

CLINICAL CASE STUDY OF ROLE OF MASHADI NASYA IN ARDIT W.S.R TO FACIAL PARALYSIS

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ABSTRACT

In present time due to modern life style, anxiety, stress etc. reason, incidence of *Vatavyadhi Pakshaghat, Ardit* etc. increasing. *Vatavyadhi* is one of the most prevailing health problem in our day to day clinical practice and *Ardit* is one of them. *Ardit* (facial paralysis) is very troublesome disease and about one in every 60 to 70 persons are affected by it. *Ardit* is defined as total loss of all voluntary movement on one or both side of the face. *Acharya Charak* has included *sharirardh* in *Ardit* & *Sushrut* has considered as face is only affected in *Ardit*. *Ardit* can be correlated with facial paralysis on the basis of sign

and symptoms & cause by involvement of VII cranial nerve. Facial paralysis is emphasized as weakness of facial muscles mainly resulting from temporary or permanent damage to facial nerve. It adversely affects the most important function of mouth leading to difficulty in deglutition, mastication closing of mouth as well as closure of eyes etc. *Ardit* being one of the *Vatavyadhi* to be chiefly managed by *Mashadi nasya*. *Sharangdhar* advocates use of *Mashadi nasya* in *Ardit*. According to *Charak*, *nasya karma* is a specific treatment of *Ardit* roga. Bearing this idea in mind *nasya karma* was selected in present study. In present study *Mashadi nasya* offered better result in pacifying almost entire range of symptomatology of *Ardit* (facial paralysis).

KEYWORDS: Ardit, Facial paralysis, Nasya karma, Mashadi kwath.

INTRODUCTION

Face is a mirror of mind which is convey the emotions like happiness, sadness, anger, fear etc. & so on. These motor & sensory function are co-ordinate & controlled from epitome of the head which is considered “*uttamang*”. *Ardit* is a disease causing the facial nerve.

Paralysis is the condition which present with deviation of half of the face & associated with the impairment of motor & sensory function of the affected side of the face. *Ardit* is one of the eighty types of *nanatmja vyadhi* & it is caused by vitiation of vata doasha. *Acharya charak* has included *Sharirdh* in ardit while *sushruta* has considered as only face is affected in *Ardit*. *Ardit* can be correlated with facial paralysis on the basis of sign & symptoms mention in text. Here, temporary suspension or loss of function, especially loss of sensation or voluntary motion of unilateral side of face is considered. it occurs due to any injury or inflammation to facial VII cranial nerve .this lead to partial or total loss of movement of unilateral face.

Actually facial paralysis leads to ability of interaction by loss of facial expression which is the major part of human communication. Modern science found drugs like steroid &antiviral etc. for it also surgery & other treatment are available for facial paralysis yet its recurrence is reported. *Ardit roga* genesis lies in the *Shiras*, which involve the one of the cranial nerve conducting both motor& sensory vital function of human system. *nasya* karm has been selected in this study because the effect of medicament applied through nasal rout directly reaches to the *shiras* & respond very quickly & effectively. According to Ashtang sangrha explain as “*Nasahishirsodwaram*” & all “*Urdhwajatrugat*” *viakaras* are well treated by *nasya* karma.in view the great importance attached to the *nasya* karma method of treatment for ardit by acharyas in this study we have chosen *Mashadi nasya* which is having *vatahar* &*bruhankarak* properties in the management of ardit. Incidence,according to statistical data, facial paralysis affects around 1in 1000 of the general population.

OBJECTIVES

- 1) To study Ardit in ayurveda & Facial paralysis in modern science.
- 2) To assess the efficacy of Mashadi kwath nasya in the management of Ardit.

MATERIALS AND METHOD

Ardit is considerd as *vatavyadhi* according to *bhruhatraya*. it is caused by aggravation of vata. It has been among of eighty types of *nanatmaja vyadhi*. *Acharya charak* has included *shariradh* in *ardit* & *sushruta* has considerd face is only affected in *ardit*.

Ardit can be correlated with facial paralysis caused by involvement of VII cranial nerve. Facial paralysis is emphasized as weakness of facial muscles mainly resulting from temporary or permanent damage to facial nerve. it adversely affects the most importance of

mouth leading to difficulty in deglutition, mastication, closing of mouth as well as closer of eyes. According to *charak nasya* karma is specific treatment for *ardit roga*. hence we chosen *nasya* karma according to our *acharyas*. *ardit* is a *vatvyadhi* to be chiefly managed by *mashadhi nasya* & *achrya sharangdhar* advocates the use of *mashadi kwath nasya* in the mangment in *ardit*. Patient having sign& symptoms of *ardit* i.e *netravikruti lalastrava, vakasang* etc. are included in this study & age group between 50-80yrs selected from our OPD& IPD of kaychikitsa dept. the patients of below age 50 & above 80 yrs. & patients having intracranial heamorrhage, bilateral facial palsy & other systemic disorders are exclude from this study.

METHOD

Nasya is described best for the expulsion of doshas present in the supraclavicular region (*uttamang*) & *ardit* mainly the disease of supraclavicular region.

Among the *nasya*, *avapida nasya* is considered as the best type. *Ardit* is mainly vata disodres so, *bhruhana nasya* can be provide better result, so for this purpose *masahdi kwath nasyais* chosen.

DISCUSSION

Ardit primarily is a vata disorder so, treatment should be mainly be emphasized on balya, bruhan drug which are alleviate the vata. Avapid nasya is described to best remedy to pacify vata present in uttamanga. (Supraclavicular region). *Nasya* drug via *shringhatak marma* brain which is a main vital point corresponding to nerve centers responsible for speech, vision, smell, taste, hearing & facial palsy involved. disturbance in almost all sense organs, the *nasya* with *Mashadi kwath* suppress the nerve inflammation due to its *ushna, snigdha & guru guna* & promote the nerve regeneration & give strength to the muscles due to *Balya & bruhana* action of drugs present in it. It precludes wear & tear of nervous & muscular tissue. *nasya* preceded by abhyang a by the *Bala tail* also help in strengthening the facial muscle *nadi sweda* in the form of *nirgundi, errand kwath*, a fomention by vapours of the the decoction is given on face. This stimulate nerve ending & open the micro-channels below skin level due to potential effect of *swedan*.

CONCLUSION

This case study reveals that patient with facial paralysis can gain significance relief in the symptoms with minimal risk & high patient acceptance through ayurveda management.

despite the limitation of this case study, the nasya therapy may be an effective option in the treatment of facial palsy. Further study should be carried out in larger sample group.

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