

# NEER VETKAI - POLYDIPSIA

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## **Synonyms**

- Navartchi
- Thaga noi

## **Nature of the disease**

- It is a disease characterized by a frequent feeling of consume more amount of water.

## **Premonitory symptoms :**

- Dryness of tongue
- Intense desire to drink water
- Thirst unrelieved even after drinking water
- Exhaustion
- Giddiness
- Shivering
- Burning sensation
- Feeble voice, Moisturizing the lips
- Generalized weakness
- In severe conditions loss of consciousness occur

## **Classification :**

- Neervetkai classified into 6 types

## **Types :**

- 1. Vali neervetkai**
- 2. Azhal neervetkai**
- 3. Iya neervetkai**
- 4. Mukkutra neervetkai**
- 5. Rasa neervetkai**
- 6. Seriya neervetkai**

# **1. Vali neervetkai**

- Giddiness
- Blackish discoloration of body
- Dryness
- Increased sleep
- Decreased hearing
- Confused mind

## **2. Azhal neervetkai**

- Increased body temperature
- Dryness of tongue, lips and throat
- Throat and tongue are reddened and severely inflamed
- Burning sensation of tongue

### **3. Iya neervetkai**

- An obstructive feeling in the throat
- Sweet taste in tongue
- Chillness of body
- Loss of appetite
- Headache
- Tastelessness
- Indigestion

#### **4. Mukkutra neervetkai**

- It occurs when three humors are severely deranged as in
- Suram (Fever)
- Sanni (Delirium)
- Neerizhivu (DM) and
- Ilaippu noi (TB).



## **Mukkuutra verupadukal :**

- Food substances and actions that increases the dryness of body,
- So that **pitham** increases, it affects **uthanan**
- Affects other **2 kutrams** and cause these symptoms
- Affects **saram and senneer** also

## **Nadi nadai ( 2 ) :**

- Increased pitham – Pitha naadi

## **Treatment :**

- Decoction which normalizes deranged kutram and cool water.

### **A. Decoctions :**

1. One fist river sand and two cardamom seeds are fried in a pot discard them and boil water in it.
2. Add water to nelpori and boil give the supernatant water
3. Koththamalli seed decoction
4. Agakaram + Thippilli + Koshtam + Jeerakam -Each 10gm + 1 padi water made into decoction.
5. Crab hole water- 1 table spoon

## **Internal medicines :**

- Kasthoori karuppu - 50-100 mg / Two times daily
- Eladi mathirai - 1-2 / Two times daily
- Navarasa thuvayal - 5gram / Two times daily
- Bhavana kadukkai - 1 / Two times daily