



“AYURVEDIC MANAGEMENT OF VOCAL CORD NODULE INDUCED HOARSENESS OF VOICE (~UCHAIRVADATO ABHIHATA SWARA) – A CASE REPORT”

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Abstract: Background: Dysphonia occurs in many underlying pathologies of throat and it includes one common symptom - hoarseness of voice. Occupation and some diseases are influencing factor. Vocal cord nodules are frequently identified as the source of vocal hoarseness. It can be compared with *Uchairvadato Abhihata Swara* in Ayurveda. **Aim and objective:** To evaluate the effectiveness of Ayurvedic treatment for hoarseness of voice (*Uchairvadato Abhihata Swara*) induced by vocal cord nodule. **Material and Methods:** A 27 years old female patient came to *Shalakyatantra* OPD ITRA, Jamnagar with the complaints of Hoarseness of voice since 10 days. The patient was treated with *Nasya* and *Ghritapana* for 10 days. **Results:** Subjectively, hoarseness of voice was reduced and on examination satisfactory outcome was found within 20 days. **Conclusion:** Study shows that an Ayurvedic management gives subjective and objective relief in vocal cord nodule induced hoarseness of voice (*Uchairvadato Abhihata Swara*).

Key Words: Dysphonia, *Nasya*, *Uchairvadato Abhihata Swara*, *Snehana*.

1. INTRODUCTION:

The most common way that people transmit their personality and affect their surroundings is through their voice. Any diseases that impairs normal voice is major source of anxiety in general, especially to the professional workers. Hoarseness of voice is most common and patients rush to OPD because it affects the communication in daily life.

Acharya Sushruta mentioned *Swarabheda* in *Uttaratantra*. Many times we see that the hoarseness of voice is frequently a sign of another underlying disease condition. But here, Acharya Sushruta described it in a separate chapter as a disease condition and also, he has listed six different types of *Swarabheda* e.g. *Vataja*, *Pittaja*, *Kaphaja*, *Kshayaja*, *Sannipataja* and *Medaja*. After that at last Sushruta has given another *Bheda* “*Uchairvadato Abhihata Swara*” – Hoarseness of voice induced by speaking loudly or continuing. Although no any symptoms given but hoarseness of voice is key feature and based on it, he has given treatment accordingly. As we see in pathogenesis of *Swarabheda Vata Dosh* is *Pradhana* in *Uchairvadato Abhihata Swara*. So, here in this case, current treatment protocol was adopted by focusing on *Vata Dosh*.

Now, in modern science there are many cause behind hoarseness of voice¹ e.g. vocal nodule, polyp, leukoplakia, vocal inflammation due to cough, cold and sinusitis, laryngeal CA, GERD, vocal ulcers and other neurological disorders. In this present case hoarseness of voice (*Uchairvadato Abhihata Swara*) was caused by vocal cord nodules. So, Vocal nodules is localized, benign (i.e., noncancerous) and callous-like masses, usually presented on both vocal cord. It is generally caused by excessive and repeated mechanical stress. People in risk are Smokers, singers, teachers/ professors, sales representative, call center operator etc.

Current Treatment options are voice therapy, habit changes like quite smoking, speech therapy and reduce loud speaking, medications according to underlying issue e.g. acid reflex, cough, cold and Surgery



2. PATIENT INFORMATION:

Age	27 years
Sex	Female
Address	Jamnagar, Gujarat
Occupation	Teacher
Socioeconomic status	Middle class

2.1 CHIEF COMPLAINTS:

Sr. No.	Symptoms	Duration
1.	Hoarseness of voice	10 days
2.	Dry coughing with straining in throat	5 days
3.	Difficulty to produce sounds belonging to the higher pitch range	5 days

2.2 HISTORY OF PRESENT ILLNESS:

A 27-years-old female patient, started to suffer with hoarseness of voice and strain during speech and came to OPD of Shalakyta tantra, ITRA, Jamnagar. As per patient, she was asymptomatic before 10 days. Then gradually she felt these symptoms and there was no any throat pain, dysphagia, cold or any respiratory and neurological defect.

2.3 OTHER HISTORY:

Past history	She had same complaints before 6 months and same before 1 year and taken allopathic treatment and voice therapy.
Family history	No any family history found related to this disease
Personal history	Diet : Veg. Sleep : Adequate (7 hours) Habits : Tea (2 times)

3. CLINICAL FINDINGS:

Patient was afebrile and well conscious. Pulse was 76/min., blood pressure was 120/80 mmHg, No any other abnormalities was noticed in the functioning of other systems.

With 70 degree rigid endoscope, there was yellowish white, globular mass present on anterior 1/3rd of vocal cord [Figure 1]. Based on patient's profession, signs and symptoms condition was diagnosed as vocal cord nodule induced hoarseness of voice (*Uchairvadato Abhahata Swara*).

Dashavidha Pareeksha (Tenfold examination)

The *Shareera prakriti* (~nature of body) patient was *Pittavataja*, *Vikriti* (~morbidtdity) was *Vataja* (*Dosha* of body) along with *Mamsa*. *Satwa* (~psyche), *Sara* (~excellence of tissues), *Samhanana* (~compactness), *Vyayama Shakti* (~power of



performing exercise), *Satmya* (~habituation), and *Pramana* (~anthropometry) of the patient were *Madhyama* (~excellent) level. *Ahara shakti* (~power of intake and digestion of food) is *Pravara*.

3.1 TIMELINE:

Date	Procedure/ Treatment
8 th - 14 th March 2023 (7 days)	1. <i>Shatavari Ghrita Snehika Nasya</i> (10-10 drops) OD 2. <i>Shatavarighrita</i> (10ml) – Morning with lukewarm milk (100ml) OD
3 days gap	
19 th – 25 th March 2023 (7 days)	1. <i>Shatavari Ghrita Snehika Nasya</i> (10-10 drops) OD 2. <i>Shatavarighrita</i> (10ml) – Morning with lukewarm milk (100ml) OD
3 days gap before assessment	

Diet and lifestyle changes* for 20 days are *Gudodana* + *Goghrita* (½ tsp) after lunch (OD) and voice restⁱⁱ

3.2 FOLLOW UP AND OUTCOME:

On 7 th day		After completion of treatment
Subjective	Hoarseness of voice and dry coughing decreased to 80%	There was no hoarseness of voice and dry coughing
Objective	Size of vocal nodule decreased [Figure 2]	No any vocal nodule found [Figure 3]



Figure 1. (Before Treatment)

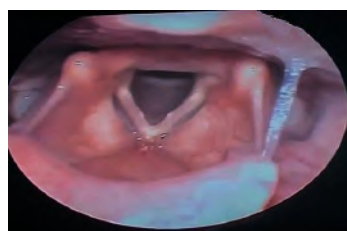


Figure 2. (On 7th day)



Figure 3. (After treatment)

After 1 month, the patient has not presented with any recurrence even if she continues to use the voice intensively.

4. DISCUSSION:

It can be compared with *Uchairvadato Abhithata Swara* in Ayurveda. Here is *Vata Dosha Pradhana* in *Swarabheda* due to *Atipravritti* of *Vakendriya*. As this disease is one of *Udvajatru* therefore, *Nasya* is taken as prime treatment. Acharya Sushruta has given various treatment and *Pathyapathya* in context of *Swarabheda* was taken here. In *Shatavari Ghrita*ⁱⁱⁱ, the drug having *Vatahara* properties due to its *Madhura Rasa* and *Vipaka* with *Snigdha Guna*. Also, *Snehika Nasya* is indicated in *Vataja Swarabheda*.

Madhura Aushadhi Siddha Dugdha is given in treatment of “*Uchchair vadato Abhithatah Swara*”^{iv}(Hoarseness of voice due to loud speaking). *Goghrita* is given because *Bhaktoupari Ghrita Pana*^v is indicated.



Properties of *Gudodana* is *Vatahara* because it is *Snigdha*, *Ushna*, *Madhura* and *Pichchila*. So, it was given to pacify the *Vata Dosha* with soothing effect.

Patient's *Agni* was good and *Mala-Mutra Pravriti* was normal hence, no any *Anulomana* drug was added, but if needed then *Anulomana* drug can be added to enhance treatment.

5. CONCLUSION:

Healthy condition of vocal cords is important, as their mucosal vibration is the source of the human vocal emissions. The line of treatment we had adopted here was less time consuming and felt convenient, easy, affordable and effective. For the patient, it was not hampering her day to day activity.

With this above case study we can concrete that this line of treatment in Ayurveda can be taken as an alternative way of treating the above said condition, as in conventional system of medicine, where treatment mainly includes anti-inflammatory drugs, steroids and surgeries.

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CONFLICTS OF INTEREST:

There are no conflicts of interest.

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