

## A ROLE OF AYURVEDIC MANAGEMENT IN THE TREATMENT OF ARDITA W.R.T. BELL'S PALSY

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<https://doi.org/10.46607/iamj08p6052022>

(Published Online: July 2022)

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Article Received: 01/08/2022 - Peer Reviewed: 03/08/2022 - Accepted for Publication: 06/08/2022



### ABSTRACT

Due to today's fast-paced lifestyle, anxiety, stress, and other factors, the occurrence of *Vatavyadhi* such as *Pakshaghata*, *Ardita*, and others are on the rise. *Ardita* is caused by the aggravation of *Vata*. *Ardita* can be correlated with facial paralysis or Bell's palsy, which is caused by the involvement of the VII cranial nerve. A 40-year-old male patient with a two-week history of right-sided facial paralysis presented with the inability to close his right eye with tearing and burning and unable to open mouth symptoms or infection Oral steroids had been used in previous treatments. So *Nirgundi taila* hanubasti with *Nasya Karma* was given in this case. There after the first treatment, the patient reported a 70% to 80% improvement in facial movement.

**Keywords:** *Nirgundi taila*, *Nasya*, *Hanubasti*, *Snehana*, *Swedana*, Bell's Palsy

### INTRODUCTION

In our *Ayurvedic* texts, *Ardita* is regarded as one of the eighty *Vata Nanatmaja Vyadhis*.<sup>[1]</sup> It is also considered as also as a *Shiro Roga* since *Shiras* is the *Adhistana* in this entity. Hence also regarded as *Shi-*

*roriga*. According to *Charaka Acharya*, this sickness only affects the lower part of the face, whether or not the body is also affected<sup>[2]</sup>. *Sushruta*, however, believed that just *Ardita's* face was impacted. He con-

tinued by mentioning other supporting details, including the fact that after *Rakta Kshaya* (blood depletion), a particular patient group experiences *Ardita*. *Ash-tang Hridaya* explains *Ardita* as *Ekayaam* as well. According to *Aacharya Arunadatta*, *Ardita* is a disorder of the body that mostly affects the left side of the face [3] and distorts the face owing to severe *Vata* aggravation. In modern terms, it might be compared to the illness "Bell's palsy." Inflammation of the facial nerve inside its canal above the stylomastoid foramen is the cause of facial palsy, a disorder that develops and impairs the action of the face muscles as well as

exhibiting comparable symptoms [4]. On the basis of symptoms, Bell's Palsy can be correlated with *Ardita*. Bell's palsy has an incidence of 23 cases per 100,000 population/year, or about 1 in 60 to 70 people in a lifetime [5].

**Case Study**

**History of Present Illness**

The patient was well before 20 days, suddenly he noticed deviation of the mouth towards the left side, he was unable to open his mouth properly, unable to close his right eye completely, the slurred speech was there, so he came to Hospital for the management.

**Table 1:** Chief complaint of the patient

Sr. No.	Chief Complaints	Duration
1	Deviation of mouth on left side	for 20 days
2	Unable to open mouth	
3	Inability to blink right eye completely	
4	Slurred speech	
5	Dribbling of saliva on the right angle of the mouth	
Associated Complaints		
1	Constipation	for 2 months
2	General debility	

**Table 2:** History of past illness

Past medical history	Not significant No surgical history
Personal History	Diet: Mixed, No addiction
	Sleep: Irregular due to night duty
	Occupation: Police
Drug History	Not significant
Family history	Not Significant

**On Examination:** Systemic examinations of the Respiratory system, observed no significant abnormality.

**Table 3:** General examination

GC	Fair, Patient conscious, alert, oriented to time, place, and Person.
Temp.	A febrile
Pulse	76/min
BP	130/80 mmHg
P/A	Slightly hard, non-tender, No organomegaly
Lymphadenopathy	Absent
Oedema	Absent
Icterus	Absent
Cyanosis	Not seen
Pallor	Absent
Built	Moderate



### Central Nervous System Examination

1. Higher Motor Functions intact
2. Consciousness- Conscious
3. Orientation to Time, place, person- Intact
4. Speech - Slow and words are mumbled
5. Memory - Recent -not affected, Remote- not affected
6. Hallucination & Delusion - Absent

### Cranial Nerve Examinations

7. Examination of functions of all other cranial nerves, aside from the facial nerve, is intact. The cerebellar examination is also normal.
8. Forehead frowning - not possible on right side
9. Eyebrow raising - not possible on the right side
10. Eye closure - Right eyeball moves upwards and inwards when the patient attempts to close it along

with incomplete closure of the eyelid. (Bells phenomenon)

11. Teeth showing - not possible in right side denture
12. Blowing of cheek - not Possible on right side
13. Nasolabial fold - Naso labial fold loss on Right side.
14. Taste perception - not affected
15. Dribbling of saliva – Dribbling of saliva on the Right angle of the mouth and spilling of water during drinking
16. Bells phenomenon – present on right side
17. Deviation of the mouth towards the left side
18. Deep Reflexes such as Biceps, Triceps, supinators, Knee jerk, Ankle jerk, and plantar reflex are normal. Muscle power and Muscle tone in all limbs are also normal.

### Specific Investigations

MRI Brain–Not significant

**Diagnosis - Ardita (Bell's palsy)**

**Table 4:** Plan of external treatment

Sr. No.	Type of Panchkarma treatment	Drug
1	<i>Sthanik Snehana</i>	<i>Tila oil</i>
2	<i>Bashpasweda</i>	<i>Dashmool</i> (ten roots of certain medicinal plants)
3	<i>Nasya</i>	<i>Panchendriya Vardhana oil</i>
4	<i>Hanubasti</i>	<i>Nirgundi oil</i>

**Table 5:** Plan of internal medication

Sr. No.	Palliative treatment	Drug	Anupana (Vehicle)	Duration
1	<i>Dashamoola kashāya</i>	15 ml twice a day	Lukewarm water	15 days
2	Cap. Palsineuron	1 cap twice a day	Lukewarm water	15 days
3	<i>Ashwagandharishta</i>	15 ml twice a day	Lukewarm water	15 days
4	<i>Gandharvaharitaki powder</i>	5 gm at bedtime	Lukewarm water	15 days

## RESULT

The assessment was done on the basis of scoring cardinal associated signs and observed symptoms.

**Table 6:** Comparison of subjective parameters

Parameter	Before	After 7 Days	After 14 Days
Deviation of the mouth towards the left side	Fully deviated towards left	Slightly deviated Decreased By 10%	Decreased By 75 Percent. Turning to Normal symmetry of the face was able to wrinkle the forehead and raise the Eyebrows.
Improper blinking of the right eye	Incomplete closure of the eyelid	Occasionally blinks controlled	Easily blink a right eyelid and complete closure of the eyelid
Slurred speech Complete slurring	Completely slurred speech	Mild improved Pronouncing with fewer efforts	Moderately Improved Normal speech
Mouth opening	3 fingers mouth opening with difficulty	Mouth opening without difficulty	4 Fingers Mouth opening without difficulty
Widening of the palpebral aperture	Severely wide (cornea & ½ of upper sclera visible)	Moderately wide (cornea & 1/3 of upper sclera visible)	Slightly wide (Whole cornea visible)
Nasolabial fold	Absence of Nasolabial fold	A nasolabial fold is seen while attempting to smile	The nasolabial fold does not present on the left side. Nasolabial fold present normally
Constipation	Moderate	No constipation	No constipation

Slurred speech and mouth opening without any difficulty both saw complete alleviation. The palpebral aperture was widened, the nasolabial fold was absent, and the smiling sign all indicated a 50% alleviation. Following the 14-day course of treatment. Both during and after the therapy, there were no negative effects noticed.



### Hanu basti with Nirgundi oil <sup>[6]</sup>

#### S.O.P of Hanu Basti

#### Purvakarma Preparation of the patient:

1. The patient has been thoroughly examined. *Prakruti* and *Vikriti* have documented this in detail. Preparation for the treatment.

2. The things required for the procedure such as Flour of black gram, Water, gas stove, vessels, Tail, bowls, vessels, spoons, thermometer, hair-dryer, thermometer, sterile cloths should be collected.

### **Pradhana Karma:**

1. Positioning of the patient.
2. Advise the patient to lie in a lateral position.
3. A small-sized pillow was placed on one side of the head for positioning the head. Preparation and construction of *Hanubasti* ring.
3. Made thick dough with black gram powder by mixing with an adequate quantity of warm water.
4. The ear was plugged with cotton and then the *Masha Pishti*.
5. Then made a ring with *mashpishti* dough.
6. Using the thick dough a rim/ring made and fixed it firmly on the mandibular joint region.
7. The chosen medicated oil is heated passively
8. Took the oil, warmed it, checked the temperature, and poured it into the inner surface of the dough rim taking care not to spill out. Method of oil pouring.
9. The required quantity of oil (sufficient enough to fill the space within the ring of wet flour) is taken in a small bowl. The bowl was kept in the vessel filled with hot water. When the oil gets warmed, the bowl was removed. Oil was poured into the compartment (space within the constructed ring of wet flour).
10. The temperature has been maintained with the help of a hairdryer.
11. The temperature has been kept uniform throughout the procedure (until the procedure is completed). For this to happen, the oil from the pool is removed at regular intervals (leaving some oil in it i.e., oil did not remove completely) and replaced by warm oil (on the other side, simultaneously oil is passively heated).
12. Like this, the temperature has maintained uniformly throughout the procedure.
13. The time and duration of the procedure vary according to the clinical condition.
14. *Hanubasti* is done for 30 minutes.

### **Paschat Karma:**

1. After the prescribed time removed the oil with cotton.
2. Then removed the dough ring.
3. Then removed cotton and *Masha Pishti* from the

Ear.

4. Then advised to rest for 5 minutes.



### **Medication**

***Dashamoolarishtam* and *Ashwagandharishta*** pacify the *Vata* and corrected their flow in the body.

**Cap. Palsineuron- *Ekangaveera Rasa*** used orally acts as an anabolic, revitalizing, detoxifier which helps in enhancing the speed of recovery in patients with Bell's palsy [7].

***Gandharva Haritaki powder*** – Mild purgative which induces *Vatanuloman* (downward flow of *Vata*) and relieves constipation. It helps to relieve a *Pakvashayagata Vata* has laxative properties to pacify *vata* from the *Pakvashaya*.

### **DISCUSSION**

In *Ardita* due to the aggravation of *Vata Dosha* dysfunction of the sense organ is seen which can be correlated with Bell's palsy in modern science. *Ayurveda* experts categorised *Ardita* as the *Doshic* effect of *Kapha* and *Pitta* rather than *Vata*, but *Charaka* described the fundamental cause of *Ardita* (Bell's palsy) as extremely vitiated *Vata dosha*. Classics like *Charaka* and *Sushruta* discuss *Nadi Swedana* (Tubal Sudation) and *Nasya* for treating *Ardita*. In his *Sutrasthana*, *Sushrut* discussed *Ardita's* treatment, putting a specific emphasis on *Nasya*. As per *Vagbhata* and *Charaka*, *Ardita* requires a nourishing type of therapy [9]. *Nasya Karma*, *Moordha Taila* (application of oil to the head), *Tarpana* (Libation) with medicated ghee to the eyes and ears, *Nadiswedana* (Tubal sudation), *Upanaha Sweda* (application of poultice)

are included in the treatment principle of *Ardita*. Keeping all these efficacious treatment modalities in mind, a comprehensive treatment was planned for the present case.

**Sthanikabhyanga with Tila taila** (facial massage with tila oil) <sup>[8]</sup> – Tila oil has pacified *Vata-Kapha*, strengthening, and anabolic nutritive properties. Hence it provides a very good effect on aggravated *Vata*. The massage and sudation will help to loosen the adhesive *doshas* thereby facilitating the subsequent treatment. Facial massage improved motor function by stimulating and strengthening the facial nerves and muscles. The internal medicines were also selected for the pacification of *Vata*. Massage with tila oil nourishes the *Shleshak Kapha* (*Kapha* placed at the point of each joint) stimulates the sensory nerve endings and provides strength to the facial muscles <sup>[9]</sup>. After face massage increases local microcirculation by widening blood vessels and boosting blood flow to the peripheral arterioles, which hastens the absorption of drugs and promotes quick recovery. Additionally, it activates the nearby nerves <sup>[10]</sup>.

**Nasya therapy with Panchedriyavardhana oil** – *Nasya* therapy is indicated in speaking difficulty. Oil has mainly *Vata* pacifying properties, which relieves *Vata* obstruction especially the flow of *Vyana* (one of the varieties of *Vata*). Blinking is a function of eyelids that was hampered due to *Chala* property of aggravated *Vata* and is relieved by *Sthira* property of oil. *Nasya* therapy due to its therapeutic effect as well as the pharmacological effect of *Panchedriyavardhana* oil helps to combat it by its purifying as well as nutritive properties. The reduction in inflammation caused by the therapy's overall impact of reducing compression and ischaemia of the nerve in the narrowest region of the fallopian canal may be the cause of Bell's palsy alleviation. Saliva dribbling is really caused by the corner of the mouth lowering. As the damaged side of the mouth returns to its usual posture, it can become better. *Nasya* treatment with *Panchedriyavardhana* oil relieves the congestion of vitiated *Vata* in the *Murdha* (head), and it also increases blood circulation to the damaged parts of the brain and restores the normal functionality of the af-

ected nerves <sup>[11]</sup>. Additionally, it feeds the nervous system via vascular, neuronal, and diffusion pathways <sup>[12]</sup>. **Hanubasti with Nirgundi Oil**- In Bell's palsy there is impairment of the 7<sup>TH</sup> Cranial Nerve which comes forward from the facial canal travels through the Temporo-Mandibular joint and gets divided into subbranches. Here in Hanubasti, the targeted area is Temporo-Mandibular Joint, in this procedure the *Nirgundi* oil is used which pacifies the local *Vata Dosh*a and stimulates the nerves.

**Probable Combined Mode of Action of Treatment** *Snehana* increases local microcirculation by widening blood vessels and boosting blood flow to the peripheral arterioles, which hastens the absorption of drugs and promotes quick recovery. Additionally, it activates the nearby nerves. In Bell's palsy, there is impairment of the 7<sup>TH</sup> Cranial Nerve which comes forward from the facial canal travels through the Temporo-Mandibular joint and gets divided into subbranches. Here in Hanubasti, the targeted area is Temporo-Mandibular Joint, in this procedure the *Nirgundi* oil is used which pacifies the local *Vata Dosh*a and stimulates the branches of the facial nerve.

•*Nasya* treatment with *Panchedriyavardhana* oil relieves the congestion of vitiated *Vata* in the *Murdha* (head), and it also increases blood circulation to the *Shirobhaga* and restores the normal functionality of the affected nerves. Additionally, it feeds the nervous system via vascular, neuronal, and diffusion pathways. In oral medications, Cap Palsineuron, *Dashamool Kashay*, *Ashwagandharishtha*, *Gandharvahraritaki* was given, which helped to pacify the *Sarvdehik Vata Dosh*a. Bell's palsy was shown to respond quite well to *Hanubasti* and *Nasya* treatment. By energising and bolstering the muscles and nerves of the face, it enhanced motor performance. As the treatment gives power to the face muscles, improves blood circulation, strengthens neurons, and pacifies *Vata Dushti* and the effect of treatment was longlasting even after following up after 6 months.

## CONCLUSION

With thorough use of *Snehana*, *sweda*, *Hanubasti*, *Nasya*, and palliative treatments like Cap. Palsineuron, *Dasamoolarishta Ashwagandharishtha*, and *Gandharvaharitaki* powder, *Ardita* (Bell's palsy) can be controlled. Combination therapies stimulate the sensory organs while calming the vitiated *Vata* in the body. Additionally, both orally and externally applied medications are helping to relieve all indications and symptoms. To establish the statistical significance of the current line of therapy, similar studies involving a bigger sample size were required because this was a single case study.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Sayali Rajendra Manmode & Nutan Ravindra Radaye: A Role of Ayurvedic Management in the Treatment of Ardita W.R.T. Bell's Palsy. International Ayurvedic Medical Journal {online} 2022 {cited July 2022} Available from: [http://www.iamj.in/posts/images/upload/3576\\_3582.pdf](http://www.iamj.in/posts/images/upload/3576_3582.pdf)