

# MANAGEMENT OF LARYNGEAL PALSY THROUGH AYURVEDA: A CASE REPORT

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## ABSTRACT

**Introduction:** Proper position and adduction of vocal cords are necessary for the purpose of sound production. Laryngeal palsy can be of unilateral or bilateral with vocal cords in median or para median position and main symptoms are hoarseness of voice. Phono surgeries and voice exercises is the line of treatment in modern science; the same was treated successfully by panchakarma therapies like nasya.

This case of unilateral laryngeal palsy was correlated to vataja swarabheda. The pathology was understood as avarana to the vata gati (udana,prana) by kapha in Shabdavahini dhamini leading to Swara yantra prakruta chesta hani or daurbalya and finally manifested as Bhinna swara.

**Materials & methods:** A 33 year old male patient having complaints of hoarseness of voice, difficulty to speak continuously and dryness of throat since 3 months which was diagnosed as a case of laryngeal palsy was treated with Ayurvedic approach with proper pathya and apathya and voice excersises.

**Discussion & Conclusion:** The treatment modalities like Nasya , gandusha and shamana oushadhis were adopted in the treatment protocol and patient regained his proper voice within 15 days.

**Keywords:** Laryngeal Palsy, Vataja swarabheda, Nasya karma, Shamanaoushadhis