



AN OBSERVATIONAL STUDY ON TREATMENT MODALITY FOR *ARDITA* (BELL'S PALSY) - A CASE REPORT

Kumari S.M.M.W.¹

¹Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

ABSTRACT

Sudden weakness in the muscles on one side of the face called *Ardita*. Bell's palsy is condition similar to *Ardita* in *Ayurveda* Medicine. *Ardita* is one of the *Vata Vyadhis*. In this Observational study aged 49 years old, one male patient selected from ward 08/C, Provincial *Ayurvedic* Hospital, Pallekele, Sri Lanka. The clinical examinations and investigations done by the researcher. All the data were collected based on available clinical facilities. Total 6 types of preparation of medicines were used as treatment. It were included 3 types of *Kashaya* (30.00%), 2 types of *Vati* (20.00%), 1 type of *Kalka*(10.00%), 1 types of *Leha* (10.00%), 2 types of *Thaila* (20.00%) and 1 type of *Churna* (10.00%). The signs and symptoms were reduced after 5 weeks time duration. It could be recommended, the pharmaceutical analysis of the selected drug will be evaluated in further studies.

Key Words: Case Report , *Ardita* , Bell's palsy

INTRODUCTION:

Ayurveda Review, *Ardita* ,is one of among the eighty *Vata Nanatmaja Vyadhis*. Excessive aggravation of *Vata* cause weakness of the one side of the face. *Ardita* can be correlated with Bell's palsy. According to the *Caraka Samhita*, The signs and Symptoms appear in the half of his body or half of his face only. When *Vayu* aggravated severely, afflicts half of the body, then it dries up the blood and causes, excessive contraction of the head, legs and knees produces contracture in that half and face,nose,eyebrow,forehead,eye and mandible get crooked. For the treatment of *Ardita*, nourishing type of inhalation therapy should be administered and the head should be anointed with medicated oil, *Nadi Sweda* (Fomentation therapy) and *Upanaha* (Poultices) prepared with the meat of animals inhabiting marshy lands are useful for the cure of this disease.

According to the *Susruta Samhita*, a patient of *Ardita*, who is strong self

restrained and affluent should be treated by the procedures employed for managing *Vatika* disease, special measures mentioned like this, *Mastiskya Shirovasti* (application of oil on the head), *Nasya* (Inhalation therapy), *Dumapana* (fumigation), *Upanaha*, *Senehana* (Oleation therapy), *Nadi Sweda* should be employed.

Modern Review, Bell's palsy is also known as acute peripheral facial palsy of unknown cause. It can occur at any age. The exact cause is unknown. It causes due to swelling and inflammation of facial nerve. It could be caused by a reaction that occurs after a viral infection. Signs and symptoms of Bell's palsy come on suddenly and may include, rapid onset of mild weakness to total paralysis on one side of face, occurring within hours to days, facial droop and difficulty making facial expressions, such as closing your eye or smiling, drooling, pain around the jaw or in or behind your ear on the

affected side, increased sensitivity to sound on the affected side, headache, a loss of taste and changes in the amount of tears and saliva you produce. Due to this

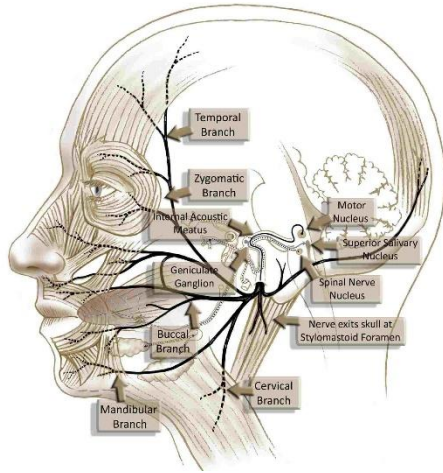


Figure -01 Facial Nerve

condition the patient difficult move the muscles of one side of the face. This is a lower motor neuron lesion.

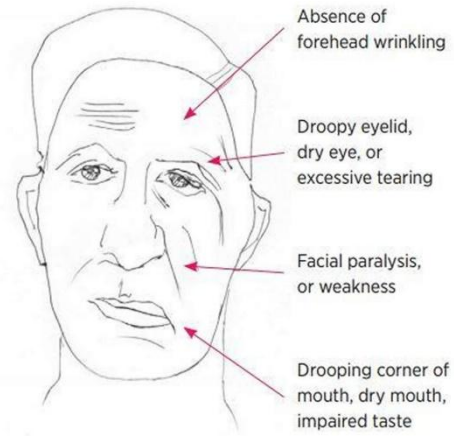


Figure -02 Bell's palsy

Case report

1. Personal data

1. Name of the patient : XYZ
2. Address : Katudeniya
3. Gender : Male
4. Age : 49 yrs
5. Religion : Buddhism
6. Marital Status : Married
7. Occupation : Police man
8. Ward No : 08
9. Bed No : 29
10. Bed Head Ticket No : 1021/8-C
11. Date of admission : 09/09/2022

2. Chief Complaint : Weakness in right side of the face with difficulty in speaking since 8 months.

3. Other Complaint : No

4. History of Chief Complaint : Suddenly occurred this condition before 8 months.

5. Past Illness : hypertension, Hyperlipidemia

6. Treatment History : He has taken western treatment for this

condition then she admitted to Provincial Ayurveda Hospital Pallekele.

7. Family History : Not related to family history

- 8. Personal History** :
1. Diet : excessive intake of oily and spicy foods.
 2. Sleep : sound sleep, 8 hours per day.
 3. Exercise : no exercises.
 4. Desha : Anupa desha
 5. Habit and addiction : no any habits and addictions.

9. Examination :
1. Ashta vida pariksha

- Nadi – Gathi : 82 bpm
Yathi : Samantara
Akrihi : Purna
Sanhathi : Mridu
- Muthra : D-5/N-0
- Mala : D-1/N-0
- Jiwaha : Normal
- Shabda : Abnormal
 - Druk : Abnormal

- Akriti : Abnormal

2. Vital Examination

- Temperature - 37 /C
- Pulse - 82 bpm
- Respiratory rate - 17 /min
- Blood Pressure - 130/80 mmHg
- Height - 155 m
- Weight - 55 kg

Observations in clinical examination of patient are documented in detailed case

- Skin - Normal
- Hands - Normal
- Lymph nodes - Normal

proforma along with treatments during total 5 weeks.

3. General/On examinations (OE)

- Physical appearance - Abnormality in right side of the face
- Mental state - Normal
- Nourishment - Normal
- Abnormal smells - Normal
- Height - 155 m
- Weight - 55 kg

Table 01. Systemic examination

System	Inspection	Palpation	Percussion	Auscultation
Cardiovascular system	0	0	0	0
Respiratory system	0	0	0	0
Gastrointestinal system	0	0	0	0
Genito urinary system	0	0	0	0
central nervous system and musculoskeletal system	3	2	0	0

3 ; severe disability 2 ;moderate disability 1; mild disability 0; normal

Table 02 – 7th cranial (Facial) nerve examination

Cranial nerve	Type of examination	1 st week	2 nd week	3 rd week	4 th week	5 th week
Facial nerve	Inability to Wrinkle brow	3	2	1	1	0
	Drooping of right eye lid	3	2	2	1	1
	Inability to close the right eye	3	2	2	1	1
	Inability to puff cheeks with no muscle tone on right side of the face	3	2	1	1	0
	Loss of Taste	2	1	1	1	0
	Increased sensitivity to sound on the right side	2	1	1	1	0
	Drooping of corner of the right side of the mouth	3	2	1	1	0

3; severe disability 2; moderate disability 1; mild disability 0 ;normal

Table 03 – Motor speech examination

Motor speech activity	1 st week	2 nd week	3 rd week	4 th week	5 th week
Word out put	3	3	2	1	0
Phase length	3	3	2	1	0
Effort of speech	3	2	2	1	0

3;severe disability 2;moderate disability 1;mild disability 0;normal

10. Provisional Diagnosis

- Ardita (Bell's palsy)
- Ananta Vata (Trigeminal Neuralgia)
- Pakshagata (Hemiplegia)

11. Treatment Protocol 1. Kashaya

Name	Dose	Route of administration	Anupana	Duration
<i>Thrikatukadhi kashaya</i>	120ml BD Before diet	Oral	<i>Eranda Thaila</i> 1tsp	Sep 09 -Sep16 (7days)
<i>Nirgundi lasunana shigru Kashaya</i>	120ml BD Before diet	Oral	Bee's Honey 1tsp	Sep 17- Sep 26 (10 days)
<i>Danada nayana</i>	120ml BD	Oral	<i>Eranda Thaila</i>	Sep 27- Oct 01

<i>shunti Kashaya</i>	Before diet		1tsp	(5 days)
-----------------------	-------------	--	------	----------

2. Vati

Name	Dose	Route of administration	Anupana	Duration
<i>Vata Vidwansa rasa</i>	2 BD After diet	Oral	Hot water	Sep 09- Oct 01 (23 days)
Cadostab tablet	2 BD After diet	Oral	Hot water	Sep 09- Oct 01 (23 days)

3. Kalka

Name	Dose	Route of administration	Anupana	Duration
<i>Chandra Kalka</i>	1 g After diet	Oral	<i>Mahadalu Anupanaya</i> 2tbsp	Sep 09- Oct 01 (23 days)

4. Taila

Name	Dose	Site	Route of administration	Duration
<i>Sathvavadhi Thaila</i>	7.5ml	Head	External	Sep 09-Oct 10 (23 days)
<i>Mahamasha Thaila</i>	30ml	Right side of the face	External	Sep 09-Oct 01 (23 days)

5. Leha

Name	Dose	Route of administration	Anupana	Duration
<i>Kaluduru Thippili Lehaya</i>	½ tsp TDS After diet	Oral	Mixed with pomegranate juice 1tsp	Sep 09- Oct 01 (23 days)

6. Choorna

Name	Dose	Route of administration	Anupana	Duration
<i>Dhathri churna</i>	10g BD After diet	Oral	Hot water	Sep 09- Oct 01 (23 days)

7. Bhahira Karma and Panchakarma Treatments

Name	Ingredients	Site	Route of administration	Duration of the treatment	Duration
<i>Shirsha Abyanga -3</i>	<i>Sathvavadhi Thaila</i> 30ml	Head	External	20 minutes	Sep 11-Sep 13 (3days)
<i>Shirodhara - 7</i>	<i>Sathvavadhi Thaila</i> -3 bottles	Head	External	40 minutes	Sep 14-Sep 20 (7 days)
<i>Sarvanga Sweda - 3</i>	<i>Mahamasa Thaila</i> - 60ml	Whole body	External	20 minutes	Sep 28- Sep 30 (3days)

<i>Virechana Karma -3</i>	<i>Trivriith Darkshabaya Dathri Kashaya 120ml + Eranda thaila 1tbsp</i>	Whole body	Internal	-	Oct 01- Oct 03 (3 days)
<i>Sansarjana Karma -5</i>	-	Whole body	-	-	Oct 04-Oct 08 (5 days)
<i>Yoga Vasti - 8</i>	<i>Kshirabala Thaila - 60ml</i>	Whole body	Internal	-	Oct 09-Oct 17 (8 days)
<i>Nasya Karma -3</i>	<i>Nirgundi Thaila -3 drops per one nostril</i>	Head and Neck area	Nasal	5 minutes	Oct 18- Oct 20 (3 days)

METHODOLOGY

This was an Observational study conducted at Provincial *Ayurveda* Hospital, Pallekele from 5 weeks (09th Sep 2022 – 20th Oct 2022) time duration. Inclusion criteria was enrolled , aged 49 years old Bell's palsy male patient was selected onset within eight months of time duration. The clinical examinations and investigations done by the researcher and all the data were collected based on available clinical facilities. The detailed medical history was taken and examinations were done weekly wise in

detail according to both *Ayurveda* and modern clinical methods. Referred authentic textbooks and collected literature and used web sites related to study. Informed consent was taken from the patient and confidentiality of collected data was maintained alone with period of survey only.

RESULTS AND DISCUSSION

Total 6 types of preparations of drugs *Kashaya, Vati, Kalka, Thaila, , Leha , Churna* were used in treatment line for the patient within 5 weeks duration and these drugs were listed out.

Table 04 – Classification of different types of used preparations of drugs

Name of the preparations of drugs	Type of The Preparation of drugs	Total (days)
<i>Thrikatukadhi</i>	<i>Kashaya</i>	07
<i>Nirgundilasunan Shigru</i>	<i>Kashaya</i>	10
<i>Danadha Nayana Shunti</i>	<i>Kashaya</i>	05
<i>Vata Vidwansa Rasa</i>	<i>Vati</i>	23
<i>Cadostab</i>	<i>Tablet</i>	23
<i>Chandra Kalka</i>	<i>Kalka</i>	23
<i>Sathvavadhi Thaila</i>	<i>Thaila</i>	23
<i>Mahamasa Thaila</i>	<i>Thaila</i>	23
<i>Kaluduru Thippili Leha</i>	<i>Leha</i>	23
<i>Dhathri Churna</i>	<i>Churna</i>	23

Table 05 – Classification of different types of used preparation of drugs

No	Types of the preparation of drugs	Number of used types of the preparation of drugs	Percentage of used types of the preparation of drugs %
01	<i>Kashaya</i>	03	30.00%
02	<i>Vati</i>	02	20.00%
03	<i>Kalka</i>	01	10.00 %
04	<i>Thaila</i>	02	20.00%
05	<i>Leha</i>	01	10.00%
06	<i>Churna</i>	01	10.00%

OBSERVATIONS AND

CONCLUSION: It has observed, Severity of inability to wrinkle brow was reduced grade 3 to 0. Severity of drooping of right eye lid was reduced grade 3 to 1. Severity of inability to close the right eye was reduced grade 3 to 1. Severity of inability to puff cheeks with no muscle tone on right side of the face was reduced grade 3 to 1. Severity of loss of taste was reduced grade 2 to 0. Severity of increased sensitivity to sound on right side was reduced grade 2 to 1. Severity of drooping of corner of the right side of the mouth was reduced grade 3 to 1. Severity of word output, phase length and effort of speech were reduced grade 3 to 0. Total 6 types of preparation of medicines were used as treatment. It were included 3 types of *Kashaya* (30.00%), 2 types of *Vati* (20.00%), 1 type of *Kalka* (10.00%), 1 types of *Leha* (10.00%), 2 types of *Thaila* (20.00%) and 1 type of *Churna* (10.00%).

REFERENCES

1. Kumarasinghe A., Madhava Nidana, Puva adhyaya, Sinhala Translation, Department of official Language; 1996.P. 65-70
2. Sharma P.V, Susruta Samhita. Vol II, Nidana sthana. Chaukhamba Visvabharati, Varanasi, 1st Edition; 2013. P. 3-25

3. Kumarasinghe A., Charaka samhita, Vol III, Chikitsa sthana. Sinhala Translation, Department of official Language; 1996. P. 584-642

4. Sharma P.V, *Susruta Samhita*, Vol II, Chikitsa sthana. Chaukhamba Visvabharati, Varanasi, 1st Edition; 2013. P. 303-311

5. <https://my.clevelandclinic.org/health/diseases/5457> 20.01.2023 at 9.00 am

6. <https://www.healthline.com/health/bells-palsy> 20.01.2023 at 11.00 am

7. <https://patient.info/brain-nerve/bells-palsy> 21.01.2023 at 14.00 pm

8. <https://www.ninds.nih.gov/bells-palsy-fact-sheet> 21.01.2023 at 15.00pm

Corresponding Author: Dr. Kumari S.M.M.W, Designation: BAMS

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

Email: madushani.wathsalakumari92@gmail.com

Source of support: Nil Conflict of interest: None Declared

Cite this Article as : [Kumari S.M.M.W. : An Observational Study on Treatment Modality for Ardita (Bell's Palsy) - A Case Report] www.ijaar.in : IJAAR VOL V ISSUE XII JAN-FEB 2023 Page No:945-951