

Management of Blepharospasm through Panchakarma and Shamanoushdhis – A case study

Abstract:

Blepharospasm is a type of focal dystonia in which there is involuntary contraction of the muscles of the eyelids causing forceful closure of the eyelid. The exact cause is unknown and it is not associated with another disease entity or syndrome. Symptoms usually begin as mild and infrequent spasms that progresses over time to ,forceful and frequent contractures of the eyelids. Other symptom are irritation of the eye, eyelid heaviness and pain or tension around the eyes . In advanced cases it causes functional blindness from inability to temporarily open the eyes. The incidence rate is less and it is more common among women than men between the age group of 45 to 65 years . In this present study, A 55 year old female patient approached to the hospital with complaints of frequent blinking of right eyelid, muscle spasm, stretching type of pain in right half of the face, on and off since one and half year. Patient examined and diagnosed as Blepharospasm and was treated with Ayurvedic principles. This Panchakarma therapies along with Shamanoushdhis has given result to the patient in terms of reduction of signs and symptoms.