



Review Article

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ROLE OF KSHIRA DHUMA IN THE MANAGEMENT OF ARDITA: AN AYURVEDIC PERSPECTIVE VIEW

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Abstract

Ardita is a Vāta-Pradhan disorder described in Ayurvedic classics, characterized by facial deviation, weakness of facial muscles, and impaired speech. It closely resembles facial paralysis in modern medicine. Panchakarma therapies, particularly svedana, play a crucial role in its management. Kṣhīra Dhūma, a localized form of mild sudation using medicated milk steam, is especially indicated for disorders affecting the head and neck region. This article aims to elucidate the therapeutic role and probable mode of action of Kṣhīra Dhūma in the management of Ardita.

Keywords: Ardita, Kshira Dhuma, Facial paralysis, Svedana, Vata vyadhi, Panchakarma

Introduction:

Ardita is included under Vātaja Nanatmaja Vyadhi in Ayurvedic literature. Classical texts describe it as a condition where one half of the face becomes deviated or immobile due to aggravated Vāta doṣha. The etiological factors include exposure to cold wind, excessive speaking, improper sleeping posture, and suppression of natural urges. Management

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principles emphasize Vata-samana therapies such as snehana, svedana, nasya, and *brimhana* chikitsa. Among various svedana procedures, Kṣhīra Dhūma is a gentle and nourishing modality suitable for facial disorders.¹

Concept of Kṣhīra Dhūma

Kṣhīra Dhūma is a type of mridu svedana where steam generated from medicated milk is applied locally to the affected region. Milk processed with Vāta-hara drugs is used to produce warm vapors. Due to its snigdha and brimhana properties, this therapy is particularly beneficial in disorders involving muscles and nerves of the face.²

Materials and Method use:

Materials:-

- Ksheer (cow milk)
- Vāta-hara herbs like Ashwagandha, Dashmoola, Rasna (as per requirement)
- Dhuma yantra or steam apparatus.

Method:

The patient is seated comfortably. Mild abhyanga over the face and neck may be performed prior to the procedure. Medicated milk is boiled, and the generated steam is gently directed towards the face and neck. The procedure is continued until adequate sweating is observed, avoiding discomfort.⁴

Post-procedure care:- includes rest and protection from cold exposure.

Mechanism of ksheer dhuma : Step	Ayurvedic Concept	Action of Kṣhīra Dhūma	Therapeutic Effect in Ardita
1.	Vata Prakopa	Snigdha + Mridu + Ushna properties of milk steam	Pacifies aggravated Vāta
2.	Rūkṣata & Śīta Guna	Unctuous warm fomentation	Reduces dryness & coldness
3.	Srotorodha	Swedana (sudation) effect	Clears microchannels (Srotoshodhana)
4.	Mamsa-Snayu Daurbalya	Brimhana & Balya action of milk	Nourishes facial muscles & nerves
5.	Stambha & Shoola	Gentle Ushna-Snigdha fomentation	Relieves stiffness & pain
6.	Vakratā (Facial Deviation)	Improved circulation & muscle tone	Gradual correction of facial asymmetry

Mode of Action of Kṣhīra Dhūma in Ardita:

Kṣhīra Dhūma acts through multiple mechanisms:

Vata samana :

The snigdha, guru, and madhura qualities of milk counteract the rukṣha and śīta guṇas of aggravated Vāta, leading to its pacification.

Srotoshodhana:

Mild sudation opens obstructed channels and enhances local circulation, facilitating proper nourishment of tissues.

Brimhana Effect:

Medicated milk provides nourishment to mamsa dhātu and snāyu, strengthening facial muscles and nerves.

Stambha and Shula Hara:

The warm steam relieves stiffness, pain, and tightness of facial muscles, improving facial movements.

Improved Neuromuscular Function:

Thermal effect of steam enhances nerve conductivity and muscle responsiveness, aiding functional recovery.

Chikitsa sutra of ardita(vata vyadhi)

अदिते नावनं मूर्ध्नि तैलं तर्पणमेव च। नाद्रिस्वेदोपनाहश्चाप्यानूपपिशितैर्हिता॥ (च चि 28)

Pathya (Wholesome Regimen)

- Warm and unctuous diet
- Milk and ghee
- Avoid cold exposure
- Adequate rest
- Gentle facial exercise

Apathya:-

- Cold wind
- Excess talking
- Dry and cold foods
- Stress and night awakening

Discussion

Facial structures are delicate and require mild therapeutic interventions. Kṣhīra Dhūma, being a gentle form of svedana, is well suited for the mukha and grīvā region. It not only alleviates Vāta doṣha but also prepares the region for further

procedures such as nasya. Its nourishing nature distinguishes it from other forms of svedana and makes it valuable in both acute and chronic stages of Ardita.

Conclusion

Kṣhīra Dhūma is an effective and safe Panchakarma modality in the management of Ardita. By pacifying aggravated Vāta, clearing obstructed channels, and nourishing neuromuscular tissues, it contributes significantly to functional recovery. When used as part of a comprehensive Ayurvedic treatment protocol, Kṣhīra Dhūma enhances therapeutic outcomes in patients of Ardita.

CONFLICT OF INTEREST –NIL

SOURCE OF SUPPORT –NONE

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