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Research Article

Therapeutic Evaluation of *Navan Nasya* in *Ardit W.S.R.* to Facial Paralysis

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ABSTRACT

Ayurveda is sciences of medicine and health practicing anciently and it possessing effective methods for the treatment of various diseases. Ayurveda not only offer approaches for the management of curable diseases but also encompasses knowledge of incurable diseases. Panchakarma is one of the therapies of ayurveda which purify body and cleans all shrotas even at cellular level. Panchakarma therapy involves many sub therapies such as; Navannasya which is very useful in the management of various diseases such as; facial paralysis which involves weakness of facial muscles resulting from temporary or permanent loss of facial nerve. The study was planned to measure efficacy of navannasya in the treatment of Arditroga and it was found that navannasya gives good results in Ardit or facial paralysis. Some patient of cured effectively after the treatment with Navannasya.

Keywords: Ayurveda, Ardit, Facial Palsy, Panchakarma, Navannasya.

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INTRODUCTION

The current scenario of disciplinary life pattern, excessive movements with vehicles, use of wrong postures, lack of exercises, anxiety and strain etc. leads various diseases including; *Pakshawadha* (Paralysis)/*Ardit* (facial paralysis). *Ardit* (facial paralysis) is *vatavyadhi* associated with or without *Pakshawadha* commonly classified under neurological disorder. In modern science *Ardit* may be correlated with facial palsy involving weakness of cranial nerve or facial nerve. The condition involves drop angle of mouth, continuous salivation, problem in closing eyes and loss of nasolabial fold¹⁻⁴.

Ayurveda the holistic approach of disease management generally described use of *snehan-svedan*, *vastikarma* and *nasya* for the management of *vatvyadhi*. According to *Charak Nasyakarana (Navan Nasya)* may offer

beneficial effects in the specific treatment of *Arditroga*. *Nasya* therapy offer symptomatic relief in *Ardit* (facial paralysis) since it offers effective body purification especially at upper body part⁵⁻⁹.

Aim and Object:

1. To observe the effect of *Navannasya* in the management of *Ardita*.
2. To standardize the methodology of *Navannasya*.

MATERIAL AND METHODS

1. 20 patients of *Ardita* fulfilling the criteria of diagnosis were registered from O.P.D. of Govt. Ashtang Ayurved College, Indore (M.P.).
2. A specific research proforma was prepared incorporating all the signs & symptoms based on both Ayurveda and modern literature.

3. External massage for 5 minutes was done on selected patients of *Arditroga* with *mahanarayan tail*, after that *mrada swedan* was performed using hot water bag or *nadiyantra*.
4. The patient was placed in the supine position with head lowered by placing a pillow below the neck and feet slightly raised. The eyes were covered with the cotton or folded cloth.
5. **The shodhanasya (by Katphalpowdar) was fixed as follows:**
Dhapananasya/Pradhamanasya:
 - *Katphal* powder-three *muchyutii*:
Dose: According to *Videha* the dose of *Dhmapana Nasya* is three *Muchuti* (3 pinch).
 - *Navannasya/Snehannasya*:
Dose:-*Anutail*-8 drops in each nostril.
6. After giving *nasya*, patient was instructed to lie in the same position for 1 minute then patient was allowed to expel out the morbid *dosha*.
7. At the end of the 21st days course of *Nasya* therapy the total effect of study was assessed.

ASSESSMENT CRITERIA

The assessment of the result was done by observing clinical signs and symptoms of *Ardit* as follows:

1. *Mukhvakrata*
2. *Nasavakrata*
3. *Greevavakrata*
4. *NetraStabdhata*
5. *Waksang*
6. *NetraStabdhata*
7. *Lalasarava*
8. *KshawathuNigras*

Following examinations were also included in the assessment criteria:

1. Unable to close eyes
2. Unable to whistle
3. Unable to inflate mouth.

RESULTS

20 patients of *Arditaroga* were selected for the study, the general data of the participants mentioned in Table 1.

Table 1: General Data of Patients:

S. No.	Particular	Specification	Data of patient
1.	Age	Range in year	30-70
2.	Sex	Male	16 (80%)
		Female	4 (20%)
3.	Marital Status	Married	18 (90%)
4.	Economic Status	Poor	3 (15%)
		Middle	15 (75%)
		Rich	2 (10%)
5.	Habitat	Urban	15 (75%)
		Rural	5 (25%)
6.	Addiction	Tea	5 (25%)
		Smoking	10 (50%)
		Alcohol	3 (15%)
		Sleeping Pills	2 (10%)
		No Addiction	0
7.	Chronicity	Below 1 month	12 (60%)
		(1-6) month	8 (40%)
		Above 6 month	0
8.	Diet	Vegetarian	15 (75%)
		Mixed	5 (25%)

DISCUSSION

In this clinical trial 20 patients of *Ardit* were treated to measure effect of *Navannasya*. *Katphal* powder was used as *dhampananasya/Pradhamanasya* and *anutail* was used as *snehannasya*.

1. All the 20 patients of this series belonged to the age group of 30-70 years and most of the patients (80%) were male, so it can be say that the *Arditroga* is slightly more common in male than female.
2. Majority of the patients (75%) were from urban area while 25% were from rural area. It may be possible due to the exposure of pollution, gases like carbon monoxide and hydrocarbons.
3. In present study smokers were seen maximum while percentage of tea addicts and drunker were less. Smoking is neuro-degenerative & has atherogenic properties therefore may initiate pathogenesis of neurological disorder.

4. Majority of the patients (75%) was vegetarian while 25% were taking mixed diet.
5. 60% of the patients were suffering from the disease for a month while 40% patients had the chronicity of 1-6 months.
6. All the patients (100%) were having *mukhvakrata* and *khsawathunigrah* as mentioned in Table No. 2. Other main symptoms were observed as follows:
 - *Waksang* and *netrastabdhata* (90%)
 - *Nasavakarta* (75%)
 - *Vedana* and *lalasrav* (40%)
 - *Greevavakarta* (20%)

Table 2: Percentage of Main Symptoms of *Ardit* amongst Participants:

S. No.	Symptoms	No. of Patients	%
1.	<i>MukhVakrata</i>	20	100
2.	<i>Nasavakrata</i>	15	75
3.	<i>Greevavarata</i>	4	20
4.	<i>Vedana</i>	8	40
5.	<i>Waksang</i>	18	90
6.	<i>NetraStabdhata</i>	18	90
7.	<i>Lalasrava</i>	8	40
8.	<i>KshawathuNigrah</i>	20	100

The other symptoms of *Arditroga* such as; problem to close eyes, to whistle and to inflate cheeks were observed in all patients (Table 3).

Table 3: Some Important Observations in Patients of *Ardit* (Facial Paralysis):

S. No.	Observation	No. of Patients	%
1.	Unable to close the eyes	20	100
2.	Unable to whistle	20	100
3.	Unable to inflate cheeks	20	100

Effect of *Nasya* therapy on symptoms of *Ardit*:

At the end of therapy, *vedana*, *lalasrav* and *kshawathunigrah* were relieved completely while *Nasavakrata* 93%, *waksang* 83%, *mukhavakrata* 68%, *Greevavakrata* 67% and *netra-stabdhata* relieved 58%

(Table No. 4). Relief was observed in special observations such as; unable to close eyes, unable to whistle and unable to inflate cheeks (Table No. 5). The total effects of therapy as per symptoms index mentioned in Table 6.

Table 4: Effect of *Navannasya* on Main Symptoms of *Ardit Roga* according to the Symptom Index:

S. No.	Symptoms	S.I. B.T.	S.I. A.T.	Cured S.I.	Effect in %
1.	<i>MukhVakrata</i>	62	20	42	68
2.	<i>NasaVakrata</i>	28	2	26	93
3.	<i>Greevavakrata</i>	6	2	4	67
4.	<i>Vedana</i>	8	-	8	100
5.	<i>Waksang</i>	36	6	30	83
6.	<i>NetraStabdhata</i>	48	22	26	58
7.	<i>Lalasrava</i>	8	-	8	100
8.	<i>KshawathuNigrah</i>	30	-	30	100

B.T. = Before Treatment A.T. = After Treatment S.I. = Symptom Index

Table 5: Effect of *Navannasya* on Special Observations of *Ardit Roga* according to Symptom Index

S. No.	Symptoms	S.I. B.T.	S.I. A.T.	Cured S.I.	Effect in %
1.	Unable to close the eyes	52	18	34	65
2.	Unable to whistle	40	4	36	90
3.	Unable to inflate cheeks	38	14	24	63

B.T. = Before Treatment A.T. = After Treatment S.I. = Symptom Index

Table 6: Total Effect of Navannasya on 20 Patients of Ardit according to Symptom Index:

Case No.	S.I. B.T.	S.I. A.T.	Cured S.I.	Effect in %
1.	32	8	24	75
2.	38	14	24	68
3.	26	2	24	92
4.	46	12	17	74
5.	34	4	30	88
6.	50	12	19	76
7.	38	6	32	84
8.	48	12	36	75
9.	42	14	28	67
11.	50	12	19	76
12.	38	14	24	68
13.	48	12	36	75
14.	42	14	28	67
15.	40	8	32	80
16.	44	10	34	77
17.	36	12	24	67
18.	48	12	36	75
19.	32	8	24	75
20.	38	14	24	68

Overall Effect of Navannasya in Ardit

It was observed that 65% patients were cured and 35% received marked improvement. The study confirmed that *Nasya* therapy offer beneficial effects up to some extent in the treatment of *Arditroga* as shown in **Table No. 7**.

CONCLUSION

Nasya therapy offered symptomatic relief in *Arditroga* and *Navannasya* possess beneficial effects in all aspect in the management of facial paralysis/*Ardit*. The appreciable outcomes of study suggested that further research on large population require to established pharmacological action of *Navannasya* in facial paralysis/*Ardit*.

Table 7: Total Effect of Navannasya in Facial Paralysis/Ardit.

S. No.	Result	No. of Patient	%
1.	Cured (75-100%)	13	65
2.	Markedly improved (50-74%)	7	35
3.	Improved (25-49%)	-	-
4.	Stable (1-2.4%)	-	-
5.	Deterioration	-	-

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