

## 11.6. Ardita ( Bell's Palsy)

### अर्दित (Bell's Palsy)

Unilateral lower-motor-neuron paralysis of the face, classically grouped under **Vatavyādhi**.

#### 1. सम्प्राप्ति (Pathogenesis) & सम्प्राप्ति-विघटन (Breaking the chain)

क्रम	Classical event	Modern correlate	Vighaṭana target
1	हेतु - sudden exposure to cold / wind, day-sleep, mental shock, trauma round the ear; chronic rukṣa-ahara; ageing.	Viral neuritis (HSV-1), micro-ischaemia of facial nerve.	Eliminate <i>śīta-rukṣa</i> influence; kindle Agni.
2	दोष - <i>Vāta</i> (prāṇa + vyāna) shoots upward to शीर्ष; sometimes <i>Kapha āvaraṇa</i> (oedema in stylomastoid canal).	Inflammation → conduction block.	If āma/kapha present, perform langhana-pācana first.
3	दृष्य - <i>Snāyu</i> , <i>Sirā</i> , <i>Māṃsa</i> of one hemi-face.	CN-VII myelin sheath & axoplasm.	Re-unct and reduce oedema.
4	व्यक्ति: - Drooping angle of mouth, loss of naso-labial fold, lagophthalmos, dribbling saliva = अर्दित.	Bell's palsy picture.	Local sneha-sweda + nasya to restore tone.

#### Samprāpti-vighaṭana mantra:

*Kapha-āvaraṇa*? □ Rūkṣa-sweda + mṛdu virecana →

Then □ Sneha (head + systemic) → Sweda → Nasya → Basti (if chronic) → Physiotherapy → Rasāyana.

#### 2. चिकित्सा-सूत्र (Authoritative couplets)

“अर्दिते नावनं मूर्ध्नि तैलं तर्पणमेव च ।

नाडीस्वेदोपनाहाश्चाप्यानूपपिशितैर्हिताः ॥”

— *Caraka Saṃhitā, Cikitsā 28/99*

“In *Ardita* give nose-instillation (*nāvana*), head-oilings and eye/ear *tarpaṇa*; apply ***nāḍī-sweda*** (herbal steam) and warm poultices prepared with fatty marsh-meat.”

“स्वस्थः स्यादर्दितादीनां मुहुर्वेगे गतेऽगते ॥५२ ॥”

— *Cikitsā 28/52*

“*Ardita* waxes and wanes in episodes; the patient may appear normal between attacks.”

(It underlines need for long-term rasāyana and lifestyle care.)

#### 3. प्रमुख औषध-प्रयोग (Internal & external)

Category	Classical selections	Typical dose / use
<b>Snehapāna</b>	क्षीरबल तैल १०१ (Kṣīrabala 101)	10 ml b.i.d. x 7-10 d (after langhana if required)
मूर्धतैल (head oils)	<b>Mahānārāyaṇa taila, Dhanvantaram 21</b>	Daily <i>śiro-abhyanga</i> 10 min pre-bath
<b>Nasya (nāvana)</b>	<b>Brahmī gṛīta</b> or <b>Ānūtaila</b>	6 drops/nostril ▶ for 7-14 days



Category	Classical selections	Typical dose / use
<b>Nādi-sweda</b>	Steam of <i>Nirgundī</i> , <i>Eranda</i> leaves, or <b>Panasa-patra sweda</b>	10 min after abhyanga
<b>Upanāha</b>	Warm paste: <i>Nirgundī</i> leaf + <i>tila</i> + rock-salt	Applied over mastoid & cheek 4-6 h/day
<b>Internal vātahara</b>	<b>Mahārasnādi kaṣāya</b> 40 ml b.i.d. <b>Yogarāja-guggulu</b> 500 mg t.i.d.	After food for 3-4 wk
<b>Virecana (if Kapha-āvaraṇa)</b>	20 ml <b>Eranda taila</b> with ginger decoction at bedtime × 1-2 nights	Clears facial nerve oedema
<b>Basti (chronic / recurrent)</b>	8-day <i>Yoga-basti</i> : <i>Dashamūla-nirūha</i> (days 1,3,5,7) 500 ml <i>Kṣīrabala-anuvāsana</i> (days 2,4,6,8) 60 ml	Re-establishes Vāta mūla

#### 4. रसायन -पुनरुद्धार (Nerve-repair phase, weeks 3-12)

Rasāyana	Dose	Nerve-science logic
<b>Aśvagandhā-lehya</b>	10 g h.s. with warm milk	↑ neurotrophins, myelin repair
<b>Brahmī vati</b>	250 mg t.i.d.	Cognitive uplift, stress dampening
<b>Śilājatu (śuddha)</b>	250 mg b.i.d.	Trace minerals for axonal flow
<b>Guḍūcī-satva</b>	500 mg b.i.d.	Anti-oxidant, anti-viral support

Begin only after facial pain/swelling subside and digestion is clear.

#### 5. Pathyā / Apathyā quick-list

##### Pathyā (Do's)

- Warm, soft, *snigdha* diet: rice-gruel with ghee, mung-soup, cow-milk.
- Garlic milk at night; sesame-laddu for calcium & lipid membrane.
- Daily head-oil massage, warm water foment, scarf against cold wind.
- Gentle facial physiotherapy: balloon blowing, mirror exercises, eye-closure drills.
- Early sleep, controlled stress (*prāṇāyāma*, meditation).

##### Apathyā (Don'ts)

- Exposure to cold draught / AC directly on face.
- Sour, very spicy, astringent foods (pickle, raw salads) during acute phase.
- Excess talking, chewing gum, loud singing (over-strain of facial muscles).
- Day-sleep post-lunch; night-vigil; high caffeine or alcohol.

#### 6. Chikitsā-Yojanā (21-day template for teaching clinic)

Day	Morning	Mid-day	Evening	Remarks
1-3	Hingvāṣṭaka 2 g + hot water; dry nāḍī-sweda to face	Rice-gruel lunch	Eranda taila virecana (if kapha signs)	Āma-hara step
4-10	10 ml <i>Kṣīrabala taila pāna</i> ; head-abhyanga + steam; <i>Nasya</i> 6 drops	<i>Mahārasnādi kaṣāya</i> 40 ml	<i>Yogarāja guggulu</i> 2 tabs	<i>Sneha-sweda-nasya</i> core
11-18	<i>Yoga-basti</i> course (alt. <i>Dashamūla nirūha</i> / <i>Kṣīrabala anuvāsana</i> )	Same <i>kaṣāya</i>	Facial physio + <i>upanāha</i>	Vāta mūla therapy
19-21	Start <i>Rasāyana</i> stack; taper <i>kaṣāya</i>	Mirror exercise 4 sets/day	<i>Brahmī vati</i> + <i>Aśvagandhā lehya</i>	Rehabilitation



(Adjust doses to deha-bala, āgni & co-morbidities.)

## 7. Integrated Tips for Bell's palsy

### Ayurvedic action

Nasya + Moordha-taila keep nerve bed warm & moist  
Sneha-pāna + Basti improve nerve lipid milieu  
Rasāyana phase provides adaptogens & antioxidants  
Upanāha / Nadi-sweda accelerate micro-circulation

### Biomedical synergy

Matches warm compress, reduces neuritic oedema  
Supports omega-fat supplementation  
Parallel to B-complex, physiotherapy  
Simulates local heat therapy used in ENT clinics

## 8 | Revision mnemonics

"**N S B R**" for Ardita care: **N**asya → **S**neha-Sweda → **B**asti (if chronic) → **R**asāyana.

Charaka's pearl to remember:

“अदिते नावनं मूर्ध्नि तैलं ...” - Never forget head-oil & nasal drops in Ardita.

With this sequential, wholesome plan students can confidently draft, deliver and defend a complete Ayurvedic management strategy for **Bell's palsy** in both theory exam and bedside viva.