

GADGADA (STUTTERING) – A CASE STUDY

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SUMMARY:

Gadgada is a kantha gata vyadhi characterized by aspasta vak. Kanthya maha kashya which is stated in Charaka samhita as kantha hita was used in gadgada which alleviates pathogenesis in it. A single clinical trial with pre test, follow up and post test assessment was done with drugs in sharkara kalpana form and was advised twice daily after food for a month. By the present study it can be concluded that kanthya maha kashaya helps in controlling stuttering severity in children and is a safe and effective drug for stuttering in children.

Key Words: Kanthya maha kashaya, Stuttering/Gadgada, SSI-3(Stuttering Severity Index-3), Pratt's recorder.

Key Messages: kanthya maha kashaya helps in controlling stuttering severity in children and is a safe and effective drug for stuttering.

INTRODUCTION:

Expression of thoughts and ideas of an individual mainly occur with the help of *Vak*,^[1] which is the *karma* of *vagindriya*.^[2] The importance of *Vak* can be traced back to the period of *Vedas* with its *utpatti krama* and four fold classification viz: - *para*, *pasyanti*, *madhyama* and *vaikhari*. Of these the *vaikhari* type is used by the humans for expressing their thoughts. *Gadgada* is one such pathological condition of *Vak* explained in classics, featured with *avyakta* ^[3] *vak* or *aspasta vak*⁴ (i.e unclear phrase). This condition can be best correlated in contemporary science as stuttering /stammering.

Case History:

A 12yrs old boy complained about unclear speech with difficulty in pronunciation of alphabets Aa, Gi and Ha. The complaints were first observed by his parents. He was moving away from friends due to criticism. The patient has visited some speech centers for the same complaint and was not satisfied by the treatment. Hence to find solution for his problem he visited, GAMC, Mysore. No previous reports were produced.

Diagnostic Criteria:

Primary criteria: *Aspashta vak*;

Secondary criteria: Word prolongation, Syllable/Word repetition, Interjections, Broken words, Circumlocution, Facial expression on obstruction to speech.

Method of collecting of data and analysis

Stuttering Severity Index-3: There are 3 sections in the scale viz. frequency, duration and physical concomitants. In order to get the above said factors for the study a voice sample of the stuttering child is collected by using the high quality headset with speaker to avoid the surrounding sounds. The material used for the sample is the hare and tortoise story in picture form and the child is requested to narrate the story in

language child is convenient (Kannada, Hindi, English). The samples were collected on 1st, 15th and 30th day of the study. The sample was then assessed according to SSI-3 guidelines for school age children.

Assessment table for Severity

Total Overall Score	Percentile	Severity and grade
6-8	1-4	Very Mild - 1
9-10	5-11	
11-15	12-23	Mild - 2
16-20	24-40	
21-23	41-60	Moderate - 3
24-27	61-77	
28-31	78-88	Severe - 4
32-35	89-95	
36 and up	96-99	Very Severe - 5

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Intervention:

- Syrup (*Sharkarakalpana*) was advised 5ml BD after food.
- Intervention period:- 1 month BD.
- Follow up:- 15th day of intervention.

DISCUSSION:

Kanthy maha kashaya stated in *Charaka Samhita* is *Kanthy* i.e. good for *kantha*. Other meanings are being at or in the throat, suitable to throat, clear, pronounced from the throat. The drugs in the *gana* are *Hamsapadi*, *Bruhati*, *Kantakari*, *Mrudvika*, *Sariva*, *Ikshumula*, *Kaitarya*, *Madhuka*, *Pippali*, *Vidari*.

Probable mode of action of the *Kanthy Maha Kashaya*:

On *Kantha*: The drugs like *Vidarikandha*, *Hamsapadi*, *Kantakari*, *Madhuka* are *Kanthy* and help in improving voice and maintaining it. Thereby helps in reducing the pitch and loudness of the stuttered word or the tone of the stutterer. *Draksha* is *balya*, *brimhana* and helps in getting back the normal strength of the patient and vocal cord. There by helps in normalization of speech. *Madhuka* helps in *vilayana* of *kapha* from site of accumulation and it also helps in *balavridhi* of the *kantha*. Drugs in the *gana* like *Kaitarya*, *Kantakari*, *Bruhati*, *Sariva* and *Pippali* are carminative these peel off the adhered *dosha* in the *srotas* and *kantha* and promotes normalization of speech.

On *Uras (prana vaha srotas)*: *Bruhati* due to *katu vipaka*, *laghu*, *ruksha* and *tikshna guna* it helps in alleviating the *kapha* in the *uras* and thus helps in proper movement of *vata*. *Madhuka* helps to loosen tenacious sputum and promote its removal from respiratory tract. *Hamsapadi* being *kapha pitta hara* alleviates the *doshas* from the *uras* and helps in proper respiration. *Kantakari* being similar in properties with *Bruhati*, it helps to soothen the bronchial cords and thus calms the irritation.

On *Manas and Buddhi*: *Draksha* stabilizes mind by *soumanasyajanana* property. *Madhuka* is one of the *medhya*

rasayana. It helps in improving memory and all the aspects of CNS.

On *Srotas*: *Pippali* being *yogavahi* helps to carry the drugs to the minute parts of the body and helps in *vilayana* of *kapha* by *ushnavirya*. This helps in the proper movement of the *vayu* in the channels there by supports proper functioning of the *srotas*. *Kantakari* being *ushna virya* helps in alleviating both *vata* and *kapha* which are the main causative factor for *Gadgada*.

CONCLUSION:

1. *Gadgada* is a *kapha avrutha vata vyadhi* with is characterised by *aspastha vak* in relation with fluency and duration.
2. With the improvisation of *Agni* there will be improvisation of *Vak* which has been seen in the present study.
3. There was improvement in SSI-3 scale with *Kanthy maha kashaya* in the present study with severity values 4, 4 and 3 respectively.

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