

ARDIT - A CASE REPORT

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ABSTRACT

I am forced to write this case report intentionally, to let my colleagues and partially *Ayurved* believers that the *Ayurvedic* medicine and management is as effective as it was since its inception. This was my first experience that *Ayurveda* has varieties of modalities of treatment in acute diastases as well. *Ardit* (facial paralysis) is defining as the total loss of all voluntary moments on one or both side of the face. *Ardit* means *vyakul* or *yachana* as said by *amarkosha*. It is disease caused due to the *vata*, which is controller of all body moments. *Vata* are main dosha in *vatahaha-nadi sansthana*. This case is a unique example if patient comes to *Ayurvedic* consultant at right time, at right place and to a consultant who is knowable can give excellent result. A female patient 75 year old with symptoms of *Ardit* (facial paralysis) get relief within 2 days and get cure within 7 days with pure *Ayurvedic* management. In short, *Ayurveda* proved its effectiveness and has stood the test of time. What is needed is ethical presentation of our experience on proper platform and standardised journal.

Key words: *Ardit* , *Ayurvedic* management , *Ayurveda anubhuti* , Ethical presentation of experience.

INTRODUCTION

When one get sick, he normally option for non-ayurvedic pathies. while I was under graduate student I observed that there the patient are coming almost as last resort interviewed many of them and I was shock to know that they feel/informed that *Ayurveda* has no treatment for acute disease and it is those word which confirmed my diligent to devote myself to the art and science of life.

I got admission in *Ayurveda* college which serving the unfortunate patients through only *Ayurveda* and *Ayurveda*. In addition to this and fortunate to get guide who is exclusively practice in pure *Ayurveda*.

A female patient 75 year of age with symptoms of – *vaam mukhavakrata* (angle of mouth is drawn over left side), *vaksnaga* (difficulty during talking)

, *brhama prachiti* (giddiness) came in opd. I first though whether we will be able to treat her ? but my guide start the treatment imminently and I get surprise that the patients revealed regression of *vaksnaga* (difficulty during talking) within 2 days n reaming all symptom like *vaam mukhavakrata* (angle of mouth is drawn over left side), *Braham prachiti* (giddiness) at 7 days was stunned and that time I realised that if patient come in time the knowledgeable doctor start treatment on time and the order follow by staff member simultaneously, yes we have capability to treat acute disease as well.

This incidence made me think, different issues concerning *Ayurveda*. The *Ayurveda* proved its effectiveness and has truth test of time to time, than why we our self losing our confidence ? I personally

feel that proper ethical information is not being properly propogeted.if this is done properly than I am sure the patient will come by choice to *Ayurveda* first.

I am also well aware that *Ayurveda* is being study in detail in foreign countries and gaining his popularity and there are great chance that *Ayurveda* will be accepted in worldwide for that we as an *Ayurveda* practitioners to remain sincere to art of science of *Ayurveda*.

Case study

Ayurvedic management in condition like *Ardit* (facial paralysis) involve treating the underlying pathology with drug that have a pronounced and specific therapeutic effect on the *majjavaha strotas*.

The present case study is successful ayurvedic management of a case of *Ardit* (facial paralysis).

A female patient 75 year of age with symptoms of – *vaam mukhavakrata* (angle of mouth is drawn over left side), *vaksnaga* (difficulty during talking), *Braham prachiti* (giddiness).

Management involve medicaments like *Laghusutshekhhar*, *Dashmularishta*, and a combination of powder containing *samirpannag*, *trikatu*, *pratap lankeshwer*, *yograj*, *sarpagandha*, *ashwagandha*. Medicaments were administered with *koshna jal* as *anupan*. with medicine *pinda-sweda*, *nadi-sweda*, *nasya*, *gandush* also advised.

Clinical examination of the patients revealed regression of *vaksnaga* (difficulty during talking) within 2 days and reaming all symptom like *vaam mukhavakrata* (angle of mouth is drawn over left side), *Brahma prachiti* (giddiness) at 7 days.

DISCUSSION

Hetu of Ardit as -

- 1) *Ahar*- improper and irregular diet causes the disturbance of vatadosha.

- 2) *Vihar*- Jrumbha, atibhashan, jagrana, contact of cold air of moring (breeze)
- 3) *Vaya*- vrudha avastha [75 year old].
- 4) *Manasika nidan*- *chinta*, *shoka*, *bhaya*, and *vegavrodha* causes *vata vrudhi*.

Samprati :

Hetu seven → *Dosh Prokop*(*Vata*,*Kapha*) → *vatavananadi sanstha pradeshi stahan sanshraya* → *ruksha*, *shita*, *laghu guna vrudhi* → *Mukhpradeshi stambha*, *kriya alpata* → *Ardit*

Samprati-Bhanga :

Samirpanag- *Kaphaganya margawarodha naash*

Trikatu-*Vatavaha nadi shamak*, *Vata-kaphgna*,

Prataplankeshwar-*Vatavahininadi shamak*
Yograaj-*Vataghna* (*vata-kapha janya samprapti nashak*)

Laghusut shekhar – *Brhamanasak* (by controlling *sadahk pitta*)

Sarpagandha and *ashwagandha* – *Vatavaha nadi balya*, *Vata-kaphaghna*, *nidrapad*.

Dashamul – *Vatashamak*.

Gandusha with *koshna til tail* – *Vata shamak* (*decreesses sheeta and ruksha guna of vata*)

Panda sweda and *nadi sweda* – *Vata-kapha shamak* (*decreesses sheeta guna*)

Nasya – *pancha indriya vardhan tail* *incresss power of pancha dnyanindriya*.

❖ The case which I present herewith has opened many avenues.

- 1) This was my first experience that *Ayurveda* has varieties of modalities of treatment in acute diastases as well and this case has once again proved that *Ayurveda* is still as effective as it was in past.
- 2) My initial impression that *Ayurveda* has no/limit drug for management for acute diseases Turned to be FALSE

- 3) This case has opened my mind and if all *Ayurvedic* practitioners decide *Ayurveda* will give magical result.
- 4) An effective dialogue between patient and *Ayurvedic* practitioner will make patients visit the consultant as a first choice for his health problem.

CONCLUSION

This case is a unique example if patient come to *Ayurvedic* consultant at right time, at right place and to a consultant who is knowable can give excellent result.

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