



ORIGINAL RESEARCH PAPER

Ayurveda

AYURVEDIC APPROACH ON SWARABHEDA (DYSPHONIA)-A CASE STUDY

KEY WORDS: Dysphonia, Hoarseness of Voice Swarabheda, Gandusha, Panchavalkala Kwatha

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ABSTRACT

Voice is a means of communicating verbal messages, which serves as a powerful carrier of personality and emotional, educational, and social status. Dysphonia (Impaired voice production/ Hoarseness of Voice) is a very common ailment, affecting nearly one-third of the population at some point in their life. Hoarseness of voice can be correlated to Swarabheda in Ayurveda. In Ayurveda we compare the body with tree in which, its root is the head of the body. As how the diseases, if originated in the root destroys the whole tree in the same way the diseases of the head and neck if untreated destroys the whole/ partial functioning of the body. Hence utmost attention should be given in treating these ailments. When coming to swarabheda. The management provided by contemporary medicine for this condition is either conservative or surgical in nature, which is cost worthy, but in our science we have a wide opportunity for resolving the same. Here I like to give a glance of such a case that approached to our OPD with complaints of Hoarseness of voice , Difficulty and Pain while deglutition and talking. After a thorough history and investigations we started the treatment for the same and we came up with very good results in the complaints. Here these treatments and the particular approach to the disease gives all the scholars confidence in dealing diagnosing and treating these type of cases according to our system where modern science lack much treatment modalities.

INTRODUCTION

Voice is the primary means of one's communication. The human voice is an extraordinary attainment, which is capable of conveying not only complex thought but also refined emotion. Hoarseness of voice is the most commonly occurring entity in voice disorders In Ayurveda, Hoarseness of voice can be correlated to Swarabheda, which had been described as separate entity by Sushruta¹. In Modern science is considered as Dysphonia (impaired voice production) is a very common ailment, affecting nearly one-third of the population at some point in their life². Dysphonia is a broad clinical term, which refers to abnormal functioning of the voice³. Hoarseness is merely a subjective term to explain the perceptual quality (or sound) of a dysphonic voice⁴, whereas dysphonia characterizes impaired voice production as recognized by a clinician⁵.

Swarabheda is further sub classified into six types according to the types of pathological and vitiation of Doshas⁶. The voice affected by Vata becomes rough, feeble, and unstable and that affected by Pitta is associated with burning sensation in palate and throat and aversion to speaking. Due to Kapha, the voice becomes slow, obstructed, and stertorous. The voice obstructed by Rakta becomes depressed and rises with difficulty. Due to excessive impulse of cough, the voice damages the throat. Due to chronic coryza, it has predominance of Kapha and Vata. Here humble efforts are taken to focus over the utility of Ayurvedic treatment (Shodhana and Shamana) for the management of Swarabheda with a safe and effective manner.

MATERIALS AND METHODS

Case Study- Single Case Study

In the present study, A 55 years old male patient hailing from Firozabad of Hindu community with OPD No 9606, approaching the hospital on 26/08/2025.

Presenting Complaint

Patient complains of Hoarseness of voice since 1 year, increased since 2 months

History of Presenting Complaint

Patient was apparently healthy one year back, one day after a family function, he started noticing tiredness with giddiness. He neglected the same for 2-3 days, later as he informed his children, they took him to a general physician in the nearby

hospital. The doctor examined him and advised him to take proper rest and he was informed that all the examination findings were within normal limits. After 1 month same complaints reappeared with more associated complaints such as mild nausea and fatigue, meanwhile he also noticed with change in his voice. As the voice was becoming more hoarse, they consulted another doctor. He advised him to consult an ENT doctor as there were no evident examination findings. Then they consulted an ENT doctor and after his thorough examination he concluded that no notable abnormal findings were found and he was referred to a neurosurgeon for further opinion. Doctor suggested to undergo a MRI brain. This came up with onset infarct in left occipital lobe & cystic encephalitis changes, They advised them to undergo for surgery. As they were not willing for the same and for a second opinion they went to another doctor.

This time the hoarsness of voice was associated with breathing difficulty & occasional swallowing difficulty & mild cough. Doctor after his examination also he didn't find any abnormalities they advised to undergo a laryngoscopy examination, and the reports showed that pooling of saliva in left pyriform fossa, thickening of left vocal cord, no lymphnode enlargement. Also he was advised to undergo MRI of neck for further evaluation. CT of neck and PET scan was done and reports showed nodularity in ant 2/3rd of left vocal cord. And for this he was advised to undergo surgery. As patient and family members were not willing to go for a surgery they thought of taking treatment fro other system of medicine. One of his friends suggested approaching our hospital, so for further management he came to our hospital.

History of Past Illness

K/C/O DM Since 1 Year , Under Medication

Examinations

All the general and Systemic examinations were within the normal limits

Investigations

MRI NECK -15-11-2024-Larynx & Visualised parts of Trachea- Normal, No significant abnormality in MRI neck study, Focal gyral enhancement with patchy diffusion restriction in visualized left occipital lobe- suggestive of sub acute infarct.

3T MRI BRAIN WITH ANGIOGRAPHY-13/06/2025- Recent

onset infract in the left occipital lobe, Chronic infact with gliosis and cystic encephalomalacic changes within the left occipital lobe.

LARYNGOSCOPY-04/08/2025-Pooling of saliva, thickening of left vocal cord, Mobility of vocal cord normal.

PET SCAN- 13/08/2025-Low tracer avid subtle nodularity involving the left vocal cord, Subtle thickening of ant commissure seen. Extends over a length of approximately 7mm& 6mm in thickness with SUV max of 3.2, suggesting of neoplastic or inflammatory etiology.

RESULTS

Table 1: Showing the Details of Treatment Given and Observations During the Course of Treatment

DATE	TREATMENTS	OBSERVATIONS
26/08/2025-10/09/2025	1.Sarvanga Abhyanga with moorchitha tila taila with Baspa sweda(Including mukha) 2. Kavala with Yastimadhu Kwatha 3.Gandusha with Irimedadi thaila 4.Gandharva Hasthadi thaila 20ml with milk(empty stomach morning) 5. Cap Cruel 2TID 6.Maharshi Amruth Kalash 1 TSP BD & 1 Tab BD	10% improvement in complaints
10/09/2025-06/10/2025	1.Shivaguti 2BD A/F 2.Pranda 2BD A/F 3.Cruel plus Cap 1BD A/F 4. Chitraka Hareethaki Lehya 1 ½ TSP BD 5. Gargling with Pancha valkala kwatha	15-20% Reduction in complaints Slight Clarity in voice Swallowing difficulty reduced
06/10/2025-3/11/2025	1.Shivagutika 2 BD 2.Kanchanara Guggulu 2BD 3.Pranda Tab 2 BD 4.Panchavalkala Kwatha Gargling	20-30% improvement High pitch voice improving No pain & Difficulty in swallowing

DISCUSSION

Swarabheda is a condition resulted due to the vitiation of Udana Vayu. This leads to an increase in the stimulation of recurrent laryngeal nerve as a result on increase in vibration of vocal cords present in the larynx and also due to excessive and frequent stimulation of concerned nerve causes impairment in producing sound resembling a broken bronze vessel. The drugs possessing Ushna Veerya, Kasahara-Dipana Karma along with the Rasayana property helps in pacifying the vitiated Vayu simultaneously soothing the mucus membrane of the throat region.

CONCLUSION

The patient was admitted for 15 days and was on oral medication for a period of about 3 months & got satisfactory relief in symptoms of Swarabheda. The results revealed that Swarabheda can be cured effectively with collaborative approach of with Shamana Chikitsa without causing any adverse events. Till date there is no need for patient to undergo any modern medical or surgical intervention. Here in this article the medications were also further extended for better results, this is just a nutshell of the result obtained by just a few months of medication.

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