

PSYCHIATRY IN SIDDHA- LITERATURE REVIEW

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ABSTRACT

Siddha is an ancient system of medicine which is admired all over the world for its application in overcoming the illnesses of the human race. The aim of *Siddha* medicine is to make the body perfect, imperishable and promote longevity. In *Siddha* system, there are still a lot of incognito fields which are unexplored to the present day scenario. *Siddha* system has lot of literature evidence about physical and mental oriented diseases and its line of treatment which is written by *Siddhars*. The knowledge we explored and applied were obtained from those literatures. In *Siddha* system, *Siddhars* have listed the diseases of mankind as 4448. Among these diseases, *Kirigai* which is a psychiatric

disease is classified into 18 varieties by *Siddhar Agathiyar*. This paper is an attempt to discuss various references about psychiatry in *Siddha* system.

KEYWORDS: *Siddha*, Psychiatry, *Kirigai*.

INTRODUCTION

Siddha system is one of the ancient system in the world, given by the great creators called *Siddhars*. This is the first system to emphasize health as the perfect state of physical, mental, social, moral and spiritual component of human beings. The human body consists of the five primordial elements (Earth, water, fire, air and space), the three humours (*Vatha*, *Pitta* and *Kapha*) and seven physical constituents (*Saaram*, *Senneer*, *Oon*, *Konzhuppu*, *Enbu*, *Moolai* and *Sukkilam*). Concepts of health and diseases were based on the *Panchabootham* and *Tridosha* theory.

Panchabootham are the basic elements which are included as first section of 96 thathuvams in each and every bit of all the physical and subtle bodies i.e., the human body and the Universe. The universe is called macrocosm (*Andam*) and the human body is considered as the microcosm (*Pindam*). If there is any change in the macrocosm, it will have its impact in the microcosm (human body).

The physiological function in the body is mediated by three humours (*Vali, Azhal, Iyyam*) which are formed by the combination of *Panchabootham*. When these three humours are in the state of equilibrium (4:2:1-the ratio in which they exist) our body remains in a healthy state while any disturbance in this ratio leads to diseased state or death.

Siddhars have listed the diseases of mankind as 4448 based on these three Humours (i.e., *Vali, Azhal, Iyyam*). Among the 4448 diseases, the Psychiatric diseases are classified into 18 varieties by *Siddhar Agasthiyar*. The other imperative *Siddhar Yugi Munivar* has also described about the psychiatric diseases in his texts. The practice of psychiatry as a part of the healing profession, has been present in all societies and at all times. Social and scientific developments have influenced the evolution of this discipline. *Siddha* system has a long and continuous historical tradition in medicine with numerous medical texts preserved from the ancient period. This paper is an attempt to discuss those various instances about psychiatry to explore the psychiatry related information cited in the *Siddha* literatures.

MATERIALS AND METHODS

1. *Agasthiyar maanidar kirigai nool*
2. *Yugi muni vaithiya sinthamani* 800
3. Available *Siddha* texts

The materials are compared and summarized on the basis of similar existing theories. Results are based on qualitative aspect rather than quantitative.

Psychiatry in Siddha

In *Siddha*, approach to mental disease rests on the premises that most mental illness is caused by *udal thadukkal* and *thirithodam* imbalance leading to clouding of the perception and loss of understanding. *Kirigai maruthuvam*, the Neuro-psychiatry in *Siddha* system of medicine is propounded by several *Siddhars* whom the most renowned are *Agasthiyar* and *Yugimuni*. Their descriptions are phenomenological. According to the *Siddha* principle, the physical,

physiological, intellectual and psychological components of a human body are constituted by some basic principles which are 96 thathuvangal (Philosophy). Of the 96 thathuvam, “***Andha karanam***” constitutes *manam* (mind), *buddhi* (wisdom and decision making), *sitham* (determination) and *agangaram* (accomplishment). *Manam*, *Buddhi*, *sitham*, *Agangaram* are responsible for the mental well-being of an individual. *Agangaram* is the innate character of *Manam*. *Manam* (mind) is responsible for thinking, reasoning, planning and self-realization.

The mind and physique are inseparable and inter dependable. *Manam* is both receptive and executed. Inappropriate food, seasonal variations, somatic diseases and drug abuse are some of the factors that influence the mental illness. Those factors affect the three humours *Vali*, *Azhal* and *Iyyam*, especially deranges *vali* and *azhal* or often the predominance of *Azhal* humour over the other two, thereby manifest *mana noigal* (mental diseases). ***Agathiyar maanidar kirigai nool and yugi chinthamani-800*** are noteworthy psychiatric literatures in *Siddha* system. They classified the clinical variety of mental illness, based on symptomatology. It absolutely correlates with modern psychiatric illness like depression, schizophrenia, mania, convulsive disorders, neurotic illness, drug dependence and toxic psychosis etc.

TYPES OF KIRIGAI

“Kaanappa paithiya noi pathinettuku

Peyargal kandariyas sollukiren karuthinearea

Poonappa analpitham echiv aatham

Pollatha silerpanamam naathavinthu

Vaanappa boothamodu sala mohiniyum

Valamana kaleri kumbidukai munakkam

Veenappa vali neer kudigai mayaan aral

Vilangum maruttu kirisam mudakirisamamea”

(-Agathiyar kirisa nithana nool)

1. *Anal kirigai* (Flaming insanity)
2. *Piththa kirigai* (Bilious insanity)
3. *Echil kirigai* (Spitting insanity)
4. *Vaatha kirigai* (Windy insanity)
5. *Silerpana kirigai* (Shivering insanity)
6. *Naatha vinthu kirigai* (Masturbatory insanity)

7. *Bootha kirigai* (Demonic insanity)
8. *Sala kirigai* (Water insanity)
9. *Mohini kirigai* (Erotic insanity)
10. *Kalleri kirigai* (Stone throwing insanity)
11. *Kumbidu kirigai* (Obeisant insanity)
12. *Munangu kirigai* (Murmuring insanity)
13. *Aral kirigai* (Screaming insanity)
14. *Maruttu kirigai* (Menacing insanity)
15. *Muda kirigai* (Perplexity)
16. *Vali kirigai* (Convulsive insanity)
17. *Neer kirigai* (Water drinking insanity)
18. *Mayana kirigai* (Possession insanity)

CATATONIC WITHDRAWAL STATE

Vatha kirigai, Slethpana kirigai, Alar kirigai and Moodu kirigai

CATATONIC EXCITEMENT

Munangal kirigai, Vallippu kirigai and Paeipidi kirigai

CHRONIC SCHIZOPRENNIA

Anal kirigai, Pittha kirigai, Echil kirigai, Boodha kirigai, Jala kirigai, Kalleri kirigai and Kumbidu kirigai.

1. Anal kirigai

“Paarada anal kirisam gunagal thannai

Balaganea ulagariyas soluven paaru

Nearadaa kaadathil odalaam nearaga

Manukkalaium kumbitodom

Ooradaa echilathu pirakki thinum

Uththamane sinagal pesiyea palkadikum

Seradaa nearupaga kansivakkum

Sirappaga adikadi nimaithu moodum”

(-Agathiyar kirisa nithana nool)

Symptoms

Makes obeisance to unknown men, roam in low hills and barren land, collecting and eating rubbish, nodding the head frequently, eating any things which is given, disobedience, scratching the ground with nail, grinding the teeth (Bruxism), reddish discolouration of the eyes, sleeplessness and wets the cloth by urination.

2. *Piththa kirigai*

“Kelada pithamathu kattiyaagi kediyaaana

Putrathu poal thirandu koodi

Vaalada amirthamendra kalasam pukki

Mainthanea soodu konda vegathil

Aalada puthiyathu mayakkamaagi araiyilulla

Aadaiyellaam kizhithea poadum

Paalada pirantha vitha kolathodea

Naragalaium poosum paarea”

(-Agathiyar kirisa nithana nool)

Symptoms

Pitham freezes and looks like antrin, spitting saliva on others and on themselves, hydrophobia, tearing clothes and become naked and smearing the motion over the body.

3. *Echil kirigai*

“Thaanana echilenra kirisanthaanum

Thappil naragalaium thinnalaagum

Vaanaana tharaithanilea muttum pinnea

Valamaaga salathaiyithu vaariyea than

Konaana seelaiyathil thealithuk kollum

Koosaamal thampalamum thinnum paaru

Aanalum salanthannilae nanainthae nirkum

Appanae echiludae kunamithaamae”

(-Agathiyar kirisa nithana nool)

Symptoms

Collecting and eating faecal matter (Coprophagia), banging the floor, sprinkling water on head, eating ashes and saliva (pica), drenching in rain, barking like a dog, muttering at times, eating the saliva, stretching the tongue frequently and biting.

4. Vaatha kirigai

“Vaarana vaathathin kirisanthannai

Vaazhthukiren puviyorku vaiththiyarae

Kooraga vilirandum moodiyea than

Kunamaga vaai thirantru peasidaathu

Veeraga ezhunthirukkum padukkum kizhea

Vithamaana theagamellam jalam polagum

Pearaaga kulirninthirukkum kadikkum pallai

Perumaiyura kunagandu marunthu seiyae”

(-Agathiyar kirisa nithana nool)

Symptoms

Closing eyes and not talking to anyone, excessive sweat and chillness in the body due to hyper-hydrosis, Grinding the teeth (bruxism), restlessness, lying on dust, sand and slime, wandering away tendencies, standing straight and lie down suddenly, frequently changing their sitting place and closing their eyes (Akasthasia).

5. Silerpana kirigai

“Kaanappa silerpanathin kirisanthannai

Karunaiyulla pulathiyanae sollak kaelu

Veanappaa kan marulum vellaiyaagum

Vizhiyil ninru neerodum kottaavi kollum

Poonappaa tharai thanilea yadikkum kaiyais seiyum

Vaai pulambum mayakkam undaam

Konappa viral kai kaal seattai seiyum

Kuriyivagal kanda udanmarunthu”

(-Agathiyar kirisa nithana nool)

Symptoms

Paleness of the conjunctiva, yawning, frequent lacrimation from the eyes, tapping the floor with hand, muttering at times, lamenting, doing antics, hiding while seeing people, getting panic if we go near, when any one moves nearer to them, they will immediately urinate in their clothes and are very obese.

6. Naatha vinthu kirigai

“Iyambinean naathavinthu kirisanthannai

Ezhuntha kunam theruth thoarum oodum pinnae

Nayam peravea pengaludan aasai meerum

Nanraaga kalleri kondoan poaleayaagum

Jeyam peravea manithanaium jalamum kandaal

Sirappaaga veguthuram oodi poagum

Bayam peravea mugam paarthu vaayaal thuppum

Paangaaga marunthondru pagaruveanea”

(-Agathiyar kirisa nithana nool)

Symptoms

Embracing others, hugging females, angry with the crowd, aggressiveness on both the sex, bumping on some one's head, banging the wall, laughing while seeing females, smiling on seeing his relatives and shows hostile on unknown person, cheeky on audacious dressing, eating excessively (Bullemia nervosa), depressed mood, social withdrawal, irritability, spitting on others, running, jumping and wandering tendencies, insomnia and decreased sexual interest.

7. Bootha kirigai

“Maarumini boothamathin kirisag kealu

Maaraamal vaaipulambum paadum aadum

Koorumini manitharaiun kadikkum vaayaal

Kunagkettu saambalilea puralum poosum

Veesumathu vaayil vennurai neerpaayum

Pearudanea vegu kooththukaatti neeum

Peasukirean avusathangal pinnaal paarea”

(-Agathiyar nithana nool)

Symptoms

Muttering at times, biting people, rolling on ash, spraying the slush over their head (Amok), frothy excretory mouth, exhilaration, beating others, making cut injuries (Autophagia), singing and dancing (Chorea) and worshipping immediately if we beat them.

8. Sala kirigai

*“Aamappa salaththinudaiya kirisanthannai
Appanea thannerai kandaal oodum
Veamappa paathamathu vethumbik kaayum
Vivaramada karanagal minavea poadum
Thaamappa theerkka vagai sollak kealu
Nalina mura vaathi magan theerpanenrean”
(-Agathiyar kirisa nithana nool)*

Symptoms

Hydrophobia, being in forest alone, eating sand, smiling and making obeisance on seeing the persons wearing ornaments and follow behind them, always strolling in and out, somersaulting frequently and insomnia.

9. Mohini kirigai

*“Paarappa moginiyin kirisangealu
Palanaagum athanudaiya gunaththais soluvean
Seerappa naathavinthu perugas seiyum
Theruthorum oodalaagum
Uorappa pengalaiyum kanduthaanaal
Sirikkumathu vaai pilambum
Kaarappa annamathu arunthidaathu
Kandaalum erinthu vidum kuriyaik kaanea”
(-Agathiyar kirisa nithana nool)*

Symptoms

Talking to themselves, smiling at women, muttering at times, tear their clothes, fond of bettle leaf, pale discoloration of the body, speaks to persons with sympathy as if a known person (Alogia) and gets annoyed and has aversion on food (Anorexia nervosa).

10. Kalleri kirigai

“Aamadaa kalleriyin kirisanthaanum

Athan vivaram kunamathu sollak kealu

Thaamadaa vaaipulambum kannai moodum

Thairiyamaai kallerinthu azhavum seiyum

Veamadaa salanthannilea mungi nirkum

Vilangavea aasaiyathu pothidaathu

Oomadaa adikadiyea oodum sollu

Uththamanea sisukkalaium kadikkunthaanea”

(-Agathiyar kirisa nithana nool)

Symptoms

Moaning with closed eyes (Logorrhea), weeping after throwing stone, get submerged in water, looking bewildered, standing naked, will tell lies, hugging everybody and appleing to them, blinking and tolling the eye ball, will run seeing children, biting the babies and drooling of saliva.

11. Kumbidu kirigai

“Kaanappa kumbidugai kirisanthannai

Kandariyas sollukirean innugealu

Veenappa manusar paksha vithamaaga

Kandavudan kumbittodum

Thoanappa annamathu meththak kollum

Thudiyaaga sonnavudan eaval seiyum

Poonappa pengaloadu inaga

Thannai pugazhaaga adithuvidum thittam paarea”

(-Agathiyar kirisa nithana nool)

Symptoms

Showing modesty on the fellow being even on the creature and serpents, taking more food (Bullemia nervosa), doing any work commented by others expeditiously, brushing teeth frequently, walking unevenly and making obeisance to anyone else (Astasia-abasia) and beating women and children.

12. Munangu kirigai

“Seiyappaa munakkamenra kirisanthanum

Seppukirean ithanudaiya gunagal thannai

Kaiyappa kaal mattum virithidaathu

Kathiyappa kandathellaam pulappamagum

Paiyappa naazhigaikku orukkaavea than

Panbaagavea azhuthu sinamum irunthidaathu

Uththamanea thoongaathu ubaayangaanea”

(-Agathiyar kirisa nithana nool)

Symptoms

Folding the fingers and never stretch them, muttering at times, weeping frequently, restlessness, sleeplessness, wandering away tendencies and setting house on fire (Amok).

13. Aral kirigai

“Theeramulla aral kirisam sollak kealu

Thiramaana pulaththiyanea enthana seesha

Veeramulla kaikaal isainthidaathu vilangum

Iru kangal thannai moodik kollum

Paaramura satthamitu vaapoa ennum

Paangaka thannichaiyaagavea than

Kaaramura kooppaadu kandaayaanal

Kathippaaga thuvaalaiyittu paarupaarea”

(-Agathiyar kirisa nithana nool)

Symptoms

Closing their eyes and keeping their extremities unmoved crying as vaa and poo -(Clanging), pinching themselves (Autophagia), tearing the clothes, repeating whatever we say (Echolalia), eating rarely and fond of eating turmeric.

14. Maruttu kirigai

“Theaduvathum maanudaraium kandapoathu

Koormaiyudan kai neeti vaavaa vennum

Paadumathu valikkumathu pariyaasangal

Panbaaga solliya pinnaadai thannai

Ooduvathu azhintherium pirantha kolam

Uththamanea neervittu kudikkumthaanea”

(-Agathiyar kirisa nithana nool)

Symptoms

Looking bewildered, singing as “Come’ “Come’ when they see the person, frequent removal of clothes and standing naked, doing mockery and casting the attire, drinking water, beating the persons nearby (Autophagia), eating all kind of stuffs, unusual mannerism and threatening by staring gaze.

15. Muda kirigai

“Kollumea kirisamathu vea meththa

Kooraana mudaththin kirisangealu

Villumea thegamathu jalamea uori

Vilangum sanni kondathoru maargam poala

Thallum pinam kidakkum poathaminri thappaamal

Ikkunagal kandaayaanaal

Allumathai theerpatharku vagaium soluvean

Appanea veappennai padithaan vaangea”

(-Agathiyar kirisa nithana nool)

Symptoms

The patient’s body seems to be suffering from delirium and appears chilled due to hyperhidrosis and lying down unconscious without speech (Aphemia).

16. Vali kirigai

“Aachuthea valikkirisam gunaththai kealu

Appanea vaipulambum meaniyellaam

Vaachenra nadukku valiththidaap poal

Vivaramadaa saththamitu mulangum poathu

Moochenra suruttiyathu vaangiyea than

Muganaiyadaa thalaiyasaitthu aadum paarea”

(-Agathiyar kirisa nithana nool)

Symptoms

Spasmodic tremor (Catalepsy), engorgement of the veins, involuntary movements of the head (Chorea), always crying, reddish discoloration of the eyes, scratching themselves and drooling of saliva.

17. Neer kirigai

“Thaaraana neerkudiyin kirisam thannai

Thaaraniyil sollukirean thayavaai kealu

Vaanaana neerathigam kudikkum paaru

Vaayaalea kazhukumeana aakkunkeelea

Konaana kanmuzhiyaal vizhnthu poagum

Gunamaagas sollukirean undidaathu

Thaanana endru migap paadiyea than

Nalamillaa thalais sutra Aadunthaanea”

(-Agathiyar kirisa nithana nool)

Symptoms

Drinking more water, sunken eyes, scratching the floor, aversion on foods and unusual mannerism.

18. Mayana kirigai

“Aachendra mayaanaththin kirisangealu

Appanea athanudaiya gunaththais soluvean

Moochenra mayaanathil oodiyeathaan

Moorgamudan abaayamittu Aadik kondu

Yeach sendru peaigaluda peyaraais solli

Irunthiduvaan mayaanaththin sambal thannil

Paach sendru seelaiyellam kizhitherinthu

Valamaaga vanthiruppaan panbu kaanea”

(-Agathiyar kirisa nithana nool)

Symptoms

Running in the cemetery and shouting, dancing and screaming by calling the demons names, biting and drinking human blood, running away with meaningless cry (Jargon aphasia), rolling in cemetery ashes and tearing clothes in the cemetery and sitting and weeping alone.

ETIOLOGY

*“Maruvumea pulippuraip puvarppu minjal
 Manathilea thukka galadaithalaalum
 Neruvumea neruppuveil koban thannil
 Niththiraithaa nillaamal vizhiththiruththal
 Aruvumea yakkiniyaar posikkaa thunda
 Lathigamaai penpoaga manubavaththil
 Naruvumea naabikku mealea ninru
 Naadiyea kandamattaa yirukkum paarea”
 -(yugi vaiththiya sinthaamani 800)*

*“Piligai thanilurukindra piththa neeraanathu
 Narambuthannilea pugunthu
 Pinni siraneariya moolaiyathu than venthu
 Varalumathu pilanarrumea
 Valiyinudea mathu undavan poalavea
 Buththiyathu beathaliththu
 Valamaana aangaara kobamathu minjiyea
 Thelivaana saantha gunaththai izhanthumea
 Abimaanathu maranthu
 Theagamudu seelaum paagamodu
 Vealaium theadu mathiyaavumatrū
 Paliyaagamirkamathi leliya vithamaavea
 Parithaaba kolamaagi
 Paaduminiyodu mithu naaduthanilalaiumea
 Yathanudaiya pearu solluvean”*
 (-Agathiyar kirisa nithana nool)

MUKKUTRA VERUPAADU

*“Mutrumee gunagandaal tuyirathan muttai thannai
 Kaththapap paalinoadu kalantharunthithamaam pinbu
 Piththanthaanaiyaththoadu perumugan thirumbanirkil
”
 (-Agaththiyar gunavaagadam)*

Due to food and other activities, *azhal kutram* deranges from its normal level and affects 7 physical constituents one by one and cause emaciation of the body, destroys physical and mental factors and cause the disease.

NAADI NADAI

“Uruthiyulla piththamathu thonril

Marathiyudan paithhiya roagam...”

-(sathaga naadi)

“Piththamea kaitthapoathu pithatridum piththakealu

Pirantheidum piththa naadi pirandumea nirku maagil

Varantidu moolaathaaram vaathaiyaal mudivu seium

Karandathu piththa naadi kathippoadu thudiththu ninraal

Arantidum paithhiya nthaan adaivodu vanthu koodum”

- (agathhiyar gunavaagadam)

“Utridum piththa naadi youzhungodu elumbi ninraal

Vatridaap peasu kinra vasanamu melumbi nirkum

Maththimam piththa naadi madangyea thudiththu ninraal

Uththamap peachu thaanum odungavaai kularap peasum”

- (agathhiyar gunavaagadam)

“Piththamaam naadithaanea pelaththoadu thaniththu nirkil

Maththiya paithiya ththaivalarthidum varatchi serum

Uththama moolai thaanum urugyea kurainthu nirkum”

- (agathhiyar gunavaagadam)

In psychiatric disorder, ***Piththa naadi*** gets vitiated when compared with other *naadi* which is quoted in *Siddha* texts.

TREATMENT

“Rettitha kirisaththirk kellaam nannoolidai

Vidaathaarai jalam ennayaalum

Vadiththa nasiyamathu vagaiyarinthu vagaiyaaga

Seithidukilathuvum nandru

Maattudanea kasaayangal parpam neium

Valamaaga thalavagaigal seiya nanru

Kattudanea roagithanai kandippumaai

Nadantru gunamaam paarea” (-Agathiyar kirisa nithana nool)

1. *Thaarai* - Pouring the medicated oil / milk/ decoction on forehead
2. *Jalam* - Pouring of water in head
3. *Ennai muzhukku* - Medicated oil bath
4. *Nasiyam* - Ingestion of medicated oil into the nostrils (nasal application)
5. *Pugai* - Imbibing of herbal smoke.
6. *Thuvalai* - Application of medicated oil/ paste/herbal mixture.
7. *Kalikkam* - Application of eye drops (ocular application)

CONCLUSION

Psychiatric disorders include schizophrenia, psychosis, neurosis, depression, personality disorders. These disorders were not something that was detected in recent years, *Siddhars* have briefly described about psychiatry and its treatment in various literatures, which we discussed here. This again is a scientific evidence of the very high level of intelligence, knowledge and wisdom of our *Siddhars*. This evidence of *Siddha* literature conjoined with current scientific proofs can form a new pathway of treatment procedure for psychiatry.

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