



## **Review on Varma Kanjigal in Varmam Literature**

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### **Abstract**

Siddha system of medicine is one of the ancient system of medicine conceived by Siddhars. Varmam is one of the unique branch of Siddha system of medicine. Varmam is a vital energy flow circulating inside the body<sup>1</sup>. Pranic energy is concentrated in Varmam points. Varma kayam defines the external force applied over the Varmam points namely *Paduvarmam*, *Thoduvarmam*.<sup>2</sup> It can be affected due to block in the flow of vital life energy leads to disease. Varma kayam is curable by manipulation of Varmam technique, through the energy lost can be restored by internal medicine like Kanjigal. Varma kanjigal (Medicated Gruel) is one form of internal medicine in Varmam literature. It plays important role in Varmam affected patients because it act as food and medicine (Therapeutic diets). Kanji is easily digestible form of food. So it could not induce any Vadha derangements. The gruel is fortified with herbal soups. Herbs or raw drugs tied in a cloth are added to the rice based water to make medicated gruel. So that the herbal extract mixes well during boiling process. Ingredients of Varma kanjigal may include herbs, raw drugs, meat, animal milk, fat from animals & birds which are naturally obtained.

**Keywords:** Siddha, Varmam, Varma kanjigal (medicated Gruel), Therapeutic diets.

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### **Introduction**

Siddha system of medicine is one of the ancient system of medicine conceived by Siddhars. Varmam is one of the Unique branch of Siddha system of medicine. Varmam is a vital energy flow circulating inside the body<sup>1</sup>. The Pranic energy is concentrated in Varmam points. According to Varmam literature there are total 108 main Varmam points present in the human body (*Paduvarmam* 12, *Thodu varmam* 96)<sup>2</sup>. It can be affected due to block in the flow of vital life energy leads to disease. Varma kayam is

curable by varmam technique, through the energy lost can be restored by internal medicine like Kanjigal (Medicated Gruel). The siddha varmam literature not only mentioned about the varmam points also concentrated in medicines (Internal, External).

**Varma kanjigal** is one form of internal medicine in varmam literature. Varma kanjigal plays important role in varmam affected patients because it act as food& medicine (Therapeutic

diets). Gruel is easily digestible form of food. So it could not induce any Vatha derangements. The gruel is fortified with herbal soups. Ingredients of Varma kanjigal may include herbs (fresh, raw drugs), animals milk, meat, fat from animals & birds which are naturally obtained.

### Varma kanji (Medicated gruel) preparation:

1. Herbs or raw drugs are coarsely smashed & make it decoction. The rice is added to the decoction and boil to make medicated gruel.
2. Herbs or raw drugs tied in a cloth are added to the rice based water to make medicated gruel so that the herbal extract mixes well during boiling process.

### Kanjigal for paduvarmam<sup>3,4</sup>

S. No	Paduvarmam	Kanjigal
1	Thilartha varmam	Athimathuram Kanji
2	Natchathira kaalam	Narseeraga Kanji Samai arisi kanji
3	Sevi kutri kaalam	Chukku Kanji
4	Pidari varmam	Venthayam Kanji
5	Urakka kaalam	Aelam Kanji
6	Thummi kaalam	Seeraga Kanji
7	Ner varmam	Vilva ver and Mudakatran Kanji
8	Adappa kaalam	Tharaa ver Kanji, Venthayam , Amirtha valli Kanji
9	Urumi kaalam	Chukku Annapaal Kanji
10	Periya athi churukki varmam	Chukku Kanji
11	Chiriya athi churukki varmam	Chukku annapaal Kanji
12	Kalladai kaalam	Omam Kanji

### Specific varmam based kanjigal (Gruel)<sup>5</sup>

S. No	Varmam	Kanjigal
1	Sirasu varmam	Kurosani Kanji
2	Thilartha kaalam	Athimathuram Kanji
3	Urakka kaalam	Kirambu&Kuruthotti mixed Kanji
4	Natchathira & Suliyaadi varmam	Seeraga Kanji
5	Varmam of abdomen	Honey&vilvaver Kanji
6	Adappa varmam&siriya aththi churukki	Venthayam&Amirtha valli Kanji
7	Alari varmam	Onion& Vilva ver mixed Kanji
8	Moothira kaalam	Seeragam, Inji, Ulli mixed kanji

Commonly used Varma Kanjigal with indication<sup>2,3,5,6,7,8</sup>

S. No	Varma kanjigal	Indication
1	Aadathodai kanji	Fracture, burning sensation, TB, Megam
2	Aelam kanji	Lower abdominal varmam
3	Chitramutti kanji	Sayam, vikkal, veekam, varatchai, thalarchai, arosagam
4	Karunjundai kanji	All Varmam
5	Karuppuvaali arisi kanji	All Varmam
6	Kuruvai arisi kanji	All kind of Varmam, piles
7	Kondrai kanji	Blockage of urine and motion
8	Kothumai kanji	Used for pathiyam to Varmam affected patient
9	Kurunthotti ver kanji	All Varmam
10	Narunandri kanji	Varmam injury
11	Paal kanji	Body heat, pricking pain
12	Pazhaya varma kanji	Pazhaya Varmam
13	Saamai arisi kanji	Varmam injury especially in the vertex of the head (Utchi Varmam)
14	Thippili kanji	All kind of Varmam, fever especially athisuram
15	Thirikadugu kanji type i&ii	Erumal, valippu, kasam, aippillaippu, Pazhaya suram
16	Thinai arisi kanji type i&ii	Utchi varmam
17	Thoothuvalai kanji	All Varmam
18	Uzhignai kanji type i,ii,iii,	Bronchial asthma, cough, dypnea, Varmam injury
19	Uzhignai kanji iv	Erumal, sayam, vayvu, sombal, dyspnea
20	Varma kanji type i	Kozhuthu, suzhuku
21	Varma kanji ii	Vali, Kabam, kozhuthu
22	Varma kanji iii	Eedu, vali, Kabam
23	Varma kanji iv	Chest related Varmam
24	Venthaiya kanji	Neer kattu, kudal vali, soodu

Medicinal plants used in varma kanjigal<sup>9</sup>

S no	Name	Part used	Botanical name	Activities based on siddha texts
1	Athimadhuram	Root	<i>Glycyrrhiza glabra</i>	Expectorant, Diuretic
2	Amirtha valli	Leaf, Root(tuber)	<i>Tinospora cordifolia</i>	Antiperiodic, Tonic
3	Arathai	Root	<i>Alpinia galanga</i>	Expectorant
4	Arugin ver	Root	<i>Cynodon dactylon</i>	Styptic, Diuretic
5	Aathali arisi	Seed	<i>Linum usitassimum</i>	Anti-inflammatory
6	Aadathodai	Leaf, Flower, root	<i>Justicia beddomei</i>	Anti-spasmodic
7	Isangu	Root, Flower	<i>Clerodendrum inerme</i>	Alterative, tonic
8	Iruthumbai	Leaf, flower	<i>Leucas aspera</i>	Laxative
9	Iruveli	Whole plant	<i>Vetiveria zizanioides</i>	Anti-spasmodic
10	Ilavangam	Flower	<i>Syzygium aromaticum</i>	Carminative

11	Uluva	Seed	<i>Trigonella foenumgraecum</i>	Demulcent, Tonic, Carminative
12	Uzhignai	Root, Leaf	<i>Cardiospermum halicacabum</i>	Antivadha Laxative, Diuretic
13	Ulli	Tuber	<i>Allium sativum</i>	Demulcent, Diuretic
14	Aelam	Seed	<i>Elettaria cardamomum</i>	Carminative Stomachic, Stimulant
15	Omam	Seed	<i>Carum copticum</i>	Anti-spasmodic
16	Kacholum	Tuber	<i>Curcuma zedoria</i>	Expectorant
17	Kadaladi	Whole plant	<i>Achyranthus aspera</i>	Antiperiodic, Diuretic
18	Kandankathiri	Fruit,seed,Root	<i>Solanum surattense</i>	Carminative
19	Karunsoorapattai	Bark	<i>Capparis sepiaria</i>	Antibacterial
20	Kaanam	Seed	<i>Macrotycoma uniflorum</i>	Astringent Tonic
21	Kilavi moolam	Whole plant	<i>Moringa oleifera</i>	Antispasmodic
22	Kudangal	Whole plant	<i>Centella asiatica</i>	Tonic,Alterative
23	Kuthirai vaali	Seed	<i>Echinochloa frumentacea</i>	Antioxidant
24	Kurosani omam	Seed	<i>Hyocymus niger</i>	Anodyne, Antispasmodic
25	Kurunthotti	Root	<i>Sida cordifolia</i>	Emollient
26	Kurunthal	Whole plant	<i>Atlantia racemosa</i>	Carminative
27	Koduppai	Whole plant	<i>Alternanthera sessilis</i>	Alterative
28	Kothan	Whole plant	<i>Cassya filiformis</i>	Refrigerent
29	Paruthi	Seed	<i>Gossypium hirsutum</i>	Laxative
30	Kostum	Root	<i>Costus speciosus</i>	Expectorant
31	Saathikai	Nut	<i>Myristica fragrans</i>	Carminative
32	Siru nerunjil	Whole plant	<i>Tribulus terrestris</i>	Diuretic, Demulcent
33	Sirupunnalarisi	Seed	<i>Celestrus paniculatus</i>	Nervine tonic
34	Sirupeelai	Whole plant	<i>Aerva lanata</i>	Diuretic
35	Seeragam	Seed	<i>Cuminum cyminum</i>	Carminative,Astringent
36	Sukku	Tuber(Dried)	<i>Zingiber officinale</i>	Carminative
37	Soori	Root	<i>Spermacoeae hispida</i>	Tonic
38	Thara	Root	<i>Fumaria parviflora</i>	Diaphoretic
39	Thaluthalai	Leaf, root	<i>Clerodendrum phlomids</i>	Anti-inflammatory
39	Thaluthalai	Leaf, root	<i>Clerodendrum phlomids</i>	Anti-inflammatory
40	Thalisapathiri	Leaf	<i>Abies spectabilis</i>	Carminative
41	Thippili	Seed	<i>Piper longum</i>	Carminative
42	Thuththi	Leaf, bark, root	<i>Abutilon indicum</i>	Sedative
43	Thuvarai	Seed	<i>Cajanus cajas</i>	Nutritive
44	Nalvelai	Root	<i>Cleome viscosa</i>	Diaphoretic
45	Narunandri	Root	<i>Hemidesmus indicus</i>	Demulcent
46	Nelpori	Seed	<i>Oryza sativa</i>	Nutritive
47	Paruthi	Seed	<i>Gossypium hirsutum</i>	Laxative
48	Paasi payaru	seed	<i>Vigna radiate</i>	Nutritive
49	Malli	Seed	<i>Coriandrum sativum</i>	Stimulent

50	Milagu	Seed	<i>Piper nigrum</i>	Anti vadha
51	Moongil	Seed	<i>Bambusa arundinaceae</i>	Anti-spasmodic
52	Vaavidangam	Seed	<i>Embelia ribes</i>	Anthelmintic
53	Vilvam	Root	<i>Aegle marmelos</i>	Laxative
54	Vetpalai arisi	Seed	<i>Wrightia tinctoria</i>	Tonic

### Rice used in varma kanjjal



**Vaaluluvai arisi**



**Karkol arisi**



**Vetpalai Arisi**



**Aelam arisi**



**Thippili arisi**



**Uluva arisi**



**Aathali arisi**



**Saamai arisi**



**Thinai arisi**

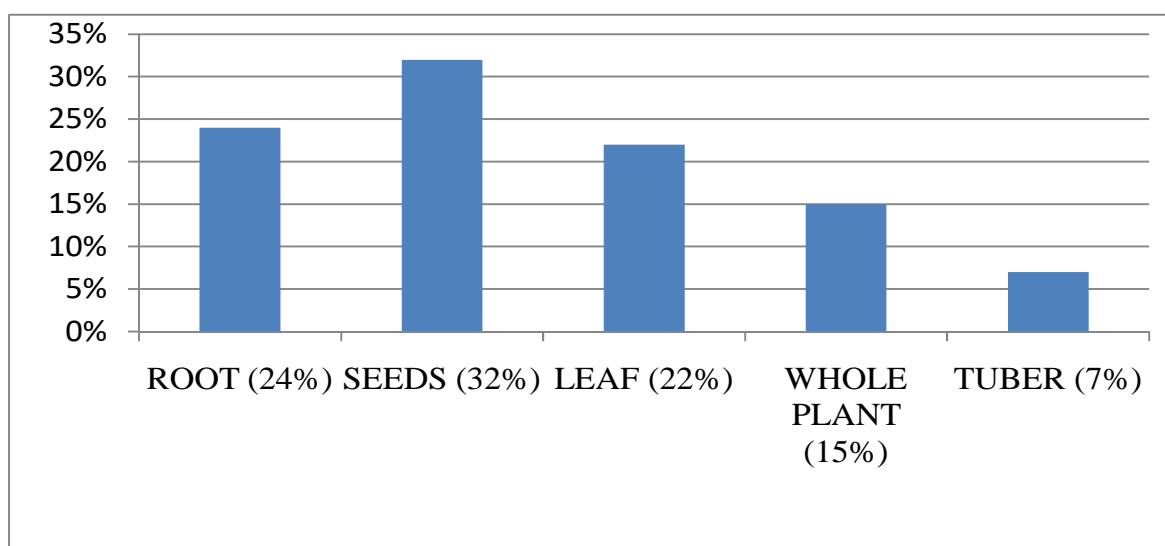
### 6 Types of rice (Arisi Vagai aaru) used in varma kanjjal based on activities

S. No	Rice <sup>5</sup>	Activities
1	<b>Vaaluluvai arisi</b> ( <i>Celastrus paniculatus</i> )	Anti inflammatory <sup>10</sup> Anti oxidant <sup>11</sup>
2	<b>Karkol arisi</b> ( <i>Psoralea corylifolia</i> )	Anti inflammatory <sup>12</sup> Antidiabetic <sup>13</sup> Analgesic <sup>14</sup>
3	<b>Vetpalai arisi</b> ( <i>Wrightia tinctoria</i> )	Anti inflammatory Analgesic <sup>15</sup> Antidiabetic <sup>16</sup>
4	<b>Aelam arisi</b> ( <i>Elettaria cordamomum</i> )	Anti oxidant <sup>17</sup> Anti inflammatory <sup>18</sup>
5	<b>Thippili arisi</b> ( <i>Piper longum</i> )	Immunomodulatory <sup>19</sup> Analgesic <sup>20</sup>
6	<b>Moongil arisi</b> ( <i>Bambusa valgaris</i> )	Anti inflammatory <sup>21</sup> Anti diabetic <sup>22,23</sup>

Others,

S. No	Rice	Activities
1	<b>Uluva arisi</b> ( <i>Trigonella foenumgraecum</i> )	Analgesic <sup>24</sup> Antiinflammatory
2	<b>Aathali arisi</b> ( <i>Linum usitatissimum</i> )	Antidiabetic <sup>25</sup> Analgesic Anti inflammatory <sup>26</sup>
3	<b>Saamai arisi</b> ( <i>Panicum sumatrense</i> )	Anti inflammatory <sup>27</sup>
4	<b>Thinai arisi</b> ( <i>Setaria italica</i> )	Anti inflammatory <sup>28</sup> Hypolipidemic Anti hyperglycemic <sup>29</sup>

### Parts of medicinal plants used in varma kanjigal



### Inference

The above figure showed that out of 54 plants Roots -24% ,Seeds -32%, Leaf -22%,Whole plant -15% Tuber -7% were the parts used the medicinal plants in Varma Kanjigal.

### Animal products used in varma kanjigal:

Pasum paal, Aatu paal, Methi paal, Vellatu iraichi, Kombarakku.

### Benefits of varma kanjigal:

1.Kanjigal is one of the effective preparations because it is composed of lots of nutrients that are absorbed instantly by the small intestine, thus speeding up healing.

2. Injury of varma points are rectified by several varmam manipulation techniques and the lost energy could also restored by the nutrients in varma kanjigal.

3. **Sudden source of energy:** Kanji is rich in carbohydrates, and hence an excellent source of energy. The body can easily derive energy by breaking down carbohydrates.

4. **Prevent constipation:** It is rich in fibre and facilitates smooth bowel movements

5. Kanjigal is easily digestible form of food so it could not induce any vadha derangements. It act as food and medicine (Therapeutic diet).

6.Varma kanjigal was profoundly used because most of them are purely herbal composition and it also known for its high efficacy, easy preparation, easy of ingestion and better absorption.

## Discussion

This is a comprehensive review of varmam kanjigal in varmam literature. In this review author had chosen 8 varmam literatures and reviewed through the knowledge of the author. 45 preparation and therapeutic usage about varma kanjigal those are obtained from varma literature and mentioned. Ingredients of varma kanjigal may include plants, animal products. Varma kanjigal is one of the effective preparation because it act as food and medicine for varmam affected patients. so it could not induce any vadha derangements. Varma kanjigal was profoundly used because most of them are herbal composition & it also known for its high efficacy, easy of ingestion and better absorption.

## Conclusion

Kanjigal which are profoundly found in varmam literature. This review will be a basic source for future studies about the effectiveness of Varma kanjigal. Varma kanjigal is an easily absorbable form of food. It plays important role in Varmam affected patients because it act as food and medicine. Siddhars have formulated various herbs to be added to kanjigal for various kinds of varmam injury. Hence a simple gruel along with Varmam manipulation gives best results. It will be an initiative to disclose various medicines available in the classical Varma literature.

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