Case Study

AYURVEDIC MANAGEMENT OF ARDITA (BELL’S PALSY): A CASE STUDY

Shikha1*, Rani Priyanka2, Rao Renu3, Kumar Mohan4

1P.G. Scholar, 2Assistant Professor, 3Associate Professor, P.G. Department of Shalya Tantra, Rishikul Campus, Haridwar, Uttarakhand Ayurved University, Dehradun, Uttarakhand, India.
3P.G. Scholar, P.G. Department of Shalya Tantra, Rishikul Campus, Haridwar, Uttarakhand Ayurved University, Dehradun, Uttarakhand, India.

ABSTRACT

Ardita is considered as one among the Vata Nanatmaja Vyadhis described in our Ayurvedic classics. It can be correlated with the disease ‘Bell’s Palsy in modern aspects. The present study was conducted with a objective to find out the effective Ayurvedic management in Bell’s palsy. For present study, a 28 years old Hindu male having history of watering from right eye, difficulty in closing right eye, difficulty in moving up right eyebrow, difficulty in moving up right eyebrow with uneven frequency since last 5 years was registered in our OPD. History and examinations lead to the diagnosis of idiopathic facial nerve paralysis i.e. Bell’s palsy. Considering the signs and symptoms patient was treated on the lines of Ardita Chikitsa. Nasya Chikitsa with Bala Biliya Ghrita, Tarpana with Jeevantyadi Ghrita, Karnapoornana with Ksheer- Bala Taila were done along with oral drugs and exercise. 100% relief was found in watering from eyes, slurring of speech, dribbling of saliva from right corner of mouth (Lalasrava), earache (Karnshool). 75% relief was found in trapping of food between gums and cheek. 50% relief was found in widening of palpebral aperture (Natra Vikriti), absence of Nasolabial fold and in smiling sign. Before starting the treatment the House Brackmann’s grading of facial nerve was Grade 4 and after commencement of 28 days treatment it was Grade 2. There was no side effect observed during and after the treatment.

KEYWORDS: Ardita, Bell’s palsy, Nasya, Tarpana,Karnapoornana.

INTRODUCTION

Ardita is considered as one among the Vata Nanatmaja Vyadhis described by Acharya Charakal1. When Vata is functionally normal in the body, it is responsible for stimulation of all sense organs2 but when it is in abnormal state in the body; it can cause morbidity and mortality3. Etiological factors for this particular disease wherein Vata is vitiated p

Medical treatment for Bell’s palsy include corticosteroid therapy, Antiviral agents11, topical ocular lubricants12 whereas surgical treatment include facial nerve decompresion, subocularis oculi fat lift, tarsorrhaphy etc. Prognostically, patients fall into three groups; group 1 with complete recovery of facial motor function without sequelae, group 2 with incomplete recovery of facial motor function, but with no cosmetic defect that are apparent to the untrained eye and group 3 with permanent neurologic sequelae that are cosmetically and clinically apparent. Approximately 80-90% of patients recover without noticeable disfigurement within 6 weeks to 3 months13. The recurrence rate of Bell’s palsy is 4-14%14. Treatment available in Ayurvedic text are Nasya (instilling medicated oil through nostrils), Murdha tail (oleation of head), Santarpana Ahara (Diet increasing strength and weight), Nadi sweda (Sudation), Upnaha (Bandaging)15, Mastishkya Shirobasti (pouring of medicated drugs on head), Dhooma (Medicated smoke to the desired area), Snehana (Oleation), Ksheer Taila (Pana and Abhyanga)16, Shrota-Akshi Tarpana (instilling medicated oil/ghee into ears and eyes) and purification procedures17. Keeping all these efficacious treatment modalities in mind, the present case study was carried out to evaluate the effect of classical Ayurvedic methods and procedures in the management of Ardita/Bell’s palsy.

MATERIAL AND METHOD

AIM AND OBJECTIVE: To evaluate the effect of Ayurvedic treatment in Ardita (Bell’s Palsy).
Case Report

A 28 years old Hindu male having history of watering from right eye, difficulty in proper closing of right eye specially while sleeping, difficulty in moving up right eyebrow, difficulty in chewing food due to trapping of food particles between gums and teeth, heaviness in right ear; since 6 years was registered. According to the patient he was asymptomatic 6 years ago. Then one day suddenly he noticed that his face was twisted more towards left side and he was unable to close his right eye completely. There was dribbling of saliva from right angle of mouth with mild slurred speech. He also experienced difficulty in eating from right side of teeth due to food particles trapping, that’s why he started eating from left side. He took treatment from various hospitals for 4 years continuously but did not get satisfactory relief and stopped taking treatment hopelessly. Then after 2 years he got registered in the present study for further management. Patient had no previous/family history of Hypertension or Diabetes mellitus.

On examining clinically these findings were noted

On general examination: body weight, heart rate, respiratory rate, temperature, blood pressure, CVS, RS, CNS, blood investigations all were within normal limits.

Ear examinations revealed normal external auditory canal and tympanic membrane. Hearing was also normal in both ear. On examining nose, right side nasolabial fold was found less demarked in comparison to left side(fig-1). Taste sensation for anterior 2/3 of tongue was found normal. Mild slurred speech was also present. Food collection on right vestibule was present when patient was asked to eat food article. Reflex movement for smile was found abnormal (fig-2). On examining forehead – furrow and wrinkling was absent on frowning on right side. Palpebral aperture of right eye was wider as compared to left. Partial eye closure and slow blinking was present in right eye. Cornea of both eyes were normal in sheen and transparency. Anterior chamber of both eyes were normal. Iris were normal in both eyes. Pupil of both eyes were normal in size, shape and reaction to light. Fundus of both eyes were within normal limits. Distant visual acuity and near vision acuity were 6/6 and N-6 respectively in both eyes.

As per the principles of Ardita Chikitsa described in Ayurvedic classics, patient was treated with Nasya Karma, Tarpana Karma, Karnpooran and Murdha Taila along with oral drugs and exercise. (Table-2)

ASSESSMENT OF CRITERIA: Assessment was done on the basis of gradation system. (Table-1)

RESULT AND DISCUSSION

After 28 days of therapy 100% relief was found in watering from right eye, slurring of speech, dribbling of saliva from right corner of mouth (Lalasrava), earache (Karnshool). 75% relief was found in trapping of food between gums and cheek whereas 50% relief was found in widening of right palpebral aperture (Netra Vikriti), absence of Nasolabial fold and in smiling sign. On overall assessment it was found that House Brackmann grading of facial nerve function score was Grade 2 after completing the treatment which was Grade 4 before starting the treatment. There was no side effect observed during the treatment.

Probable Mode of Action of Therapy

Snehana Karma with Ksheerabala Taal nourishes the Shleshaka Kapha stimulate the sensory nerve endings and provide strength to the facial muscles.[18] Swedana before the Nasya, Tarpana and Karnpooran enhance local microcirculation by dilation of blood vessels and increasing blood flow to the peripheral arterioles which accelerates the drug absorption and fast improvement. It also stimulates the local nerves.[19]

Nasayis a process by which medicated oil is administered through the nostrils. The Nasya Dravya medicine reaches to Sringataka Marma from where it spreads into various Srotas (vessels and nerves) and alleviates the vitiated Dosa.[20] Nasya provides nourishment to the nervous system by neural diffusion and vascular pathway.[21] Tarpana provides nourishment and strength to the eye. [22] It also helps in watering from eyes.[23] Karna Purana nourishes and stimulates the nerve endings. It pacifies pain in ear and also improve the hearing quality,[24] Moordha Tail when applied on the head, produces clarity of the sense organs, confers strength to the voice, lower jaw and head. It serves to rejuvenate the body and eliminate mental exhaustion.[25] It relaxes mind, stimulates nerves and sense organs. It controls vitiated Dosa in the head.[26]

Ekangaveera Rasa used orally act as Brinhana, Rasayana, Vishaaghna which helps in enhancing the speed of recovery in the patients of Ardita[27] Other drugs like Ashwagandha and Guduchi are also having Rasayana properties[28-29], which are helpful in rejuvenation of all Dhatus in the body. Exercise with balloon causes nerve stimulation and releases the compression of nerve. [30]

CONCLUSION

From the present case study it can be concluded that Ayurvedic management described in classical texts is helpful in giving significant relief in symptoms and signs of the disease Bell’s palsy, thereby improving quality of day to day life of the sufferer. All therapies like- Nasya, Tarpana, Karnpurana, Moordha Taila as a combined treatment, pacify the vitiated Vata in the body and thus provide nourishment to the sense organs. Moreover the drugs used orally and exercise are having additional effect in relieving the symptoms and signs.

Table 1: Grading for Clinical Feature

<table>
<thead>
<tr>
<th>Clinical feature</th>
<th>Grading</th>
<th>BT</th>
<th>AT</th>
<th>%Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watering from right eye</td>
<td>No watering</td>
<td>2</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td></td>
<td>Persistent but do not disturb routine work</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Persistent disturb routine work</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Constant watering</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>Table 2: Treatment Given</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nasya</strong></td>
<td><strong>Tarpana</strong></td>
<td><strong>Karnpoorana</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trikatu Churna</strong></td>
<td>3 grams twice a day for 7 days: prior to treatment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Deepana &amp; Pachana</strong></td>
<td><strong>Poorva Karma</strong></td>
<td><strong>Pradhana Karma</strong></td>
<td><strong>Pashchata Karma</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Snahan</strong></td>
<td><strong>Swedana</strong></td>
<td><strong>Snahan</strong></td>
<td><strong>Swedana</strong></td>
<td><strong>Doopana</strong></td>
</tr>
<tr>
<td>Ksheer Bala Tail</td>
<td>Keerdhooma</td>
<td>Ksheer Bala Tail</td>
<td>Shashti-Shalika</td>
<td>Ksheer Bala Tail</td>
</tr>
<tr>
<td><strong>Bala Bilva Ghrita</strong></td>
<td>In two sittings (each sitting of 7 days therapy and 7 days gap)</td>
<td><strong>Jeevantyadi Ghrita</strong></td>
<td>In two sittings (each sitting of 7 days therapy and 7 days gap)</td>
<td><strong>Ksheer Bala Taila</strong></td>
</tr>
<tr>
<td><strong>Oral drugs</strong></td>
<td>Akaanga Vira rasa - 125mg</td>
<td>Aswgandhachurna - 3gm</td>
<td>Guduchichurna - 3gm</td>
<td>Application of gauze piece on head all for 28 days (medicated by Ksheer- Bala Taila)</td>
</tr>
<tr>
<td><strong>Exercise</strong></td>
<td>Ballooning exercise</td>
<td></td>
<td>Ballooning exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Total Duration of Therapy</strong></td>
<td>28 days</td>
<td>28 days</td>
<td>28 days</td>
<td></td>
</tr>
</tbody>
</table>

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*Address for correspondence
Dr Shikha
P.G. Scholar,
P.G. Department of Shalakya Tantra, Rishikul Campus, Haridwar, UttarakhandAyurved University, Dehradun, Uttarakhand, India.
Email: shikha9801@gmail.com
Ph: 09454908322

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