



## A CASE STUDY ON THE MANAGEMENT OF SNORING THROUGH PANCHAKARMA THERAPY

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<p><b>Article Info</b></p> <p><b>Article Received:</b> 19 December 2025, <b>Article Revised:</b> 09 January 2026, <b>Article Accepted:</b> 29 January 2026.</p> <p><b>DOI:</b> <a href="https://doi.org/10.5281/zenodo.18443432">https://doi.org/10.5281/zenodo.18443432</a></p>	<p><b>ABSTRACT</b></p> <p>Ayurveda is the science of life, its main objective being to relieve human suffering and to impart health and longevity. Snoring is a sound produced by vibrations in the pharynx and soft palate as air flows through this constricted area. Increased narrowing leads to louder snoring, difficulty in breathing, and ultimately apneic episodes. The typical motivation for patients to seek assistance is the social repercussions. These can include distress, exclusion from the bedroom, marital discord, inability to take vacations, anxiety about traveling, or the risk of dozing off in public, among others. A 40-year-old male patient presented at the outpatient department of Panchakarma, KDMGS Ayurvedic Medical College &amp; Hospital, reporting a snoring sound during sleep for the past 2 months. The patient was treated on the line of management of <i>Urdwajatrugata Vikara</i> by using <i>Gandush</i> and <i>Nasya</i> therapy shown wonderful result in snoring sound was noticed with in 14 days of treatment.</p> <p><b>KEYWORDS:</b> <i>Panchakarma</i> Therapy, <i>Nasya</i>, <i>Gandush</i>, snoring.</p>
<p><b>*Corresponding author:</b></p> <p><b>Dr. Megha G. Jadhav</b> Vice-Principal &amp; Associate Professor, Department of Roga Nidan and Vikriti Vigyan, KDMGS Ayurvedic Medical College, Chalisgoan, Dist.- Jalgaon, Maharashtra, India.</p>	

### INTRODUCTION

Snoring is a sound produced during sleep which in turns causes vibration of the uvula and soft plate. Primary snoring refers to snoring that occurs without any signs of sleep apnoea or significant daytime drowsiness. Snoring is quite common among both younger and older adults. When one partner snores, it can disrupt the sleep of the other. Over time, this can lead to significant irritation, dissatisfaction, and frustration within the relationship. In some cases, snoring can even jeopardize a happy marriage and may be serious enough to warrant divorce. Research indicates that snoring is linked to various

health issues, including sleep disorders, nasal congestion, hypothyroidism, hypertension, vascular diseases, alcohol use, smoking, and obesity, with middle-aged men being the most affected group. There are several treatment options available for snoring, including surgical procedures, oral devices, and behavioral management programs. However, surgical interventions often carry considerable risks, while other treatments tend to be less effective. In *Ayurveda*, snoring is classified under *Urdwajatrugata Vikara*.

**CASE REPORT****Chief complaints**

Patient complaints snoring sound during sleep for the last 2 months.

**Demographic information of patient**

Age: 40 years, Sex: Male

Religion: Hindu, Occupation: Primary School Teacher

**History of Present illness**

A 40-year-old male patient presented at the outpatient department of Panchakarma, KDMGS Ayurvedic Medical College & Hospital, reporting a snoring sound during sleep for the past 2 months. He was apparently normal before 2 months. Since then, He has developed snoring gradually due to increasing intensity of snoring his wife and family members feeling Disturbed sleep. Hence patient visited to our hospital for treatment.

**Past medical history**

He is known case of HTN in the last 5 years on regular medications. (Tab-Amlodipine 5mg once a day in morning)

**Family History:** No any family history of snoring.

**Personal history****Rogi Pariksha**

Aahara (Diet) – Mixed diet

Nidra (Sleep) – Disturbed

Jivha (Tounge) – Coated

Kshudha (Appetite) – Poor

Mutra (Micturition) – 4-5 times/ day, 2-3 times/ night

Mala (Bowel) – regular -once/ day/ Sometime constipated

Nadi – Vata Kaphaja

**General examination**

BP – 130/90mmhg

Pulse- 84/min

Temp- 98 / F/ Afebrile

Pallor - Absent

Edema – Absent

Nails – Normal

Clubbing, Icterus, Lymphadenopathy - Absent

**Systemic examination**

R/S- AEBE, clear

CVS- S1, S2 normal

CNS- Conscious, oriented

P/A- Soft, nontender, no distention, liver, spleen not palpable.

**Local Part examination**

Nose – Normal

Nasal Septum – Normal

Paranasal Sinuses- Normal, non-tender.

**Blood Investigation**

CBC, RBS, LFT findings are within normal parameters.

**Treatment timeline**

The patient underwent treatment in accordance with the management protocol for *Urdwajatrugata Vikara*. The classics describe *Gandush* and *Nasya* as methods for treating *Urdwajatrugata* diseases. The patient began treatment with *Tila Taila Gandush* and *Nasya* using *Anu Taila*. *Gandush* entails holding lukewarm *Tila Taila* in the oral cavity for 15–20 minutes. This was performed on an empty stomach for a duration of 7 days. *Nasya* with *Anu Taila* was administered following *Abhyanga* and *Swedana* of *Uttamanga* while in a supine position, using a dropper to deliver 6 drops into each nostril once daily for 14 days. After the *Gandush* and *Nasya* procedures, a specific diet- avoid heavy, oily, or sweet meal at night time was recommended to the patient. (Table no. 1)

Sr no	Therapy	Medicine	Dose	Duration
1	Gandush	Tila Taila	50 ml / twice a day	For 7 days
2	Nasya	Anu Taila	6 drops / In each nostrils / once a day	For 14 days

**Assessment Criteria**

Assessment was done on the basis of Thornton Snoring scale (Table no. 2).

Grading-		
0	Never	
1	Infrequently	1 night per week
2	Frequently (2–3 nights per week)	2–3 nights per week
3	Most of the time	4 or more nights per week
Questions-		
1	My snoring affects my relationship with my partner	—————
2	My snoring causes my partner to be irritable or tired	—————
3	My snoring requires us to sleep in separate rooms	—————
4	My snoring is loud	—————
5	My snoring affects people when I am sleeping away from home	—————

### Treatment results assessment

Results assessment was done before and After completion of treatment, by Thornton snoring scale score has shown tremendous improvement, with the snoring sound decreasing from a score of 13 to 1. (Table no. 3)

Table no. 3) Score Assessment of result before & after treatment.		
Questions of Scale	Before treatment	After treatment
My snoring affects my relationship with my partner	3	0
My snoring causes my partner to be irritable or tired	3	0
My snoring requires us to sleep in separate rooms	3	0
My snoring is loud	2	1
My snoring affects people when I am sleeping away from home	1	0
<b>Total Score =</b>	<b>13</b>	<b>1</b>

### DISCUSSION

Snoring is frequently viewed as a simple annoyance; however, it can lead to distressing daytime effects such as excessive drowsiness, morning headaches, mood swings, difficulty concentrating, irritability, and even depression. Various factors can contribute to snoring, including allergies, nasal congestion, specific nasal structures (like polyps, tonsillitis, and a deviated septum), obesity, pregnancy, genetic predispositions, and alcohol consumption. Furthermore, approximately half of those who snore suffer from obstructive sleep apnea, a prevalent condition. Implementing healthy lifestyle modifications, such as regular exercise, weight reduction, quitting smoking, and avoiding alcohol before bedtime, may help reduce snoring. Most individuals who snore are unaware of their condition and only discover it through the comments of others. A range of anti-snoring products is currently available on the market, including Breathe Right nasal strips, Silent Snooze snoring aids, Snore Stop Fast Tabs, Snore Stop Extinguisher oral spray, and Brez premium nasal breathing aids. The fundamental principle behind these devices is to gently widen the airways, promoting better airflow. This ensures that the airways remain unobstructed. There is now a growing need to establish a straightforward approach beyond these anti-snoring products and oral medications. In *Ayurveda*, snoring is classified as *Urdwajatrugata Vikara*. *Panchakarma* treatments, such as *Gandush* and *Nasya*, are crucial in managing snoring. Both methods have proven to be highly effective in treating *Urdwajatrugata Vikara* and are both cost-efficient and quick procedures. Medications delivered through the nasal passages influence the mind, *Prana Vata*, *Tarpaka Kapha*, *Sadhaka Pitta*, and *Majja dhatu*. Both *Gandush* and *Nasya* utilize natural and medicated oils to cleanse and detoxify the oral cavity and nasal passages, respectively. They not only address issues in the oral cavity and nasal pathways but also help in curing and preventing various other health problems. *Anu Taila* possesses the qualities of *Mahagunam* and *Sarvottam Gunam*. Regular application of *Anu Taila Nasya* enhances the acuity of the sense organs.

### CONCLUSION

In this case study, the patient has shown wonderful result in snoring sound with the treatment of *Gandush* and *Nasya Karma*. The Ayurvedic *panchakarma* therapies are

very effective in management of *Urdwajatrugata* diseases and improve overall quality of life.

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### Patient's consent

The authors confirm that they have secured all required patient consent forms. The patients acknowledge that their names and initials will remain unpublished.

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