

A Case Report on *Kirigai Noi* Type in Comparison with Schizophrenia Classification using the Kirigai Score scale – A Siddha Diagnostic Method

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Abstract:

Siddha psychiatry is one of the unfolded treasures in Siddha system. Kirigai have been classified into 18 types by Siddhar Agathiyar, along with its specific line of treatment. This is a case report, where patient diagnosed using Kirigai score scale and treated with specific treatment. The objective of this clinical case report is to highlight the significance of Kirigai score scale on diagnosing the Kirigai type for specific line of treatment. 52 years old woman presented to PG Noi naadal OPD with the symptoms of depression, stress, illusion, delusion, insomnia, involuntary tremors in the body, anxiety, negative thoughts following hysterectomy for the period of 10 years. The patient was reported to previous history of other medications for period of 8 years. The patient was interrogated using the questionnaire and interoperated using Kirigai Score Scale and diagnosed as Munangal Kirigai Noi type. She was treated with Sandhanaathi thailam for external oil bath, specific external medication with additional Thaarai and Varma treatment for period of one month. Later the patient was interogated and observed using psychiatric scale that the symptoms were reduced resulting in good prognosis.

Keywords: Siddha psychiatry, Kirigai Score scale, Munangal Kirigai, External medication

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Inspite of wide range of therapeutic options for the management of Kirigai noi types described in the literature, this score scale was found to be useful in diagnosing specific Kirigai type for effective line of treatment.

Introduction:

Siddha psychiatry is one of the unfolded treasures in Siddha system. The Book Kirigai Nool 64 given by Siddhar Agathiyar classifies psychiatric disorder into 18 types and also described its aetiology along with specific symptoms and treatment.

Schizophrenia is a chronic and severe mental disorder with distorted thinking and behaviour. Prevalence of this disorder is about 3/1000 people worldwide. Nearly 20 lakhs people suffer from this disorder and more than 69% of the patients remain untreated.

Since diagnostic method for its ICD classification remains still under research, the diagnosis and treatment remain common without mentioning its specific type. Whereas in the Siddha medicine, each Kirigai noi type are treated with specific medicine and external therapies. This is a case report, where patient were diagnosed using developed Kirigai score scale and treated with specific treatment.

Objective:

The objective of this clinical case report is to highlight the significance of Kirigai score scale on diagnosing the Kirigai type for specific line of treatment.

Literature Review:

International Statistical Classification of Diseases and Related Health Problems 10th Revision (ICD-10)-WHO Version for 2016

SCHIZOPHRENIA

Definition:

Schizophrenia is a severe, lifelong brain disorder where people may hear voices, see things that does not exist or believe that others are reading or controlling their minds.

Other Symptoms include,
Unusual thoughts or perceptions
Disorders of movement
Difficulty speaking and expressing emotion
Problems with attention, memory and organization.

Aetiology:

Unknown aetiology, maybe due to altered brain chemical activity, impact of environment, prolonged stress.

முணங்கல் கிரிகை

செய்யடா முணங்கமென்ற கிரிகைதானும்
திறமாகு மதனுடைய
செய்கைகேளு
கையப்பா விரல்மடக்கும் விரித்திடாது
கனமாகக் கண்டதெல்லாம்
புலம்பும்வாயால்
பையப்பா நாழிகைக்குத் தடவையொன்று

பலனாக அழுதுகண்ணீர்
மிகவேபொங்கும்
உய்யப்பா அரைக்கணமு மிருந்திடாது
உத்தமனே தூங்காது
அபயங்கானே.

Case Description:

52 years old woman presented to PG Noi naadal OPD with the symptoms of depression, stress, illusion, delusion, insomnia, involuntary tremors in the body, anxiety, negative thoughts following hysterectomy for the period of 10 years. The patient was reported to previous history of other medications for period of 8 years.

Kirigai Score Scale Developed Using Questionnaire

Score For Excitement

0-10: Normal

11-20: வாத கிரிகை

21-30: முணங்கல் கிரிகை

31-40: வலிப்பு கிரிகை

41-55: மூடு கிரிகை

56-70: பூத கிரிகை

71-80: கல்லெறி கிரிகை

81-90: கும்பிடு கிரிகை

91-100: மோகினி கிரிகை

Score For Withdrawal

0-10: Normal

11-20: மோகினி கிரிகை

21-30: முணங்கல் கிரிகை

31-45: கும்பிடு கிரிகை

46-60: பூத கிரிகை

61-70: வலிப்பு கிரிகை

71-80: மூடு கிரிகை

81-90: கல்லெறி கிரிகை

91-100: வாத கிரிகை

Discussion:

The patient was interrogated using the Kirigai Score Scale diagnostic method, which holds questionnaire related to excitement and withdrawal symptoms. This Scale were developed and validated among Kirigai patients at Schizophrenia Research Foundation. The score obtained after observation of the patient was 26 in questions related to excitement and 28 in questions related to withdrawal were interpreted using Kirigai Score Scale and diagnosed as Munangal Kirigai Noi type. She was examined using Enn vagai thaervu and observed the affected Suzhumunai Naadi. She was treated with Sandhanaathi thailam for external oil bath, specific external medication with

Conclusion:

Inspite of wide range of therapeutic options for the management of Kirigai noi

References:

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additional Thaarai treatment were done every week once in a day. Arakku thailam were used for Thaarai treatment which was done three times continuously by stimulating the thilartha kaalam varmam. Varma treatment such as Pancha Praana Nadai, Sarvaangathadaval, Menthattal and Varmam for regulating Idakalai, Pingalai and Suzhumunai naadi was done for period of one month. Later the patient was treated with the specific treatment given in the literature for Munangal Kirigai Noi. The patient was treated with external application of Sivanarvembu, Vellarugu and Aamanakku vithai and made the patient to take bath in cold water. Finally the patient was interrogated and observed using psychiatric scale that the symptoms were reduced resulting in good prognosis. types described in the literature, this score scale was found to be useful in diagnosing specific Kirigai type for effective line of treatment.

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