



AYURVEDIC MANAGEMENT OF ARDITA (BELL'S PALSY).

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ABSTRACT:

Ardita (Bell's Palsy) is considered as one among the *Vata NANATMAJ VYADHI*. It can be correlated with the bell's palsy. A 26 year old male patient approached to Panchakarma OPD on 20/09/2021 who was suffering from the complaints of deviated face on right side, improper blinking of right eye, left eye is not completely closed, unable to chew from left side, drooling of saliva from right side of mouth since 3 months. After clinical examination he was diagnosed as *ARDITA* (BELL's Palsy). He was admitted to BVVS Ayurved medical college and hospital, Bagalkot for 8 days and was treated with *Shtanika Abhyanga*, *Kukutanda Sweda* and *Nasya Karma*. After discharge he was prescribed *Shamanoushadi* for 15 days. He was relieved of complaint up to 90%.

Key words: *Ardita*, Bell's Palsy, *Nasya*, *Kukutanda Sweda*.

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INTRODUCTION:

“Ardayati Pidayati eti ardita”¹

Arditai.e.Vakrata of Mukha Pradesh with *ShoolayuktaAvastha* is called as *Ardita*.

“ArdheTasmin

MukhardheVaKevaleSyaataTadarditam”

Ardita Vata is classified two types:

- 1) *Samanya Ardita* – Any part of *Mukha Pradesh* is effected (Facial paralysis)
- 2) *Vishista Ardita* – *Mukha Pradesh* along with *Shareera Pradesh* (facial paralysis with hemiplegia)

In this case *Ardita* is *Samanya Ardita*. *Ardita* is considered as one among the eighty *VataNanatmaja*². *Charaka* explained that *Ardita* is localized in half of the face with or without movement of the body³. *Acharya Arunadatta* has opined that *Ardita* is the affected half of the *Mukha*⁴. Due to excessive aggravation of *Vata* and cause deviation of *Mukha*. It can be correlated with the “BELL’S Palsy” in modern it is a condition that developed facial palsy the paralysis of facial nerve also affects that effect the movement of facial muscle and shows similar symptoms due

to inflammation of the facial nerve within its canal above the stylomastoid foramen⁵. Bell’s palsy has an incidence of 23 case per 1 Lakh population per year or about 1 in 60 to 70 people in a life time⁶.

CASE REPORT: -

A 26 year male patient came to Panchakarma OPD of BVVS AyurvedMedicalCollege and Hospital Bagalkot on 20/09/2021 with a deviated face on right side, improper blinking of right eye, left eye is not completely closed, unable to chew from left side, drooling of saliva from right side of mouth since 3 months. He had taken allopathic medicine but was not getting relief. He approached our hospital for a better line of management. According to the clinical feature the patient was diagnosed as a case of *Ardita*.

Treatment Protocol:

- *Sthanika Abhyanga* with *Manjistadi Taila* for 7 days
- *Sthanika Kukatandasweda* for 7 days
- *Nasya with KBT (101)* 6-6 drops each Nostril for 7 days
- *Anuloma Viloma Pranayama*



Sthanika Abhyanga



Sthanika Kukatanda sweda



Nasya



Kavala- Gandusha



Dhoomapana



Anuloma Viloma Pranayama

Result:



Before Treatment



After Treatment

DISCUSSION:

As there was vitiation of *Vata-Pitta* in *Siras* resulting the *Ardhita*, the treatment was given according to the *Dosha*, he was treated with *Nasya*. Follow up with *anuloma Viloma Pranayam*.

Manjistha is the *Vata-khaphaghna* due to its *Tikta, Katu Rasa* and *Ushna Virya*. It is also having *Jantughna Vranaropana* and *Vedanasthapana properties*⁷, *Mukha Abhyanga* with *Manjistadi Taila*, improved the facial deviation by stimulating and strengthening the facial nerve and muscles. *Kukuntanda Sweda* help the normalizing the blinking of right eye, and proper closing of both eyes with the help of *Ushma Sweda i.e Kukutanda Sweda*. *Nasya karma* with KBT (101) 6 drops each nostril for 7 days helps of facial nerve strengthening and it reduced the drooling of saliva. It also helps in shaman of *vata dosha* in *snayu of mukha Pradesh* and manage the normal function of all *snayu* and

muscles of face which are present in *the Mukha Pradesh*. *Anuloma Viloma* helps in strengthen the nerves and muscle tone.

CONCLUSION: *Ardhita* (Bell's Palsy) can be successfully managed by the Ayurvedic Treatment i.e mainly Panchakarma treatment of *Nasya Karma*.

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