

Role of Udshwita In Facial Paralysis: A Review Article

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Abstract

Ayurveda is the science which deals with miraculous effects of simple medications. Most of the medicines are available around us easily and buttermilk including butter called as Udshwita is very oftenly present in our routine life. It can become beneficial in severe diseases like facial paralysis if taken continuously. It is beneficial in different disorders along with other drugs.

It is prepared by continous churning of Dadhi (curd). It cleanses Srotas (channels) of body so clears pathway for Rasa (plasma) to nourish body . It is compared with Rasayana in Ayurveda because of its tendency to fight against diseases and oxidation of cells. If it is taken along with proper methodology, body cells regain strength and vitality. Most of our ancient sages wrote about the benefits of Udshwita. Here an important view is elaborated to fight against a very dangerous disease called as facial paralysis which halts everyone to do daily chores in busy life.

Butter was said to be harmful for heart but now –a – days it is said to be beneficial for heart. It is known as nectar for body. Liver functions are also improved for proper detoxification of organs. Uric acid formation become normal. It helps to grow bones. In case of digestion problems it is advised to drink buttermilk.

Without Bhaishajya Kalpana it is not possible to prepare different types of preparations. Accuracy in proportion of Dadhi and water is essential for positive results.

Keywords: Ayurveda, Dadhi, Srotas, Rasayana, Udshwita.

INTRODUCTION

Facial Paralysis¹

It is a loss of facial movement due to nerve damage. It can occur to one or both sides.

Causes

1. Infection or inflammation of the facial nerve.

2. Head trauma.
3. Head or neck tumour.
4. Stroke.

Bell's palsy

It occurs when 7th cranial nerve become swollen or compressed, resulting in facial weakness or paralysis. It may be due to –

1. Herpes simplex which causes cold sores & genital herpes.
2. HIV which damages immune system.
3. Sarcoidosis which causes organ inflammation.
4. Herpes zoster virus which causes chickenpox and shingles.
5. Epstein- Barr virus which causes mononucleosis.
6. Lyme disease which is a bacterial infection caused by infected ticks.

Stroke

Facial paralysis occurs during a stroke when nerves that control the muscles in the face are damaged in the brain.

Ardit²

Causes

1. Pregnancy, puerperal woman, children, old and weak persons.
2. In case of loud speaking.
3. Eating hard things.
4. Over laughter.
5. Yawning.
6. Excess weight lifting.
7. Sleeping at uneven places.
8. Sneezing with bending mouth to one side.
9. Eating vata-vardhak (air booster) food.

Samprapati (etiopathogenesis)

Due to above said causes vata increases in body. This vata on settles down in head, nose, lips, jaws, forehead and joints of eyes and make them diverted and pain in one side of face. This is called as facial paralysis.

Udshwita³

Takra paadjalm prokatmudshwitvardhvarikm ||

Curd is mixed with half proportion of water and then churned, the product is called as Udshwita. Here Navneet (butter) is also taken along with Takra (buttermilk).

Guna (Properties)

Udshwita kaphkrid balyamamghanm parm matm |

It is Kaphkaarak (enhances water), Balvardhak (strengthens body) and Aamnashka (digestive).

Takra (buttermilk)⁴

It is sweet, sour and astringent in Rasa (taste)

Nutritional Values of Takra⁵ (Buttermilk)

Buttermilk is rich source of

1. Potassium
2. Calcium
3. Phosphorus,
4. VitaminB12 &
5. Riboflavin

Buttermilk is a good aid for those suffering from digestive problems.

Contents	/ Quantity	/ % Value
1 Calories	/ ----	/ 100
2 Total Fat	/ 2.2 gm	/ 4%
3 Saturated Fat	/1 gm	/8%
4 Cholesterol	/10mg	/4%
5 Sodium	/260mg	/10%
6 Total Carbohydrates	/ 10g	/ 4%
7 Protein	/8g	/15%
8 Vitamin A	/130.00IU	/2%
9 Vitamin C	/5.00mg	/4%
10 Calcium	/---	/ 30%
11 Thiamin	/--	/6%
12 Zinc	/--	/ 8%
13 Riboflavin	/--	/20%
14 Vitamin B-6	/--	/ 4%

15 Folate	/--	/ 4%
16 Vitamin B-12	/--	/10%
17 Phosphorus	/--	/20%
18 Magnesium	/ --	/ 8%
19 Potassium	/--	/370 mg /--
20 Calcium	/284 mg	/--
21 Protein	/16.55g	/ 33.1%
22 Iron	/0.25mg	/1.4%

One cup of buttermilk contains 2.2 grams of fat & 99 calories, whereas whole milk contains 8.9 grams of fat & 157 calories in general. Vitamin B12 helps synthesize fatty & amino acids. It converts glucose of the body into the energy. It promotes nerve cell growth and also fights against stress and anemia. Potassium & calcium are supposed beneficial for bone health.

Riboflavin plays an important role to convert glucose into the energy as that of vitamin B12. Potassium helps to minimize the blood pressure. The symptoms like heartburn, aggravated acid level of stomach can be minimized with the help of buttermilk. It prevents the acid of the stomach to come up through esophagus by coating the lining of stomach. The traditional buttermilk is also helpful in weight loss & dieting purpose.

Navneet⁶

It is tonic, astringent, invigorating, stomachic and useful in phthisis, piles, facial paralysis etc.

Navneet⁷

Navneetm punah sadayaskm laghu sukumaarm madhuram kshayamishadamlm sheetalm

medhyam deepanm hridayam sngrahi pitanilharm vrishyamvidahi

kashyakaasvranshosharshoaditapahm, chirothitm guru kaphmedovivardhnm balkrm brihanm

shoshghanm visheshain balanaam parshasyate|

Butter of fresh curd is easy to digest, makes body soft. It is madhura (sweet), kshaya(astringent) and kinchid amla (little bit sour), sheeta (cool), medhya (brain tonic), agnideepaka (intensifiers digestive fire), hridya (heart tonic), cures diarrhea, vata (air) and pitta (fire) nashka (pacifies), vrishya (aphrodisiac). Pacifies rajyakshma (tuberculosis), kaas(cough), vrana(wounds), shosha (weakness), arsh (piles) and ardita (facial paralysis).

Nutritional Value⁸

The nutrition facts for 1 tablespoons (14 grams) of salted butter are:

- Calories : 102
- Water : 16%
- Protein : 0.12 grams
- Carbohydrates: 0.01 grams
- Sugar : 0.01 grams
- Fiber : 0 grams
- Fat : 11.52 grams
 - Saturated: 7.29 grams
 - Monounsaturated: 2.99 grams
 - Polyunsaturated: 0.43 grams
 - Trans: 0.47 grams

DISCUSSION

1. Udshwit help to cure bone defects.
2. It is a nervine supporter.
3. It acts as an antioxidant.

CONCLUSION

- Udshwita can proved to be a best medicine for nervine diseases .
- Further studies can be opted to prove their relevance in curing nervous disorders.

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