

ESSENTIALS OF THE PATHOLOGICAL AND TREATMENT ASPECTS OF *VIKKAL NOI* (HICCUPS) AS PER SIDDHA BASIC PRINCIPLES.

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ABSTRACT

Siddha System of Medicine has a wide range of concepts and basic principles, based on which the pathological, diagnostic and treatment modalities are dealt with. This includes the aspects of *Mukkutrangal* (Three humors), *Arusuvaigal* (Six tastes), *Pancha bhoothangal* (Five elements), etc. In classic Siddha literatures, Many acute and chronic diseases have been well explained in accordance with these basic principles. Some rare disorders are also mentioned in the age-old literatures. One among them is *Vikkal noi* (Hiccups) which still remains an challenging disorder to treat in the Conventional system of Medicine. Even though it does not cause any drastic effects at the earlier stages, persistent hiccups may lead to serious complications such as Gastro esophageal Reflex Disorder, Sleep disturbances, Arrhythmia, weight loss etc. Though it is a rare disorder, finding a better line of treatment is the need of the hour in order to reduce complications. In this paper we have dealt with the pathological and treatment modalities based upon the Siddha basic principles.

KEYWORDS

Vikkal Noi, Hiccups, Siddha Pathology, Complications of hiccups, Treatment of hiccups.

INTRODUCTION

As far as Hiccups is concerned, it may either get eliminated within a short period or may rarely progress into a chronic one whose treatment still remains challengeable. One in one lakh is affected by this disorder. Siddha system of medicine mentions this as *vikkal noi*. The chronic stage of hiccups is comparable with *Vali vikkal noi (Vaadha vikkal)* among the five types of *vikkal noi*. Dealing this with the basic principles of Siddha, the line of treatment could be fixed. Though accumulation of *Kabham* is the root cause for *Vikkal*, eventually the dominating one remains to be *Vaadham*. Based on this, we have dealt the treatment aspect that is completely based on suppression of *Vaadham* and *Kabham*.

VIKKAL NOI

Hiccup is an involuntary spasm of Diaphragm and Respiratory organs with a sudden closure of glottis with a characteristic “Hicc” sound.

In Siddha System of medicine, it is mentioned as ‘*Vikkal Noi*’ or ‘*Igama*’. The term *Vikkal* is coined based on the sound produced (Vicc). It occurs as a result of rapid eating, intake of highly acrid diet, consumption of extremely hot foods and flour items, sudden uncontrolled emotional disturbances and also as a result of Iatrogenic causes (Drug induced Hiccups). Apart from these, Hiccups may also present as a complication of post convalescence, starvation, Diabetes, Chronic illness etc. Due to these causes, *Kabham* gets accumulated in the diaphragm region and as a result of which the *Udhaana Vaayu* gets stimulated. This eventually gets reflected as *Vikkal*.

SIGNS AND SYMPTOMS OF VIKKAL NOI

- *Naavaralal* (Dryness of throat and tongue),
- *Vayittril etho ulavuvathu pol thondral* (Flatulence),
- *Vaaiikaithal* (Bitter taste in mouth),
- *Neervetkai* (Polydipsia),
- *Kan sivathal* (Redness of eye).

CLASSIFICATION IN SIDDHA

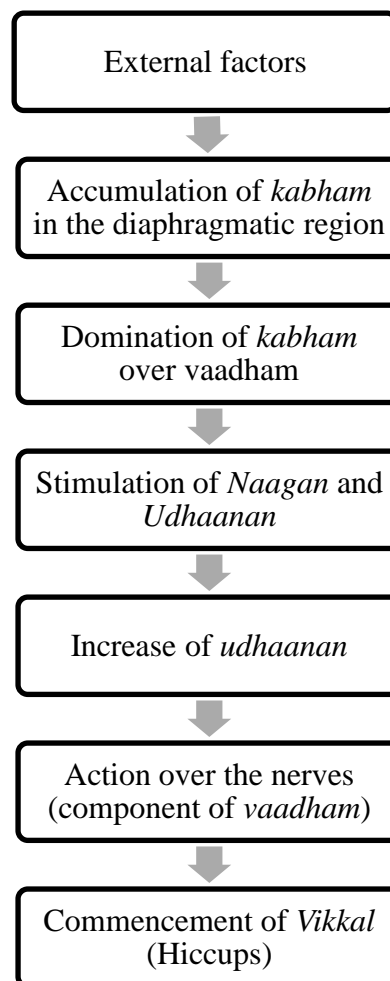
Vikkal Noi is classified into five major types namely

- *Vali Vikkal (Vaathavikkal)*
- *Azhal Vikkal (Pithavikkal)*

- *Iyya Vikkal (Kabhavikkal)*
- *Mukkutra Vikkal*
- *Seriyaa Vikkal*

Among these, *Azhal Vikkal*, *Iyya Vikkal* and *Seriyaa vikkal* are caused due to factors such as Emotional distress, Fatigue, Weakness, and also as a complication of Vomit, Diarrhoea, Dysentery, Dysphagia, Indigestion etc. These types of vikkal occur spontaneously just as a temporary complication and persists for some time. *Mukkutra vikkal* occurs as a complication of *Vali Vikkal*. In contrary to this, *Vali Vikkal* persists for a longer period and progresses as Chronic condition.

PATHOLOGICAL ASPECT OF VALIVIKKAL (EVOLUTION)



PROGRESSION OF VALI VIKKAL TO MUKKUTRA VIKKAL

When a disease is caused by a particular humour; and the disease persists for a long time without curing/ treatment, and then the affected humour subsequently affects the other

humours. When all the three humours are affected in a disease, it is called *Thridhosham* or *Mukkutram* or *Sanni* (Which may be fatal).

Here, if the *Vali vikkal* persists for a long time, then it may progress into *Mukkuttra vikkal* (Intractable Hiccups). The symptoms of *Mukkuttra Vikkal* include *Adukkadukkaana vikkal* (Continuous and persistent hiccups), *Maarbu nothal* (Pain in the chest region), *Moochu thinaral* (Dyspnoea), *Aayasam* (Exhaustion), *Udaloychal* (Fatigue).

It is mentioned in the literatures that *mukkuttra vikkal* is incurable. Hence treatment at the stage of *Vali vikkal* itself is highly beneficial.

TREATMENT REGIMEN

As a result of increased *Kabham* due to various factors, *vaadham* is stimulated. Particularly, the *naagan* and *uthaanan* is greatly affected and thus increased. Though the root cause of *vikkal* remains to be *Kabham*, it reflected as a result of stimulated *vaadham*.

Hence the treatment regimen should be a herb which suppresses *vaadham*. Since the actions of *vaadham* is *varatchi* (dryness) and *thanmai* (cold), the drugs which have the action of *Neippu* (Moisture) and *veppam* (heat) will be a best opponent for *vikkal*.

SELECTION OF HERBS

Since *vikkal* occurs as a result of stimulated *vaadham* and excess *kabham* herbs with *pitha veeriyam* and volatile oil content may largely help in controlling it. Some single herbs which act against *Vikkal Noi* are given in the table.

| S. No | Name of the herb | Suvai (Taste) | Gunam (Characteristics) | Veeriyam (Effect) | Usage |
|-------|----------------------------------|---|-------------------------|-----------------------|--|
| 1. | <i>Puthina</i> (Mentha arvensis) | <i>Kaarpu</i> (Acrid), <i>thuvarpu</i> (Astringent) | <i>Veppam</i> (Heat) | <i>Kaarpu</i> (Acrid) | The decoction made from dried leaves is used. |
| 2. | <i>Kadugu</i> (Brassica juncea) | <i>Kaarpu</i> (Acrid) | <i>Veppam</i> (Heat) | <i>Kaarpu</i> (Acrid) | The seeds are made into paste and applied over the Diaphragm region by using a cloth (or) 8g of the seed powder is soaked in 130 ml of warm water and the filtrate is given. |

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|----|---|--|-----------------------|--------------------------|---|
| 3. | <i>Murungai</i> (<i>Moringa oleifera</i>) | <i>Thuvarpu</i> (Astringent) | <i>Thatpam</i> (cold) | <i>Kaarpu</i> (Acrid) | Juice of the root is given with milk. |
| 4. | <i>Ruthratcham</i> (<i>Elaeocarpus sphaericus</i>) | <i>Kaarpu</i> (Acrid), <i>Thuvarpu</i> (Astringent), <i>Kaippu</i> (Bitter). | <i>Veppam</i> (Heat) | <i>Kaarpu</i> (Acrid) | Seed is grinded with honey and is applied on the tongue. |
| 6. | <i>Aalivithai</i> (<i>Lepidium sativum</i>) | <i>Kaarpu</i> (Acrid) | <i>Veppam</i> (Heat) | <i>Kaarpu</i> (Acrid) | Seed is soaked in water at ratio of 1:8 and is given. |
| 7. | <i>Annaasi</i> (<i>Anana scomosus</i>) | <i>Kaarpu</i> (Acrid) | <i>Veppam</i> (Heat) | <i>Kaarpu</i> (Acrid) | Leaf is mixed with naatusakkarai and is given. |
| 8. | <i>Maa</i> (<i>Mangifera indica</i>) | <i>Thuvarpu</i> (Astringent) | <i>Veppam</i> (Heat) | <i>Kaarpu</i> (Acrid) | Leaves are incinerated and fumigation is made using that. |

Some other herbs which are used in treating hiccups include *Athimathuram* (*Glycyrrhiza glabra*), *Adathodai* (*Justicia adathoda*), *Kothumalli* (*Coriandrum sativum*), *Pirandai* (*Cissus quadrangularis*), *Seerakam* (*Cuminum cyminum*) etc.

POLY HERBAL FORMULATION AGAINST HICCUPS

- Equal quantity of *Thippili* (*Piper longum*), *Vendhayam* (*Trigonella foenum*), *Nerpori* (Puffed Rice), *Nelli Paruppu* (*Emblica officinalis*), *Sittrarathai* (*Alpinia galanga*), *Naatu Sakkarai* (*Saccharum officinarum*) are powdered; mixed with ghee and given.

- ***Mayilirakathi chooranam***

Thippili (*Piper longum*) - 8 Nos.

Seerakam (*Cuminum cyminum*) - 10 Nos.

Is powdered and mixed with incinerated feather of peacock; and a pinch is given with honey.

- ***Amukkara Chooranam***

Kraambu (*Syzygium aromaticum*)

Sirunaakapoo (*Mesua nagassarium*)

Elam (*Elattaria cardomomum*)

Milaku (*Piper nigrum*)

Thippili (*Piper longum*)

Chukku (*Zingiber officinalis*)

Amukkara (*Withania somnifera*)

Are finely powdered and is given.

- ***Paruthivithai chooranam***

Paruthi (*Gosypium herbaceum*)

Vilaa (*Limonia acidissima*)

Nerpori (Puffed rice)

Thippili (*Piper longum*)

Elam (*Elattaria cardomomum*)

Are finely powdered and given with honey.

MODE OF ACTION

As per the concept of Siddha Medicine, most of the nervous disorders are considered to be *Vaadham*. This is because; it is given in the literatures that the taste of nerve is *Kaippu* (Bitter). As per *panchabhootha* theory, *Kaippu* is the combination of *Vinn* (Space) and *Vali* (Air); which in turn are the elements of *Vaadham*.

Since, Hiccups mainly occurs by the parasympathetic stimulation, it can be considered as *vaadham*. So, the herbs selected for the *vikkal noi* will acts in such a way that the actions of *vaadham* are suppressed. For example high volatile oil content and acrid (heat) character of the Brassica juncea (*Kadugu*), eliminates the *varatchi* (dryness) and cold nature of the *vaadham* respectively.

And also the increased movement of the diaphragm and glottis due to *vaadham* is also reduced by these herbs.

WHY HICCUPS IS NOT INCLUDED IN 14 VEKANGAL (14 URGES)?

In Siddha system of medicine, 14 urges are mentioned in the literatures that are described as the involuntary action (*Anichaa iyakkam*) which should not be controlled manually or cannot be controlled. Since sneezing, cough, yawning etc are the involuntary actions which are not controlled; they are included in the 14 urges. But hiccups, which is also an involuntary action is not included in the 14 urges. The reason behind this clearly glimpses the wisdom of our Siddhars.

The reason is that the 14 urges are the defense mechanism exhibited by the body which expels out unwanted waste and metabolic waste products from our body. Though being a reflex mechanism, hiccups need to be controlled since it is not concerned with any

defense mechanism. And also it is not a mechanism which removes the waste products. Prolonged hiccups may lead to serious nervous disorders.

CONCLUSION

In this paper, we have reviewed about the pathological aspect and treatment modalities of *vikkal noi* based on Siddha system of medicine. Though it is a rare and challenging disorder as per the current scenario, it becomes essential to find out a better and alternate line of treatment. This is the preliminary review work. Further research works are to be done in this area.

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