

**AYURVEDIC MANAGEMENT OF VOCAL CORD NODULE WITH
SPECIAL REFERENCE TO KAPHAJA SWARBHEDA: A CASE STUDY**

**Rajendra Kumar Soni¹, Gulab Chand Pamnani², Prabhakar Vardhan³ and
Shikha Sharma^{4*}**

¹Lecturer, P.G Dept. of Shalaky Tantra,

²Associate Professor, P.G Dept. of Shalaky Tantra

³Assistant Professor, P.G Dept. of Shalaky Tantra,

⁴MS Scholar, P.G Dept. of Shalaky Tantra,

National institute of Ayurveda, Jaipur, Rajasthan, India.

Article Received on
31 Dec. 2020,

Revised on 21 Jan. 2021,
Accepted on 11 Feb. 2021

DOI: <https://doi.org/10.17605/OSF.IO/NY29M>

***Corresponding Author**

Dr. Rajendra Kumar Soni

Lecturer, P. G. Department
of Shalaky Tantra, National
Institute of Ayurveda, Jaipur.

INTRODUCTION

Vocal cord nodule is a type of solid Non-Neoplastic Tumour-like mass occurring on the superficial edge of vocal cord symmetrically. It occurs at a junction of anterior one-third and posterior two-third of vocal cord as this is the area of maximum vibration and is subjected to maximum trauma.^[1] These nodules occur as a result of vocal trauma resulting from chronic vocal abuse or misuse. Vocal nodules affect mostly the people in the profession that require excessive speech demand like teachers, singers, actors, vendors and school-going children.

The patient with vocal cord nodule complaint of hoarseness of voice associated with vocal fatigue and pain in neck due to increased efforts required to speak.

Trauma to vocal cord causes pathologic changes in the submucosal space, including oedema and haemorrhage, which go through hyalinization and fibrosis. A nodule is formed due to hyperplasia of the overlying epithelium.

Different *Acharyas* has mentioned different types and number of *Swarabheda*. *Acharya Charak* has described *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Kasa Vegajanya* and *Peenasa Janya Swarabheda* in *Rajyakshma Chikitsa Adhyaya*^[2] and again in 26th chapter of *Chikitsasthana* mentioned 5 types of *Swarabheda*.^[3] *Acharya Sushruta*, *Vagbhatta*, *Madhava* &

Sharangdhar has described 6 types of *Swarabheda*, i.e *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Medaja* & *Kshayaja Swarabheda*. *Swarabheda* is elaborately explained by our ancient *Acharyas* especially in the *Sushruta Samhita*.^[4] *Kaphaja Swarabheda* is recognized by *Kricchta Madam Shane Vadati*.^[5] (difficulty in speaking) due to *Kapharudha Kantho* (throat is blocked by *Kapha*) this can be taken as the hoarseness of voice occurring in the vocal cord nodule.

Causative factors of *Swarabheda* include *Atiyucchabhashana*, *Adhyayana*, *Visha Sevana*, *Geeta Gayana*, *Atisheeta Sevana*.^[6] *Doshas* get vitiated from above causes and get seated in the *Swaravaha Strotas* and affects the *Swara*.

The *Samanya Chikitsa Siddhanta* of *Swarabheda* includes *Snehana*, *Vamana*, *Virechana*, *Basti*, *Nasya*, *Avapidana*, *Mukhadhavana*, *Dhoomapana* and *Avaleha*.^[7]

According to *Aacharya Sushruta*, *Kaphaja Swarbheda* should be treated with *Katu Rasa Pradhana Dravya*. Keeping this in context, the drug-treatment protocol was selected having *Katu*, *Swarya* and anti-inflammatory properties.

MATERIALS AND METHODS

Case study

A 27 year old female patient came to *Shalaky Tantra* OPD with the chief complaint of Hoarseness of voice since six months associated with pain in throat.

History of present illness

The patient was well before six months then she started complaining of hoarseness of voice. She took allopathic treatment for six months but got no relief. Then she came to the *Shalaky Tantra* OPD for Ayurvedic management on September 2019.

There was no past history of Hypertension, Diabetes mellitus, Thyroid disorder or any other disease.

Personal history

Diet	-	Vegetarian
Appetite	-	Good
Bowel	-	Regular
Micturition	-	Normal

Sleep - Regular
 Addiction - No addiction to smoking or chewing tobacco

Occupational History- Patient is teacher by profession since last two years.

Taking classes for 6 hours a day.

On examination

Nose - No abnormality present

Ear - No abnormality present

Throat - Congestion was present

Diagnosis

Patient came with already diagnosed Vocal cord nodule and has taken allopathic treatment for the same for six months but did not get relief. Further assessment was done on the basis of symptoms and *Doshas* involved, and it was diagnosed as *Kaphaja Swarabheda*.

Treatment protocol

1. *Aushadha*

Sr. no	Drugs	Dose (twice a day)	Route	Anupana	Duration
1.	<i>Sitopaladi Churna</i> <i>Yashtimadu Churna</i> <i>Kapadia Bhasma</i> <i>Tankan Bhasma</i>	3 gm 1 gm 250 mg 250 mg	Oral	<i>Madhu</i>	For 3 months
2.	<i>Kanchnaar Guggulu</i> <i>Arogyavardhini Vati</i>	2 tab (500mg) 2 tab (500mg)	Oral	<i>Kanchanar</i> <i>Kashaya</i>	For 3 months
3.	<i>Rasayan Ghan Vati</i>	2 tab (500 mg each)	Oral	<i>Godugdha</i>	For 3 months
4.	<i>Eladi Vati</i>	One tab twice a day	Oral		For 3 months

On 3rd visit, *Naradiya Lakshmiyalasa Rasa* in the dose of 250 mg was added with the first combination, and *Marsha Nasya* with *Anu Taila* was added on 4th visit in addition to the above treatment.

2. *Vihara*- Complete voice rest was advised

3. *Ahara*- *Amlaki*, green vegetables, milk was advised

Apathya- *Achaar*, *Dahi*, *Besan*, the cold drink was strictly restricted

OBSERVATION

There was a significant improvement in the chief complaint after the treatment of 15 days. The treatment was continued for four months. On laryngoscopy examination, complete resolution of the vocal cord nodule was obtained, and complaint of hoarseness of voice and pain in throat was completely resolved.

DISCUSSION

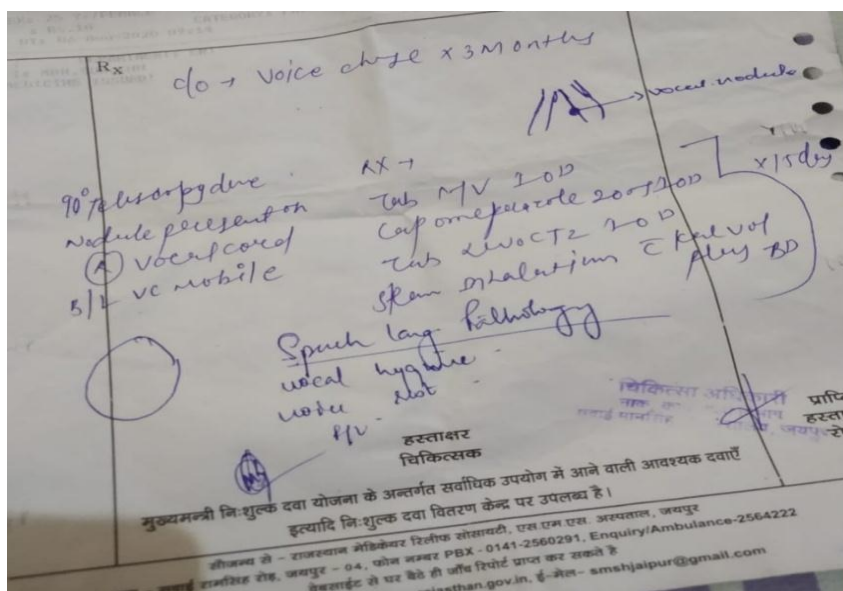
In present study the cause of vocal cord nodule is due to the overuse of voice because of the profession of the patient. The Hoarseness of voice or *kricchta vadati* can be caused due to obstruction of the throat with *Kapha*. The treatment protocol was designed in keeping in mind the *Kapha Padhanata* in the pathology of the disease.^[8] *Kaphaja Swarabheda* is recognized by *Kricchta Madam Shane Vadati* (difficulty in speaking) due to *Kapharudha Kantho* (throat is blocked by *Kapha*) this can be taken as the hoarseness of voice occurring in the vocal cord nodule. Also the histology, shape, colour of the nodules resembles properties of *Kapha* (fibrosed, oedematous, grey-white appearance). *Katu Dravya* is prescribed by *Sushruta* in the treatment of *Kaphaja Swarabheda*.

Sr. no.	Drug	Properties
01.	<i>Sitopaladi Churna</i>	It is anti-tussive, analgesic, anti-inflammatory and anti-oxidant rich formulation.
02.	<i>Yashtimadu Churna</i>	It possess <i>Kanthyaswarya</i> as well as soothing effect that will improve the quality of voice as well as voice tone. ^[9] It is <i>Rasayana</i> and <i>Snigdha</i> . It has anti-oxidant, anti-inflammatory, anti-ulcer, anti-spasmodic and expectorant properties. ^[10]
03.	<i>Kaparda Bhasma</i>	It has <i>Katu Rasa, Katu Vipaka, Ruksha, Teekshna Guna</i> and <i>Kapha-Vata Shamaka</i> . It has expectorant and also <i>Rasayana</i> properties. ^[11]
04.	<i>Tankan Bhasma</i>	It has <i>Katu Rasa, Amla Vipaka, Tikshna, Laghu, Ruksha Guna, Ushna Virya</i> . It is used as <i>Kaphavilayanartha</i>
05.	<i>Nardiyas Lakshmi Vilasa Rasa</i> ^[12]	It contains <i>Abhraka bhasma</i> which is <i>Tridoshashamaka</i> and <i>Rasayana</i> .
06.	<i>Madhu</i>	It has <i>Madhura, Kashaya Rasa, Katu Vipaka</i> . It is <i>Yogavahi, Srotoshodhaka, Vibandhahara</i> and <i>Kapha-Pitta Shamaka</i>
07.	<i>Kanchnaar Guggulu</i>	<i>Guggulu</i> is <i>Kashaya, Katu Rasa, Ushna Veerya, Katu Vipaki</i> and has <i>Ruksha, Laghu & Deepana</i> properties. It is anti-inflammatory, expectorant, rejuvenating, analgesic.
08.	<i>Arogyavardhini Vati</i> ^[13]	It contains <i>Kutki</i> as main ingredients which has <i>Tikta Rasa, Katu Vipaka</i> and <i>Bhedana</i> properties. It is anti-inflammatory and expectorant.
09.	<i>Rasayan Ghan</i>	It contains <i>Guduchi, Gokshura & Amalaki</i> . It has anti-

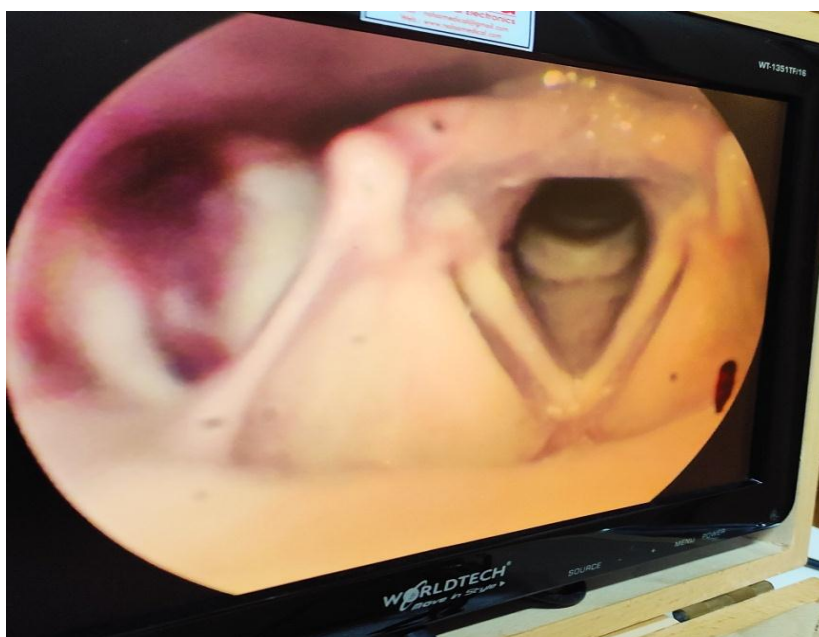
	Vati	inflammatory, rejuvenating, expectorant, immunomodulatory, astringent, <i>Tridoshahara</i> properties.
10.	Eladi Vati	It helps to relieve cough and has soothing effect on throat.
11.	Anu Taila	It is <i>Tridoshashamaka</i> , <i>Katu Vipaki</i> . It is helpful in reducing recurrent inflammation that restricts the reoccurrence of the nodule.

RESULTS

Significant improvement was observed in the symptoms and with the Ayurvedic therapy vocal cord nodule completely resolved.



Before treatment: Vocal cord nodule on the left vocal cord



After treatment: Vocal cord nodule resolved Completely

REFERENCES

1. PL Dhingra, Shruti Dhingra, Diseases of Ear, Nose and Throat & Head Neck Surgery. edition, Chapter, 61(7): 343.
2. Charak Samhita, Vidyotini Hindi vyakhya by Kashinath Pandey and Gorakhnath Chaturvedi edi Chaukambha vishwabharti publication, Chikitsasthana Chapter shloka, 2014; 54: 285.
3. Charak Samhita, Vidyotini Hindi vyakhya by Kashinath Pandey and Gorakhnath Chaturvedi edition Chaukhamba vishwabharti publication, Chikitsasthana Chapter shloka, 2014; 283: 763.
4. Sushruta Samhita by Kaviraj Ambika Dutta Shastri, Chaukhamba publication, Uttartantra, Chapter, 2014; 53.
5. Sushruta Samhita by Kaviraj Ambika Dutta Shastri, Chaukhamba publication, Uttartantra, Chapter, 2014; 53(5): 502.
6. Sushruta Samhita by Kaviraj Ambika Dutta Shastri, Chaukhamba publication, Uttartantra, Chapter, 2014; 53(3): 500.
7. Sushruta Samhita by Kaviraj Ambika Dutta Shastri, Chaukhamba publication, Uttartantra, Chapter, 2014; 53(9): 503.
8. Sushruta Samhita by Kaviraj Ambika Dutta Shastri, Chaukhamba publication, Uttartantra, Chapter, 2014; 53.
9. Chunekar SK, editor. Bhavprakash Nighantu. Haritakyadi Varga Shloka, 1998; 6: 65-6.
10. Vaidya Muund Sabnis. Chemistry and Pharmacology of Ayurvedic Medicinal Plants. Varanasi, Chaukhamba Amarabharati Prakashan, 2006.
11. Joshi Damodar Rasa Shasra, Chaukhamba Orientalia, Varanasi, 2006; 240.
12. Bhaisajya ratnavali, Jwara Adhikar Shlok Sidhiprada Vyakhya By Prof. Sidhinandan Mishra, Chaukhamba Surbharti Prakashana, 2012; 193: 1200-1213.
13. Bhaisajya ratnavali, kushtha rogadohikar Adhikar Shlok Sidhiprada Vyakhya By Prof. Sidhinandan Mishra, Chaukhamba Surbharti Prakashana, 2012: 871: 111-117.