

**DISEASES OF SHALAKYA TANTRA AND THEIR MANAGEMENT W.S.R. TO
THROAT AND LARYNX PROBLEMS****Dr. Shilpa V. Dhawale^{1*}, Dr. Swati T. Ratne² and Dr. Prachi S. Shahane³**¹Professor, Shalakyta Tantra, Dr. Rajendra Gode Ayurved College Hospital and Research centre, Amaravati, Maharashtra, India.²Assistant Professor, Dravyaguna Vidnyan, Dr. Rajendra Gode Ayurved College Hospital and Research centre, Amaravati, Maharashtra, India.³Associate Professor, Dravyaguna Vigyan, Dr. Rajendra Gode Ayurved College Hospital and Research centre, Amaravati, Maharashtra, India.***Corresponding Author: Dr. Shilpa V. Dhawale**

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ABSTRACT

Shalakyta Tantra being a subsidiary of *Ashtanga* Ayurveda; specializes in the treatment and diagnosis of conditions of the head, nose, mouth and ears. The branch also gives importance to preserving and rejuvenating sensory organ functioning. This branch possesses great importance in the management of diseases of throat and respiratory region. These diseases usually occur due to reasons like unhealthy diet, lifestyle, occupational exposures and air pollution, etc. Ayurveda provides preventive and therapeutic measures to treat nasal and throat conditions, which are often characterized by symptoms such as fever, cough and nasal blockage, etc. Natural drugs like turmeric, *Ajwain* and *Piper longum*, etc. are considered effective in reducing these conditions. *Nasya* therapy is particularly indicated for nasal and throat conditions, along with preventive measures such as *Gandusha* and *Kavala* along with *Rasayana* therapy. This article discusses the Ayurvedic and contemporary views on throat and larynx problems.

KEYWORDS: *Ayurveda, Throat, Shalakyta Tantra, Laryngitis.***INTRODUCTION**

Ayurveda lays great stress on diseases of the nose and throat, recognizing the major role played by allergens, pollen and seasonal fluctuations in their frequency. An overwhelming majority of people around the globe suffer from nasal, respiratory and sinus problems with recurring symptoms including headache, pain, fever, discharge, sore throat and nasal blockage. Ayurveda provides natural treatment approaches for throat ailments which include *Samanya Chikitsa*, *Ama Peenasa Chikitsa* and uses of *Deepana* and *Pachana* medicines. Detoxification treatments like *Shirovirechana*, *Dhoompana*, *Vamana*, *Virechana*, *Snepana* and *Asthapana* removes *Ama* and balances equilibrium of *Tridoshas*. As per the preventive approach, *Acharya Charaka* lays emphasis on *Nidana Parivarjana* to prevent prevalence of such conditions.^[1-3]

Ashtanga Hridaya states that *Kavala Grahana* gives excellent relief in *Manya Sthambha*, *Shiro Roga*, *Karna Roga*, *Mukha Roga*, *Netra Roga*, *Kantha Roga* and *Mukha Sosha*. Ayurvedic treatment imparts soothing effect on the throat and relieves symptoms like *Shotha*, *Shoola* and *Aruchi*. *Kavala* therapy with *Tikta* and *Kashaya* drugs offers benefits in throat problems. The drug possessing *Kapha-Pitta Shamaka*, *Shothahara*,

Vedanasthapana, *Jwaraghna* and *Chedana* properties gives excellent benefits in respiratory and throat problems.^[3-6]

DISORDERS OF THROAT AND THEIR MANAGEMENT

Throat disorders are involving symptoms of fever, soreness, inflammation and congestion, etc. The Ayurvedic method of treating these conditions involves gargling with *Tribhuvanakeerthi*, *Kwatha* and *Vasakadyasava* which relax the throat and subside symptoms. Herbal preparations like *Sitopaladi Churna*, *Yashtimadhu* and *Trikatu* are found helpful in treating these conditions. In acute conditions, medicines such as *Swasahara Mishrana*, *Shwasakutara*, *Haritaki Kwatha* and *Swasanandam* are administered.

Chronic tonsillitis needs a different treatment plan, such as the use of *Triphala Guggulu*, *Nimbadi Guggulu* and *Kanchan Guggulu*, etc. For immune boost and resistance to infections, *Rasayana* therapy is advised. This overall treatment soothes symptoms, removes excess phlegm and enhances immunity, etc. *Tilataila Gandusha* supports the hardening of teeth, prevent dental infections, and offer anti-inflammatory effects in throat infection.

Ayurvedic decoctions like *Triphala Kwatha*, *Haritaki Kwatha*, *Yashtimadhu* and *Khadira Arishta* are usually prescribed for gargling for throat benefits. **Table 1**

depicted role of some natural drugs used in throat infections.^[5-7]

Table 1: Role of natural herbs used in throat problems.

Herb	Benefits in throat problems
<i>Guduchi</i>	Decreases inflammation and eliminates infection in throat disorders.
<i>Trikatu</i>	Decreases inflammation, clears throat and respiratory passages.
<i>Pippali</i>	Works as a respiratory stimulant and eliminating congestion.
<i>Tulsi</i>	Works as an antiviral substance and treats common colds.
<i>Haridra</i>	Exhibits anti-inflammatory and antimicrobial actions.
<i>Yashtimadhu</i>	Acts as an expectorant and relieves cough and throat infections.
<i>Vasa</i>	Acts as an expectorant and bronchodilator.
<i>Guggulu</i>	Provides anti-inflammatory and antimicrobial action in throat infections.
<i>Dashamoola</i>	Has an anti-inflammatory and analgesic action.

Dietary and Lifestyle Guidelines for Throat Problems

In winter, it is best to cover the head with a thick cloth in order to preserve body heat. Intake of *Yava* and *Haritaki* can prove to be healthy for this season. But there are some things that should be avoided, such as taking cold food and water, subjecting oneself to unseasonal climatic changes, and holding back natural urges, as these could prove to be harmful to the body.

LARYNGITIS

The laryngitis is described as *Swarabheda* in Ayurveda which involves symptoms of congestion and inflammation in the covering of the laryngeal mucous membrane. Ayurveda divides *Swarabheda* into various forms as mentioned in **Figure 1**.



Figure 1: Various types of Swarabheda (laryngitis).

As mentioned above *Vataj Swarabheda*, is a resultant of vitiated *Vata*, produces a rough, harsh, and vibrating voice with dryness, hoarseness, and pain in the throat region. *Pittaj Swarabheda*, following vitiated *Pitta*, is characterized by features like thirst, fever, burning in the throat, and marked redness and swelling, aggravated by the intake of spicy or pungent food. *Kaphaj Swarabheda*, associated with vitiated *Kapha*, results in a heavy, staggering, and blocked voice, with the symptoms worsening at night but getting better during the day, accompanied by excessive mucus and congestion. *Sannipatik Swarabheda*, arise due to the vitiation of all three *Doshas*, presents with a mixture of *Vata*, *Pitta*, and *Kapha Swarabheda* symptoms, resulting in changing

voice quality and varying severity. *Kshayaj Swarabheda*, which occurs with wasting disorders such as tuberculosis, associated with slight fever, weakness and loss of weight. *Medoj Swarabheda*, results from the vitiation of *Meda Dhatu*, exhibits features common with *Kaphaj Swarabheda*, viz., thick sputum and heaviness in the throat, but is characterized by excessive thirst.^[6-8]

Ayurvedic management of *Swarabheda* is intended to balance the *Doshas*, decrease inflammation, alleviate congestion and restore voice function. Treatment with a blend of herbal medicines, Ayurvedic therapies, and dietary adjustments is advised. Herbal medicines consist of *Yashtimadhu* due to its expectorant and soothing action, *Haridra* used due to its antibacterial and antioxidant properties and *Guduchi* offers detoxification and immunomodulation properties. Herbs that detoxify the lymph and blood also used which includes *Manjishtha* and *Neem*, these herbs minimizes inflammation and combat infections. Expectorant and mucolytic drugs like *Sitopaladi Churna* build immunity in the respiratory system and *Vasa* facilitate the clearing of mucus and congestion.

Ayurvedic treatments include gargles with *Triphala Kwatha*, *Til Taila Gandusha* and oil pulling using *Kavala* and *Gandusha*, which build immunity of the vocal cords. Infusions of *Yashtimadhu* and *Daruharidra* reduce inflammation. *Nasya* therapy, employing medicated oils such as *Shadbindu Taila* or *Anu Taila*, clears nasal and throat obstructions. *Swedana* with *Tulsi* leaves or *Dashamoola* decoction gives relief from congestion, whereas *Virechana* is helpful for *Pittaj Swarabheda* by removing toxins and excess heat. Dietary and lifestyle modifications are essential for recovery. Spicy, fatty, and cold foods are avoided to prevent worsening of symptoms, whereas herbal teas with honey, *Yashtimadhu*, and ginger relieve symptoms.^[8-10]

CONCLUSION

Ayurvedic treatment for diseases of the ENT is best sustained by *Shalakya Tantra*. It is often induced by factors such as pollution, diet, and choice of life. *Nasya* therapy, *Gandusha*, *Kavala* and Ayurveda products can

treat symptoms such as sinusitis, nose infection, and throat complaints. These practices help in inflammation reduction, opening respiratory tract passages, building immunity and preventing microbial infections that hit the nose and throat. The research discovered that when combined with a healthy lifestyle and diet, the Ayurvedic treatment regimen offers an effective alternative management option for throat problems and laryngitis.

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