



Case Study

SWARBHEDA WITH SPECIAL REFERENCE TO HOARSENESS OF VOICE

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ABSTRACT

Swarbheda is a voice problem that is described under *Urdhwajatrugata Vikaras*. In *Swarbheda* voice gets hoarse and sounds different, voice also get tired when patient talks. This happens because of *Vata-Kapha* vitiation, in the *Kantha* region. It is really hard to make voice better. This is especially true for people who use their voice a lot for their job like singers or teachers. **Patient Information and Diagnosis:** A 37-year-old female school teacher had a problem with her voice since four months. She complaints of hoarse voice and her throat was always irritated and dry. It also felt like there was something stuck in the throat. She got tired when she talked. She was diagnosed with *Swarbheda* and chronic laryngitis. **Therapeutic Intervention and Outcome:** The patient received treatment with *Khadiradi Vati* and *Lavangadi Vati*. The patient did *Triphala-Haridra Kwatha* gargling and also *Nasadhooma*. The patient followed *Pathya-Apathya* and followed voice hygiene for two months. The patient felt a lot better after using *Khadiradi Vati*, *Lavangadi Vati*, *Triphala-Haridra Kwatha*, for gargling and *Nasadhooma*. The symptoms of the patient improved a lot i.e., upto 80-90%. Conclusion: *Swarbheda* is a problem that people have when they have a voice for a long time. The Ayurvedic way of managing *Swarbheda* is truly helpful for the patient.

INTRODUCTION

Swarbheda is a voice problem in which voice sounds different like it is hoarse or rough and sometimes the voice can be weak. It may break.

In medicine when voice is hoarse for a long time it is often because of something like laryngitis or strained vocal cords. It can also be nodules on vocal cords or they can get irritated because of an infection or acid reflux. *Swarbheda* is basically a change in your voice quality like hoarseness or roughness or weakness or a break, in the voice.

Ayurvedic view

The term *Swar* refers to the voice. On the other hand the term *Bheda* refers to the distortion of the voice or the voice that is distorted. So, basically *Swar* is the voice and *Bheda* is when the voice is not clear it is distorted.


The Acharyas talk about *Swarabheda* under the category of *Urdhwajatrugata Vikaras*, which're diseases that happen above the collarbone. These diseases mostly affect the *Vata* and *Kapha* in our body. They happen in the area of the *Kantha*, which's the voice box and throat and the *Uras* i.e., the chest. The Acharyas describe *Swarabheda* as a problem that occurs in these areas.

Things that cause this to happen include:

1. *Atipralapa* (excessive talking)
2. *Atigita* (excessive singing)
3. *Atirodana* (excessive crying)
4. *Abhishyandi ahara* (heavy, sticky foods)
5. *Sheeta jala panam* (excess cold drinks)
6. *Vegadharana* (suppression of natural urges)

Dhuma, *Raja atiseeta sevana*, all these things, like smoke, dust and excessive cold are not good, for your health.

This is a case of a woman who's 37 years old and had a problem, with her voice called *Swarbheda*.

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Case Presentation**Patient Profile**

Name: ABC

Age: 37 years

Sex: Female

Occupation: School teacher (professional voice user)

Place of consultation: Department of Shalaky Tantra, SST Ayurveda Mahavidyalaya, Sangamner.

Visited OPD at: 10- June- 2025

Chief Complaint

Hoarseness of voice since 4 months

Mild associated symptoms:

Throat irritation

Mild throat dryness

Occasional foreign body sensation in throat.

Mild vocal fatigue on prolonged speaking.

History of Present Illness

The patient was doing okay with her health four months before she came in the Shalaky OPD. Then she started to notice that her voice was changing it was getting rough. It sounded really low. The patient's voice was also getting tired easily. These problems, with the patient's voice got worse when:

- Prolonged teaching hours
- Exposure to cold weather or cold drinks
- Talking loudly or continuously

She went to see a doctor who specializes in the ear, nose and throat. The treatment included taking medicines like antihistamines, special pills to help her stomach, vitamins and sometimes pain relievers. The doctor also told her to rest her voice. She did all of this for four weeks.

The symptoms were affecting her work. So, she went to the Shalaky Tantra OPD.

Past History

No history of tuberculosis, diabetes mellitus, hypertension, thyroid disorder, or major systemic illness.

No history of neck trauma or previous laryngeal surgery.

No known drug allergy.

Personal History

Diet: Mixed diet, irregular timings; frequent intake of curd at night, refrigerated water, and spicy fried snacks.

Bowel habits: Regular, once/day, normal consistency.

Sleep: 6 hours/night; mildly disturbed due to stress about voice problem.

Addictions: Occasional tea 3–4 cups/day; no smoking or alcohol.

Occupation related habit: Long hours of continuous talking, inadequate voice rest, and speaking loudly in class.

Family History

No family history of malignancies of upper aerodigestive tract, tuberculosis, or hereditary voice disorders.

Clinical Examination**General Examination**

Conscious, oriented, moderately built and nourished.

Pulse: 78/min, BP: 116/76 mmHg, RR: 18/min, Temp: Afebrile.

No pallor, icterus, cyanosis, clubbing, edema, or lymphadenopathy.

Local (ENT / *Shalaky*) Examination

Oropharynx

Mucosa: Mild congestion, no ulceration.

Tonsils: Normal; no exudate.

Nasal cavity: No significant deviation, no polyps or discharge.

Ear: Normal hearing and tympanic membrane bilaterally.

Neck: No palpable cervical lymph nodes.

The patient does not have a lump in their neck. The thyroid gland is a size and it is not swollen. The thyroid gland is the size so that is good news. The patient thyroid gland is not swollen all which is a positive sign.

Voice Assessment (Subjective)

- Hoarse, breathy voice quality.
- The sound is not as loud as it was before. The pitch variability of the sound has been reduced.
- Voice fatigue on prolonged speech.
- Maximum phonation time with my voice is reduced.

Investigations**Routine Laboratory Investigations (All within normal limits)**

Complete Blood Count (CBC), Erythrocyte Sedimentation Rate (ESR), Fasting Blood Sugar (FBS), Thyroid Function Tests (T3, T4, TSH), Liver Function Tests (LFT)

Renal Function Tests (RFT)

Direct Laryngoscopy Findings

Vocal cords: Mild edema of both vocal cords.

The margins are smooth there are no nodules and no polyps are found on the margins of the thing we are looking at. The margins are completely smooth which is a thing and we do not see any nodules or polyps.

Normal mobility of both cords

Glottic closure: Adequate

No suspicious lesion, ulceration, leukoplakia, or mass

Mild hyperemia of laryngeal mucosa, suggestive of chronic laryngitis / phonotrauma.

Provisional modern diagnosis: Chronic laryngitis with functional dysphonia leading to hoarseness of voice.

Ayurvedic Diagnosis

Nidana (Etiological Factors)

Atipralapa (excessive speaking/voice use)

Atishushka, Katu, Amla, Ushna and fried food can worsen the condition.

Sheeta jala paka (frequent cold water, curd at night)

Ratri jagarana (mild, due to stress sometimes)

Dosha-Dushya-Sthana-Srotas

Dosha: Predominantly *Vata Kapha* with mild *Pitta* involvement.

Dushya: Rasa dhatu, Mamsa dhatu (local muscular/fibrous structure of vocal cords), *Sleshma*

Sthana: Kantha (larynx, pharynx), *Uras* (upper thoracic region)

Srotas: Pranavaha srotas, Annavaha srotas (considering diet and possibly mild reflux), *Rasavaha srotas*

Roganama

Swarbheda (Urdhwajatrugata Vikara) correlating with hoarseness of voice / chronic laryngitis.

Samprapti (Pathogenesis)

Nidana sevan vitiated *Vata* and *Kapha*.

The *Kapha* gets bad. Builds up in the throat and chest. This causes blockages and swelling in the throat area. The throat and chest which are the *Kantha* and *Uras* are affected by the *Kapha*.

The *Vata* gets blocked by *Kapha*. This is very bad for the *Vagindriya*.

The *Pitta* involvement leads to mucosal congestion and hyperemia in the throat. We also feel a burning sensation in the throat. So, the *Pitta* involvement due to *Katuamlaushna* is really bad, for the throat. This means the vocal cords of the *Swaravaha srotas* do not vibrate and work properly this makes the voice sound really rough. The *Swaravaha srotas* gets tired when patient talk for a long time.

Doctors call this problem with the *Swaravaha srotas, Swarbheda*.

Treatment Protocol

Chikitsa Siddhanta (Principle of Treatment)

- *Vata Kaphahara* and mild *Pittashamana*
- *Srotoshodhana* and reduction of *Shotha* (anti-inflammatory)
- *Kantha shodhana* and *Kantha prasadana* (cleansing and soothing of throat)
- *Rasayana* effect for local tissues of vocal cords
- Breaking the *Samprapti (Samprapti bhanga)* by:
- Reducing *Kapha* and *Avarana*
- Normalising *Vata gati*
- Reducing local inflammation and edema.
- Restoring normal vibration and closure of vocal cords.

Internal Medications

1.) Tablet. *Khadiradi Vati*

Dose: 1 tablet BID (to be slowly sucked/kept in mouth; not swallowed directly)

Anupana: Saliva (with slow dissolution)

Duration: 2 months

2.) Tablet. *Lavangadi Vati*

Dose: 1 tablet BID (sucked slowly)

Duration: 2 months

Local/External Procedures

Gargling (*Kaval/Gandusha* type) with *Triphala-Haridra Kwatha*

Dravya: Triphala churna + Haridra churna

Dose/Preparation: To make this mixture

Take *Triphala churna*, 5 grams and *Haridra churna* 2 grams. Boil these in 200 millilitres of water. Then reduce this water to 100 millilitres.

After that filter the mixture. Use it when it is lukewarm.

Frequency: Twice daily (morning and evening)

Nasadhooma (Medicated fumigation)

Dravya: Triphala churna, Rasna churna, Bala churna, Yashtimadhu churna

Method: Mild *Dhuma* is prepared with the *Churna*. This Mild *Dhuma* is given gently through the mouth and nose it is called *Dhumapana*. Patient is advised to do this once a day.

Duration: Once daily for 2 months, under supervision.

Mode of Action of Drugs and Contribution to *Samprapti Bhang*

Drug	Ingredients	Properties	Mode of Action	Samprapti bhanga
<i>Khadira di Vati</i>	<i>Khadira (Acacia catechu), Bhimseni kapur, Kankola, Ela, Jatiphala, Lavanga</i>	<i>Rasa: Kashaya, Tikta, Katu; Guna: Laghu, Ruksha; Virya: Sheeta or Ushna; Vipaka: Katu; Doshaghnata: Kapha-Pitta shamana</i>	<i>Khadira is Kashaya-tikta, Kapha-pittahara, Kandughna, Krimighna, and Shothahara. It decreases local congestion, edema, and infection of mucosa. Lavanga, Ela, and aromatic Katu-Tikta dravya act as Kanthya, carminative, mild local analgesic and antiseptic.</i>	<i>Reduces Kapha sanchaya and Shotha in Kantha region; Removes Srotorodha, allowing free movement of Vata; Decreases mucosal inflammation correlating with modern anti-inflammatory, antiseptic action.</i>
<i>Lavanga di Vati</i>	<i>Lavanga (Syzygium aromaticum), Jatiphala, Maricha, Pippali, Karpoora</i>	<i>Rasa: Katu, Tikta; Guna: Laghu, Tikshna; Virya: Ushna; Vipaka: Katu; Doshaghnata: Kapha-Vata shamana</i>	<i>Lavanga has Krimighna, Shothahara, Vedanasthapana, and Kapha-vatahara properties; eugenol has strong local analgesic, antiseptic, and anti-inflammatory activity.</i>	<i>Dissolves Kapha-avarana, normalizing Vata gati; Reduces edema of vocal cords and thus improves vibration and phonation.</i>
<i>Triphala-Haridra Kwatha</i>	<i>Triphala (Haritaki, Bibhitaki, Amalaki), Haridra (Curcuma longa)</i>	<i>Rasa: Predominantly Kashaya, with Amla, Katu, Tikta; Guna: Laghu, Ruksha; Virya: Ushna (Haritaki, Bibhitaki) and Sheetala (Amalaki); Doshaghnata: Tridoshahara, mainly Kapha-Pitta shamaka</i>	<i>Triphala is Rasayana, Shothahara, Vrana Ropaka, and Kapha-pittahara, improving local tissue tone and reducing chronic inflammation. Haridra provides strong anti-inflammatory, antioxidant, antimicrobial, and wound-healing action.</i>	<i>Clears Kapha and Ama from throat, reduces chronic inflammation, and restores healthy mucosa; Supports long-term Rasayana effect on local tissues, preventing recurrence.</i>
<i>Nasadhooma</i>	<i>Triphala, Rasna, Bala, Yashtimadhu</i>	<i>Triphala- Kapha-Pitta shamaka, Rasayana, Shothahara; Rasna: Rasa: Tikta, katu; Guna: Laghu; Virya: Ushna; Doshaghnata: Vata-Kapha Shamaka; Bala: Rasa: Madhura; Guna: Guru, snigdha; Virya: Sheeta; Doshaghnata: Vata-Pitta shamaka; Yashtimadhu: Rasa: Madhura; Guna: Guru, snigdha; Virya:</i>	<i>Medicated Dhuma reaches nasal cavity, nasopharynx, and upper respiratory tract; helps in clearing Kapha from Urdhvajatrugata srotas.</i>	<i>Breaks Kapha avarana in Pranavaha srotas, clearing congestion and easing phonation; Gives Vata-anulomana effect on motor control of vocal cords, improving voice clarity and reducing fatigue.</i>

Drug	Ingredients	Properties	Mode of Action	Samprapti bhanga
		<i>Sheeta; Vipaka: Madhura; Doshaghnata: Pitta-Vata shamaka</i>		

Clinical Course and Follow-up

Total duration of treatment: 2 months

Follow-up: Every 15 days (four follow-ups)

The doctor's tracks symptoms. They used a scoring system for symptoms that went from 0 to 3 for each symptom.

0 – No symptom

1 – Mild

2 – Moderate

3 – Severe

Symptoms	Baseline (Day 0)	Follow-up 1 (Day 15)	Follow-up 2 (Day 30)	Follow-up 3 (Day 45)	Follow-up 4 (Day 60)
Hoarseness of Voice	3 (severe)	2 (moderate; voice still rough but improved clarity)	1–2 (mild to moderate; mostly mild, slightly rough after long usage)	1 (mild; improved endurance)	0–1 (almost normal; occasional slight roughness after very heavy use, resolving with rest)
Throat Irritation	2 (moderate)	1 (mild)	0–1 (occasional only after excessive talking)	0 (absent)	0
Throat Dryness	2 (moderate)	1 (mild, especially evening)	1 (mild, improved)	0–1 (rare)	0
Foreign Body Sensation	1 (mild)	1 (mild, occasional)	0 (absent)	0 (absent)	0
Vocal Fatigue	3 (severe)	2 (moderate; can teach with breaks)	1–2 (mild to moderate; improved tolerance)	1 (mild; improved endurance)	0–1 (minimal)

Overall result

Significant (more than 80–90%) relief in hoarseness and associated symptoms within 2 months.

Functional recovery of voice adequate for professional needs.

No side effects reported with this treatment.

Pathya-Apathya

Pathya/ Apathya	Dietary	Lifestyle
<i>Pathya</i>	Warm, soft, freshly prepared food (lightly spiced); Use of <i>Yusha, Manda, Kanji</i> , and simple dal soups; Lukewarm water for drinking (optionally medicated with <i>Yashtimadhu</i> , dry ginger, or coriander seeds); Inclusion of green leafy vegetables (well cooked, not very sour), seasonal fruits (excluding extremely sour ones, especially pomegranate and ripe banana in moderation); Moderate use of ghee (for <i>Vatapittashamana</i> and mild <i>Snehana</i>); Adequate hydration with warm/herbal fluids.	Avoid shouting or speaking at a very high pitch; Use of microphone or amplifier in classroom if possible; Scheduled voice rest: short breaks after 30–40 minutes of continuous talking; Avoid speaking for long in noisy environments; Breathing exercises (pranayama) such as <i>Anuloma Viloma</i> and <i>Bhramari</i> under guidance, avoiding strain; Adequate sleep (7–8 hours/night); Avoid exposure to cold wind, dust, smoke, and sudden temperature changes.
<i>Apathya</i>	Very cold drinks, refrigerated water, ice cream; Sour and fermented foods in excess (curd especially at night, vinegar, pickles, very sour fruits); Excessively spicy, oily, fried, and junk foods; Overuse of tea, coffee, carbonated beverages; Smoking, alcohol, and panmasala/tobacco.	Talking loudly, shouting, screaming, singing at high pitch for long duration; Sudden start of speaking loudly after silence without warmup; Resting voice during throat infection or strain; Night-outs, insufficient sleep, and excessive mental stress; Avoiding exposure to smoke, dust, and pollutants which are harmful to the skin.

DISCUSSION

The current case is about a patient having *Swarbheda*. The modern treatment with the combination of anti-histamines, anti-allergic etc., didn't relieved the patient and therefore patient opted for the Ayurvedic management.

The things that helped their *Swarbheda* include:

Kanthy, *Kaphavatahara*, and *Shothahara* internal preparations (*Khadiradi vati, Lavangadi vati*)

Local gargling with *Triphala-Haridra kwatha*

Nasadhooma using *Trphala, Rasna, Bala*, and *Yashtimadhu*

Strict adherence to *Pathya-Apathya* and voice hygiene measures.

From an Ayurvedic standpoint, these medicines and procedures:

Reduce *Kapha sanchaya* and *Srotorodha* in *Kantha*.

Normalize *Vata gati* in *Urdhwajatrugata srotas*.

Pacify associated *Pitta* and local inflammation.

Nourish and rejuvenate local tissues (*Rasayana, Brimhana* effects).

Thus, effectively achieve *Samprapti bhanga*.

From the way we think about things today the regimen provides:

Local anti-inflammatory, antiseptic, mucolytic, and anaesthetic effects.

Improved circulation and mucosal healing in laryngeal region.

Neuromuscular support to vocal mechanism.

Behavioral modification (voice rest, hygiene) addressing functional dysphonia/phonotrauma.

CONCLUSION

A 37 year old woman had a problem, with her voice for four months. Her voice was really hoarse. This problem is called *Swarbhed*. Then she tried a treatment plan that included:

Khadiradi vati and *Lavangadi vati*

Triphala-Haridra kwatha gargling

Nasadhooma with *Triphala, Rasna, Bala*, and *Yashtimadhu*

Strict *Pathya-Apathya* and voice hygiene practices.

The patient got a lot better from having a voice, a sore throat and feeling like something was stuck in their throat. They also felt less tired when talking. This case study shows that Ayurvedic treatments can really help people who have *Swarbheda* and hoarseness of voice people who use their voice a lot for their job, like singers or teachers.

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