



# Unveiling The Depths Of Kirisa Nithana Nool: A Comprehensive Review

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**NAME OF DEPARTMENT OF WORK:** Psychiatry, Siddha system of Medicine

## ABSTRACT

Psychiatry within the Siddha system of medicine remains an underexplored yet profoundly significant field. *Agathiyar Kirisa Nithana Nool – Moolamum Uraiym*, authored by Dr. T. Michael, represents one of the few comprehensive works addressing psychiatric disorders in Siddha medicine. This review critically examines the structure, content, and clinical insights of the text, which documents eighteen distinct psychiatric conditions, their symptomatology, and management through internal and external therapies. The book also presents experiential remedies (*Anubhava Marunthugal*), novel formulations, and practical therapeutic techniques such as *Kalikkam* (eye salve) and *Pugai* (fumigation). Its readability, clear organization, and practical orientation render it a valuable resource for practitioners, students, and researchers. While the book's strengths lie in preserving and systematizing traditional psychiatric knowledge, limitations include its reliance on a single author's perspective and lack of translations for wider accessibility. Overall, this review underscores the text's significance in enriching contemporary psychiatric discourse, bridging ancient Siddha wisdom with modern mental health practices, and highlighting the need for further interdisciplinary and clinical research.

**KEYWORDS:** Psychiatry, *Kirisam*, *Anubhava Marundhugal*, *Siddha*.

## INTRODUCTION

Psychiatry is a broad and underexplored field that requires greater attention, especially in today's context. Although mental illnesses have existed since the dawn of humanity, proper care and accurate diagnoses began to be recorded during the time of Hippocrates (460–370 BC). He classified mental illnesses into four categories: epilepsy, mania, melancholia, and brain fever. This classification was a significant achievement, given that many physicians of that era still viewed mental illness as a stigma. The understanding of psychiatry and its treatments for mental illnesses gained prominence only after the 18th Century.<sup>[1]</sup> Given the circumstances in those mentioned first-world countries, the Indian systems of medicine were already advanced in diagnosing and treating psychiatric disorders. *Siddha* is one such system where the *Siddhars*

extensively documented 18 types of psychiatric disorders, providing detailed diagnoses, specific medicinal formulations, and treatment procedures. The *Agathiyar Kirisa Nidana Nool* is a contemporary compilation that gathers information on the psychiatric disorders outlined in classical *Siddha* texts. This book represents a valuable contribution not only for *Siddha* practitioners but also for modern psychiatrists, as it updates traditional knowledge on psychiatric disorders and enhances the understanding of alternative medical practices. A review of this work is essential because it underscores the relevance of ancient wisdom in today's mental health care, which could enrich contemporary therapeutic approaches and promote integrative practices in medicine. Though the *sampradaya* is different compared to other Indian system of medicines, the structural aspect of *Siddha* system is also made up of panchabhoothangal or the five elements viz. Earth, Water, Fire, Air and Space, and the functional aspect is governed by three biological humors, known as *doshas* viz. *Vatam*, *Pittam* and *Kapham doshas*. In this system of medicine, the body is identified according to the proportion of these *doshas* in the body. In the *Siddha* system, diagnosis of disease involves identifying its causes, which is done through examination of pulse, urine, eyes, study of voice, colour of body, tongue and status of digestive system of body.<sup>[2]</sup>

### AUTHOR PROFILE<sup>[3]</sup>

Dr.T. Michael was an eminent psychiatrist from *Uthayamarthandam*, *Kanyakumari* district, Tamil Nadu. He completed his Bachelor of Arts(B.A) degree and worked at Tamil Nadu Agro industries corporation. His interest in *Siddha* medicine led him to quit his job to pursue his passion completing the RSMP course in *Siddha* medicine. He published the book '*Marunthilla Maruthuvam*' and received numerous accolades.

He specialized in treating diseases like jaundice, hepatitis, kidney stones etc., he has also worked tirelessly to publish rare and ancient manuscripts on *Siddha* medicine.

No additional information about the author's background, achievements or contributions is currently available.

### PURPOSE OF THE BOOK AND ITS CONTRIBUTION TO SIDDHA

In *Siddha* medicine, there are numerous texts that address physical ailments. However, there is a lack of comprehensive texts that focus on mental health disorders. This book fills the gap by providing a detailed description in the management of 18 types of psychiatric diseases and offers a valuable resource for practitioners and researchers in the field of *Siddha* medicine and mental health.

### RESULTS

#### BOOK DETAILS

The "*Agathiyar Kirisa Nidana Nool - Moolamum Uraiyum*" is a text authored by Dr. T. Michael in Tamil using the Tamil ariccuvatt script. It was published in July 2002 by Tulasi Publishers in Kanyakumari and printed by The Rose Printers in Karungal, Tamil Nadu. The book comprises 100 pages, excluding sections such as the introduction, index, and author information. It is priced at 50 rupees. The introduction was written by Dr. Kumardas, B.I.M; M.L.A., Director of IMCOPS, on February 11, 2002. [Table 1]

Table 1:

Title of the Book	Agathiyar Kirisa Nidana Nool - Moolamum Uraiym
Author	Dr. T. Michael, B.A., R.S.M.P
Subject	<i>Siddha</i> Psychiatry
Publisher	Tulasi Pathippagam, Paruthi vilai, Mel midaalam, Uthaya Marthandam (P.O), Kanyakumari District.
Date of Publishing	July 2002
Copyrights	Author
No. of Pages	100 + V
Price	Rs. 50/-
Printed by	Rose Printers, Karungal.

## DISCUSSION

### KEY SPECIALITIES OF BOOK

#### CONTENT ANALYSIS

The book consists of 18 chapters, each focusing on a specific type of psychiatric disorder, detailing its signs, symptoms, and treatments, which include both internal and external therapies. It covers 18 *Kirisam* (psychiatric diseases), with each disease being thoroughly explained. Following the disease descriptions, the book provides information on 14 *Anubhava Marunthugal* (commonly used and practiced remedies), the units and measurements involved in preparing the medicines, a glossary, *Pancha Maha Paavangal* (the five great sins), and details about two types of honey—*Siruthen* and *Puliyanthan*—along with other folklore medicines. The text emphasizes the most widely used treatments in this field.

#### INTRODUCTORY SECTION

The introduction begins with sacred invocation, followed by an explanation of the fundamental concepts of *Ida* and *Pingala nadi*. This is followed by a detailed literature review on the causes, mechanisms and manifestations of psychiatric disorders, highlighting 18 prominent types of psychiatric conditions.

#### PSYCHIATRIC DISEASE MANAGEMENT

The second part of the book delves into 18 distinct psychiatric disorders, starting with *Anal kirisam*. The author provides a comprehensive discussion on the symptoms, manifestations, and treatments for each condition, incorporating both internal and external therapies. The treatment approaches include techniques such as *Thuvaalai* (external application), *Dharai* (rhythmic pouring of medicine), *Kalikkam* (eye salve), *Nasyam* (nasal drops), *Thalam/Thappalam/Matthipu* (application of medicated paste on the scalp), *Tiripugai*

(fomentation), *Kalimann kuliyal* (mud bath), *Kashayam* (decoction), *Seneer* (infusion), *Nei* (medicated ghee), *Pugai* (fumigation), *Kudineer* (decoction), *Ennai* (medicated oil), and *Kuzhambu* (medicated semisolid mixture). Along with each external therapy, the author also explains at least one internal remedy and its preparation for every psychiatric disorder.

Table 2: Types of *Kirigai* explained in the book

S.no	Types of <i>Kirigai</i> (Psychiatric disorder) mentioned in the book
1.	<i>Anal Kirigai</i>
2.	<i>Piththa Kirigai</i>
3.	<i>Echil Kirigai</i>
4.	<i>Vaatha Kirigai</i>
5.	<i>Silerpana Kirigai</i>
6.	<i>Naatha Vinthu Kirigai</i>
7.	<i>Bootha Kirigai</i>
8.	<i>Jala Kirigai</i>
9.	<i>Mohini Kirigai</i>
10.	<i>Kalleri Kirigai</i>
11.	<i>Kumbidu Kirigai</i>
12.	<i>Munangu Kirigai</i>
13.	<i>Aral Kirigai</i>
14.	<i>Maruttu Kirigai</i>
15.	<i>Muda Kirigai</i>
16.	<i>Vali Kirigai</i>
17.	<i>Neerkudi Kirisam</i>
18.	<i>Mayana Kirisam</i>

Table 3: Common medicines mentioned in this book

S.no	Common medicines
1	<i>Drakshadi kashayam</i>
2	<i>Madhukadi kashayam</i>
3	<i>Patavaladi nei</i>
4	<i>Vallarai kashayam</i>
5	<i>Kirisa kulanthaga nei</i>
6	<i>Vidaryadi nei</i>
7	<i>Kosaladi ennai</i>
8	<i>Singu rajanga nei</i>
9	<i>Kalyana ghritam</i>
10	<i>Lakshadi ennai</i>
11	<i>Chandanadi ennai</i>
12	<i>Panchagavya nei</i>
13	<i>Brahmi nei</i>
14	<i>Sidhadhi ennai</i>
15	<i>Eladi kulikai</i>



## CONCLUDING REMARKS OF THE BOOK

The conclusion part of the book consists of 4 chapters providing information about 14 *Anubhava marunthugal* (commonly used and practiced medicines), *Alavaigal* (units and measurements mentioned in this book), *Arumpatha urai* (glossary), *Pancha maha paavanagal* (the five great sins), two types of honey (*Siruthen* and *Puliyanthan*), *Anubhava maruthuva muraigal* (experiential traditional medical practices).

Table 4: *Anubhava marunthugal*

S.no	Medicine
1	<i>Amirthasoodu theera Kalikkamum nasyamum</i>
2	<i>Aval pori podi</i>
3	<i>Sarvanga podi</i>
4	<i>Navarasa karpam</i>
5	<i>Eladi kuligai</i>
6	<i>Kanjipaagam</i>
7	<i>Aindhu mandai parpam</i>
8	<i>Suyabuddhiku thappalam</i>
9	<i>Tappalam</i>
10	<i>Pitta paithiyarthuku thappalam</i>
11	<i>Tappalam</i>
12	<i>Kirisam 18 theera ennaiyum dharaikum</i>
13	<i>Kirisam 18 theera thappalamum dharaikum</i>
14	<i>Aatu moolai thalam</i>

## READABILITY

This *Agathiyar kirisa nithana nool* is designed to be a clear and concise resource for professionals, researchers and students. Written in a straightforward and accessible style, the books avoid over technical jargon and complex concepts are explained in simple terms. The content is carefully organized and presented in a logical and easy to follow manner, making it an invaluable resource for those seeking to deepen their understanding of psychiatric disorders and their management.

## STRENGTHS AND UNIQUENESS OF THE BOOK

Traditional Indian medical systems like *Siddha* and *Ayurveda* have long recognized the interconnectedness of the mind, body, and spirit, with a focus on the psycho-somatic aspects of various conditions. These systems have prioritized mental health, including its preservation and the treatment of psychiatric disorders, long before modern science addressed these issues. However, there are very few texts dedicated to psychiatric conditions and their management within *Siddha* and *Ayurveda*. This book stands as one of those rare resources, offering a valuable perspective on the connection between mental and physical health. It introduces novel treatment approaches, such as the use of *Kalikkam* (eye salve) and *Pugai* (fumigation), for managing psychiatric conditions. Additionally, it presents new formulations like *Krisa kulanthaga nei* and *Singu rajanga nei*, among others. With numerous medicinal recipes for both internal and external use, this book provides practical, accessible solutions, making it an essential guide for psychiatric practitioners. By exploring this text, readers gain a unique and insightful understanding of psychiatric disorders, opening up new possibilities for treatment and deeper comprehension of their pathology.

## LIMITATIONS OF THE BOOK

A limitation of this book is that the study was entirely conceptualized, designed, and carried out by the author, including data collection, analysis, and manuscript preparation. As a result, the research was conducted independently, without external collaboration, which could potentially introduce biases in the interpretation of

the findings. Another constraint is the book's limited explanation regarding the rationale behind the selection of specific medicines and treatment methods for each case. Additionally, the absence of a translation in other languages further limits the book's accessibility to a broader audience.

## CONCLUSION

This book is an exceptional compilation of psychiatric disorders and their effective management through *Siddha* and *Ayurveda*. It serves as a valuable resource for expanding knowledge on the treatment and understanding of psychiatric conditions, offering insightful perspectives rooted in traditional Indian medicine. The book is an indispensable tool for practitioners and researchers in the fields of Indian medicine and mental health, providing both theoretical and practical guidance that can enhance their work and deepen their expertise.

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