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# Ardita and its Ayurvedic Management - A True Story

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## ABSTRACT

*Ardita* is a disease with functional disturbances affecting the *Uthamanga* (head) and stands close with the symptoms of Bell's palsy. It is narrated as one among the *Asheeti Vata Vikaras*. It is a condition that develops due to *Vata* and *Kapha Dusti*. The present case study was conducted with an objective to find out the effective *Ayurvedic* management in Bell's palsy. This report is on a case study of a 29 years old male patient who approached to *Kayachikitsa* OPD presenting with symptoms of deviation of mouth towards on left side, unable to chew from right side, difficulty in complete closure of right eye, since 1 day. After relevant examinations and screening it was diagnosed as Bell's palsy. This disease though self-resolving some cases remain partially recovered and some may be left with major facial dysfunction. So, the patient was admitted in Sri Kalabyraveswara Swamy Ayurvedic Medical College and Hospital for 10 days and this condition was managed through *Panchkarama* & palliative treatment. The patient was treated with *Mukhabhyanga*, *Panasa Patra Sweda* for 10 days and *Nasya Karma* for 8 consecutive days. There was no side effect observed during and after the treatment. The patient got complete relief in all symptoms without any residual weakness or deformity within two weeks which is much early than the self-resolving period of 6 months.

**Key words:** *Ardita*, *Bell's palsy*, *Nasya*, *Mukhabhyanga*, *Panasa Patra Sweda*

## INTRODUCTION

Facial expression is the mirror of inner person and his Emotions, Aspirations, Happiness and hopes. Face can reflect joy, sorrow, anger, fear and excitement. Facial expression plays an important role in communication in our daily life. Unfortunately, all such vital and beautiful features are impaired in *Ardita*. *Ardita* is

explained as one among the *Vata Nanatmaja Vyadhi* by *Acharya Charaka*.<sup>[1]</sup> *Acharya Sushruta* has considered as only *Mukha Ardha*<sup>[2]</sup> while *Acharya Charaka* has included *Sharira Ardha* in *Arditha*.<sup>[3]</sup> *Sushruta* further adds that, in the event of *Raktha Kshaya*, the following will be afflicted by *Ardita* they are pregnant lady, recently delivered lady, old people and emaciated persons. *Ardita* is also explained as *Ekayaam* by *Ashtang Hrudaya*<sup>[4]</sup> *Acharya Arunadatta* has clarified that *Ardita* is the disease of the body mostly affecting half of the face, due to excessive aggravation of *Vata* and causes distortion of face.<sup>[5]</sup> Etiological factors for this particular disease wherein *Vata* is vitiated primarily; are described in *Ayurvedic* texts as - transferring heavy weight on head, excessive laughing, loudly talking, sudden fearing, sleeping on uneven bed, eating hard food particles etc.<sup>[6]</sup> Clinical features according to *Ayurvedic* classics are half sided facial deformity including nose, eyebrows, forehead, eyes, tongue and chin regions on affected side, slurring

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of speech, trapping of food particles between gums and cheeks, deafness,<sup>[7]</sup> partial closure of eyes,<sup>[8]</sup> disturbed smell sensation, pain in supraclavicular part of body.<sup>[9]</sup> On the basis of these clinical features, this disease has similarities with the disease entity: Bell's palsy. The most common form of facial paralysis is Bell's palsy. The annual incidence of this idiopathic disorder is ~25 per 100,00 annually or about 1 in 60 persons in a lifetime. Risk factors include pregnancy and Diabetes mellitus.<sup>[10]</sup> Bell's palsy is an acute, idiopathic, commonly unilateral Lower motor neuron type of facial nerve involvement due to non-supportive inflammation of nerve within the facial canal above the Stylomastoid foramen.<sup>[11]</sup> Although it usually resolves within 3 weeks–6 months, Bell's palsy may lead to severe temporary oral insufficiency and incapability to close the eyelids in some cases, resulting in potentially permanent eye injury.<sup>[12]</sup> To reduce these symptoms treatment mentioned in classics are *Navana, Nadi Sweda, Upanha, Moordini Taila*. So, the present study was carried out to evaluate the efficacy of Ayurvedic modalities in the management of *Ardita*.

## CASE REPORT

A male patient aged 29 years who is not a known case of diabetes mellitus and hypertension had a history of Covid 19 in May 2021, was apparently healthy. On 18/7/2023, morning patient had taken cold water bath to his head and travelled towards his work place in two-wheeler, which lead to exposure to cold air (due to cold climate). While riding the vehicle he suddenly experienced blackout and numbness in his face, so he took rest for a while by stopping his vehicle and after feeling better he travelled towards his work place. On the same day in the evening, he observed mild deviation of mouth towards left side, drooping of angle of mouth towards right and was unable to close right eye completely, so he took rest for few minutes and was advised to drink water while drinking he experienced dribbling of water from the right angle of mouth which he ignored. Later at night while having dinner, patient noticed difficulty in chewing and accumulation of food between the gums and right cheeks. So, the next day patient travelled from Kolar to Bangalore for treatment, during which he noticed his

symptoms got worsened. Patient visited SKAMCH&RC with the above said complaints. After relevant examinations it was diagnosed as Bell's palsy. This disease though self-resolving some cases remain partially recovered and some may be left with major facial dysfunction. Hence to avoid complication patient was advised to get admitted in the hospital for duration of 10 days.

To identify the causes all other relevant investigations was done on 19/7/2023 which showed no abnormality detected in CT brain. There was no record of any comorbidities, any surgical history or history of any allergy or past medication.

### Examination

On general examination

General condition: fair, Built - Moderately built, Nourishment - Moderately nourished

Pulse: 96 beats/min, Respiratory rate: 18 cycles/min, Blood pressure: 120/70 mmHg, Temperature: 97°F

Pallor: Absent, Icterus: Absent, Lymphadenopathy: Absent, Cyanosis: Absent, Clubbing: absent, edema: absent

### Respiratory System

No surgical scars rashes redness seen and Bilateral symmetrically chest movements on breathing on inspection, no local tenderness and palpable mass felt on palpation, Resonant note heard on percussion, no abnormal bronchovesicular sounds heard on auscultation.

### Gastrointestinal Tract

No any surgical scar marks and scaphoid shape seen on inspection, No palpable mass and tenderness felt on palpation, Fluid thrill and shifting dullness test negative on percussion Normal bowel sounds heard 8/min On auscultation

### Cardiovascular System

Chest shape - normal, Position of trachea - central, Apex beat - not visible dilated and engorged veins, no surgical or any scars seen on inspection, Apex beat - palpable. Trachea - not deviated on palpation. Cardiac

dullness heard on percussion. S1 S2 head no added sounds or murmurs heard on auscultation

### Central nervous system examination

- Higher Motor Functions - Intact Consciousness - Conscious Orientation to - time, place, person - Intact Memory (Recent and Remote) - Intact Intelligence - Intact Hallucination and Delusion - Absent Speech - Normal, fluent

- Cranial nerve examinations

Neurological examination of all cranial nerves were performed and found intact except facial nerve. Cerebellar examinations were also within normal limits.

- 7<sup>th</sup> Cranial nerve examination

#### Motor

Forehead frowning	not possible on right side
Eyebrow raising	not possible on right side
Eye closure	incomplete closure of right eyelid
Clenching of teeth	mouth deviates to the left side
Blowing of cheek	air found to be escaped through the right angle of mouth
Nasolabial fold	loss on right side
Hyperacusis	Absent
Smile	Deviation of mouth towards left side
Bells phenomenon	present on right side
Drooping of angle of mouth	Towards right angle of mouth

- Sensory - Anterior 2/3<sup>rd</sup> of tongue is intact
- Deep Reflexes such as Biceps, Triceps, Supinator, Knee jerk, Ankle jerk and plantar reflex were normal.
- Muscle power and Muscle tone in all limbs were also normal.

### Investigation

Blood investigations was done on 19/07/2023 Complete blood count, Renal function test Serum Electrolyte was advised where the reports was within normal limits. CT Brain was advised to be taken for excluding other possible causes of Bell's palsy on 19/07/2023. The report showed no abnormalities.

### Assessment of Criteria

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

- Difficulty in wrinkling of forehead in right side.
- Cannot raise the eyebrows of right side.
- Difficulty in complete closure of right eye.
- Decreased visibility of nasolabial fold in right side.
- Weakness of muscles in right side of face.
- Angle of mouth deviated to left side.
- Dribbling of water while drinking through right side of mouth.

House Brackmann grading of facial nerve function score has been used for Grading Bell's Palsy.

- Grade I:** Normal
- Grade II:** Slight facial weakness or other mild dysfunction. Normal tone and symmetry at rest. Complete closure of the eye without effort. Slight asymmetry of the mouth when facial movements occur.
- Grade III:** Assigned to patients dealing with moderate dysfunction; these patients generally do not display any noticeable facial weakness with synkinesis, they maintain complete eye closure and good forehead movement with effort.
- Grade IV:** Assigned to patients dealing with severe dysfunction. Obvious facial weakness. Incomplete eye closure, no forehead movement, asymmetrical mouth movement, and synkinesis.
- Grade V:** Assigned to patients who have little to no ability to smile, frown or make other facial

expressions. The closure of the eye is incomplete, and there is no forehead movement.

- **Grade VI:** No facial motion.

#### Therapeutic Intervention

Date	Internal Medicine	Dose	Procedure	Result
20/07/2023 – 24/07/2023	1. Tab . Brihat Vata Chintamani 2. Cap. Ksheerabala 101 3. Cap. Neuro XT 4. Tab Lashunadi Vati 5. Mahamanjistadi Kashaya 6. Dashamoolarista	1 – 0 – 1 After Food 1 – 0 – 1 After Food 1 – 0 – 1 After Food 1 – 0 – 1 After Food 3tsp – 0 – 3tsp with equal quantity water 3tsp – 0 – 3tsp with equal quantity water	1. Mukhabhya nga with Ksheerabala Taila 2. Sthanika Swedana with Panasa Patra Sweda 3. Physiotherapy	1. Deviation in the mouth was reduced by 30% 2. Closure of eyes was improved
24/07/2023	Gandharva Hastadi Taila	45 ml was given with 1 glass of milk at 8:00 PM		3 episodes of loose stools
25/07/2023 –			1. Mukhabhya	1. Deviation in the

1/08/2023			nga with Karpasastya di Taila 2. Sthanika Swedana with Panasa Patra Sweda 3. Nasya with Ksheerabala 101 8drops in each nostril 4. Physiotherapy	mouth was reduced completely 2. Forehead frowning was possible 3. Closure of eyes was improved 4. Nasolabial found was appreciated 5. Blowing of Cheek possible 6. Able to drink water without dribbling from angle of mouth
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#### RESULT

Assessment was done on the basis of scoring of cardinal associated signs and observed symptoms. A facial nerve function grading by House-Brookman grading measures was used to assess outcomes. House-Brookman grading Score was Grade 4 before starting the treatment and after completing the treatment score was Grade 1. There was no side effect observed during the treatment.

Parameter	Before Treatment	After Treatment
Deviation of mouth towards left side	Grade IV	Grade I
Incomplete closure of right eye	Grade IV	Grade I



Nasolabial fold	Loss from right side of the mouth	Normal
Raising of eyebrows	Grade V	Grade I
Dribbling of water while drinking	Present	Absent

## DISCUSSION

*Ardita* is a broad spectrum disease in which facial paralysis can be considered as one of the condition. Sushruta Acharya's description about *Ardita* holds more apt while we co-relate *Ardita* with the condition of Bell's palsy. Whereas Acharya Charaka and Vagbhata considered the involvement of the body also in *Ardita*. Analyzing both Ayurvedic and Modern views, *Ardita* can be compared to Bell's palsy (LMN Lesion). Hence *Chikitsa* should be planned based on the *Adishtana* of the *Vyadhi*. In Facial palsy there is inflammation of the facial nerve which is caused due to viral infection, Middle ear infection, Trauma, Compressive lesions, Ischemic etc. Facial palsy can be differentiated from Bell's palsy mainly by the site of lesion. In facial palsy lesion will in the supranuclear part in cerebrum or upper brain stem. In facial palsy lower part of the face is affected as upper half of the face is controlled by pathways from both sides of cortex. Whereas in Bell's palsy the lesion will be below the nucleus and stylomastoid foremen, here there will be involvement of half of the face on ipsilateral side. Approximately 80% of patients recover within a few weeks or months. In 20% of patient, if Bell's palsy is left untreated then it may lead to some facial dysfunction. In this case study the main *Nidana* for manifestation of *Ardita* was exposure to cold, when there is exposure to cold environment it causes biological effects of freezing on the various tissues of maxilla facial region including skin, blood vessels, nerves etc. so here *Sthanika Chikitsa* like *Mukha Abhyanga*, *Sweda*, *Nasya* will be more beneficial which helps in reducing the inflammation of the facial nerve, and drugs used for these procedure are also *Ushna Teekshna* which helps in *Samprapti Vighatana* of the *Vyadhi*. It improves the motor function by stimulating and strengthening the facial nerves and muscles. The internal medicines

selected were *Vatavyadhi Shamana* drugs. Therapeutic proprietary medicine has an adjuvant effect due to their unexplainable Pharmacodynamics.

*Abhyanga* dilates the micro blood vessels of face and enhances the blood circulation to that area. The increased blood flow to the peripheral arterioles accelerates the fast drug absorption and results in fast improvements.

*Mukha Abhyanga* with *Karpasastyadi Taila* was done. *Karpasatyadi Taila* contains drugs which are *Teekshna*, *Ushna Veerya*. It does *Vedanahara*, *Shothahara*, and *Sarvanilapaha*,<sup>[13]</sup> and directly indicated in *Ardita* nourishes the *Kapha* And provide strength to the facial muscles.

*Panasa Patra Swedana Karma* before the *Nasya*, relieves *Sheeta Guna* of *Vata Dosha* and it as *Balya*, *Brumhana*, *Mamsala* and *Santarpana* properties gives strength to facial muscles. *Panasa Patra* has beta - sitosterol as an active principle. It is a steroid and precursor of an anabolic steroid boldenone. The probable topical absorption of beta sitosterol in lipid base can be substantiated by the pharmacokinetics of boldenone. It also enhances local microcirculation by dilation of blood vessels and increasing blood flow to the peripheral arterioles which accelerates the drug absorption and fast improvement.

*Sadyovirechana* was done with *Gandarvahastadi Eranda Taila*. In *Astanga Sangraha*, *Vagbhata* has mentioned that the disease due to *Vata* do not get cured due to association with other *Dosha*, even though *Vata* is pervading the whole body, it is localized especially in the *Pakwashaya*, hence that should be treated with *Mrudu Sneha Virechana* with *Eranda Taila* along with milk, so the channels thus become cleared *Vata* begins to move without any hinderance in it and gets mitigated soon.<sup>[14]</sup> *Eranda* having *Tikta*, *Kashaya*, *Madhura Rasa*, *Madhura Vipaka* and *Ushna Veerya* by virtue of *Madhura Rasa* and *Madhura Vipaka* it counteracts *Vata*. Because of *Tikta Rasa Ushna Veerya* and *Agni Deepana Guna*, it counteracts *Ama*. In this *Taila* most of the drugs possess *Ushna Veerya*, *Vata-Kaphahara Guna*, and acts as *Deepana*, *Pachana*, *Rochana*, *Vatanulomana*, *Shothahara* and

*Vedanastapana*. So, it does *Kosta Shuddi*, helps to absorb the medications easily, removes the *Sroto Avarodha*, and helps in relieving the symptoms.

Acharya Charaka as mentioned “*Nasa Hi Shiraso Dwaram*”. Hence medicine administered through nose enters the deeper tissues of the brain and pacifies *Doshas* responsible for the disease. Facial Palsy involves disturbances in almost all the sense organs, the *Nasya Karma* with the *Nasya Dravya* medicine acts at *Sringataka Marma* from where it spreads into various *Srotas* and brings out all vitiated *Doshas* from *Urdhvajatu-gata Vikara*. So *Shodhana* in the form of *Nasyakarma* i.e., *Navana Nasya* is adopted in this study which has shown highly significant result. In this study the drug used for *Nasya* is *Sneha Dravya*. *Sneha Dravya* is considered as best *Vatashamaka*. Here the *Sneha Dravya* used is *Ksheerabala Taila 101*.

*Ksheerabala Taila 101* contains drug which does *Vata Pitta Hara* and as properties like *Shothahara*, *Balya*, *Brimhana*, *Shresta Indriya Prasadana* and it also acts as *Rasayana*. It suppresses nerve inflammation and promotes nerve regeneration and gives strength to muscles.<sup>[15]</sup>

*Brihat Vata Chintamani Rasa* was given which is having properties like *Balya*, *Rasayana*, *Medya*, *Kshayagna*, *Ojovardhaka* & *Yogavahi* which has targeted effect for the management of *Vataroga*. The formulation also helps in protein scavenging, anti-inflammatory and arrests neurodegenerative activity with the added benefit of crossing the bloodbrain barrier. *Ksheerabala* capsule smothers nerve inflammation because of its *Sheeta* property and advances nerve recovery and offers strength to muscles due to *Balya* and *Brimhana* properties of medications present in it.

Neuro XT Capsules contains ingredients like *Ekanga Veera Rasa*, *Maha Vata Vidhwamsana Rasa*, *Vata Kulantaka Rasa*, *Vata Gajankusha Rasa*, *Bala*, *Shudda Shilajatu*. It is having properties like anti inflammatory, anti oxidant effect and helps in regeneration of nerve and provides strength to the facial nerve.

*Lashunadi Vati* does *Ama Pachana* and *Vatahara*. As it is having *Teekshna* and *Ushna Veerya* property it helps in removing the *Avarodha*.

*Maha Manjistadi Kashaya* is directly indicated in *Ardita*, as there is *Vata Dushti* and *Rakta Kshaya* plays a major role in causing *Ardita*, this formulation helps as *Vatahara* and *Rakta Prasadaka*.<sup>[16]</sup>

## CONCLUSION

*Ardita* involves the *Dhatu Kshayaja Samprapti* in its manifestation. *Acharyas* have explained as “*Vatasyopakrama Sneha Sweda Samshodanam*”. Hence, in this case study Ayurvedic management like *Mukha Abhyanga*, *Panasa Patra Swedana*, *Nasya* was selected which helps in pacifying *Vata*, does *Rakta Prasadana* and provides strength to the nerve. Oral medication like *Bruhat Vata Chintamani Rasa*, *Ksheerabala* capsules, Neuro XT, *Lashunadi Vati*, *Mahamanjistadi Kashaya* has properties like *Ushna Teekshna Guna*, *Vatahara*, *Brimhana*, *Rakta Prasadaka* and helps in relieving symptoms. So, the combined effect of both internal and external therapy helped in relieving the symptoms of *Ardita*.

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