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Ayurvedic Management of Vocal Cord Nodule: A Case Report

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Abstract - Speech with the normal voice, pitch and loudness is necessary for any individual. By excessive or misusing of vocal cord leads to a nodule formation which further hampers the voice. A polyp is a growth protruding from a mucous membrane. When polyps are seen over vocal cords they are called as vocal polyps or *vocal nodules*. . In *Sushruta ArshaNidana*, *Acharya* has mentioned that if *Arsha* occurs in *Mukha, Kantha, Talu; GadgadVakyata* and *Rasa Agyana*. On the basis of this it can be correlated with vocal cord polyp. According to *Acharya Sushruta* on the basis of sign and symptom it can be correlated to *KaphajaSwarabheda*. Here treatment protocol used was *TrikatuChurna* and *YashtimadhuChurna* with *LaxmivilasRasa* internally. *MarshaNasya* with *Anutaila* followed by *NasaDhooma*. The patient was advised for strict voice rest and steam inhalation for better result. After 3 month of treatment, the patient got relief from all his complaints and gained normal voice. On examination, it was found that vocal nodules disappeared in telescopy. Hence, this single case report shows that *Ayurvedic* management of vocal cord nodules gives excellent result and improves patient's quality of voice.

Keyword: - Vocal Nodules, *Arsha*, *KaphajaSwarabheda*, *Nasya*, *NasaDhooma*.

I. INTRODUCTION

Inflammatory changes restricted to a small area of the vocal cords. This occurs after some form of vocal trauma such as shouting, can transform into vocal cord polyps. An increased vocal load, for example, due to patients professions usually responsible for the formation of nodules. This occurs more often in young to middle aged male smokers, teachers and young women. These patients are also present with a history of persistent dysphonia. Usually these mucosal lesions arise from the true vocal cords, usually at anterior two-third of vocal fold. The commonest symptom of vocal nodule is hoarseness of voice. The voice may also sound low pitched and slightly breathy. Treatment modalities for vocal cord nodules include both invasive and non-invasive techniques; totality and holistic. Attention should be given for correcting the underlying causative factors, largely through voice therapy and education; this plays an integral role in any treatment plan of action. The latest one is surgical excision of the polyp(s) by microlaryngoscopy under general anaesthesia using cold instrumentation technique.

In Ayurveda, Acharya Sushruta has described a specific chapter “Swarbheda”. While describing the Nidana of Swarabheda Acharya has mentioned Ati-Ucchabhashana (Speaking in very high pitch), Adhyayana (Speaking loudly while studying), Geeta (Singing loudly), etc. Acharya has mentioned Samprapti as the vitiated Doshas will travel to Shabdavaha Srotasa and lead to Swarabheda. According to Acharya Sushruta on the basis of sign and symptom “Kapha Ruddha Kantho Mandama Shanairvadati cha api diva vishesha” it can be correlated with Kaphaja Swarabheda. In Sushruta Arsha Nidana, Acharya has mentioned that if Arsha occurs in Mukha, **Kantha**, Talu ; Gadgad Vakyata and Rasa Agyana. On the basis of this it can be correlated with vocal cord polyp.

II. Case Report

A 32 year old male patient came to the OPD of Shalaky Tantra department with the chief complaints of Hoarseness of voice since last 4-5 months associated with foreign body sensation in throat, pain in throat and his speech get fatigue after frequent talks with high pitch.

History of present illness:-

Patient was well 6 months ago, gradually he suffered with hoarseness of voice and foreign body sensation in throat. Patient has not taken any treatment till date; he came for Ayurvedic treatment as a 1st choice of treatment.

There was no relevant past history of any other disease. No any positive family history was found.

Personal History:-

Diet: - Vegetarian, Appetite: Moderate, Bowel: Regular, Micturition: Normal, Sleep: Disturbed, Addiction-Smoking and chewing Pan Masala. All vital signs and general physical examination were found to be within normal limit.

Occupational History:-

Patient is working as bus driver since last 2 years.

Diagnosis:-

When patient came to OPD of Shalaky Tantra, Telescopy was done and patient was diagnosed B/L vocal cord nodule. After assessing the causes and symptoms, Ayurvedic diagnosis was made Kaphaja Swarbheda.

On Examination:-

Ear Examination:- Normal

Nose Examination: - Normal

Throat Examination: - Congestion over both pillars (Anterior and Posterior); Oropharynx- Congested Posterior pharyngeal wall.

Telescopy: - Larynx- mild congested

Vocal cord- B/L nodule and anterior 2/3rd junction.

Pyriform fossa- Clear

Treatment Protocol:-

Table 1:-Treatment Protocol

The patient was treated as below:-

Sr. no.	Drug	Dose	Route	Duration
1.	<i>Trikatu Churna</i>	3gm (Before Meal)	Orally	For 5 months; which was given for 7 days after the gap of 5 days in between.
2.	<i>YashtimadhuChurna, Laxmi Vilas Rasa</i>	2gm 250mg (After Meal)	Orally	For 5 months
3.	<i>AnuTaila Nasya</i>	6-6 drops in each Nostril	Nasal	10 sittings. At the interval of every 7 days for 7 days.
4.	<i>NasaDhoompana</i>	3-3 Puffs from each nostril and mouth (After Nasya)	Nose and Mouth	Followed by Nasya

- **Dhoomavarticonents:-***Tirphala, Vacha, Rasna, Bala, Devdaru, Agru, JyotishmatiTaila, TilaTaila, Gomutra.*
Pathya – Apathya:-

Complete voice rest at least during first two weeks of treatment period. After that minimal use of voice was advised. Deep steam inhalation of plain water. And intake of Luke warm water was advised. Patient was strictly restricted for icecream, colddrinks, smoking, shouting, misuse of voice.

Observation and Result

There was significant improvement in symptom hoarseness of voice after the treatment of 15 days and after one month treatment no foreign body sensation was there. On telescopic examination after 3 months no nodule/ polyp was present and colour of laryngeal mucosa and pharynx was examined.

Discussion

Ayurvedic management of vocal nodule is based on pacifying *KaphaDosha*. In present case, the reason for vocal nodule may be either the habit of loud talks or shouting as patient is driver by occupation associated with smoking. In this case study patient was suffering with *Swarabheda* and foreign body sensation. Here, *KaphaDosha* is involved and so to pacify it *AcharyaSushruta* has mentioned to use *KatuDravya* internally and so here *TrikatuChurnais* used internally for 5 months for every 7 days after the gap of every 5 days. The reason for this gap between the intakes of *TrikatuChurna* is that, *Acharya* has clearly mentioned that intake of any drug should not be done continuously for long period of time. This will help in maintaining

the balancing *Doshas*. Here *YashtimadhuChurna* has been used as a treatment because of its *Kanthyaswarya* and soothing property which will improve voice tone and quality of voice. *LaxmivilasRasa* mainly contains *AbhrakaBhasma* which has *Tridoshara* and *Rasayana* property with *MadhuraKashayaRasa*. Hence it will pacify *Vata-KaphaDosha*. *Anutaila* has *SheetaUshnaVirya, KatuVipaka* and *Tridoshahara* property. It promotes immune system which will reduce the inflammation. Here *Nasadhooma* was given to the patient followed by *Nasya*, the content of *Dhoomavarti* are *Rasna, Bala, Triphala, JyotishmatiTaila, Gomutra* all of which have *Vata Kapha Shamaka* properties. Due to inhalation of *DhoomaVarti* through *Nasa* and *Mukha* helps in the shrinkage of polyp/ nodule, this allows the good mobility of vocal cord which ultimately improves the quality of voice. Steam inhalation, gives *Swedana* to vocal cords which helps increasing blood supply and reduces the inflammation.

Conclusion

This case report concludes that Ayurvedic management with *Nasya* and *NasaDhooma* procedures with the internal medicines i.e. *Trikatu Churna, YashtimadhuChurna, Laxmivilas Rasa* along with voice rest and deep steam inhalation with mouth and nose offers good result in the treatment of vocal cord nodule and improves patient's quality of voice.

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