

Hiccups due to hepatitis on the base of Iranian Traditional medicine

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ABSTRACT: Hiccups are involuntary severe spasmodic inspiration of diaphragm and inter-coastal muscles. However; from the point view of traditional medicine in Iran, it is defined as the upward movement of stomach material and consists of counteraction and expansion movements. It is a movement which exiles the wind from the stomach. Hiccups, if held continuously and be chronically, can lead to loss of job and the person suffering from it may face mental problems as well as depression in society. There are very few studies regarding hiccup etiology recorded in medicine; however, to cure the usual and short-lasting hiccups, some ways as metoclopramide, chlopramasins, Baclofen Gabapantin can be used. The cure usually lasts long and is not usually effective and is accompanied with chemical drug side effects. There are very comprehensive and various discussions regarding kinds, diagnosis, and treatment of hiccups in traditional medicine. However, the discussions have not been studied extensively. In the present study, Avicenna's view and some other ancient scientists' views are under focus and it concentrates on hiccups derived from the interaction of huge liver inflammation and its treatments. The kinds of hiccups were also discussed.

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INTRODUCTION

Hiccups, which are experienced by infants, children, and adults, are a kind of strong and involuntary breath accompanied with counteractive and expanding movements [9].

Its mechanism is not well recognized in medicine and its path physiology is not known. Transient hiccups usually occur after stomach distension and consumption of alcohol and they are usually cured spontaneously or by the use of local and simple procedures [2,7,8]. In Iranian traditional medicine, hiccups are considered as stomach ailments, and are kinds of winds coming out of stomach with counteraction and expansion movement of stomach [1,2, 3]. If transient, hiccups are not taken serious and don't call for any treatment, yet if they last long and are chronically, they will be bothering and need immediate treatment [6].

Long-lasting hiccups are very rare; however, they can lead to job loss, depression, pneumonia, weight loss, and sleep disorder [7, 8] and are closely related with breath loss, inability to eat, aspiration pneumonia. Chronically hiccups can have various sources in medicine and may derive from neurologic and non-neurologic factors and can be observed in diseases such as brain tumour, prostates cancer

abdomen surgeries, Mioclonose, MI, Peptic Ulcer, Gastritis, Deodonitis, oesophageal reflex, and encephalitis. They are mostly treated with metoclopramid, Chlorpromazine, Balclofen, and Gabapanten [7, 8]. We can prevent depression and human mental problems by finding ways to treat and understand the cause of hiccups. Although there can be found a lot of information concerning hiccups in traditional medicine, few proofs can be observed regarding its analysis and application. Also, the suggested treatments have not been evaluated. In the present study, Avicenna's and some other ancient scientists' views have been taken and the cures as well as kinds of hiccups are given with their treatment.

METHODOLOGY

This is a descriptive study and was performed in a 6-month period in the library of Shahid Beheshti traditional medicine faculty of Tehran in 2012. Avicenna's "canon" has been the focus of attention and other books like Exir-e-Azam, kholasat-ol-hekmah of Aqili were also used to understand and explain even more. So, the related information were searched, extracted, and notes were taken. Then, the essential data were classified consulting related professors. In the end, kinds of hiccups and their

treatments were discussed and analyzed. Hiccups in traditional medicine: Avicenna considers hiccups as stomach deceases and defines it as various combined movements of *Tashannoje*¹ counteraction and *Tamadode*² expansion in stomach cardia. It is a defensive movement such as a cough [1]. There are 3 main causes for hiccups, namely, A) suffering of stomach cardia B) stomach cardia C) interaction of other organs.

A) There are five kinds of hiccups deriving from stomach cardia suffering

- 1) Coldness of stomach cardia:
Hiccups can be caused from everything that cools down stomach cardia such as cold air, cold humor, cold drugs and foods and icy water [11]. This kind of hiccups can be found in infants, old people and passengers in cold air as well as chronicle diseases.
- 2) From stomach heat: in high fevers and eating hot foods.
- 3) Stomach cardia: eating spicy foods like pepper, old wine or eating very sour things, and pouring infective humor such as corrupted food which burn after they are corrupt. Also, a pouring bile into the stomach cardia.
- 4) Tamaddod caused by confinement of wind in the stomach cardia which leads to *Tamadod*: This is also high infants special after being fed with milk.
- 5) Stomach cardia heaviness: It might be due to overeating or eating heavy food and pouring *Lazej* phlegm [2].

B) Hiccups derived from stomach cardia dryness

This is of two kinds:

- 1) Spasm severe dryness (*Tashannoji*) which is found at the end of severe fevers, extreme vomits, and long experience of hunger [11].
- 2) Transient dryness which is removed by a little wetness.

C) Hiccups caused by the interaction of other organs

This is of two kinds:

- 1) From the interaction of a single organ like a huge liver inflammation, gastritis, and encephalitis.
- 2) From the interaction of the whole body such as fevers which lead to headaches. Also, in the illness crisis.

Hiccups and prognosis

Hippocrates puts the view that hiccups can sometimes be a symptom of some diseases [4].

If hiccups are accompanied with red eyes, this is seen as bad prognosis and can be a sign of brain

inflammation, or gastritis, or the inflammation of vagues nerve [1, 2].

Also, hiccups can be poor prognosis in hepatitis, after sever vomiting, especially hematemesis, heavy breathing, acute disease, and diarrhea.

It is fatal; in *Zahir*. Hippocrates also believes if hiccups follow massive hemorrhage, it can be a prognosis of bad news [2, 5].

Lazej: A sticky wet material.

Tashannoj: A Contractible Movement from Extreme to Center in Muscle, Tendon, Nerve.

Tamadod: an extension Movement from center to both extreme in Muscle, Tendon, Nerve.

Zahir: A kind of diarrhea same of chicken fecal.

The causes of hiccups caused by interaction of liver

A feeling of pain and heaviness in RUQ is an important sign of liver inflammation and if they come with hiccups, it can be symptom of a huge liver inflammation [1, 2, 8]. This inflammation can be in superior or inferior part of the liver and is due to the pressure on stomach cardia. This is of 3 types:

- 1) Blocking of inferior side of liver.
- 2) Huge inflammation of inferior or superior side of liver.
- 3) Mesenteric vein blocking

Diagnosis of hiccups caused by liver inflammation are based on the following signs and symptoms [1]

- 1) Fever
- 2) Heaviness of RUQ
- 3) Burning of RUQ
- 4) Sub-coastal inflammation
- 5) Dry coughs
- 6) Thirst
- 7) Painful RUQ
- 8) Loss of appetite
- 9) Redness of face and tongue
- 10) Hiccups

Hiccup treatment

In Iranian traditional medicine, there are many various treatments for hiccups which we refer to some as following. Vomiting can sometimes treat a slight hiccup. One of the essential treatments of hiccups is *Castrum* (*jond-e-bidastar*) which is dissolved in water, water rose, or vinegar and taken by patients. This drug can treat sever and chronic hiccup, [6]. Of other drugs, chicory, seed, and root of chicory continually used in liver ailments can be used for treating hiccups caused by hepatitis [1]. In resources of traditional medicine, chicory and its root can open up the blockage of liver.

CONCLUSION

Hiccups are stomach deceases and are defined as movements of stomach material in stomach cardia. The movement of stomach is to remove material. However, it is a respiratory disease in medicine. To cure this in medicine metoclopramide are used.

These are mostly to prevent hiccups, yet in Iranian traditional medicine, treatment is done by removing the real cause.

In common hiccups Castrum (jond-e-bidastar), Eyaraj-e-Figra, Artemisia Absinthium, Indian Salt, Oxymel Urginea Maritima (sekanjabin-e-onsoli), Trigonella Foenum Graecum, combination of Costus Costus, crocus Sativa, Roses, are used.

Also, holding breath, copping stomach, copping between shoulders, and long sleep is also recommended to treat hiccups.

However, different kinds of hiccups caused by different factors require various treatments. In hiccups caused by liver inflammation, the inflammation needs to be treated first. Hiccups accompanied with heaviness and pain in RUQ can be sign of hiccups in interaction with liver inflammation.

This study states that hiccups can be sign of some diseases and prognosis of them. With the careful study of its kind, one can treat and remove the very cause of them.

It seems that hiccups caused by interaction of other organs have been ignored and the decease has become chronic due to not being diagnosed.

Future studies on this field can shed light on fast and exact treatment of hiccups with knowledge of various kinds.

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