A conceptual study of Arditam and its Chikitisa mentioned in Brihattrayis along with its modern correlation (Facial Paralysis)

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ABSTRACT

Ardita is considered as one among the 80 types of Vata Nanatmaja Vyadhi described in our Ayurvedic classics. Ardita with special reference to facial palsy is a disease affecting all ages and more common in the present day scenario which causes distortion of face and associated with the impairment of motor and sensory functions of the affected side of the face, Effective treatment has been highlighted by contemporary science for this crippling disease, by the virtue of targeting the Dosha involved and there by curing the disease through Ayurveda is successful key in the treatment of facial palsy. Various Ayurvedic herbal formulations and Panchakarma procedures have been so far found effective in reversing the condition.

Key words: Arditam, Facial Palsy, Facial Nerve, Bell’s Palsy, UMN, LMN.

INTRODUCTION

Vata is responsible for controlling all the functions as well as formation of body structures. It is the only motivating force in the body, having propulsive action, through which it moves things and expels waste products from the body. It controls central nervous functions, neuro-muscular activities and mind. It is responsible for all the movements in the body hence under the term Nanatmaja Vyadhi of Vata, 80 diseases have been included which covers wide range of symptoms, one such disease is Arditam. The word Ardita usually indicates ‘a person afflicted or troubled’ according to Shabda Kalpadruma. According to Ayurveda it is explained as a specific disease afflicting the Urdhavanga (parts above the neck, particularly the face). Arditam according to Brihattrayi’s are as follows:

According to Charaka

अतिवृद्धः शरीरार्धमेकं वाय ः प्रपद्यिे
यदा गोपशोष्यासृग्बाह ं पादं च जान च
िस्ममन् सङ्कोचयत्यर्े
वक्रीकरोति नासाभ्रूललाटाक्षिहनूमिथा
वक्रं व्रजत्यामये भोजनं वक्रनाससकम्
मिब्र्ं नेत्रं कथयिः िवथ श्च
तनगृह्यिे

Vayu affects one half of the face dries up the blood, hand, leg and knee produces contracture in that Half consequently Nose, Eyebrows, Forehead, Eyes and Jaws get crooked.
The Bolus of food goes in mouth in the crooked way, crooked nose, Eyes stiffened and sneezing is suppressed in spite of impulse.

भङ्गा स्जह्मा सम स्त्िप्ता कला सज्जति चामय वाक् | \[2\]
\[2\] दन्िाश्चलस्न्ि बाध्येिे श्रवणौ सभद्यिे मवरः \| ||

Tongue when raised becomes curved, Voice becomes feeble and impeded, Teeth becomes loose, Hearing is deficient and Voice is hoarse.

पादहमिाक्षिजङ्घोरुशङ्खश्रवणगण्डरुक् | \[3\]
\[3\] अर्े िस्ममन्म खार्े वा केवले मयात्तदर्दधिम् \| ||

There is pain in Foot, Hand, Eye, Shank, Thigh, Temple, Ear and cheek. This disease is localised in one-half of the face.

According to Susrutha Samhita

Nidana of Ardita

गर्भिणीसृतिकाबालवृद्धीणेष्वसृक्क्िये |
उच्चैर्वयाधहरिोऽत्यथं खादिः कर्िनातन वा |
हसिो जृम्भिो भारार्िषमाच्छयनादपप ||(Su.Ni 1/68)

Pregnant women, Post delivery period, Children, Aged persons, Weak & Emaciated persons, Anemia & Bleeding conditions, Excessive yawning, laughing carrying heavy loads on head, Sleeping in uncomfortable postures, Excessive travelling, Continuous exposure to cold winds.

शिरोनासौष्ठचचब कललाटेिणसस्न्र्गः |
अदधतयत्वाऽतनलो जनयत्यिः \| ||

Carrying heavy loads on the head, over indulgence in laughing, exertion of the face sneezing bending very head bows (iron bars, spring etc.) use of uneven / hard pillow while sleeping, chewing very hard materials causes aggravation of Vata.

gets localised in the upper part of the body and produces irregularities of half of the face found specially during laughing and seeing.

According to Vagbhata: (Ashtanga Hrdaya)

शिरसा भारहरणादतिहामयप्रभाषणाि् |
The aggravated Vata localise in places such as Head, Nose, Lips, Chin, Forehead and eyes, produces pain in these parts and gives rise to ArditA.

Lakshana of ArditA

वक्रीभवति वक्क्रार्ं ग्रीवा चाप्यपविधिे|
वाक्सङ्गो नेत्रादीनां च \| \| (Su.Ni 1/70)


Purva Rupa

यस्याय्यो रोमस्त्री वेपयुन्त्रमावितम् ||
वायुिवृद्धे त्वचि स्वापस्तोदी मन्याहनुबहः |
तमदितिमिति प्राहुियाधि स्वाधिविशादः || (Su.Ni 1/71-72)

Appearance of Horripilation’s, tremors localized or generalized, excessive lacrimation & turbidity of eyes, upward movement of Vata numbness, pricking pain, stiffness in the sides of the neck, stiffness in the lower jaw.

क्षीणयान्यानिकाशक्त्य प्रसक्तं सक्तभापषणः |
न सिध्धत्वदिति बांध त्रिवर्ष वेपनस्य च \| ||

Ardita is incurable in persons who are weak, who do not wink their eye, whose speaking is obstructed constantly, which has persisted for more than 3 years and is accompanied with shaking of the head.

According to Vagbhata: (Ashtanga Hrdaya)

शिरसा भारहरणादतिहामयप्रभाषणाि् |
उच्चैर्वयाधहरिोऽत्यथं खादिः कर्िनातन वा |
पवषमाद पर्ानाच्च कर्िनानां \| \| (32)

Carrying heavy loads on the head, over indulgence in laughing, exertion of the face sneezing bending very head bows (iron bars, spring etc.) use of uneven / hard pillow while sleeping, chewing very hard materials causes aggravation of Vata.

Gets localised in the upper part of the body and produces irregularities of half of the face found specially during laughing and seeing.

ततोस्त्त्य कम्प्ते मूद्दि वाकस्कणः: स्वतथनेवता ||35||

Dana Chal: स्वर्गश: भुतिहलि: शक्रवहः |

Gandhažāna स्मृतिमहिसः सुमस्य जाणयते ||39||

्नििीः पार्थतो यायादकस्यक्ष्णो निमीललम् |
Functions of Facial Nerve
Each nerve controls:
- Eye blinking and closing
- Facial expressions
- Smiling and frowning
- Tear glands
- Salivary glands
- Taste sensations

Causes of Facial Palsy

<table>
<thead>
<tr>
<th>Causes</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congenital</td>
<td>Moebius syndrome, Vascular anomaly, Hemifacial microsomia, Goldenhar syndrome</td>
</tr>
<tr>
<td>Trauma</td>
<td>Temporal bone fracture, Blunt force to cheek, Laceration &amp; Swelling involving facial nerve</td>
</tr>
<tr>
<td>Infections</td>
<td>Ear infections, Lyme disease, Mastoiditis, HSV</td>
</tr>
<tr>
<td>Neoplasm</td>
<td>Parotid tumours, Acoustic tumours, Cholesteatoma</td>
</tr>
<tr>
<td>Ischaemia</td>
<td>Loss of blood supply to the nerve or muscle</td>
</tr>
<tr>
<td>Neurogenic</td>
<td>GBS</td>
</tr>
<tr>
<td>Hemotogical</td>
<td>Leukemia, Hemophilia, HTN, Diabetes Mellitus</td>
</tr>
</tbody>
</table>

Symptoms of Facial Palsy

- Unilateral facial weakness
- Loss of taste
- Hyperacusis
- Pain or discomfort in jaw and ear
- Ringing in ears
- Head ache
- Impaired speech
- Difficult eating & drinking
- Excessive tears in one eye

UMN and LMN
Facial paralysis can be manifested by two kinds of lesions:
1. Supra nuclear lesion (Central / UMN palsy)
2. Infra nuclear lesion (Peripheral/ LMN palsy)

- Lesion in Cerebral cortex - Weakness of limbs & face, Cognitive dysfunction, Sensory problems, Aphasia

**Bell’s Palsy**

- Commonest type of facial palsy
- Major cause of the acute facial nerve paralysis
- It affects totally half side of the face due to the LMN lesion
- Here, the palsy is due to the inflammation of the facial nerve
- The inflammation prevents nerve from sending correct signals to brain & Facial muscles.

**Difference between Facial Palsy & Bell’s Palsy**

<table>
<thead>
<tr>
<th>Facial Palsy</th>
<th>Bell’s Palsy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Causes can be known (Infection, Trauma, Tumor, Infarct)</td>
<td>Idiopathic &amp; may develop suddenly</td>
</tr>
<tr>
<td>Permanent (Lasts for years to life)</td>
<td>Temporary (Permanent cure within 3 months in 90% cases)</td>
</tr>
<tr>
<td>Need Surgical treatment</td>
<td>Without treatment or surgery regains facial function</td>
</tr>
<tr>
<td>Site of affection depends on UMN &amp; LMN lesion</td>
<td>Mainly due to LMN lesions Half side of face is totally affected.</td>
</tr>
</tbody>
</table>

**Tests for Facial Palsy**

- Ask the patient to show her teeth
- Ask the patient to puff her cheeks
- Ask the patient to show her eyes against resistance
- Ask the patient to lift her eyebrows

**Diagnosis**

- There are no specific lab tests to confirm the diagnosis.
- ESR for inflammation
- Blood sugar level for diabetes
- Electromyography for nerve damage & determine its severity
- MRI & CT scan
Treatment

- **Medical Treatment**
  - Physical therapy
  - Pharmacological therapy
  - Psychotherapy

- **Surgical Treatment**
  - Nerve decompression
  - Nerve anastomosis
  - Nerve grafting

- **Physiotherapy**

**Treatment for Bell’s palsy**

- Steroids & anti-viral drugs are quite effective in Bell’s palsy
- Prednisolone & acyclovir is the drug of choice
- Prednisolone (1 mg/kg/d) for 10-14 days recommended.
- Vit- B1, B6, B12 may be administered which helps in nerve conduction & regeneration.
- If patient is seen after 4-weeks, then steroid therapy is of no use.
- Eye protection

**Treatment according to Charak**

अर्दिताका नावन नूषिन्ते तैलं तर्पणेवच च ||९९||

मूस्युधि निित्तता वा न्युप्तिपिश्तेहिता।

In **Ardita**, head oil, Saturation, Tubular Fomentation and Poultices with meat of marshy animals are beneficial.

**Treatment according to Susrutha Samhita**

अर्दितायुः बलबन्धांत्वमप्रकाशनवत्त च वातायधि

विधानेनाश्चत, वैशेषिक्यां स्वस्त्यशिष्यशिशुक्ति नस्त

घातीपनां न्यूहनायिक्षेतदिष्टिः।

The patient of **Ardita**, who is strong, self-controlled, having all equipments should be treated with the same therapies indicated for **Vatavyadhi**. Special treatments for this disease is: *Sirobasti Nasya* (nasal drops) *Dhuma* (smoke inhalation) *Upanaha* (warm poultice) *Snehana* (oleation) *Nadi Swedana* (sudation by steam through tubes)

**Ksira Taila**

ततः सतृण महापच्चारूल काकोल्यादिः

विदारिगण्याधिमृदमाकलपमांसं तथैवदकाणायां विशेषतः

हिरणादेक्र श्वस्त्य श्वस्त्यशिष्यश्वस्त्य परिश्वस्त्य

तैलप्रस्थेतोनिःश्लिष्य योजितः।

Then the oil that emerges is taken out separately and cooked again along with drugs of **Madhura Rasa** (eg: *Kakolyadi Gana*) and milk

एततः श्वस्त्यशिष्यश्वस्त्यार्दारणां पानाभ्यं गिरामिल्यायः

This is known as **Kshira Tailam** should be made use for:

- Pana (drinking)
- Abhyanga (anointing)

In persons of **Ardita Kshira Sarpi** maybe prepared using Ghee instead of Oil.

**According to Vagbhata** (Treatment)

अर्दिताका नावन नूषिन्ते तैलं श्वस्त्यशिष्यशिशुक्ति

स्वस्त्यान्तः क्षिरार्दारणां पानाभ्यं गिरायः||३२||

In persons of **Ardita** **Kshira Tarpana** may be prepared using Ghee instead of Oil.

**Navanam** (nasal medication), **Murdra Tailam** (anointing oil on the head), **Srottra, Akshi Tarpanam** (filling oil to the Ears and Eyes), **Vamanam** (emesis) - if there is swelling, **Siravyadhnam** (venesection) - if there is burning sensation and redness.
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Treatment principle

▪ Vata Vriddhi in Kapha Sthanam
▪ Kapha & Vata Samanam
▪ Ushna Virya drugs are selected

Treatment

Thalam

▪ Rasnadi Choornam with Nimbamrta Eranda Tailam

Abhyangam for face

▪ Karpasastyadi Tailam
▪ Kshirabaala Tailam
▪ Dhanwantara Tailam
▪ Prabanjana Vimardana Tailam
▪ Mahamasha Tailam

Lepam

Masha / Godhuma is ground in paste and applied over the affected side in the face.

Nadi Swedanam

1. Erandamoola Kashayam / Dasamoola Kashayam / Nirgundi Kashayam
2. Kshira Dhoomam with Bala Siddha Kshira

Kavalam and Karnapuraman

Karpasastyadi Tailam

Internal medications

Kashayam

▪ Dhanadanayanadi Kashayam
▪ Astavarga Kashayam
▪ Guggulu Tiktaka Kashayam
▪ Rasonadi Kashayam
▪ Maharasnadi Kashayam
▪ Masabalaatmaguptadi Kashayam
▪ Suntibaladi Kashayam
▪ Rasnadasamoola kashayam

▪ Lasuna Kshira Kashayam

Siro-Pichu and Siro-Vasti

▪ Karpasastyadi Tailam
▪ Dhanwantara Tailam

Nasyam

▪ Karpasastyadi Tailam
▪ Mahamasha Tailam
▪ Kshirabala Tailam
▪ Anu Tailam
▪ Maharaja Prasarini Tailam

Choornam

▪ Vachas Choornam (2 gms)
▪ Ashwagandha Choornam - 10 gms HS with milk after food
▪ Narasimha Choornam - 5 gms hs with milk after food (Cakradatta)
▪ Svalparasona Pindam - 3 gms with Eranda Kashayam after food

Vati

▪ Rasonadi Vati (2 bd after food)
▪ Ekangavira Ras (1 bd after food)
▪ Brhat Vata Cintamani Ras (125 mg bd after food)
▪ Vata Gajankusa Ras (125 mg bd after food)
▪ Samira Pannaga Ras (1 bd after food)
▪ Vatari Guggulu (1 bd after food)
▪ Trayodasanga Guggulu (1 bd after food)

Lehyam

▪ Kalyanaka Avaleham (5 gms bd after food with honey / warm milk)
▪ Ashwagandha Lehyam (10 gms bd after food)

Aristam (15 ml bd with water after food)

▪ Balaristam
▪ Ashwagandharistam
▪ Devadarvyaristam
▪ Saraswatharistam
Tailam (Internally 10ml HS with milk after food)
- Karpasastyadi Tailam
- Masha Tailam
- Mahamasha Tailam
- Bhunaga Tailam - 5 ml with milk at night after food
- Rasa Tailam - 5 ml with milk at night after food

Single drugs
- Lasuna
- Nirgundi
- Eranda
- Lavanga
- Sarsapa
- Rasna
- Bala
- Ashwagandha
- Vacha
- Guggulu
- Brahmi
- Hingu

Apathya
- Grams, Peas, Tubers.
- Cold water
- Worrying
- Remaining waked upto late night
- Fasting
- Exposure to cold wind
- Travelling
- Suppression of urges

Ideal prescription
- Dhanadanayanadi Kashayam (15 ml with 30 ml water before food bid)
- Ashwagandha Choornam (10 gms HS with milk after food)
- Kalyanaka Avaleham (5 gms bd after food with honey / warm milk)
- Vacha Choornam (locally on tongue)
- Palsinuron cap (1-1-1) after food
- Kshira Bala Tailam for External application

Pathya
Ahara
- Milk boiled with Dasamoola
- Ghee & butter milk
- Juice of sour fruits
- Navanita with Lasuna
- Mamsa Rasa

Vihara
- Residing in places with mild breeze and sunlight
- Chewing bubble gums and blow baloon
- Facial exercises like opening the mouth and eyes as wide as possible & ask them to smile and frown alternatively for 10 -15 mins.

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