

LITERATURE REVIEW OF *KUDIVERI NOI* (CHRONIC ALCOHOLISM) IN SIDDHA SYSTEM OF MEDICINE

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ABSTRACT

Siddha system of medicine deals all kind of diseases such as *Udal pinikal* (disease caused by pathological condition) and *Mana pinikal* (Mental or psychiatric diseases) by internal, external medicines, external therapies and yogam. *Kudiver Noi* is one of the *mana noi* (psychiatric diseases), which is otherwise known as *Mathathyam*.^[1] According to *sambasivam pillai* dictionary it is related to chronic alcoholism, caused by over consumption of alcohol. It is characterised by coarse tremors, nausea, vomiting, arousal, anxiety, sweating, hypertension, auditory hallucination, tachycardia, cluster seizer.^[2] In this article discuss about *Kudiveri noi* by siddha literately.

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INTRODUCTION

Siddha system of medicine, which is one of the ancient systems of Indian medicine, deals all kind of diseases such as *Udal pinikal* (disease caused by pathological condition) and *Mana pinikal* (Mental or psychiatric diseases) by internal, external medicines, external therapies and yogam. *Kudiveri Noi* is one of the *mana noi* (psychiatric diseases), which is otherwise known as *Mathathyam*.^[1] According to *Sambasivam pillai* dictionary, in this condition related

with chronic alcoholism, another named as alcoholic depended disorder, caused by over consumption of alcohol. It is characterised by coarse tremors, nausea, vomiting, arousal, anxiety, sweating, hypertension, auditory hallucination, tachycardia, cluster seizer.^[2]

According to World health organization (ICD-10), Alcoholism is characterized by Intoxication, harmful use, alcoholic dependence, withdrawal symptoms (tremor, nausea, vomiting, sleep disturbance, anxiety) and psychotic disorders. Alcohol misuse has the potential to damage almost every organ in the body, including the brain. The cumulative toxic effects of chronic alcohol abuse can cause both medical and psychiatric problems. Long-term alcohol consumption also causes phrenopathy and social effects, such as violent crimes and traffic accidents.

The WHO also estimates that as of 2010 were 208 million people with alcoholism. The harmful use of alcohol causes death of about 3.3 million people worldwide annually. There are 60 different types of diseases where alcohol has a significant causal role. It also causes harm to the well-being and health of people around the drinker.^[3] In India, as per OECD report 30% of Indian population consumed alcohol regularly (as of 2010). Alcoholism increased by about 55% between 1992 and 2012.^[4] Few studies have documented the pattern and profile of alcohol use and its impact in hospital and population-based settings. Siddha literatures indicates people's life styles and teaches ill less life in ancient tamilnadu. The people in ancient tamilnadu used arrack, toddy instead of alcohol. In this article discuss about *Kudiveri noi* by siddha literately.

LITERATURE REVIEW OF KUDIVERI NOI

In ancient tamilnadu, the people used arrack, toddy instead of alcohol. Toddy also called as pizhi, theral, ariyal. Yavanar who prepare the toddy, they take toddy along with honey, rice, and millet etc. Especially before enter to the battle ground the warier should take toddy along with fresh meet for the purpose to theft cattle.

Following Siddha literatures illustrate about *Kudiveri Noi* and its symptoms

I. *Kudiveri Noi*^[5]

Kudiveri noi or *mathathiyam* is defined as Consciousness will turn, gossip speech, and the seven constituents of body also *koluppu* (fat), *sukkilam* (semen), *suronitham* (ovum) will be affected one by one due to over consumption of alcohol, arrack or fermented juice.

It is otherwise known as *mathaazhivu*, *mathakedu*. In this disease *vinthunaatham*, *kaamaneer*, *kozhuppu* are defected leads to defeat health. It classified into *vaatham*, *pitham*, *kabham* and *mukkutram* based on three humoural divisions. In addition to *Udarkedu* (*Thummicham*) and *Vanmai kedu* (*Vichayam*) were also included. So totally 6 in divisions.

1. *Vali matha azhivu*

Sleeplessness, Difficulty to Breathing, headache, involuntary movements, bad dreams, speaking with devil or demons are clinical features of *vali matha azhivu*.

2. *Pitha matha azhivu*

Greenish or yellowish discoloration of body, cheeks and eyes became reddish, Fever, burning eyes, sweating, loose stools, thrust, mental disturbances more common.

3. *Kapha matha azhivu*

Chest discomfort, over sleeping, vomiting, swelling of the body.

4. *Mukuttra matha azhivu*

It may show companied features of *vali*, *azhal*, *iya matha azhivu*.

5. *Udarkedu*

This is occurring by over intake of alcohol and non-veg products, phlegm accumulation in mouth, dryness of chest, over sleeping and laziness are findings of the characters of this disease. This progress to degeneration of the body thus termed as *udarkedu*.

6. *Vanmai Kedu*

Acute pain in the region of body, vertex and chest, congested feeling of throat region, tiredness, cough thirst, vomiting, pyrexia are the other common features. This progress to diminution of health and emaciation of the body thus termed as *vanmai kedu*

II. *Nandeesar Agaala marana nool*^[6]

In the text, “*Nandeesar Agaala marana nool*” indicates the features of over intoxication of alcohol are as follow

a. “*Saara yamkudith thathikariththal sarththal pethi yivaikandu*

Poora yamaaye viyarththezhumpi potham kulainthu kidanthurulum

Vuraa yithanaiththeerppatharku varumul langissaar thaanathey

Aaran theduththu padikaaram athanme littu kioduppom”

Over consumption of alcohol leads to diarrhoea, hyperhidrosis, vomiting, loss of consciousness

- b. *“Saara yaththaith thaanarunthith thalaimel visame yeridukil
Seeraar nadaiyum kaalpinni sirantha mugamum seeriyar
paaraar kannum vizhimasaki paarvai sivaneethu vaipulambi
aara rernna sonnaaluim arivu pisaki yalaridume”*

Giddiness, irrelevant movements, face becomes reddish, blabbered and irrelevant speech and mental disturbances are due to over in taking of alcohol.

- c. *“Alari vizhunthu melmoochchay amarumsavaasa madanhividum
Suvari kabamum kolaiyurum suttrum nuraipathai thaanthallum
Vilari mugame panjittu vizhime littu vinpaarkkum
Mulari sarakkin vaadaiyum mookkil vayil thonridum”*

The person shouts and fall down unconsciously respiration becomes shallow and feeble, cough with sputum is common, Giddiness, frothy saliva, pallor and eyes looking upwards, The sting odor of alcohol from mouth and nose.

- d. *“Thonrum sarakku nenjchinmel thulangi ninru vaadaiyurum
Thonrum kannil reththaniram thaiyungulaiyum vaayuroothum
Thonrum naavum pakaruththu thurappa yirappai veeraththunirkum
Thonrum mikkuri kandariveer thudarntha vaatrin kuriyentre”*

Eyes becomes reddish, loss of neck control, bloating of abdomen, blackish discoloration of tooth and tongue.

- e. *“Vattraik kudiththu madinthavarai vagaiyaai kande yarivatharku
pottrum pinththan niliayarinthu puviyo rariya pugavatharkku
neetrai punainthon thannarulaal ninaiva yudalai sothiththu
saattrum pinguna moththirunthaal saliyaa thuraippeer saantröre”*

- f. *“Kannum sivanthu muganseeri kaanungabamum kozhaiththai
vinne paarththu vizhinirkum vegam migunthu karumpiththam
thanne vadiyum vaayil nintru thrume vaadai pulaalpolaal
pinne kriyum kurungidum pesum kudiyaal mariththathennai”*

Reddish eyes, watery sputum expelled from mouth, upward looking eyes, haemoptysis with foul smelled froth and shrunken of male.

III. *Theraiyar yamaga venba*

*“Paalai kudiyaanaal paarvaiyena vattanisip
paalai kudiyaanaal pattrumeyir – paalaich
suraiyunda meyyentruth thunpanh thlaikka
suraiyaiyunda meyyentru sol”*

When it is illegitimately or excessively used it leads to kudiveri noi.

IV. *Puranaanooru*

*.....theem kanthharam
niruththa aayam thalaich sentru undu
pachchun thinru, paininam peruththa
etchil erngkai virpuaram thimiri
pulpukkanane, pul kunar kaalai
oorumurai unnaa alavai, perunirai
oorppuram niraiyath therukuvaan*

Above the lines from *Puranaanooru*, *kudiveri noi* caused by over consumption of liquor like things and non-vegetarian food followed by the symptoms of Intoxication, sweating, weakness, tremor, sleep disturbance, psychiatric problems, loss of appetite, vomiting. These symptoms can be correlated with chronic alcoholism (alcoholic dependence).

V. *Thirukural-(kallunamai)*^[7]

Saint *Thiruvalluvar*'s divine work "*Thirukural*" emphasizes the advice effects of consuming alcohol beverage, which is not only affects the health and also affects social well-being.

a. *Utkap padaar ozliyilappar engnanrum
katkaadhal kontolu vaar*

Those who always thirst after drink will neither inspire fear (in others) nor retain the light (of their same).

b. *Kaiyariyaamai udaiththe porul koduththu
meyyari yaamai kolal*

To give money and purchase unconsciousness is the result of one's ignorance of (one's own actions)

c. *Kaliththanai kaaranam kaattuthal keelneerak*
kuliththanai theeththui yattru

Reasoning with a drunkard is like going under water with a torch in search of a drowned man.

d. *Entraal mugaththeyum innaathal enmatrush*
sanror mugaththak kali

Intoxication is painful even in the presence of (ones) mother what will it not then be in that of the wise.

"Veyilile eppothum nadakkaiyalum
Vempasiyi laakirika larunthalaalum
Thuyyaveyil pugaiyilaikal kollalaalum
Thudarnthasura niththiraikal kollaa thalaalum
Naiyyave kopamathu kollalaalum
Naalthorum raththamathu vadithalaalum
Thuyyave naadnadai theerkka maagath
Thudithudithup padapadaththu odunthaane"^[8]

The above lines are indicating that pulse may appear very rapidly in an alcoholic

"Mayangiye udampengum thinavu maakum
Maarpodu nejularntha kandan vatrum
Ayangiye adikkadikku iruma laakum
Adimoolam naapimattum vekkaa duntaakum
Viyangiye eralellam vethumpa laakum
Viranamundaays sirasotu miratchi yakum
Sayangiye saaraayang kallum thannaal
Thakkume medhuvenra virumar raane"^[9]

Throat, stomach, liver and spleen are affected, Sequence of cough, shortness of breathing, weight loss is due to intake of arrack and toddy.

TABLE 1.

Comparison between Modern and the siddha term in Alcoholic Related Disease:		
S.NO	MODERN TERM	THE SIDDHA TERM
1	Cirrhosis of liver with portal hypertension ^[10a]	<i>Madhu(Kal Irumal)</i> ^[10b]
2	Alcoholic liver disease ^[11a]	<i>Mantha katti</i> ^[11b]
3	Toxic Psychosis ^[12a]	<i>Nanju Vali</i> ^[12b]
4	Hallucination ^[13a]	<i>Unmantham</i> ^[13b]
5	Cognitive impairment ^[14a]	<i>Serukku noi</i> ^[14b]
6	Hemiplegia ^[15a]	<i>Pakkavatham</i> ^[15b]

DISCUSSION

(5) The symptoms of alcoholic dependant disorders, like tremulousness, nausea, vomiting, sympathetic autonomic hyperactivity including arousal, anxiety, sweating, hypertension, auditory hallucination, disorientation to time, place and person these are corresponding with types of mathathiyam.^[16] (6a) *Nandeesar Agaala marana nool* insists same symptoms of gastrointestinal symptoms like nausea, vomiting, sweating is caused by long time consume of alcohol, the siddha literature.^[17] (6b) In this stanza says the neurological complications like ataxia, horizontal nystagmus ophthalmoplegia, visual and auditory hallucinations.^[18] (6c), (6d) indicates the end stage symptoms of alcoholism as chronic bronchitis, liver cirrhosis, emphysema, alcoholic hepatitis.^[19] (7) Thirukkural says the toxicities of alcoholism which insists the following alcoholic withdrawal syndromes like dullness, alcoholic hallucinosis and marchiafava bignami disease.^[20]

(8) “Veyilile eppothum nadakkaiyalum, Vempasiyi **laakirika larunthalaalum**” indicates tachycardia.^[21]

CONCLUSION

Siddha literatures are used to learn about healthy lifestyle, disease and treatment method of antient people. As per siddha literature kudiveri noi is one of the pithha disease affects uyir thathukkal and udal thathukkal. Nowadays the prevalence of kudiverinoi increased than ancient tamilnadu. In this article, try to exhibit evidence in the disease of *kudiveri noi* (chronic alcoholism) by Siddha literatures.

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