



## Case Study

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### EFFICACY OF *MASHBALADI PACHANA KASHAYA NASYA* IN FACIAL PALSY: A CASE STUDY

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#### ABSTRACT

Facial palsy refers to the loss of facial movements due to the damage to the nerve supplying the facial muscle. Facial nerve palsy is the most common cranial nerve motor neuropathy. The facial nerve conveys motor, sensory and parasympathetic fibers and hence facial palsy results in both functional and cosmetic impairments. Mostly it is idiopathic in nature. Here presents a case report of 53 years, old female with right LMN right hemifacial palsy presenting with symptoms of deviation of angle of mouth to right side, difficulty in speech, pain around ear, numbness in right side of face and also in tongue, difficulty in wrinkling of forehead in right side. *Panchakarma* procedures like *Mashbaladi pachana kashaya nasya* and *paan* with *Ayurvedic* herbo – mineral formulation has been used in presenting case and successfully treated the ailment. Patient got complete relief in all symptoms with appreciable changes. Based on the symptoms facial palsy is co-related with 'Ardita' in *Ayurveda*.

**Keywords:** *Ardita*, Facial palsy, *Nasya*, *Sweda*

#### INTRODUCTION

Cranial nerve 7<sup>th</sup>, also known as the facial nerve, is responsible for voluntary movement of the face, taste to the anterior two-third of the tongue as well as control of the salivary and lacrimal gland secretions<sup>1</sup>. Facial palsy may characterize by weakness of the facial muscles resulting from temporary or permanent damage to the facial nerve. It may be two types' i.e. upper motor neuron and lower motor neuron lesion of facial nerve. Here the patient representing the symptoms of LMN lesion of facial nerve.

The overall prevalence of facial nerve palsy has been estimated as 23 cases per 100,000 population /year, or about 1 in 60 to 70 people in a lifetime<sup>2</sup>. Facial nerve palsy affects individuals of both sex and occurs in any age.

Facial nerve palsy is known as *Ardita* in *Ayurveda*. *Ardita* is one among the 80 *Nanatmaja vyadhis* of *vata*<sup>3</sup>. In *Sanskrit* the word *Ardita* literally means as "partially destroyed". It is caused due to excess of *vata dosha*. Vitiating of *vata dosha* leads to manifestation of symptoms of *Ardita*<sup>4</sup>.

*Acharya Charaka* opines that this disease is localized in half of the face with or without the involvement of the body<sup>5</sup>. While *Sushruta* has considered as the face is only affected in *Ardita*<sup>6</sup>.

#### Probable pathogenesis according to *Ayurveda*

In the classical text of *Ayurveda*, facial nerve palsy is co-related with *Ardita*. In the genesis of disease vitiated *vata* settles in *Sandhi's* (joints above clavicle) of *Sira* (head), *Nasa* (nose), *Hanu* (Mandible), *Lalata* (forehead) and *Netra* (eye). *Snayu* (ligaments) and *Kandara* (tendons) are affected by the *doshas* and presented symptoms on the half of the face with all the features of *Ardita vata*. All *acharyas* have considered the face as the primary part in *Ardita* which is getting afflicted by *vata*. The line of treatment is

to regain the doshic balance and cure aggravated *vata* to enhance the function of brain and regenerative power in the body. Through *Ayurveda*, the best cure of *Ardita* is using internal medications and applying external therapies without any complications.

#### Case description

A 53-year-old female, housewife by occupation, belonging to the middle class came to *Panchakarma* OPD Dept. of Rishikul Campus, Haridwar with complaints of

- Pain and numbness in right half of the face with mild difficulty in speech.
- Weakness of muscles in right side of face
- Angle of mouth drops down in the right side of face
- Decreased visibility of nasolabial fold in the right side
- Abnormality of taste
- Inability to make facial expressions such as smiling and frowning

Considering the symptoms, here diagnosed it as a case of *Ardita*. Written informed consent was taken prior to the treatment. Study was carried out by following the good clinical practice.

According to the patients, she was asymptomatic before the year of 2002, suddenly she felt weakness in left side of face along with generalized pain. She also noticed that her angle of mouth drops down to left side and had abnormality of taste. For this she went to allopathic hospital and took allopathic medicine for 7 days. But she didn't get any relief and discontinued it. After that she took *Ayurvedic* medications along with 15 days of therapies (*Sthanik abhyanga*, *Swedana*, *Nasya* and *Pan*). Within one month, all these symptoms subside and got complete relief. But she continued *Ayurvedic* medications till now.

13 Jan. 2020, again all these symptoms develop on right side of her face. For these symptoms she went to BHEL allopathic hospital and admitted for 5 days. Where she diagnosed as a case of LMN Facial palsy and took allopathic medications.

Tab. Valacyclovir 1 g TDS – 7 days  
 Tab. Prednisolone 50 mg OD – 5 days  
 30 mg OD – 2 days  
 20 mg OD – 2 days  
 10 mg OD – 2 days  
 5 mg OD – 2 days

But she found no relief in symptoms and came to *Panchakarma* OPD for further management.

### Personal history

Appetite – Good  
 Thirst – Normal  
 Dietary Habit – Vegetarian  
 Micturition – Normal  
 Bowel – Evacuated  
 Sleep – Sound  
 Addiction – Not any

### Past medical history

Patient is also K\C\O of DM for 6 years and hypertension (for 18 years). Pt. is on medication.  
 No H\O of fall, trauma or any surgical history.  
 Pt. does not have significant family history.

### On examination

Pt. was conscious and well oriented to time, place and person. All cranial nerves were intact except VII nerve i. e. Facial nerve. Higher functions like memory, intelligence etc. was normal. But speech was slurred. Superficial and deep reflexes were normal.

Systemic examinations of Respiratory and Cardiovascular system observed no significant abnormality.

### Investigations

Hematological reports, lipid profile, KFT, LFT were normal but blood sugar level raised.  
 USG abdomen reports were normal (8 January 2020)

MRI Head – (15|1|2020) Normal study except partial empty sella.

### Clinical indications show Facial deviation

NCCT – Head shows findings – Age related cerebral atrophy is noted in form of prominence of sulcus spaces and cisterns.

- Left sphenoidal polyp seen.
- Age related cerebral atrophy

Diagnosis according to Ayurveda – Ardita

### Plan of treatment

Table 1: Panch karma therapy

	<i>Nasya</i>
<i>Poorva Karma</i>	<i>Sthanik Abhyang with cow ghrita</i> <i>Nadi swedan with Dashmooladi kwath</i>
<i>Pradhan Karma</i>	<i>Mashbaladi Pachana Kashaya Nasya</i> In two sittings (each sitting of 7 days therapy and 7 days gap)
<i>Pashchata Karma</i>	<i>Kavala dharana with lukewarm water</i>

Mashbaladi Pachana Kashaya pan (100 ml/day) for 14 days.

Considering the sign and symptoms, patient was treated on the line of Ardita.

Nasya Chikitsa with Mashbaladi Pachana Kashaya and Mashbaladi pachana kashaya pan followed with oral medications. Oral medications are as follows:

### All for 60 days

Trayodashang guggulu – 2 BD  
 Brahmi Vati – 1 BD  
 Rasraj ras – 100 mg 1 × 2 after meal  
 Mukta pisti – 100 mg 1 × 2 after meal  
 Punarnava mandoor – 200 mg 1 × 2 after meal  
 Arjun tvak churna – 2 gm 1 × 2 after meal  
 Dashmool haritaki avaleh – 20 g H.S. with lukewarm water

### RESULT

After 14 days of therapy followed with internal medications, there was significant improvement in the complaints like-absence of pain and numbness in right half of face, no difficulty in speaking and absence of facial asymmetry at rest.

Clinical assessments were made from the subjective symptoms and House-Brackmann's grading of facial nerve<sup>7</sup>. These results were seen after commencement 14 days treatment. There was no side effect observed during and after the treatment.

Table 2: House –Brackmann's grading

	Before Treatment	After Treatment
Rt. side of face	Grade V	Grade II
Lt. side of face	Grade II	Grade I

### DISCUSSION

Sthanik abhyanga with cow ghrita followed by Swedana with Dashmooladi kwatha enhance the local microcirculation by dilation of blood vessels and increasing blood flow to the peripheral arterioles which accelerates the drug absorption and fast improvement. It also stimulates the sensory nerves endings.

Nasya is a process by which medicated dravya is administered through the nostrils. The nasya with mashbaladi pachana kashaya reaches to Shringataka marma from where it spread into various Srotas (vessels and nerves) and controls the vitiated doshas. Therefore, Nasya helps in improving the symptoms of Ardita<sup>8</sup>.

In Paschat karma, Kavala dharana with warm water increases the efficacy of the treatment and removes remaining Doshas. Thus, helps in improving the facial muscle strength<sup>9</sup>.

## CONCLUSION

This case study reveals that patient can gain significant relief in symptoms with minimal risk. The appropriate diagnosis and treatment are very important for achieving the best possible recovery of facial nerve function. The treatment should focus on non-reoccurrence of disease. The disease was diagnosed in *Ayurvedic* terms and the treatment was planned accordingly. *Ardita* (facial palsy) can be managed with the application of *Mashabaladi Pachana Kashaya Nasya* and *Pan* followed with internal medications. As the disease was purely caused by *Vata dosha*, the combined treatment pacifies the vitiated *vata dosha* in the body and provides nourishment to the sense organs. Moreover, the drugs used internally and externally are having additional effect in relieving all the signs and symptoms.

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