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SIDDHA AND CONTEMPORARY COMPARISON OF HICCUPS (VIKKAL)

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Abstract

Hiccup is the sudden onset of erratic diaphragmatic and intercostals muscle contraction and immediately followed by laryngeal closure. The abrupt air rush into the lungs elicits a “hic” sound. Siddha medicine is the traditional and ancient medical system of TamilNadu in India. In our literature our siddhars described five types of vikkal. Here we compare the symptoms of the vikkal with modern disease to expose the scientific awareness of siddha medicine to the general public for the sake of believability and acceptability. We designed this comparison catalogue to have a deep telescopic view of how our siddha system deal with the hiccups.

Keywords:

Hiccup, involuntary spasms, diaphragm, scientific awareness, acceptability

INTRODUCTION



Hiccup or singultus is derived from the Latin word singult, which means “the act of catching one’s breath while sobbing. Hiccough (or) hiccup is the result of spasmodic contraction of the diaphragm. Accompanied by sudden closure of the glottis, producing a distinguishing “hic” sound. It may be,

- a) Peripheral, due to local irritation of the diaphragm or its nerve. (Phrenic nerve and vagus nerve)
- b) Central, due to irritation of the Hiccough centre in the medulla.

Hiccup is usually a self limited disorder; however, when it is prolonged beyond 48 hours, it is considered persistent whereas episodes longer than 2 months are called intractable. Hiccups occurrence is not only confined to the adults but also observed among the infants and children.

Causes

The self limited hiccup is believed to be induced by the rapid stomach distention and irritation in terms of overeating, eating too fast, eating too much fatty or spicy food, excitement or emotional stress, drinking carbonated beverages, aerophagia, sudden temperature changes and chronic medical disorders also been reported to cause hiccups.

Types

According to our Traditional Siddha literature, there are five types of vikkal mentioned below:

- 1) Vali vikkal
- 2) Azhal Vikkal

- 3) Iya Vikkal
- 4) Mukkuttra vikkal
- 5) Ceriya vikkal

Vali vikkal and laryngeal dystonia-A Comparative view

Vali Vikkal	Symptoms of Laryngeal dystonia	Pathophysiology
Kan pada padathal	Blepharospasm	Abnormality of globus pallidus (Globus pallidus involved in the regulation of voluntary movement).

Azhal vikkal and cardiac tamponade-A Comparative view:

Azhal vikkal	Symptoms of Cardiac Tamponade	Pathophysiology
Naadi pada padathal	A weak pulse	Cardiac arrest and shock leads to a weak or absent pulse.
Meni Kandripothal	A bluish skin that is cool to touch	Very low blood pressure may occur along with abnormally cool skin, bluish skin, discoloration.
Kottavi	Repetitive yawning	Bleeding in or around the heart may leads to Repetitive yawning.

Iya vikkal and lower lobe pneumonia-a comparative view:

Iya Vikkal	Symptoms of Lower Lobe pneumonia	Pathophysiology
Marbil Kolai	Cough which may produce greenish, yellow or Even bloody Mucus.	A classic sign of bacterial pneumonia is a cough that produce thick blood tinged or yellowish, greenish, sputum, with pus.
Mugam Velluthal	Pale Skin	The lungs are not getting enough oxygen that shows pale skin.
Kannir Vadiyum & Kan kalangi kaanum	Blurred vision (retinal tears)	High blood pressure can damage the tiny, delicate blood vessels that supply blood to your eyes. That leads to blurred vision.
Unavil verupu & vilunga mudiyamai	Loss of appetite, low energy, fatigue	As the body tries to fight an infection, fatigue may also occur, this is more common with pneumonia caused by a virus.

Mukkutra vikkal and myocardial infarction – a comparative view:

Mukkutra Vikkal	Symptoms of Myocardial infarction	Pathophysiology
Unthiyai adhira seiyum	Abdominal pain	Cardiovascular causes as an etiology for epigastric pain.
Maarbu nothal	Chest Pain	Coronary arteries are completely blocked, a chest pain may occur.
Moochu thinaral	Dyspnea	Heart muscle damage, decreasing the pump function of the left ventricle causing left ventricular failure and pulmonary edema.
Aayaasam	Syncope	Blood pressure is too low. (Hypotension) and the heart doesn't pump enough oxygen to the brain.
Udal oychal	Fatigue	The extra stress on your heart to try to pump while an area of blood flow is blocked.

Ceriya vikkal and gastric distention – A comparative View:

Ceriya Vikkal	Symptoms of Gastric Distention	Pathophysiology
Irumal	Cough	Acid reflux happens when stomach acids travel back up into the food pipe, or esophagus, irritating its lining. This irritation can lead to dry cough.
Thondai varattchi	Dry throat	Acid reflux happens when stomach acids travel back up into the food pipe, or esophagus, irritating its lining. This irritation can lead to sore throat.
Kuralosai Kuraivu	Low Vocalization	Gastric acid irritation of the arytenoids cartilages (to which the vocal cords are attached) can lead to pain during singing or professional speaking.

CONCLUSION:

Hiccups are usually harmless and resolved by themselves after a few minutes. In some cases, prolonged hiccups that last for days or weeks may be symptomatic of underlying disorders. Our contemporary comparison of siddha lifestyle shows that

we are biologically. Philosophically, medically and divinely very ahead of our current world having very fast developing rate. The study revealed that our ancient Siddha System of medicine known as “men of science”.

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