

A COMPARATIVE STUDY OF *VISHNU TAILA NASYA* AND *EKANGAVEERA RAS* IN *ARDITAVATA* W.S.R TO BELL'S PALSY

Sangamesh N. Doddagoudar¹, K. B. Roy²

¹MD (Ayu), Ph.D. Scholar, Asst. Professor, Department of Panchakarma, S. S. Ayurvedic Medical College and Hospital, Haveri, Karnataka, India

²MD (Ayu), Professor and HOD Department of Panchakarma, Parul Institute of Ayurveda Vadodara, Gujarat, India

Email: sndgoudatml@gmail.com

Published online: September, 2019

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ABSTRACT

Arditavata is one among *Vatananatmaja vyadhis*, characterized by *Mukhavakrata*, *Ekakshi nimeelana*, *Ashrus-rava*, *Lalaatavakrata*, *Ruja in Jatrurdvapradesha*, *Vaksanga*, *HasitaVakrata* are the symptoms leading to disfigurement of face in one lateral side. And it is well correlated with Bell's palsy and its incidence rate is 23 cases/1 Lakh/year population. It affects in all the age groups and in both sexes. It is mainly precipitated by fast life style, irregular food habits, lack of sleep and some of viral infections which are the common events of modern life style. It is more prevalent in known cases of Hypertension and Diabetes. The facial nerves controls many functions, such as blinking and closing the eyes, smiling, frowning lacrimation, salivation, flaring nostrils and raising eyebrows, sensation of taste in the anterior two third of the tongue which affected in Bell's Palsy. In contemporary system of medicine there is no proved medical management for Bell's palsy. And available medicines are also having its own limitations and side effects. In Ayurvedic classics there is specific line of treatment for *Arditavata* such as *Nasyakarma*, *MoordniTaila*, *Tarpana* and *Shamanoushadhis* like *Ekangaveeraras* and other drugs. Hence comparative clinical study on *Nasya Karma* with *Vishnu Taila* and *Ekangaveeraras* as *shamanoushadhi* in *Arditavata* is planned for study.

Keywords: *Arditavata*, *Ekangaveerras*, *Vatavyadhi*, Bell's palsy.

INTRODUCTION

Ayurveda is the rich store house of time tested and effective method for the treatment of several obstinate and other wise diseases which are difficult to treat. One unique method is "*Panchakarma*." Which mainly

aims at internal purification of the body including the gross channels up to cells level and '*Nasyakarma*' is among it.

Arditavata is one among the eighty types of *Nanat-maja Vata Vyadhis* which is caused by vitiation and aggravation of *Vata*, as mentioned in almost all Ayurvedic classics. *Acharya charaka* has included *shareerardha* in *Arditavata* while *Sushruta* has considered as only face is affected in *Arditavata and Eka-yama* by *Ashtanga Hrudaya*. *Ardita* can be correlated with Bell's palsy on the basis of its signs and symptoms in texts. Here temporary suspension or permanent loss of function, especially loss of sensation or Voluntary motion of unilateral side of face is considered. It occurs due to any injury or inflammation to facial 7th cranial nerve, this leads to partial or total loss of movement of unilateral face. Bell's palsy leads to disability of interaction by loss of facial expression which is a major part of human communication. It may recur or leave synkinesis. Modern science found drugs like steroids and antivirals etc. for it, also surgical and other treatments are available for Bell's Palsy. Yet its recurrence and Synkinesis are also reported. Due to recurrence of *Arditavata* and multi therapeutic indications for it in Ayurvedic a classic, the diseases was selected to find a measure that could help in restoring quality in life of Bell's palsy Patients.

Navana, MurdniTaila, Tarpana are the specific line of management in *Arditavata*. *Shamanoushadhis* like *Ekangaveeraras* and etc. are also choice of Treatment which has its own effect on *Arditavata*. Nasal route of a drug administration is used for the treatment of certain types of disorders. Nose is a gateway of cranial cavity. And it also said that all diseases of supraclavicular part can be managed by *Nasya karma*. *Ekan-gaveeraras* is a Herbo-Mineral medicine with Nano Particles of Bhasmas which acts on CNS. Hence A comparative clinical study with *Snehana, Swedana and Ekangaveeraras as a Shamanoushadhi and Nasya Karma* with *Vishnutaila* is taken as a clinical study in *Arditavata* w.s.r to Bell's palsy.

AIM AND OBJECTIVES:

1. To study the *Nasya Karma* and *Arditavata* in detail W.S.R to Bell's palsy.
2. A Comparative clinical study on *Nasya karma* with *Vishnu taila and Ekangaveeraras in Arditavata* W.S.R. to Bell's palsy.

MATERIALS AND METHODS:

INCLUSION CRITERIA

- Patients presenting classical signs and symptoms of *Arditavata* like *Mukhavakrata, Vaksanga, Stabdaneetrata, Shirashoola, Shrutihani* (loss of hearing), along with clinical features of Bell's palsy are included.
- Patients between the age group of 15- 65 years, irrespective of Religion, Sex, Socio-Economic status, Occupation will be included.
- Patients *Yogya* for *Nasya Karma* will be selected.

EXCLUSION CRITERIA

- Patients of age group of less than 15 and more than 65 years are excluded.
- Patients presenting with other systemic disorders like *Diabetes Mellitus, Hypertension and traumatic* origin.
- Subjects of *Arditavata* associated with *pakshaghata*
- Disease chronicity more than one year.
- Pregnant woman and lactating mother.
- Patients *Ayogya* for *Nasya Karma* are excluded for the study.

DIAGNOSTIC CRITERIA

As per clinical features of *Arditavata* mentioned in classics, cases are diagnosed.

The Lakshanas considered are -

<i>MUKHAVAKRATA</i>	<i>ASHRUSRAVA</i>
<i>VAKSANGA</i>	<i>LALASRAVA</i>
<i>JATROORDHVAVEDANA</i>	<i>NETRAVIKRUTI</i>
<i>STABDANETRATA</i>	<i>SHIRASHOOLA</i>
<i>SHRUTIHANI</i>	<i>LALATAVAKRATA</i>

Along with above lakshanas of *Arditavata*, Signs and Symptoms and Clinical features of Bell's palsy are selected for study.

STUDY DESIGN:

A Comparative clinical study to evaluate the efficacy of *Vishnu Taila Nasya* and *Ekangaveeraras in Arditavata* w.s.r. to Bell's palsy.

COMPOSITION OF TRIAL DRUGS: `

As per classics **EKANGAVEERARAS** is prepared keeping in view of Dosage and other Aspects.

Sr. No.	Main Contents	Proportion	Bhavana Dravyas
1.	<i>Shudhagandhaka</i>	Each Dravya <i>Samabhaga</i> To Be Taken And <i>Bhavana</i> Is Done Three Times With Each <i>Dravya</i> .	<i>Triphala</i>
2.	<i>Shudhaparada</i>		<i>Trikatu</i>
3.	<i>Shudhakantalohabhasm</i>		<i>Nirgundi</i>
4.	<i>Vangabhasma</i>		<i>Chitraka</i>
5.	<i>Naga Bhasma</i>		<i>Shigru</i>
6.	<i>Tamrabhasma</i>		<i>Kushtha</i>
7.	<i>Abhrakabhasma</i>		<i>Amalki</i>
8.	<i>Tikshnalohabhasma</i>		<i>Kupilu</i>
9.	<i>Nagaram</i>		<i>Arka</i>
10.	<i>Marich</i>		<i>Guduchi</i>
11.	<i>Pippali</i>		<i>Ardra</i>

VISHNU TAILA (Swalpa):

Kalka Dravya: *Shalaparni, Prushniparni, Bala, Shatavari, Erandamoola, Bruhatimoola, Vachamoola, Nagabalamoola, Sahacharamoola.*

Sneha Dravya: *TilaTaila*

Drava Dravya: *GoDugdha*

Procedure: *VishnuTaila* is prepared as per Classics.

DATA COLLECTION AND ANALYSING RESULT:

PROCEDURE:

Total **120** Patients were selected randomly excluding drop outs these are divided into two equal groups **A** and **B**. Each group of **60** Patients.

Group-A- Ekangaveeraras Group –B –Vishnu Taila was taken for study.

Groups	<i>Purvakarma</i>	<i>Pradhana Karma</i>	<i>Paschat Karma</i>
Group-A	<i>Snehana Swedana Mukha And Shirobhyanga Ekangaveeraras</i> Is Given Orally With <i>Ushna Jala</i> 125 Mg Tid Is Given For 21 Days		
Group-B	<i>Sthanik Abhyanga Withvishnu Taila</i> Followed By <i>Bhashpaswedana</i>	<i>Nasyakarma</i> Done 8 Drops Of <i>Vishnu Taila</i>	<i>Gandusha With Ushnajala And Mukha Prakshalana</i>

Total Study Duration - **21** Days.....Follow Up.....**14th**, And **21st**days.

Assessments of Study Taken On..... **1st, 7th, 14th, 21st**, Days.

1. ASSESSMENT OF RESULTS: Depending upon Subjective and Objective criteria Assessment will be done based on the response to the treatment.

SL No.	SUBJECTIVE	OBJECTIVE	B.T	AT	F-1	F-2
1	<i>Mukhavakrata</i>	Whistling				
2	<i>Vaksanga</i>	Mouth inflation				
3	<i>Stabdaneetrata</i>	Wrinkles on forehead				
4	<i>Shirashoola</i>	Tongue Deviation and Protrusion				
5	<i>Shrutihani</i>	Unable to close the eye				
6	<i>Lalatavakrata</i>	Before and After treatments photo				

DISCUSSION

Arditavata is a disease occurred due to vitiation of *Vata*. The properties of ingredients of Ekangveeraras would be instrumental in restoring the *Gati* (Motor Activities) and *Gandhana* (Sensation). Symptoms of aggravated *Vata* in *Vatavahasrotas* and *Nadi* such as *Cheshtanasha* (Loss of activities), *Sandhishaitilya* (Loosens of the joints), *MukhaVakrata* (Deviation of mouth), *Vakagraha* (Stammering of speech) and *Sagnyahani* (Loss of Sensation) would be subsided. Ekangveeraras is a Herb mineral medicine which is a constitute of *Bhasmas* as ingredients are the most superior form of medicine. *Bhasma* are the most ancient form of administration as the Nano medicine which has been mentioned for treatment of *Arditavata*.

Nasya is line of treatment in *Arditavata*, which gives significant relief in signs and symptoms of Bell's palsy. Also therapies like *Nasya*, *Mukha-Shirobhyanga* with *Vishnu Taila* pacifies the vitiated *Vata* in *Shiras*, and thus it provides nourishment to the sense organs. *Nasya* with *Vishnu taila* nourishes *Shleshaka Kapha* and stimulates the sensory nerve endings and provide strength to facial muscles. *Swedana* before *Nasya* enhances local micro circulation by dilation of blood vessels and increasing blood flow to the peripheral arterioles which accelerates the drug absorption and fast improvement, *Nasya* in which medicated oil is administered through the nostrils. The *Nasya dravya* medicine reaches to *Shringataka Marma* from where it spreads to various *srotas* and alleviates the vitiated *Dosha*. *Nasya* provides nourishment to the nervous system by neural diffusion and vascular pathway also provides strength to eyes and controls watering of eyes by stimulating of nerve endings. It pacifies pain in ear also improves the hearing quality, confers strength to voice, lower jaw and head by rejuvenating the body with elimination mental exhaustion with a control of vitiated *doshas* which are present in *Shiras*.

CONCLUSION

It can be concluded that the *Ayurvedic pharmacodynamic properties of Ekangveeraras* has an ability to pacify vitiated *Vatadosha* from *Shiras* due to its *Madhurarasa*, *Snigdha*guna, *Ushnaveerya*, and

Madhuravipaka. It pacifies vitiated *Kapha Dosha* by *Tikta*, *Katu*, *Kashaya Rasa*, *Laghuguna*, *Rukshaguna*, *Ushnaveerya* and *Katu*vipaka properties. And also the ingredients and *Bhavana Dravyas* of *Ekangveeraras* can be used effectively in the management of *Arditavata*. *Nasya* is suitable line of management in **Arditavata** chikitsa. *Vishnutaila Nasya* is a choice of treatment which expels vitiated *Doshas* from *Shiras* Hence a comparative clinical control study with *Snehana*, *Swedana* and *Ekangaveeraras* as *shamanoushadhi* is done. And *Nasya Karma* with *Vishnutaila* is taken as a trial study in *Arditavata* w.s.r to Bell's palsy.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Sangamesh. N. Doddagoudar & K. B. Roy: A Comparative Study Of Vishnu Taila Nasya And Ekangaveera Ras Inarditavata W.S.R To Bell's Palsy. International Ayurvedic Medical Journal {online} 2019 {cited September, 2019} Available from: http://www.iamj.in/posts/images/upload/1953_1957.pdf