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# A comprehensive classical review on *Ardita* w.s.r. to Bell's Palsy

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## ABSTRACT

Facial function plays an integral part in everyday lives disability of both verbal communication and facial expression are hampered in *Ardita*. *Acharya Charaka* has considered *Ardita* as one among the 80 *Vataja Nanatmaja Vyadhi* in *Sutra Sthana*. *Ardita* can be result of long-term suppression of natural urges like sneezing & Pandiculation. The features of *Ardita* mostly resemble with palsy of 7<sup>th</sup> nerve such as deviation of face, loss or decreased function of the affected muscles, Numbness of the particular area. Main causative *Dosh* of *Ardita* is *Vata*, so the line of treatment is mainly based on the principal treatment of *Vata*.

**Key words:** *Ardita*, Facial paralysis, *Vata Vyadhi*, Ayurveda, *Nasya*, *Tarpana*.

## INTRODUCTION

The word "*Ardita*" implies a person afflicted or troubled. (Acc. to *Shabdakalpdruma*) The word *Ardita* is derived from the word "*Ardana*" which means pain or discomfort, or trouble.<sup>[1]</sup> *Ardita* is a disease in which there is a deviation leading to deformity of one side of the face alone or along with one side of the body.

"*Ardhe Tasmin Mukhaardhe Va Kevale Syaattadarditam*"

*Sushruta* says that the mouth and other regions e.g. The head are affected, while the *Vagbhatta* says half of the face is involved with or without involvement of half

of the body. *Acharya Charaka* has described 80 types or *Vataj Nanatmaj Vyadhi*, *Ardita* is one among them.<sup>[2]</sup> It can be correlated with the disease Bell's palsy most common cause of unilateral facial paralysis first described by Sir Chales Bell.

As mentioned above *Ardita* is one of the *Vata Vyadhi*. It is also correlated with facial palsy or 7<sup>th</sup> Nerve palsy. In Ayurveda it is explained as a specific disease afflicting the *Urdhavanga (Jatrurdhwa)* part above the neck particularly the face. And it is also an established fact that *Nasya* is one of the best measures to treat diseases manifested in *Jatrurdhwa*. *Ushna*, *Snigdha*, *Guru Gunas* needed for the treatment of *Ardita* can easily attained by *Navana*, *Tarpana*, *Moordha Taila*, *Nadi Sweda & Upanah Sweda* which is required to counter the *Ruksh*, *Sheeta*, *Laghu Gunas* of *Vata* which is predominate *Dosha* in the *Ardita*.

Facial nerve is the 7<sup>th</sup> cranial nerve situated in pons lateral to root of 6<sup>th</sup> nerve. Bell's palsy is a LMN disease. Characterized by ache in the region of the stylomastoid foramen result in pressure on the nerve causing paralysis of function. The main synonym of the condition is paralysis of facial nerve, as per Ayurveda in

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*Ardita Vata Dosha* vitiation in *Uttamanga*, the line of treatment is focused on *Vata Shamana* in *Uttamanga*.

### AIM AND OBJECTIVE

To critically analyse the statement - *Ardita Navana Moordha Tail Tarpana Mev Cha*.

### MATERIALS AND METHODS

*Brihtrayi* and *Laghuatriya* were screened to compile reference. Davidson, Harrison's medicine was screened for the word facial palsy.

### Definition of Ardita

1. The disease is localized in half of the face with or without involvement of body. (Acc. to *Charaka*)<sup>[3]</sup>
2. The *Vata* vitiated gets localized in the half of the face. (Acc. to *Sushruta*)<sup>[4]</sup>
3. Half of the face get distorted along with or without the involvement of half of the body. (Acc. to *Vagbhata*)<sup>[5]</sup>
4. *Ardita* is also known as *Ekayam*.
5. *Sharangadhara* - Condition affecting half of the face.<sup>[6]</sup>
6. *Arundatta* - affecting half of the face.

### Modern view

Paralysis of any structures innervated by facial nerve is known as facial palsy. Word 'Palsy' implies an abnormal condition where loss of motor or sensory function is impaired<sup>8</sup>. Bell's palsy is the most common cause of unilateral facial Paralysis. First described by Sir Charles Bell. Facial paralysis is due to the lesion of the pyramidal tract b/w the cortex and middle of the pons (UMN) paralysis & the 7<sup>th</sup> cranial nerve (LMN) paralysis.

### Feature of Bell's Palsy

Onset is sudden.

Eyelid droops.

Eyebrow rising is in possible.

Absence of Nasolabial fold.

Paralysis of muscle of facial expression.

Deviation of half of face, nose, eyebrows, forehead.

Escape of food & fluids from angle of the mouth.

**Nidana:** Specific *Nidana* for *Ardita* are not described general *Nidanas* of *Vata Dosha* can be considered as a causative factor of *Ardita*. *Acharya Charaka - Nidana* of *Vata Vyadhi* as *Nidana of Ardita*, also is *Siddhi Sthana* specific *Ardita* is complication arising due to suppression of the urge of sneeze.

General *Nidana* of *Vata Vyadhi* (Acc. To *Acharya Charaka*):

Intake of *Ruksha*(dryness), *Sheeta*(cold), *Alpa* (less quantity) and *Laghu Anna* (light to-digest food), *Ati Vyavaya* (Excessive sexual indulgence), *Prajagarana* (Remaining awake at night in excess),

*Vishama Upachara* (Inappropriate panchakarma/ other therapies), *Ati Dosha Sravana* (excess of panchakarma therapies) , *Ati Asruk Sravana*(excess *Raktamokshana* treatment or excess bleeding), *Ati Plavana* (Excessive swimming), *Ati laghana* (Excessive fasting), *Atyadhav* (Walking for long distance), *Ati Vyayama* (Resorting to wayfaring, exercise and other physical activities in excess),*Dhatu Samkshayaat* (Depletion of body tissues, loss of *Dhatu*), *Chinta Shoka Karshana* (Weakening due to excess stress, grief and worries), *Roga Ati Karsana* (Excessive emaciation because of affliction of diseases), *Dukha Shyyasana* (Sleeping over uncomfortable beds and sitting), *Vega Vidharana* (Suppression of natural urges),*Krodha* (Anger), *Diwa Swapna* (sleep during day time, *Bhaya* (fear),Formation of *Ama* (product of improper digestion and metabolism), suffering from trauma and abstention from food), *Marmaghata* (injuries to *Marma* (vital spots) and riding over an elephant, camel, horse or fastmoving vehicles and vehicles. because of the above-mentioned factors, the aggravated *Vata* fills up the empty body channels (*Srotas*).

*Acharya Sushruta (Su.Ni.1/68)* Listed *Nidan* of *Ardita* & *Vagbhata (Vg.Ni 15&16)* *Ardita* is due to vitiated of *Pranavata*.

**Physical factors:** 1 Churning hard food stiffly. 2 Carrying heavy loads on the head. 3 Sleeping in uneven postures.

4. over exercise. 5. Cold bath. 6. Continue & Excessive laugh. 7. Talking & speaking loudly 8. Yawning.

#### Pathological factors

*Asamyak Prasooti.*

*Sutika Dosa.*

Emaciated person.

**Psychological:** Fear, Grief etc.

**Dietic factors:** *Anashana. Tikta, Katu, Kasaya Rasa* seven. Excessive intake of the *Laghu Ruksha, Shita, Ahara.*

*Yogaratanakara* added some specific *Nidana*

Excessive tongue scraping. *Siravyodhana* (improper), Excessive rubbing of the eyes, ears, & nose, Injury to *Marma.*

#### Samanya Samprapti

Acc. to *Acharya Charaka Vata* gets vitiated by the various etiological factors, in the *Rakta Srotas* and affects the whole body or some specific part of the body.

#### Vishista Samprapti

*Samprapti* of *Ardita* (With Flow chart)

Due to *Nidan Sevan*



*Vata Dosha* get vitiated



Get localized in the regions of head, nose, chin, forehead, eyes



Result of *Shoshan Rakta Dhatu* (reduce blood supply)



*Ardita*

#### Samprapti Ghataka

- *Dosha: Vata*
- *Dushya: Rasa, Rakta, Sira, Mansha*
- *Adhistana: Mukhardha*

- *Srotasa: Rasavaha, Rakta Vaha, Mansavaha, Pranavaha*
- *Sroto Dusti: Sang, Sira Granthi*
- *Agni: Vishamagni*
- *Vyadhi Savbhava: Navin-Mardhu, Girna - Daruna*
- *Sadhyasadhya: Navin- Sadhya, Girna-Yapya /Ashadhya*

#### Chikitsa

"*Ardita Navana Moordha Tail Tarpana Mev Cha*

*Naadiswedo*

*Upnaahashchaapya*

*Anupapishitairhitaah"*

Prior to *Nasya Abhanga* and *Mridu Swedana* is essential. Snuffing of any *Snehana* is called *Nasya Karma.*

1. **Navana:** Nasal instillation of medicated oil. *Navana* medicine reaches to *Shrungatka Marma* from where spreads into *Srotas*. This type of *Nasya* provides strength of neck, shoulder, chest, improving the vision. *Nasya* provides nourishment to nervous system by neural diffusion and vascular pathway. The drug administered through the nose as *Nasya* reaches the Brain eliminates the morbid *Doshas* responsible for producing the disease.
2. **Tarpana:** (filling oil to eyes) Nourishment & strength to the eye.
3. **Moordha Tail:** (Holding medicated oil on head) Help in stimulating the nerve & sense organs control vitiated *Dosha* of head. *Moordha Tail* has *Vatahara* properties thereby improving the motor function of the facial nerve.
4. **Nadi Sweda:** (fomentation) or tubal sudation enhance the local microcirculation by dilation of blood vessel & increases blood flow.
5. **Upnaha (Poultice):** Poultices with meat of animals. (Poultice is made by the paste of medicinal drug is applied and *Bandhan* is done.)

*Nasya* and *Tarapana* with *Snehana* provides relief in *Vata* obstruction specially, the flow of *Vyana Vata*. Eye

blinking is hampered by the *Chal Guna* of *Vata* relieved by the *Sthira Guna* of *Sneha*.

This regimen provides strength to facial muscles, strengthens the nerve, improve the blood circulation improved the motor function by stimulating and strengthens the facial nerve and muscles. By the collective effect of therapy relieve compression and ischemia of the nerve.

## DISCUSSION

*Abhyanga* with *Navneet (Mukha Pradesh)* followed by *Dashmool Siddha Ksheera, Dhooma, Nasya Karma* with *Ksheerbala Taila, Tarpana, Shirolepa (Rasnadi Churna + Amalaki + Ksheerbala Taila)*. Repeated course as per needed.

## CONCLUSION

Bell's palsy can be correlated with *Ardita* in Ayurveda as compared with the signs and symptoms *Ardita* can be managed with comprehensive application of *Ardita Navana Moordha Tail Tarpana Mev Cha...* this combined treatment pacifies the vitiated *Vata* in the body, provide nourishment to the sense organ. Hence, by the above said point it can be concluded that *Ardita Navana Moordha Tail Tarpana Mev Cha...* is the best line of treatment for *Ardita*.

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