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The role of Vakshuddhikar Choorna in management of stuttering

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Abstract

Speech is a process where the vocal sounds are used to convey meaning between individual. It is a process of communicating expressing or understanding thoughts and ideas between two individuals. In current study with usage of vakshuddhikar churna children were able to attempt speech with confidence, and pronunciation of words improved in a span of 2 months.

Keywords: Speech, Vakshuddhikara Churna, Stuttering

Introduction

Speech is a process where the vocal sounds are used to convey meaning between individual. It is a process of communicating expressing or understanding thoughts and ideas between two individuals.

In present era speech disorder is one of the major burning problems in childhood age group. Incidence of speech disorders affecting to preschool children is up to 8%. Nearly 20% of 2 year old children are thought to have delayed onset of speech. By the age of 5 years 11% of children are identified as having speech disorders. Boys are nearly twice as like as girls to have an identified speech impairment^[1].

Speech disorders make the child physically, psychologically, emotionally and socially handicapped. As communication is not possible then all round development of child may be badly affected.

Speech disorders mainly include Sensory, motor & mixed type Aphasia, Dysarthria, Stuttering, Aphonia, Dysphonia etc. Among them stuttering is commonly counted speech problem in day to day Pediatric practice^[5, 6].

Ayurvedic classics give importance to speech by its related disorders. Vak Indrya is one of the Karmendriya^[8]. Concept of Muk, Minmin and Gadgadwa explained by our science^[2, 3]. Acharya Charaka has mentioned the disease Vaksang^[3].

Muk, Minmin & Gadgad disease are caused due to obstruction of Vata by Kapha dosha^[2, 3, 4]. Classic explain Vakshuddhikar Yoga useful in improvement of speech. This is having the drugs like Vacha, Yastimadhu, Saindhava, Haritaki, Shunti, Ajamod, Kusta, Pippali, and Jirak^[7]. All the drugs are having Vatahar & Kaphahara property^[10]. Vacha, Kusta etc are also known for its Spasmolytic & muscle relaxant activity^[9].

What is Gadgad?

The disease Gadgad is caused due to obstruction of Shabdavahini dhamani by vitiated Kapha & Vata dosha causes difficulty in speech^[2, 3, 4].

For the Vakpravrutti the Vadan & Grahana are the main factors. Acharya Kashypa explain about Karmendriyas, among them Vakindriya is having 2 parts- One is for Grahana & another is for Vadana. Any defect in this will leads speech disorder^[8].

Vakshuddhikar Choorna is having the drugs like Vacha, Yastimadhu, Saindhava, Haritaki, Shunti, Ajamod, Kusta, Pippali, and Jirak. All the drugs are having Kapha & Vatahara property. Vacha, Yastimadhu, Haritaki are having properties like Medhya, Rasayana, Balya^[10]. Vacha & Kusta are having spasmolytic & Smooth muscle relaxant activity & also used in psychosomatic disorder^[9]. Stuttering is disruption in fluency of verbal expression which is characterized by involuntary, audible or silent, repetitions or prolongation in utterance of short speech element namely sound, syllables & words^[1].

Management of Gadgad**Dose and Drug Administration**

The drug Vakshuddhikara choorna will be given for application over the tongue, twice daily for a period of 2 Months.

Management of Gadgad Dose and Drug Administration

The drug Vakshuddhikara choorna will be given for application over the tongue, twice daily for a period of 2 Months.

Dose: 1gm with honey.

Vacha, (Acorus calamus) is medhya and vata hara Yastimadhu, (Glycyrrhiza glabra) with madhura rasa madhura vipaka is very efficiently used in diseases of oral cavity Saindhava, dipana pachana, vatanulomana Haritaki (Terminalia chebula) tridosha shamaka and also rasayana Shunti (Zingiber officinale) is hridya, vrishya, agni dipaka and beneficial in urdhwa jatrugata vikaras Ajamoda (Carum roxburghianum) kapha vata hara, hikka prashamana, balakara Kusta (Saussurea lappa) lekhaneya, kaphaghna Pippali, (Piper longum) madhura vipaka, rasayana, beneficial in mukha roga Jiraka (Cuminum cyminum) agni dipana, medhya, vrushya

Conclusion

Children were able to attempt speech with confidence, and pronunciation of words improved in a span of 2 months.

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