

A CLINICAL CASE STUDY WITH KSHEERADHUMA AND EKANGAVEERARAS IN ARDITAVATA (BELL'S PALSY)

Belavadi N Santosh

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ABSTRACT

There are different types of diseases based on different systems like Neurological, Circulatory, and Respiratory and so on. Now a days the neurological disorders are most common. Amongst them one is Bell's palsy that is *Arditavata*. During winter and rainy season the sudden onset of this condition is more evident. The exact cause is unknown, but sometimes it may be due to Herpes simplex virus. Otitis media may be taken into consideration as well. In contemporary sciences the treatment may be limited to Antiviral therapy only. But in Ayurveda different types of *Panchakarma* including *upakarmas* that to *sweda* therapy have been said by all the Acharyas. *Ksheeradhuma* is one such type of *Nadi Basphasweda* which is helpful in *Arditavata* (Bell's Palsy).

Keywords: *Arditavata, Abhyanga, Ksheeradhuma, Ekanagaveerarasa* etc.

INTRODUCTION

In Ayurveda different types of *Panchakarma* including *upakarmas* that to *Swedas* have been said by all the Acharyas for *Arditavata*.

Ayurveda is a science which guides about life style in terms of *Ahara* (food), *Vihara* and *Achara* (healthy regimens) ultimately keeps body healthy, happy and long life with free from diseases. In present era because of unwholesome food, inappropriate lifestyle, unrest etc leads to different disorders where *Ardita* (Bell's palsy) is one. *Arditavata* is one among *Vataja Nanatmaja vyadhi* explained by Acharya Charaka.¹

Belavadi N Santosh¹ A S Prashanth²

¹M.D (Ayu), (PhD) Reader, ²Professor and Head
Department of P.G studies in Kayachikitsa, D.G.M Ayur-
veda Medical College, Gadag, Karnataka, India

E-mail: ayurnsb@yahoo.co.in

It is also explained as *Ekayama* by *Ashtanga hridaya*.² In this paper *Ksheera dhuma* and *Ekanagaveeraras* was tried on *Arditavata*.

International Classification of Diseases (ICD) Bell's palsy

G51.0 Bell's palsy³

INCIDENCE: The incidence of the Bell's palsy about 23 per 1 lakh per year. It affected both sexes equally and is less frequent children than adult. Idiopathic isolated facial nerve palsy.⁴

CAUSES FOR ARDITAVATA:

Acharya Sushruta opines for the above verse as *Uchabhashana* (speaking loudly), *Katinapadarthasevana* (Eating hard food stuff), *Hasya* (Excess Laughing), *Jrumbha* (Yawning), *Bharavahana* (Heavy weight lifting) and *Vishama asana* and *shayana* (Sleeping in inappropriate posture).^{5,6} Acharya Dalhana commented on the word *Sutika* means *Prasuta Stree* (Post delivery period),

Vaksanga means difficulty to speak or inability to speak.

better understanding can bifurcate based on organ involved

Ardita Nidana: Clinical features of *Arditavata* according to different Acharyas and Bell's palsy for

Table Number 1

S.No	Bells' Palsy	Arditavata
1	HEAD & FACE: a) Tremor of Head b) Loss of furrows on forehead c) Facial pain d) Facial deviation e) Facial weakness f) Loss of Facial expression on affected side	SHIRAS AND LALATA: <i>Shirashoola</i> <i>Murdhakampa</i> <i>Lalatavalinasha</i>
2	EYE: a) Eye lid drops on affected side b) Inability to close on affected side c) Excessive lacrimation d) Pain in Eye	NETRA: <i>Akshinimilana asamartyata</i> <i>Netrastabdhata</i> <i>Ashrusrava</i> <i>Akshishoola and Bhruvavrata</i>
3	NOSE: a) Deviation of nose b) Loss of Nasal furrows c) Naso labial fold flattened d) Loss of Smell	NASA: <i>Nasavrata</i> <i>Nasavalinasha</i> <i>Gandha aghnana</i>
4	MOUTH: a) Angle of mouth droops b) Excessive saliva c) Tongue deviation d) Inability to speak e) Loss of taste f) Food collects between teeth and cheeks g) Pain in Cheeks h) Toothache	MUKHA: <i>Mukha vrata</i> <i>Vaksanga</i> <i>Mukhaparshva shithilata</i> <i>Jivhavavrata</i> <i>Dantashoola</i> <i>Rasashunyata</i> <i>Chibhukavedana</i> <i>Lalavrata</i> <i>Mukhashoola</i> <i>Food droops out while eating</i>
5	EAR: a) Hyperacusis (Abnormal acuteness of hearing) b) Deafness c) Pain in Ear d) Pain in stylomastoid part	KARNA: <i>Karnanada</i> <i>Badharya</i> <i>Karnashoola</i>
6	MISLLANEOUS: a) Fever b) General debility c) Pain over neck	Annya: <i>Jwara</i> <i>Dourbalya</i> <i>Greevashoola and Greevavrata</i> <i>Shohta and Stabdhata</i> <i>Swarabhramsha</i>

BELL'S PHENOMENON:	Netraghola chalana asamarthata
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Su.Ni.1/68-69 Dalhana, Ma.Ni.22/44-46^{7,8}

Samprapti: Acharya Sushruta said due to different *nidana* like *Raktakshaya*, *Adhikabharavahana* on *Shiras Vata* get aggravated, lodged in *Shiras* and manifest the disease *Arditavata*⁹

Lakshanas of Arditā: According Acharya Sushruta the following are the *Lakshanas* of *Ardita Mukhava-krata*, *Greevavakrata*, *Shirokampa*, *Vaksanga*, *Netravikruti*, *Karnavikruti*, *Nasavikruti*, *Greevaved-hana*, *Chibhukavedhana*, *Dantavedhana*, *Parshvavedhana*. Commentator said on *Vaksanga* as *anirgamo vachanasya*.¹⁰

Table Number 2: Showing Effects of Upper Motor Neuron lesion and Lower Motor Neuron lesion¹¹

Effects	Upper Motor Neuron lesion	Lower Motor Neuron lesion
1. Muscle tone	Hypertonia	Hypotonia
2. Paralysis	Spastic type of Paralysis	Flaccid type of Paralysis
3. Wasting of Muscle	Wastage of muscle occurs	Wastage of muscle occurs
4. Superficial reflexes	Lost	Lost
5. Planter reflex	Abnormal Planter reflex- Babinski sign	Absent
6. Deep reflexes	Exaggerated	Lost
7. Clonus	Present	Absent
8. Electrical activity	Normal	Absent
9. Muscles affected	Groups of muscles are affected	Individual muscles are affected
10. Fascicular twitch in EMG	Absent	Present

MATERIALS AND METHODS

Inclusion criteria: Subjects presenting with the classical signs and symptoms of *Arditavata* like *Mukhasankocha*, *Vakrata* of *Nasa*, *Bhru*, *Akshi*, *Lalata*, *Hanu*, and *Ruja* in *Netra* and *Shravana*. Along with clinical features of Bell's palsy

Diagnostic criteria: Diagnosis is done based on the clinical features of *Arditavata* and Bell's palsy with positive Bells's phenomenon.

- *Ksheeradhuma*¹²
- *Ekanagaveerarasa*¹³
- *Sthanik abhyanga* with *Ksheerabalataila*¹⁴

Contents and Method of preparation of *Ksheerabalataila*:

- *Balamula 5 pala* made paste with *Ksheera*
- *Ksheera- 4 prastha*
- *Tilataila- 1 prastha Paka* is done in *mriduagni* until *tailapaka sidda lakshanas*

Indication: This *Ksheerabalataila* pacifies all 80types of *Vatavyadhi*. *Sahasrayogam* *Abhyanga* table, Frying Pan, Bowl, Stove lighter, Cotton, Bandage cloth

Method of applications of *Ksheeradhuma*:

Sthanika Abhyanga with *Ksheerabalataila* *Ksheeradhuma* daily once for -7days
Ekanagaveerarasa 125mg tab 1bd with *Ardraka swarasa* after food for -14days

Follow up: 14 days

Total study duration: 28days

***Ksheeradhuma* Ingredients:**¹⁵

- *Balamoola Kwath Churna*-100 grams
- *Jala* (Water) – 1.5 lit
- *Dugdha* (Milk)-500 ml
- *Kamala* (Lotus petals)-2 numbers
- Medicated oil-30 ml,
- Bandage cloth, Blanket, Cotton pad, Pressure cooker (3litres), Rubber tube - 1.5 meter, vessel, stool and bath towel.

Preparation of *Ksheeradhuma*

- *Balamula kwath churna*- 100 grams
- Water- 1.5 litre
- Milk- 500 ml
- 100 grams of *Balamoola* added to 1.5 liters of water and cooked on low fire till it is to 500 ml. The *kashaya* is added with 500 ml of *Ksheera* and used for *Ksheeradhuma*

Poorvakarma: The above mentioned materials are required for *Ksheera dhooma* are collected accordingly. *Sthanika Abhyanga* with *Ksheerabalataila* latter eyes are closed with bandage cloth to protect eyes

Pradhanakarma: Equal quantity of Milk is added *Blalamula* is taken in a wide mouthed vessel. The vessel content is kept for boiling. As the vapors are coming out the patient is advised to take the medicated vapors by covering the woolen blanket over his head completely. The patient is instructed to inhale the vapors through mouth, so that the tongue is exposed to the vapors. This procedure is continued for 15-20 min or till *samyak swedana* like *sweda pradurbhava* over forehead and face takes place.

Paschatkarma: After *samyak sweda lakshana* are appeared the blanket is removed and the contents of the vessel are discarded. The perspired sweat over the patients face is wiped off. The eye coverings were removed and patient was advised not to expose to cold wind. The above procedure can be carried also increases the tactile sensibility. Primarily dilatation of capillary vessels is seen due to vasomotor nerve influence. *Swedana* also has the quality of exciting and improving the energy of striated voluntary muscles. The same effect is also observed by doing *Ksheeradhuma*. Along with *sneha sweda* here added effect of *Jihwa pratisarana* also obtained. *Ksheeradhuma* makes the vasodilatation that occurs with due to vasoconstriction in paralysis.^{16,17}

Procedural Effect: *Ksheeradhuma* is a type of *Snigdha sweda*. *Abhyanga* followed by *snigdha sweda* in the form of *Ksheeradhooma* relieves *stabd-hata* by *Ushna guna*, *Rukshata* by *Snigdha guna*, *sthanika Srotovikasana* by *Ushna guna* and *Mrudutva* and *Balya* properties produced by *bhaspa* of mixture of *Ksheera* and *Balamoola kwatha*. This results in *akshi nimeshadhi prakrita chesta*.

In case of Bell's palsy: The same moist heat is indicated in Bell's palsy by modern medicine. This effect is ensured by *Ksheeradhuma* procedure. *Swedana* done properly has the quality of exciting

nerve centre powerfully. It also increases the tactile sensibility. Primarily dilatation of capillary vessels is seen due to vasomotor nerve influence. *Swedana* also has the quality of exciting and improving the energy of striated voluntary muscles. The same effect is also observed by doing *Ksheeradhuma*. Along with *sneha sweda* here added effect of *Jihwa pratisarana* also obtained. *Ksheera dhuma* makes the vasodilatation that occurs with due to vasoconstriction in paralysis.

Drug Effect:

In *Ksheeradhuma* drugs include *Ksheera* and *Balamoola*, both have *Snigdha* and *Guru guna*, these are opposite to that of *Vata*. *Balamoola* has best *Vata shamaka* properties and by using *kwatha* for *swedana*, *Ksheera snigdha guna* helps to relieve *rooksha guna* of *Vata*. *Bhaspa* of *Balamoola kwatha* and *Ksheera* probably absorb from buccal mucosa and nourishes, stimulate the local sensory nerve endings which include taste buds.

Pathya: Bed rest- Next 1 hour, *Sukhoshna jalasnana*

Apathya: Avoid sunlight, Breeze, Sexual intercourse, Excess talking.

Time: 20-30 min, or until *Swedapradurbava*

Duration: 7-14-21 days according to need.

Indication: *Hanugraha*, *Manyagraha*, *Avabahuka*, *Viswachi*, *Ardita*, *Jihwastambha*, *Pakshaghata* and *Krichronmeelanam*

Ekangaveeraras:¹³

Shuddha Gandhaka, *Shuddha Parada* (*Rasasindhura*), *Kantalohabhasma*, *Vangabhasma*, *Nagabhasma*, *Tamrabhasma*, *Abhrakabhasma*, *Lohabhasma*, *Shunti* and *Maricha* all are taken in equal quantity made into *sukshma churna* to this 3 *bhavana* with the following drugs like *Triphala*, *Trikatu*, *Nirgundikwatha*, *Chitraka* and *Swarasa of Bhringaraj*, *Shigru*, *Amalaki*, *Kushta kwatha*, *Vishamushti*, *Arka kwatha*, *Dattura* and *Ardrakaswarasa*.

Dose: 125mg. **Anupana:** *Ardrakaswarasa*

Indication: *Ardita*, *Pakshaghata*, *Dhanurvata*, *Ardhangavata*, *Ghridhrasi*, *Viswachi* and cure all *Vataroga*.

Table Number 3: Showing Results:

Lakshanas	Before treatment	After treatment
Mukhavakrata	Grade -2	Grade -0
Vaksanga	Grade-1	Grade -0
Mouth inflation	Grade-1	Grade-0
Wrinkles on Forehead	Grade-2	Grade-0
Closure of eye:	Grade-2	Grade -0
Bells phenomenon	Positive	Negative

DISCUSSION

- In *Ksheeradhuma* procedure *Jihwa nirlekhana*, *Taladharana* are optional for better efficacy if followed may get faster results.
- To justify its action all steps viz. *Sthanik Mukha abhyanga*, *Jihwa nirlekhana*, *Amalaki taladharana*, *Balamoola kwatha*, following proper *Pa-thya* and *apthya* are necessary.

CONCLUSION

- Different causative factors mentioned for *Ardita-vata* like *Bharavahana* (Heavy weight lifting over Head), *Katinapadartha sevana* (Eating of Hard food articles), *Sheetamaruta sevana* (exposure to cold air) were noticed in the patient.

- *Ksheeradhuma* is a type of *Nadi Sweda* widely practiced in *Vatavyadhi* like *Ardita*, *Hanugraha* etc.
- This is a *Snigdha Sweda* pacifies *Vata* and results *Brumhana* effect.
- The mode of action is based mainly on the Medicine taken for the treatment along with procedural effect.
- The *Balamoola* and *Ksheera* are best in all *Vatavyadhi* and *Ksheera* acts as *Brumhana* by pacifying *Vatadosha*.
- Along with this *Ekanagaveeraras* was most effective *shamanoushadi* used in this condition.

Images showing before and after treatment

Before treatment



Before treatment



Before Treatment



Treatment



During Treatment



After Treatment



After Treatment



After Treatment



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