated through the nostrils reaches upto the *Shringataka marma* (vital point of blood vessel & Nerve ending in the Head region) spreads in the *Murdha* (Brain) which contains various centres responsible for normal functioning of body. *Nasya* stretches the morbid *Doshas* from *Urdhwajatru* and expels them from the *Uttamanga*.

Ksheerbala Taila Nasya adopted to overcome vitiated *vata dosha*. It improves blood circulation & stimulate sensory nerve endings of the face & will strengthen the facial muscles due to *balya* & *brumhana* properties of *Bala* & *Ksheer*. It restores the natural function of the affected nerves & may improve the blood circulation to the concerned areas of the brain¹⁰.

OBSERVATION :-

LEFT EYE	BEFORE TREATMENT	AFTER TREATMENT
Eyelashes	NAD	NAD
Eyelids	Complete blinking is not present Gap present between two eyelids Palpebral Aperture - seen after closing eyes Movement – discomfort present	Complete blinking Present No Gap present between two eyelids Palpebral Aperture -not seen after closing eyes Movement – proper, no discomfort
Cornea	Clear	Clear
Sclera	Muddy sclera	Muddy sclera
Anterior chamber	Normal depth	Normal depth
Iris	Normal color Pattern	Normal color pattern
Pupil	NSRTL	NSRTL
Lens	Lens changes	Lens changes
Fundus Examination	Red Reflex seen Optic disc normal Macula – FR present	Red Reflex seen Optic disc normal Macula – FR present
Visual Acuity	6/9 N/6	6/9 N/6

(with old spec) (with old spec.)

RESULT :-

Ksheerbala taila Nasya with *kukkutanda sweda* has found to be Significantly effective in treating Paralytic LAGOPHTHALMOS.

DISCUSSION :-

Lagophthalmos is a condition occurs due to the paralysis of Orbicularis oculi muscle which is responsible for closing the eyelids, so in this condition patient is not able to close his eyes voluntarily. Orbicularis oculi muscle is supplied by Facial nerve so as a sequelae of facial nerve palsy or due to direct trauma to orbicularis oculi muscle Lagophthalmos occurs. Due to its severe complications, treatment is necessary. Procedures which will strengthen the orbicularis muscle should be adopted to perform its function normally which can be possible through Ayurveda. Pacifying *vata dosha* and strengthening *dhatu* over there should be the line of treatment. *Nasya* is the best method to eliminate and alleviate the vitiated *Doshas* of *Urdhwanga*. It is the only *Shodhana* procedure which can perform *Utamanga Shuddhi*¹¹. It reaches upto the brain level which contains all major centres of the body. So for that reason *snehana* is chosen as a *poorva karma*. Due to its *guna* it will pacify *vata dosha*. Moreover *snehana* with *Ksheerbalataila* also provides nourishment & will strengthen all the *dhatu*s & will also prevent *dhatukshaya*s. *swedana* is also done as a *poorvakarma* over here. Due to its properties of *sheetaghan* & *stambhaghana* it will pacify the vitiated *vata dosha*. *Mridu swedana* is indicated over eyes, so *kukkutand swedana* which is showing triple effect at one time is selected. Egg is a major source of choline which is important for cellular growth & cellular maintenance in all phases of life.¹² Egg yolk has high amount of vitamin A, D, E, B₁, B₂, B₃, B₆, B₉ & B₁₂. While egg white possesses high amount of B₁, B₆, B₃, & B₁₂, so it has high nutritive value. According to *Ayurvedic* texts *kukkutanda* has *brumhana*, *balavardhan* & *vrushya* properties. Considering its all aspect (*snehana*, *swedana* & *brumhana* effect) instead of using normal *swedana* or other *swedana* modality it is chosen to alleviate the vitiated *vata doshas*. Due to its *snehana* effect it will increase localized circulation, strengthen nerve function through *balya guna* & relieves

nerve compression by providing *snigdhdhata*. Due to *swedana karma*, local blood circulation will increase due to dilatation of blood vessels and there will be increasing blood flow to peripheral arterioles which will accelerates the drug absorption and provides better bioavailability. *Nasya* therapy is the main therapy over here where medicated oil reaches upto the *shringataka marma* from where it passes to different *srotas* and alleviate *vata dosha*. It provides nourishment to nervous system by diffusion, hence improve motor function of facial nerve. *ksheerbala taila* & *Kukkutanda sweda* are having *snigdha* & *guru guna*, *ushna veerya* & has *vata shamak* properties hence it controls vitiated *vata*. Moreover *ksheerbala taila nasya* due to its *Balya* and *brumhaniya* property can nourish & increase the tone of facial muscles. *Ksheerbala taila* consist of *Goksheer* and *bala*. *Bala* contains Ephedrine which act as a CNS stimulant.¹³ *Goksheer* is *brumhaniya* & *vata pitta shamak*.¹⁴ *ksheerbala taila* suppress the nerve inflammation due to its *sheeta* property & may promote nerve regeneration & give strength to the muscle and hence will improve the normal functioning of the orbicularis oculi muscle.

CONCLUSION:-

This study concludes that *Ksheerbala Taila Nasya* with *Kukkutanda Sweda* provides significant relief in the patient of Paralytic Lagophthalmos.

REFERENCES:-

1. A.K Khurana, Comprehensive Ophthalmology, Chapter 15 Disorders Of Eyelids, Jaypee Health Science Publisher, New Delhi: Edition 9th 343pg.
2. A.K Khurana, Comprehensive Ophthalmology, Chapter 15 Disorder Of Eyelids, Jaypee Health Science Publisher, New Delhi: Edition 9th 359-360 pg.
3. Ambikadutta Shashtri, Sushrutsamhita, Uttartantra, Aupdravik Adhyay 1/44, Hindi Commentary, Chaukhamba Sanskrit Sansthan Varanasi Publication, Reprint 2016,13 pg.
4. Ambikadutta Shashtri, Sushrutsamhita, Uttartantra, Aupdravik Adhyay 3/23, Hindi Commentary, Chaukhamba Sanskrit Sansthan Varanasi Publication, Reprint 2016,18 pg.
5. Ambikadutta Shashtri, Sushrutsamhita, Uttartantra, Aupdravik Adhyay 1/29, Hindi Commentary, Chaukhamba Sanskrit Sansthan Varanasi Publication, Reprint 2016, 12 pg.
6. Vasant Patil Principles And Practice Of Panchkarma, Swedan Karma 9 Chapter Edition 4, 2014 Chaukhamba Sanskrit Sansthan, 239 pg.
7. Shree Brahma Shankar Mishra, Bhavprakash Madhyam Khanda Vata vyadhi 24/77, 2nd Edition Varanasi:-Vidyotani Hindi Vyakhya, Chaukhamba Sanskrit Bhawan 2016
8. Kashinathshastri, Gorakhnath Chaturvedi Charak Samhita Vidyotani Vyakhya Part 21 Charak Samhita SutraSthan 22/4 Reprint Varanasi: Chaukhambha Bharti Academy 2017: 424pg
9. Vyan Vayupallavi G, Virupak KL, Shreevathsa M, Chate Vasudev A, Balkrishna DL. Clinical Evaluation Of Varnya Gana Lepa In Vyanga. Ayu. Apr-Jun 2015
10. Ram Lakhan Meena Et Al: Complete Management Of Ardita As Per Ayurveda Chikitsa Sutra – A Case Report International Ayurvedic Medical Journal (Online) Mar2021
11. Dr. Chanda chopra Et Al: Concept Of Nasya According To Ayurvedic And Modern Science - World Journal Of Pharmaceutical And Medical Research ISSN 2455-3301 2018,4(9), 148-154
12. Egg Yolksophie Rehault -Godber, Nicolas Guyot, Yves,Nys. The Golden Eggs :Nutritional Value, Bioactivities, And Emerging Benefits For Human Health. Nutrients 2019: Bioactivities And Emerging Benefits For Human Health. 2019:11 684 Pg
13. Bala – Prajapati Nd, Purohit Ss, Sharma AK, Kumar T Editors; A Handbook Of Medicinal Plants. Agrobios India: Jodhpur; 2013 Pg 475
14. Acharya Shukla Vidyadhara Charaksamhita Of Agnivesha Reprint Edition New Delhi Chaukhamba Sansthit Pratisthan: 2006 Vol