

**THE EFFECT OF NASYA IN THE MANAGEMENT OF ARDIT- A SINGLE CASE STUDY**Vd. Bhaumik Suthar<sup>\*1</sup>, Vd. Ram Shukla<sup>2</sup> and Vd. Vibhuti Chaudhari<sup>3</sup><sup>1</sup>PG Scholar <sup>2</sup>Professor & HOD <sup>3</sup>PG Scholar  
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**ABSTRACT**

In this modern era, due to recent life style, anxiety, stress etc reasons incidence of *vat vyadhi pakshaghata, ardit* etc. *Ardit* is considered as one of the *vata nanatmaja vyadhis* described in our ayurvedic classics. It can be correlated with bells palsy in modern science. The present case study was conducted with an objective to find out the effective ayurvedic management in bells palsy. For present case study 35 years old female having history of *dakshina netra ashru strava, mukh vakrata*, *dakshina hasta evam pada pradeshe alpa karmanyata* since 10 days registered in our OPD. History and examination reveals to facial paralysis .i.e. bells palsy. On examination the patient was treated on the lines of *ardit chikitsa* mentioned in ayurvedic classics.

**KEYWORDS:** *Ardit*, Bells palsy, *Nasya*.**INTRODUCTION**

The modern era of disciplinary life pattern, excessive movements with vehicles, unhygienic food intake, use of wrong postures, lack of exercises, anxiety and stress etc. leads various diseases including; *Pakshawadha /Ardit*. *Ardit* is *vata vyadhi* associated with or without *Pakshawadha* commonly classified under neurological disorder. In modern science *Ardit* may be correlated with facial palsy involving weakness of cranial nerve or facial nerve. The condition involves drop angle of mouth, continuous salivation, problem in closing eyes and loss of nasolabial fold. Ayurveda, the holistic approach of disease management generally described use of *snehan-svedan*, *bastikarma* and *nasya* for the management of *vatvyadhi*. According to Charak, *Nasya karma (Navan Nasya)* may offer beneficial effects in the specific treatment of *Ardit roga*. *Nasya* therapy offer symptomatic relief in *Ardit* (facial paralysis) since it offers effective body purification especially at upper body part.

**AIM AND OBJECTIVE**

To evaluate the effect of Ayurvedic treatment in *Ardit*. (Bell's Palsy).

**CASE REPORT**

A 35 years old female 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 10 days. According to the patient she was asymptomatic 10 days ago. Then suddenly she noticed that her face was twisted more towards left side and she was unable to close his right eye completely. There was dribbling of saliva from right angle of mouth with mild slurred speech. She also experienced difficulty in eating from right side of teeth due to food particles trapping, that's why she started eating from left side. Thereafter She approached ayurvedic treatment. Patient had no previous/family history of Hypertension or Diabetes mellitus.

**Examination**

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. 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 particle. Reflex movement for smile was found abnormal. On examining forehead furrow and wrinkling was absent on frowning on right side. Palpebral aperture of right eye was wider as compare 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 Ardit chikitsa described in Ayurvedic classics, patient was treated with *Nasya Karma, Tarpana Karma, Karna Purana* and *Murdha Taila* along with oral drugs and exercise.

#### Assessment of Criteria

The assessment of the result was done by observing clinical signs and symptoms of Ardit as follows:

1. *Mukhvakrata*
2. *Nasavakrata*
3. *Greevavakrata*
4. *NetraStabdhatata*
5. *Waksang*
6. *NetraStabdhatata*
7. *Lalasarava*

#### 8. *KshawathuNigrah*

Following examinations were also included in the assessment criteria:

1. Unable to close eyes
2. Unable to whistle
3. Unable to inflate mouth

#### RESULT AND DISCUSSION

After 14 days of therapy 100% relief was found in watering from right eye, slurring of speech, dribbling of saliva from right corner of mouth (*Lalasarava*), ear ache. (*Karnshoola*). 90% relief was found in trapping of food between gums and cheek, 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 1 after completing the treatment which was Grade 4 before starting the treatment. There was no side effect observed during the treatment.

**Table 1: (Clinical Features and Grading).**

Clinical features	Grading		BT	AT	%relief
Watering from right eye	No watering	0	3	0	100%
	Persistent but do not disturb daily work	1			
	Persistent disturb daily work	2			
	Constant watering	3			
Widening of palpebral aperture ( <i>Netravikriti</i> )	No widening	0	3	0	100%
	Slightly wide (Whole cornea visible)	1			
	Moderately wide (cornea & 1/3 of upper sclera visible)	2			
	Severely wide (cornea & 1/2 of upper sclera visible)	3			
Absence of Nasolabial fold	Nasolabial fold present normally	0	3	0	100%
	Nasolabial fold seen while trying to speak	1			
	Nasolabial fold seen while attempting to smile	2			
	Nasolabial fold never seen	3			
Smiling sign	Absent smiling sign	0	3	0	100%
	Smiling sign present without upward movement of left angle of mouth	1			
	Smiling sign present with upward movement of left angle of mouth	2			
Slurring of speech	Smiling sign present all the time	3	3	0	100%
	Normal speech	0			
	Pronouncing with less efforts	1			
	Pronouncing with great efforts	2			
Dribbling of saliva from right corner of mouth ( <i>Lalasarava</i> )	Complete slurring	3	3	0	100%
	Dribbling Absent	0			
	Intermittent Dribbling	1			
	Constant but mild dribbling	2			
Trapping of food between gum and cheeks	Constant and profuse dribbling	3	3	0	100%
	No trapping	0			
	Mild trapping (not noticeable)	1			
	Trapped but easily removable by tongue	2			
Earache ( <i>Karnshool</i> )	Trapped and need manual removal	3	3	0	100%
	No earache	0			
	Intermittent earache	1			
	Persistent earache, do not disturb routine work	2			
	Persistent earache, disturb routine work	3			

Table 2: Ayurvedic treatment given to the patient.

Treatment	Drug	Duration
Shamana	1) Dashmoola kwath 40 ml twice a day	14 days
	2) Gokshuradi guggulu 2 tablets thrice a day	
	3) Ajmodadi churna-3gm Godanti bhasma - 250 mg Twice a day	
Nasya	Mahamasha tail 6-6 drops at early in the morning	14 days
Karna purana	Til tail	14 days
Gandusha	Til tail	14 days

### Probable Mode of Action

*Snehana Karma* with *nirgundi tail* nourishes the *Kapha* stimulate the sensory nerve endings and provide strength to the facial muscles. *Swedana* karma before the *Nasya*, 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. *Nasya* is a process by which medicated oil (*mahamasha tail*) is administered through the nostrils. The *Nasya Dravya* medicine reaches to *Sringataka Marma* from where it spreads into various *Strotas* (vessels and nerves) and alleviates the vitiated *Dosha*. *Nasya* provides nourishment to the nervous system by neural, diffusion and vascular pathway. *Karna Purana* nourishes and stimulates the nerve endings. It pacifies pain in ear and also improve the hearing quality. It relaxes mind, stimulates nerves and sense organs. It controls vitiated *Dosha* in the head. *Gokshuradi guggulu* used orally act as *Brinhana*, *Rasayana*, *Vishaghna* which helps in enhancing the speed of recovery in the patients of *Ardit*. Other drugs like *dashmoola kwatha* and *lashunadi vati* are also having *vataghna* properties. *Godanti* and *Ajmodadi churna* are also used in this patient, which are helpful in rejuvenation of all *Dhatu*s in the body. Exercise with balloon causes nerve stimulation and releases the compression of nerve.

### CONCLUSION

From the present case study it was observed 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*, *Gandusha*, *Karnapurana*, 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 signs and symptoms.

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