

THE ROLE OF YOGASANAS AND PRANAYAMA TECHNIQUES IN CORRECTING THE FUNCTIONAL DISORDERS OF VOICE PRODUCTION

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ABSTRACT

The three types of vocal disorders are organic, functional and neurological. The organic disorders can be corrected with surgery. Faulty use of voice, yelling, screaming and loud talking may cause functional disorders. Precautions are to be taken to avoid functional disorders. People like singers, orators and teachers who use their voice hours together are supposed to know the fundamental and optimum frequency of their phonation which can be measured with stroboscope. Otherwise forceful use of voice either in high pitch or low pitch other than optimum level leads to the damage of the vocal cords. Studies in the West have scientifically investigated the methods of correcting these functional disorders. Indian traditional practices of yoga and pranayama on voice culture are yet to be investigated. There are asanas which stimulate the vocal muscles and strengthen them. Pranayama helps in soothing the vocal muscles and relaxing them. The influence of the traditional practices of yogasanas and pranayama can be studied scientifically.

KEYWORDS: Functional Disorders, Optimum Frequency, Pranayama, Stroboscope, Voice Culture, Yogasanas