

A COMPARATIVE STUDY ON THE CLASSIFICATIONS OF *KIRIGAI* (PSYCHIATRIC DISORDERS) AS PER *SIDDHAR AGASTIYAR* AND *YUGI MUNI*

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ABSTRACT

Today we are leading a modern life. But, this modern lifestyle pattern mostly affects our health physically, psychologically and socially. Suicidal risk is under high incidence today. In fact, mental, behavioral and substance use disorders are coming to the fore in health care delivery system. So, Management of psychiatric disorders becomes a very important thing in this modern world. *Siddha medicine* contributes several concepts and treatment methodologies for the management of psychiatric disorders. *Kirigai Maruthuvam* is the branch of *Siddha system* of medicine that deals with psychiatry. *Siddhars* described the symptoms of psychiatric disorders very precisely. Many types of psychiatric disorders were mentioned in several *Siddha* literatures and they described a lot of types and treatment methodologies which include both internal medicines and a range of external therapies. In this paper, we compared the similarities of signs and symptoms of types of *Kirigai* (Psychiatric disorders) by *Agastiyar* with the disease classification given by *Yugi muni* based on symptoms. This will be a preliminary step in initiating further works on diagnostic criteria of *Kirigai* in *Siddha* aspect.

KEY WORDS

Kirigai Maruthuvam, Agastiyar and Yugi Muni, Siddha medicine.

INTRODUCTION

Siddha system of medicine is a comprehensive system that encompasses the body, mind and spirit. It strives to restore the innate harmony of the individual. The mind of man is supposed to contain the greatest of all forces. Mind is continuously changing and it is an ever changing whirlpool. It is a great store house, which supports all the past desires. Hence, today there is a severe drop that arise in the health especially mind care. According to National Mental Health Survey of India 2015-2016, nearly 1% of population reported high suicidal risk. It is highly prevalent in 40-49 age group (1.19%), female (1.14%) and in those residing in urban metro (1.71%). About 1 in 20 people in India suffer from Current Depression. There are several *Siddha literatures* that describe several medicines to treat *Kirigai*. Treatment is aimed at restoring balance to the mind-body system. It is our responsibility to do more work on *Kirigai*.

ETIOLOGY

In ancient days, people had believed that the psychiatric diseases were due to ghosts, monsters and devils. But the first *Siddhar Agastiyar* identified the cause for *Kirigai* (Psychiatric disorders) and successfully cured the patients of psychiatric disorders.

An imbalance in the ratios of *thirithodam: Vali (Vaadham), Azhal (Pitham), Iyam (Kapham)* affects both physical and mental health particularly by the imbalance of *Azhal Thodam*.

- There are several causes for the imbalance of *thirithodam* as by *Siddhar Agastiyar*. They are by excessive eating or fasting, excessive drinking of alcohol and other narcotics such as *Abini (Papaver somniferum)* and *Ganjah (Cannabis sativa)*, excess desire on a particular thing, excess fear and anger, happiness or sadness which crosses its limit.
- It may sometimes be an auxiliary disease for *Vali (Vatha)* disorders such as paralysis. But the *Azhal (Pitham) Thodam* is the major cause for psychiatry disorders.
- Pregnant women were sometimes affected by this disorders and it had been cured by itself few day, after the birth of her child. It may also be due to inheritance.
- *Thattammai(Pox)*, *Kapha Vatha Suram(Pneumonia)*, *Thivera Sali Suram(Acute Influenza)*, *Maha Vaadha Rogangal(Nervous disorders)*, *Thamaraga nooigal(Heart disorders)*, *Udara nooigal(Any disease of abdominal organs)*, *Raththa*

azhutham(Blood pressure), *Naadi nooigal*(Arterial Diseases), *Vayothigam*(Aging), *Narambu thalarchi*(Nervous debility) can also leads to Psychiatric disorders.

SYMPTOMS BY SIDDHAR AGASTIYAR

Classifications of psychiatric disorders were mostly done on the basis of *thirithodam*. *Agastiyar* in his books *Agastiyar Maanidar Kirigai Nool-64* and *Agastiyar Kirisa Nithaana Nool*, he described 18 types of psychiatric disorders based on symptoms and concept of *thirithodam*. Several symptoms are repeated many times by *Siddhar Agastiyar*. We have prioritized the symptoms given in his two books as Major and Minor symptoms.

A. Major symptoms

1. *Vaai Pulambal* (Blabbering).
2. *Oor idathil thangaathu, Saththamittu aaduvathu, Oduvathu* (Wandering, Dancing and Running with sounds).
3. *Aadaiyai Kizhithu Nirvaanamaai irukkum* (Removing the Cloths and remains naked).
4. *Pal Kadikkum* (Grinding the teeth).
5. *Echchil Vadiyum* (Frequent drooling of saliva).
6. *Athigamaai Saapidum allathu Arithaai Saapidum* (Over intake of water and food or Decreased intake of water and food).
7. *Adikkadi Kanneer Malga Azhum, Munumunukkum* (Weeping frequently and Muttering).
8. *Thukkaminmai allathu Athigamaai thungum* (Insomnia or Excessive sleep).
9. *Mann, Kuppai, Sagathi ena paaramal Padukkum* (Rolls in mud).
10. *Kan sivakkum, Vizhi miratti Vizhikkum* (Eyes become red and Roll his eyes up and down).
11. *Thannai ariyaamal Muthiram Peyum* (Urinary incontinence)
12. *Kan Moodum* (Closure of eye lids).
13. *Udal Kulirinthirukkum* (Body chills).
14. *Veral Ennum, Tharayai Keerum* (Fingers Counts and Scratches the floor)
15. *Penn Aasai Athigarikkum allathu Kuraiyum*(Desire on women increased or Decreased).

B. Minor symptoms

1. *Ethir vanthavarkalai Adikkum, Vettu Kayam Seyyum* (Knocks everyone and causes wounds).

2. *Kai Kaalgal asaiyaathu, Pinaththai pola Irukkum* (Unable to move his legs and hand).
3. *Saambalil Puralum* (Rolls over the ash).
4. *Kobam* (Anger).
5. *Mayakkam, Udal Nadukkam* (Fainting and shivering).
6. *Vaai Pesathu* (Gets muted his mouth).
7. *Thiregam Veluthirukkum* (Body becomes pale).
8. *Arithaai Sirikkum* (Laugh occasionally).
9. *Naragalai Udalil Pusikkollum, Naragalai Thinnnum* (Smears and Eat faeces).
10. *Paatham Sudaaga Irukkum* (Sole become hot).
11. *Kottavi varum, Kokkarikkum* (Yarns and Yells without purpose).
12. *Kal eriyum* (Throwing stones on others).
13. *Udal Thadiththirukum* (Swells all over the body).
14. *Mannai Thinnnum* (Eats sand).
15. *Koni Koni Nadakkum* (Walks like a lame).
16. *Nakaiyin Meethu Aasai* (Desire on jewels increases).
17. *Thannai thaane Killum, Soriyum* (Pinching and Scratching itself).

TYPES OF KIRIGAI

In both the books of *Agastiyar*, all the eighteen types of psychiatric disorders are same, except the 13th type, which is described as *Alar Kirigai* in *Agastiyar Manitar Kirigai Nool-64* and as *Arul Kirisam* in *Agastiyar Kirisa Nithana Nool* with different symptoms in both the texts.

Alar Kirigai (symptoms as in *Agastiyar Manita Kirigai Nool-64*):

Uduthiya Aadaiyai Kizhithu, Nirvaanamai Irukkum (Removing the cloths and becomes naked), *Thannai Thaane Killum* (Pitching itself), *Tham Solvathai Athu Thirumbi Sollum* (Repeats the words we speaks), *Aagaaram Arithai Sapitum* (Decreased intake of food) and *Manjalai Thinnnum* (Eats turmeric).

Aral Kirisam (symptoms as in *Agastiyar Kirisa Nithana Nool*)

Kai Kaalgal Asaiyathu (Unable to move his legs and hand), *Kangal Moodikkolum* (Closure of eye lids), *Satham Pottu Vaa, Poo Yena Sathamitum* (Muttering).

COMPARISON OF *KIRIGAI* AS PER *SIDDHAR AGASTIYAR* AND DISEASE CLASSIFICATION OF *YUGI MUNI* BASED ON SYMPTOMS

Agastiyar, *Yugi muni*, *Theraiyar* and several other *Siddhars* contribute more to develop *Kirigai Muruthuvam* in *Siddha* system of medicine. *Agastiyar* and *Yugi muni* are notable, for their work in psychiatry. *Agastiyar Manita Kirigai Nool-64* and *Agastiyar Kirisa Nithaana Nool* described the symptoms of **eighteen types** of *Kirigai* very clearly. *Yugi Chinthamani-800* does not separately deals with mental illness, but it deals with both physical and mental illness simultaneously. We have compared the signs and symptoms of 18 types of *Kirigai* given by *Agastiyar* with the Disease classification given by *Yugi muni* and it is given in the table 1.

Table 1: Similarities of types of *Kirigai* by *Siddhar Agastiyar* with the Disease classification of *Yugi Muni*

S.No	<i>Agastiyar</i>	<i>Yugi muni</i>	Common Symptoms
1.	<i>Anar Kirigai</i>	<i>Uraththa Pitham</i>	<ul style="list-style-type: none"> ○ <i>Thukkaminmai</i> (Insomnia), ○ <i>Kobam</i> (Anger on everyone).
2.	<i>Pitha Kirigai</i>	<i>Muppini Suram</i>	<ul style="list-style-type: none"> ○ <i>Aadaiyai Kizhithu Nirvaanamai irukkum</i> (Removing the Cloths and remains naked) ○ <i>Echcil Thuppum</i> (Drooling of saliva)
3.	<i>Echchil Kirigai</i>	<i>Pootha Suram</i>	<ul style="list-style-type: none"> ○ <i>Vaai Pithattral</i> (Blabbering) ○ <i>Neer Vetkai</i> (Polydipsia)
4.	<i>Vaadha Kirigai</i>	<i>Asta Thandira Vaadham</i>	<ul style="list-style-type: none"> ○ <i>Pal kadikkum</i> (Grinding of teeth), ○ <i>Kan Mudum</i> (Closure of Eye lids).
5.	<i>Silerpana Kirigai</i>	<i>Muyalaga Kapha Noi</i>	<ul style="list-style-type: none"> ○ <i>Thannai Ariyamal Siruneer Kazhiththal</i> (Urinary Incontinence), ○ <i>Kanneer Vadithal</i> (Weeping)
6.	<i>Naadha Vindhur Kirigai</i>	<i>Pootha Suram</i>	<ul style="list-style-type: none"> ○ <i>Penn Aasai Athigam</i> (Desire on Women Increased) ○ <i>Athigamaai Saapidum</i> (Polyphagia)
7.	<i>Pootha Kirigai</i>	<i>Iya Suram</i>	<ul style="list-style-type: none"> ○ <i>Vaai Pulambum</i> (Blabbering) ○ <i>Aadum, Paadum</i> (Singing, Dancing) ○ <i>Saambalil Puralum</i> (Rolls on Ash)
8.	<i>Sala Kirigai (Jala Kirisam)</i>	<i>Moodu Pitham</i>	<ul style="list-style-type: none"> ○ <i>Nagaigalin Mel Aasai</i> (desire on jewels), ○ <i>Kai, Kaal Summa Irathu</i> (Can't

			keep their hands and legs quiet).
9.	<i>Mohini Kirigai</i>	<i>Iya Suram</i>	<ul style="list-style-type: none"> ○ <i>Thiregam Veluthirukkum</i> (Body becomes pale) ○ <i>Vaai Pulambal</i> (Blabbering)
10.	<i>Kal Eri Kirigai</i>	<i>Un Maatha Pitham</i>	<ul style="list-style-type: none"> ○ <i>Vaayil Neer Vadiyum</i>(drooling of saliva), ○ <i>Vizhithirukkum</i> (Insomnia).
11,12.	<i>Kumpidu Kirigai and Moodu Kirigai</i>	<i>Thamantha Pitham and Thimir Pitham</i>	<ul style="list-style-type: none"> ○ <i>Kal Undavan Pol Kaal Koni Koni Nadkkum</i> (Walks like a lame, as a person addicted to alcohol), ○ <i>Migu Unavu, Adhi Thaagam</i> (Polyphagia and Polydipsia).
13.	A) <i>Alar Kirigai</i> (as in <i>Agastiyar Manita Kirigai Nool-64</i>)	<i>Muppini Suram</i>	<ul style="list-style-type: none"> ○ <i>Uduthiya Aadaiyai Kizhikum</i> (Removing the Cloths) ○ <i>Solvathai Thirumpa Sollum</i> (Repeats the words we speaks)
	B) <i>Aral Kirigai</i> (as in <i>Agastiyar Kirisa Nithana Nool</i>)	<i>Paya Suram</i>	<ul style="list-style-type: none"> ○ <i>Kai Kaalgal Asaiyaathu, Sethai Pol Kaanal</i> (Unable to move his legs and hand, Deep unconsciousness)
14.	<i>Marut Kirigai</i>	<i>Maarka Pitham</i>	<ul style="list-style-type: none"> ○ <i>Aadaiyai Kizhithu Nirvaanamaai Irukkum</i> (Removing the clothes and becomes naked), ○ <i>Pazhithu Pesum</i> (Speaking abusively), ○ <i>Pulambal, Vaaikku vanthapadi Pesum</i> (Blabbering).
15.	<i>Vali Kirigai</i>	<i>Oodu Pitham</i>	<ul style="list-style-type: none"> ○ <i>Kan Sivanthirukkum</i> (Redness of eyes), ○ <i>Koochchalidum</i> (Murmuring), ○ <i>Kokkarikkum</i> (Yell without purpose).
16.	<i>Neer Kirigai</i>	<i>Vali Suram</i>	<ul style="list-style-type: none"> ○ <i>Thaagam</i> (Polydipsia) ○ <i>Thalai Suttral</i> (Vertigo) ○ <i>Saappaattil Piriyaamiraathu</i> (Decreased intake of Food)
17,18.	<i>Munangu Kirigai and Mayaana Kirigai (Pei Kirisam)</i>	<i>Marunthedu Pitham</i>	<ul style="list-style-type: none"> ○ <i>Thoorkaminmai</i> (Insomnia), ○ <i>Pulambi Pesum</i> (Blabbering). ○ <i>Suttri Thiriyum</i> (Wandering), ○ <i>Thanithu Oru Edathil Mounamaai irukkum</i> (Gets muted his mouth).

LINE OF TREATMENT

According to *Siddhar Agastiyar*, an Internal Medicine along with a *Thuvalai*, *Pugai*, *Nasiyam*, *Kalikkam* and *Mantras* together form a complete set of medicine for *Kirigai* (Psychiatric Disorders) in Siddha Medicine.

TREATMENT METHODOLOGIES

There are several medicines described by various *Siddhars* in their Literatures. These include both Internal medicine and a large range of External therapies.

INTERNAL MEDICINES

Internal medicines includes

1. ***Kudineer*** (Decoction)

Example: *Vaadha Kirisa Nivaarana Kudineer*, *Silarpana Kirisa Nivaarana Kudineer*

2. ***Neei-Kirutham*** (Medicinal Ghee)

Example: *Padavalaathi neei*, *Kirisa kulaanthagan neei*.

3. ***Karkam*** (Consolidated powder)

Example: *Pachchilai Karkam*

4. ***Ennai*** (Medicated Oil)

Example: *Kosalaathi ennai*, *Santhanaathi ennai*, *Siththathi ennai*.

5. ***Kuzhambu*** (Emulsion/Mistura)

Example: *Vali Kirisa Kuzhambu*.

EXTERNAL MEDICINES

External medicines include

1. ***Thuvaalai*** (Embrocation with liniments)

Several methods available with main ingredients such as *Nila vaagai*(*Cassia senna*), *Aamanaku ilai*(*Ricinus communis*) etc.,

2. ***Nasiyam*** (Nasal drops)

Example: *Thiratchai Nasiyam*, *Naasi thul*.

3. ***Kalikam*** (Pungent Eye drops)

Example: *Vaadha Kirisa Kalikkam*

4. ***Pugai*** (Fumigation)

Several methods are available with main ingredients- *Mayil iragu*(*Peacock's Feather*), *Kupai meni*(*Acalpha indica*).

5. **Thaarai** (Getting wet with medicated juices)

Various methods are available with main ingredients- *Athi Pattai*(*Ficus racemosa*), *Aadhathodai Ver*(*Justicia adhadota*).

6. **Thappalam** (Smearing with ointment)

Various methods are available with main ingredients- *Milagu*(*Piper nigrum*), *Aatu kada mulai*(*Brain of a Goat*).

7. **Kaliman kuliyal** (Clay Bath)

Example: Along with *Kaliman* (clay) and *Neer* (water), *Elumicham Pala Saru* (Lime juice) is mixed and it is applied.

MANTRAM (Chanting Spells-Psychotherapy)

There are several *mantram* used by *Siddhar Agastiyar* to treat psychiatric disorders. The whole *Mantric Science* is based on the fundamental principles of vibrations.

Example: "Sathi Sivaaya Vairavi Namaa"- It is spelled over Butter and Banana and given internally.

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CONCLUSION

We have compared the different types of *Kirigai* by *Agastiyar* with disease classification by *Yugi Muni*. From this comparison we can treat the patients with the combined knowledge on medications given by *Agastiyar* and *Yugimuni*. Researches are required further to frame a complete set of treatment methodologies in our *Siddha Medicine* for *Kirigai* and incorporate them in clinical practices.

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