ARDIT - A CASE REPORT

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ABSTRACT
I am forced to write this case report intentionally, to let my colleagues and partially Ayurveda 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 vatavaha-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 knowledgeable 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 daysreaming all symptom like vaam mukhavakrata (angle of mouth is drawn over left side), Brahma 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 propagated. 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 majavaha 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), Brahma prachiti (giddiness).

Management involve medicaments like Laghusutshekhar, 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-sveda, nadi-sveda, 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- Jrubhama, atibhashan, jagrana, contact of cold air of moring (breeze)
3) Vaya- vrudhav avastha [75 year old].
4) Manasika nidan- chinta, shoka, bhaya, and vegavrodha causes vata vruhdhi.

Samprati :

Hetu seven → Dosh Prokop(Vata,Kapha) → vatavahanadi sanstha pradeshi sthan sanshraya → ruksha, shita, laghu guna vruhdhi → Mukhpradeshi stambha, kriya alpata → Ardit

Samprati-Bhanga :

Samirpanag- Kaphaganya margawrodha naash
Trikatu-Vatavaha nadi shamak, Vatakaphgna,
Prataplankeshwar-Vatavahininadi shamak Yograaj-Vataghna (vata-kapha janya samprapti nashak)
Laghusut shekhar – Brhamanasak (by controlling sadahk pitta)
Sarpagandha and ashwagandha – Vatavaha nadi balya, Vatakaphgaghna, nidrapad.
Dashamul – Vatashamak.
Gandusha with koshna til tail – Vata shamak (decreases sheeta and ruksha guna of vata)
Panda sweda and nadi sweda – Vatakapha shamak (decreases sheeta guna)
Nasya – pancha indriya vardhan tail incress power of pancha dnyanindriya.

f 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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