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## Stammering –Ayurvedic Management with Sookshma Aushadhi Chikitsa –A Case Report

Vd.Shivani Sanjeev Gavande. M.D.(Ayu)

Associate Professor in Kayachikitsa  
Dr .J.J .Magdum Ayurved Medical College, Jaysingpur.

### ABSTRACT

A patient suffering from stammering since childhood was treated with Tota Vati for six months ,got resque from his suffering and now is acting confidently in play. He can speak fluently now. In Ayurved ,sookshma aushadhi chikitsa is the most popular system of management where we can get better result with processed microfined particals of the same medicine even at very low dose .Ayurved says ,when the medicine is reprocessed with the decoction of same ingredients repeatedly, we get better efficacy with very small quantity of medicine. Tota vati is such type of processed medicine which was prepared by Vaidya .Narhar Bhole Prabhu.These tablets are much more useful in stammering.

**Key words:** Stammering, Sookshma Aushadha, Ayurved, Herbal medicine, Tota vati.

### \*Correspondence to Author:

Vd.Shivani Sanjeev Gavande.  
M.D.(Ayu)  
Associate Professor in Kayachikitsa  
Dr .J.J .Magdum Ayurved Medical  
College, Jaysingpur.

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**Introduction:**

Ayurved has mentioned certain methods of preparations of Herbal drugs. Apart from juice, decoction, powders, tablets, paste of herbal drugs; there are certain methods of *sookshmi-karan* in *Bhaishajyakalpana* i.e.pharmacognocny of Ayurved. Sookshma means minute like nano particle. When any herbal powder is churned continuously with its decoction, its efficacy increases several times.

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Same method of preparation can be very much cost effective when Ayurvedic medicine is prepared along with combination with gold silver etc. Tota Vati is herbal preparation made by the process of *sookshmikaran*

**Materials and Methods:**

Age 17 years.

c/o stammering since childhood

Family history: Brother-Stammerring since childhood

On examination,

No anatomical abnormality found in mouth(No tongue tie.)

Haemodynamically stable.

Patient was given Tota vati 2 BD after food for six weeks

.Before treatment the voice of patient was recorded .The follow up was taken about pronunciation of words.

After six months he showed fluency in speaking.

**Methodology:**

Main ingredients of Tota vati are as follows,

*GUDUCHI* ( *Tinospora cordifolia* )

*APAMARGA* ( *Achyranthus aspera* )

*VIDANG* ( *Embelia ribes* )

*SHANKHPUSHPI* ( *Convolvulus pluricaulis* )

*VACHA* ( *Achorus calamus* )

*HARITAKI* ( *Terminalia chebula* )

*KUSHTHA* ( *Saussurea lappa* )

*SHATAVARI* ( *Asparagus racemosus* )

*KIRATTIKTA* ( *Swartia chirata* )

*SHUNTHI* ( *Zinziber officianale* )

The medicine, Tota vati was prepared by Vd. Narhar Bhole Prabhu. He is having his own pharmacy for preparation of *sookshma aushadhi*.Tincture was made with above medicines and was mixed with sugar balls to administer in patient for six months.

**Discussion:**

The disease *Minmin* is quoted in *vaat vyadhi* in Ayurved. Though tongue is the organ for speaking ,Ayurved does not include this disease in *Mukharog* ,instead it is included in *vaat vyadhi* .According to *Samprapti*(etiopathology) of *Mim-in*,Vitiated *vaat dosha* due to Kapha dushti,obstructs *shabdvaahi dhamanya*.So patient is unable to utter the consonants properly .He hesitates to utter first word and even can't speak fluently.

Modern system of medicine includes stammering in nervous disorder as Aphasia .Motor and sensory nerves related to speech centre in hypothalamus. Verbal aphasia is pure motor aphasia. .Inability to speak articulately is seen in *Minmin*. Motor mechanism is intact .There is no intellectual defect .Lesions lies at the anterior to lateral end of precentral gyrus ( Broca's area )

Ayurvedic drugs used in this formula mainly works on Medha and also on Kanth. For utterance of word,proper coordination of brain (nervous system)as well as larynx is required.The nano particals of herbal drugs act on these systems in effective way with a very low dose

The Karmukata of drugs are as follows (Table 1):

**Conclusion:**

Patient got complete relief now and he is able to speak fluently.

*Sookshma aushadhi chikitsa* is cost effective and fast acting Ayurvedic treatment .Tota vati in stammering patient worked effectively..

With this procedure of Sookshma chikitsa many Ayurvedic medicines can be made available in more quantity along with lesser cost.

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<b>DRUG</b>	<b>RASA</b>	<b>GUNA</b>	<b>VEERYA</b>	<b>VIPAAK</b>	<b>DOSHA-KARMA</b>
<i>GUDUCHI</i>	<i>Tikt Kashay</i>	<i>Snigdh</i>	<i>Ushn</i>	<i>Madhur</i>	<i>Kafaghna Rasayan</i>
<i>APAMARGA</i>	<i>Tikt Katu</i>	<i>Laghu Ruksh</i>	<i>Usna</i>	<i>Katu</i>	<i>Kafaghna Shirovirechananam Shrashthah</i>
<i>VIDANG</i>	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kafaghna Shirovirechan Rasayan</i>
<i>SHANKHPUSH-PI</i>	<i>Kashay Katu Tikt</i>	<i>Snigdh Guru Sar</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Medhakrut</i>
<i>VACHA</i>	<i>Tikt Katu</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kanthy Medhya</i>
<i>HARITAKI</i>	<i>Panch Ras</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Medhya Rasayani Unmilani Buddhibalendriyaa-naam</i>
<i>KUSHTHA</i>	<i>Tikt Katu</i>	<i>Laghu Rukash Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kafaghna Aakshephar</i>
<i>SHATAVARI</i>	<i>Tikt Madhur</i>	<i>Guru Snigdha</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Medhyaa</i>
<i>KIRATTIKTA</i>	<i>Tikt</i>	<i>Laghu Ruksh</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kafaghna</i>
<i>SHUNTHI</i>	<i>Katu</i>	<i>Laghu Snigdh</i>	<i>Ushnaveerya</i>	<i>Madhur</i>	<i>Kafaghna Swarya Jivha Kanth Vishodhana</i>