



## Classification of *Varma* points based on *Aadhaara chakkaram*- A descriptive study

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### Introduction

*Siddhars*— ‘The Masters of Basic Science, Who Invented *Siddha* system’ (1).

*Siddha* System is the first medical system to emphasize health as the perfected unimpaired state of the physical, Psychological, social, and spiritual components of a human being (1).

*Siddhars* have endeavored for spiritual perfection to attain the ultimate goal of life. They honoured and protect physical body and exploit it as a tool to attain the goal. Preventing physical body from diseases is the supreme target of the Siddha Medical system. The Whole System is based on 96 Basic principles (*Thathuvas*). According to 96 *Thathuvas* the *Aadhaara chakaram* is 6 psychophysical centers of human body longitudinally lies in our subtle body from the base of spine to the center of eyebrow in the form

of lotus plexuses. Which is also known as stations of soul. These *Aadhaara chakkaras* are important for the spiritual journey of life .By Practicing *Yogam* These *aadhaar achakkaras* generates specific power for overcoming diseases, prevent ageing, and the mastery over elements and Helps to achieve the goal of Soul. *Varmam* a unique science of siddha system. *Varma* therapy is based on *Varma* points situated in our body. It is the energy storage spots which traverse the *Vaasi*(life energy) in a specific circulation called *Saram*. By stimulating appropriate *Varma* points with a specific amount of pressure (*Mathirai*), can regulate *Trihumours* to prevent and treat diseases of the physical body (1),(6). According to *Varma* literatures *Varma* points are many in numbers. Most of the *Varma* literatures defines 108 *Varma* points in our body .These 108 *Varma* points are classified based on many theories (2). This review article illustrates a specific classification of 108 *Varma* points based on the *Aadhaa chakkaras*.

### **Aadhara chakkaram- wheels of life:**

*Aadharachakkras* are the spinning energy centres exists in subtle body Symbolises Motion. *Chakkaras* are formed at the junction of the three connected *Naadis*.

Central-*suzhumunai*,  
At the right -*pingalai*,  
At the left -*Idakalai*.

The *Naadis* cross each other and create energy spirals Known as *Aadhara Chakkaras*.

*Aadhaara chakkaras* are the cardinal Sites for attain 'Nirgunanilai-a state free of all attributes'. The Aim of *yoga sathana* is awakening the *kundalini* from *Moolathara chakkara* and transform it through each *chakkaras* and reach the highest point (*Sahasram*) and attain Divinity. *Kundalini Sakthi* uncoils and ascend like a snake. It can be awakened in several ways and various *yogic* practices. Each *chakkaras* are portals to the energy to the highest one. Each *chakkaras* having specific qualities associated with Symbol, color, sound, *Mantras*, and Gods and Goddesses at the levels of Spiritual revelations (1).

**1.Mooladharam-** is the place where *kundalinisakthi* is concentrated in its center. *Moolatharam-* lies in between genital and anal orifice it compares with 4 petal lotus. "AUM" is the corresponding *atcharam* or syllable to this *Chakra*

**2.Swathitanam-** 2 fingers above *moolatharam*. "NA" is its corresponding syllable.

**3.Manipooram** 8 fingers above *swathittanam* at naval region. "MA" is the Syllable.

**4.Anagatham-** 10 fingers above the *manipooram*. "SP" is the Syllable.

**5. Visuthi-** 10 fingers above the *anagatham*. "VA" is the Syllable

**6.Aakinai-** 12 fingers above the *visuthi*. It lies in between the eyebrow. "YA" is the Syllable.

### **Interrelationship of aadhaara chakkaram and varmam:**

There is a unique relationship between *Aadhara Chakkaras* and *Varmam*.

*Varma* knots- Behind each *aadhara chakkaras* there is a *Varma* Knot called *Varmamudichugal*, Situated along with *Aadharam* in the Spinal cord. The 5 *Varma* knots are connected with the regional *varma* points. These knots are the valves that blocks and regulate *kundalinisakthi* while entering into the next *Aadharam*.

*Varma* points-each *aadhara chakkaras* are associated with the regional *varma* points.

When these *varma* points get stimulated it enhances the activities of each *Aadhara chakkaram*. Consequently, it regulates the activities of internal organs and endocrine system, and Nervous system, etc...Both *Aatharam* and *Varmam* traverse the *Vasi* (life energy) from one spot to another and favorable to one another (4),(5).

### **Varma points for the Aadhaara chakkaram: (4), (5)**

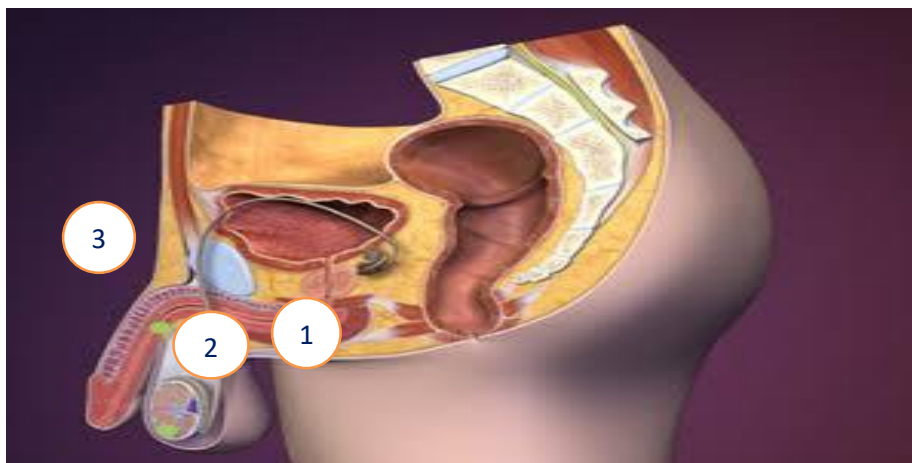
According to *varma odivu- murivu soothiram - 1200*

The 108 *Varma* points are classified by the situation in the region of *Aadharams*.

*Moolatharavarma* points- 3  
*Swathittaanavarma* points-7  
*Manipooramavarma* points-10  
*Anagathavarma* points- 41  
*Visuthivarma* points- 15  
*Aakinaivarma* points -32

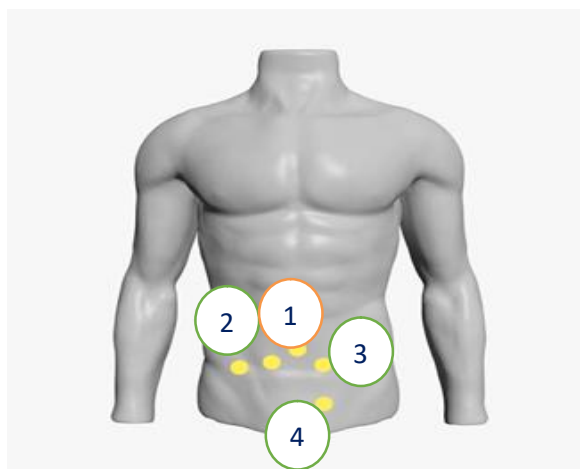
**1. Moolathaara chakkara varmam:**

S.NO	Varma points	Location
1.	<i>Kankalangivarmam</i>	Situated at the <i>Moolatharam</i> lies in between the genital and anal orifices
2.	<i>Andavarmam /Vithuvarmam</i>	Ovary/Testis varma point
3.	<i>Thanduvarmam</i>	Situated 3 finger breadth above the <i>Vithu/Andavarmam</i> .



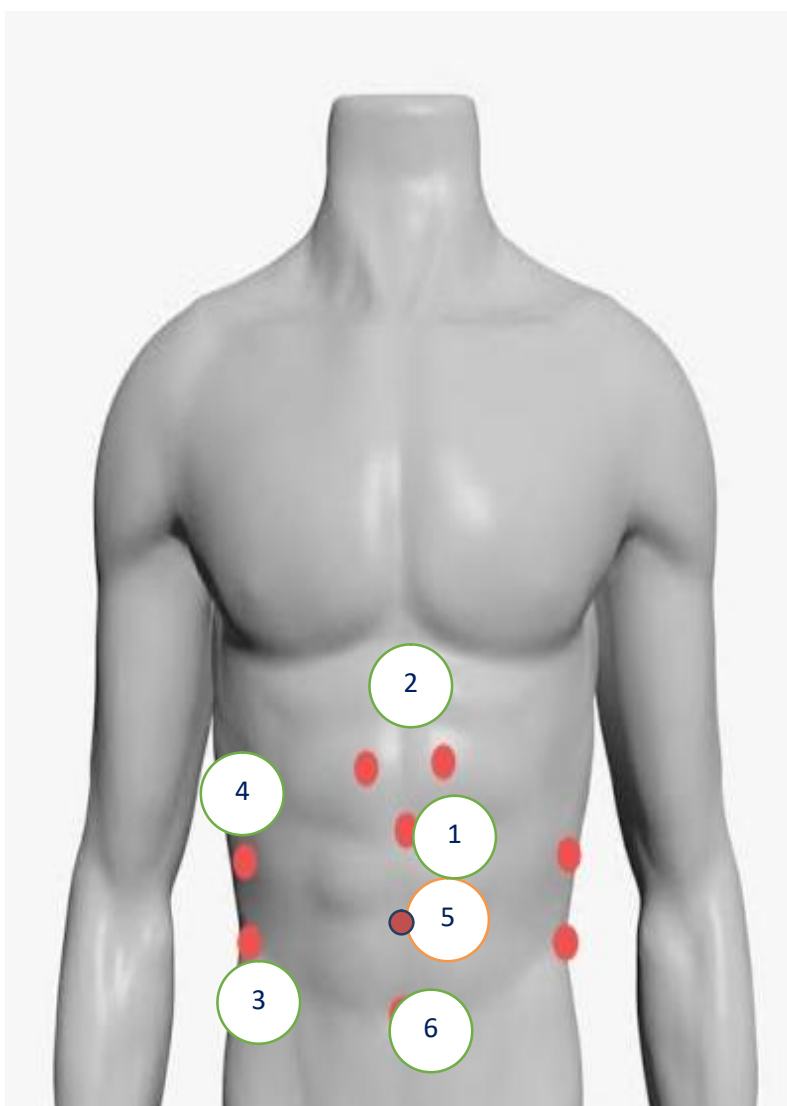
**2. Swathittaana varmam:**

S.No	Varma points	Location
1.	<i>Moothiravarmam</i>	4 finger breadth below the umbilicus
2.	<i>Keezhsurukkivarmam</i>	3 finger breadth inferolateral to the <i>moothiravarmam</i> (situated both side)
3.	<i>Araiyaappuvarmam</i>	4 finger breadth inferolateral to the <i>moothiravarmam</i> (situated both side)
4.	<i>Thodaiporuthuvarmam</i>	6 finger breadth above the <i>moolatharavarmam</i> (situated both side)



### 3. Manipooraga varmam:

S.No	Varma points	Location
1.	<i>Urumivarmam</i>	4 finger breadth above the umblicus
2.	<i>Annavarmam-</i>	2 finger breadth superolateral to the <i>urumivarmam</i> (situated both side)
3.	<i>Athisurukkivarmam</i>	12 finger breadth lateral to umblicus (situated both side)
4.	<i>Mundelluvarmam</i>	2 finger breadth above <i>atthisurukkivarmam</i>
5.	<i>Munsutripurasutrivarmam</i>	2.5 finger breadth above umblicus (situated front and back)
6.	<i>Kodisutrivarmam</i>	Situated at the umblicus.

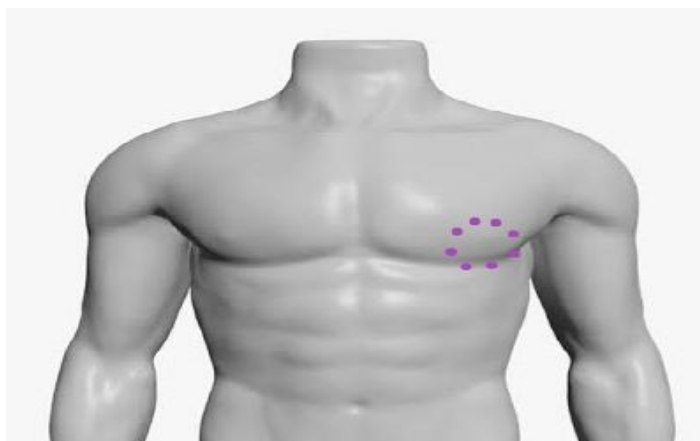


#### 4. Anaagatha varmam:

S.no	Varma points	Location
1.	<i>KoombuVarmam</i>	4 finger breadth above <i>urumivarmam</i>

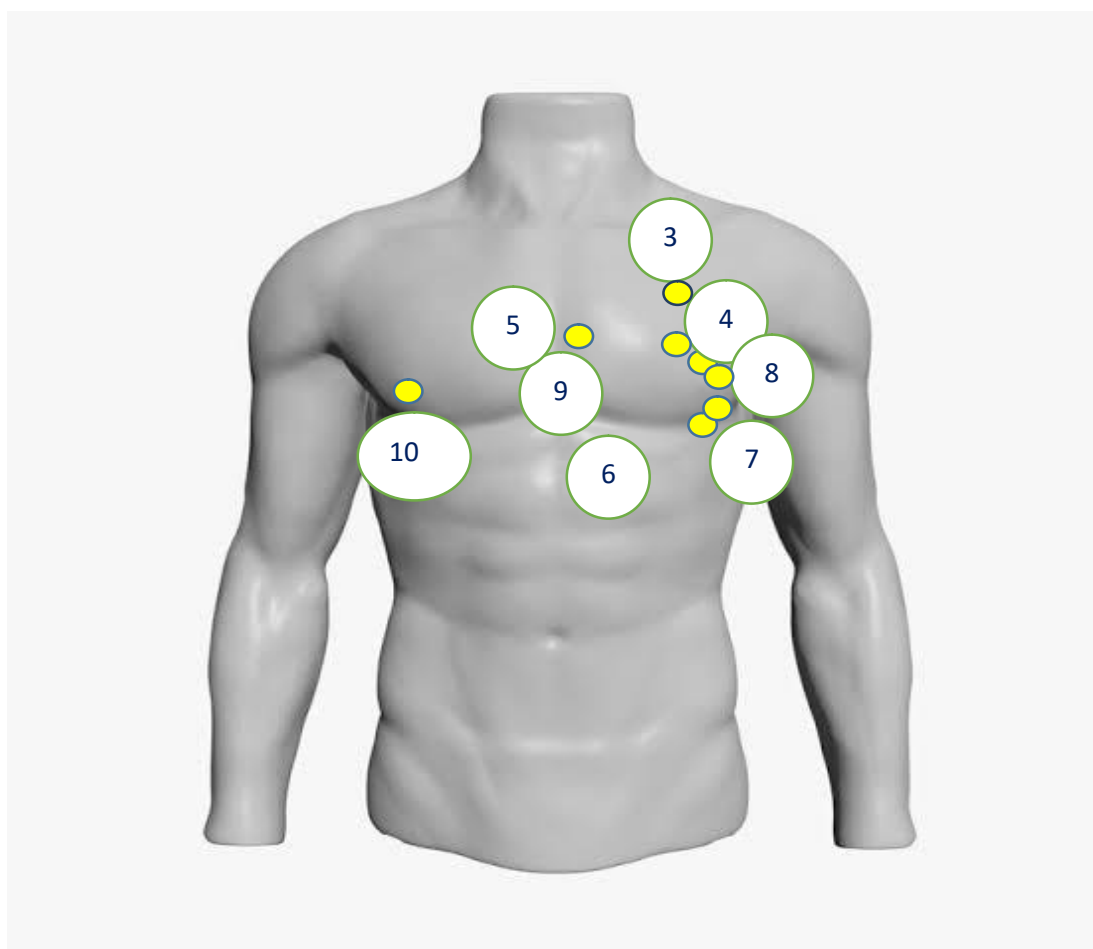
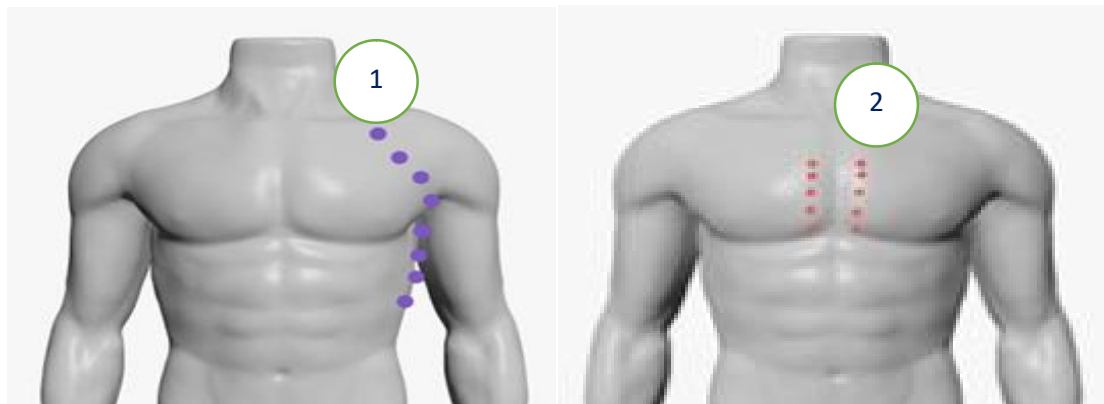
**Maarbuvarmangal** -8 Varma points situated round the nipple both side.

S.no	Varma points	Location
1.	<i>Athivarmam</i>	2 finger breadth above the Nipple
2.	<i>Thudivarmam</i>	2 finger breadth superolateral to Nipple
3.	<i>Pidivarmam</i>	2 finger breadth inferomedial to the nipple
4.	<i>Kazhalaivarmam</i>	2 finger breadth inferolateral to the nipple
5.	<i>Valaivarmam</i>	2 finger breadth lateral from the nipple
6.	<i>Mulaivarmam</i>	2 finger breadth medial to the nipple
7.	<i>Elluvarmam</i>	2 finger breadth below the nipple
8.	<i>Anumaarvarmam</i>	2finger breadth superomedial to the nipple.



#### **Vaaidu varmangal**

S.No	Varma points	Location
1.	<i>Mundelluvarmam -16 varma points</i>	Situated at the inter costal space starting from 1 finger above <i>mundelluvarmam</i> (situated both side)
2.	<i>Pootelluvarmam(10 varma points)</i>	Situated at the sternocostal joint 5 <i>varma</i> points each side
3.	<i>Thivalaivarmam</i>	3 finger breadth lateral to the <i>pootelluvarmam</i> (situated both side)
4.	<i>Sithiravarmam</i>	2.5 finger breadth below <i>thivalaivarmam</i>
5.	<i>Puthivarmam</i>	4 finger breadth medial to <i>sithiravarmam</i>
6.	<i>Near varmam</i>	2 finger breadth above <i>koombuvarmam</i>
7.	<i>Velleeralvarmam</i>	6 finger breadth inferolateral to <i>sakthivarmam</i> (between 4 <sup>th</sup> and 5 <sup>th</sup> intercostal space Both side)
8.	<i>Kaareeralvarmam</i>	Situated in between 3 <sup>rd</sup> and 4 <sup>th</sup> intercostal space
9.	<i>Sakthivarmam</i>	2 finger breadth above <i>Naervarmam</i>
10.	<i>Kai kuzhivarmam</i>	Situated at the Armpit

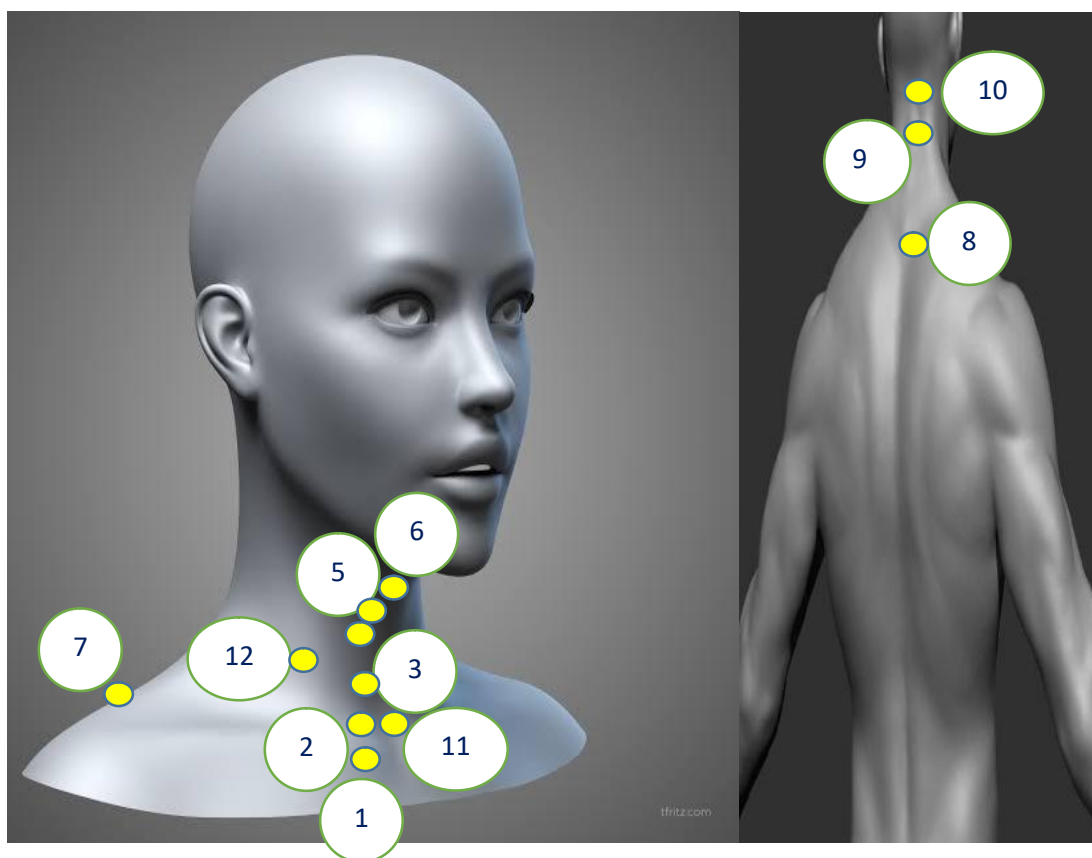


**5. Visuthi sakkara varmam:**

S.No	Varma points	Location
1.	<i>Sumaivarmam</i>	12 finger breadth above <i>koombuvarmam</i> .and 1 finger breadth below <i>thummivarmam</i>
2.	<i>Thummivarmam</i>	1finger breadth above <i>sumaivarmam</i>
3.	<i>Irangukaalavarmam/Munnaaku thalli varmam</i>	2.5 finger breadth above <i>thummivarmam</i> .
4.	<i>Sanguthirivarmam</i>	4 finger breadth above <i>sumaivarmam</i> situated at Vocal cord.



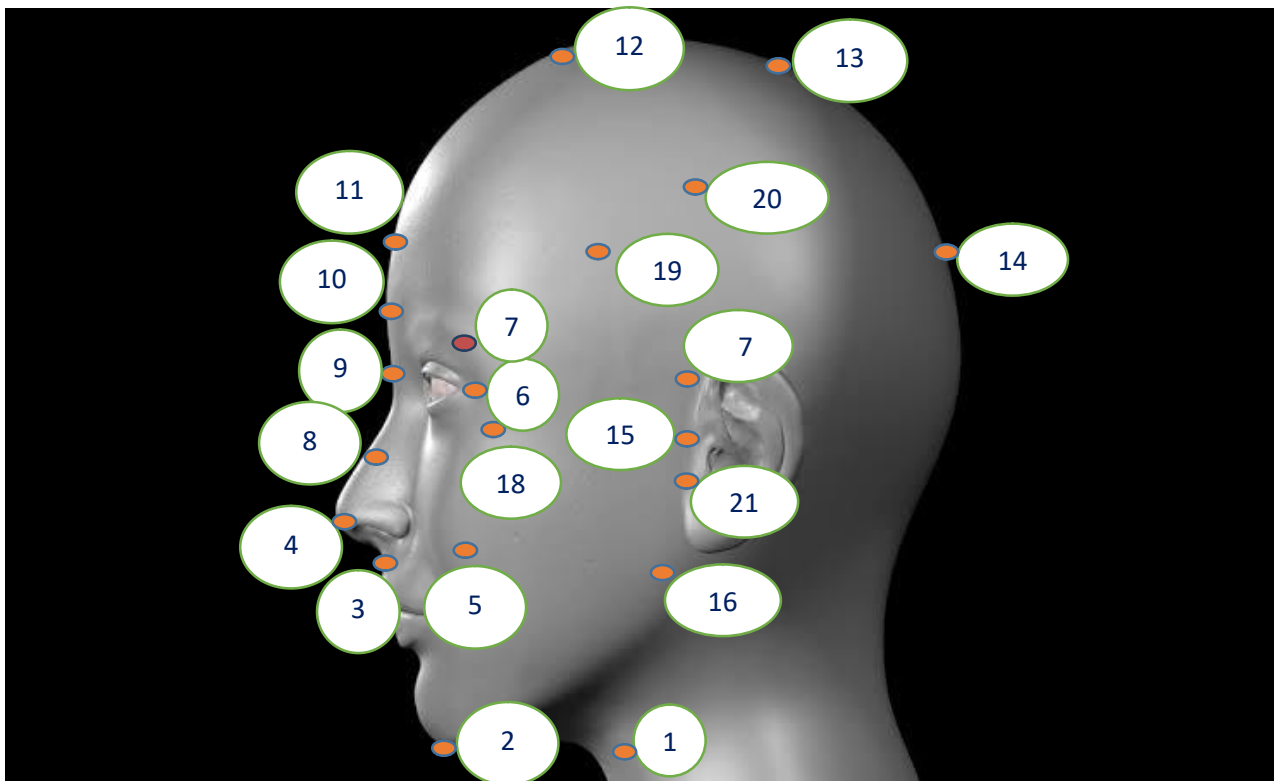
5.	<i>Kokkivarmam</i>	5 finger breadth above <i>sumaivarmam</i>
6.	<i>Thondaivarmam</i>	2 finger breadth above <i>sanguthirivarmam</i>
7.	<i>Kaakattaivarmam</i>	Situated at the center of descending part of trapezious muscle both side
8.	<i>Mudichuvarmam</i>	At the spinous process of C7 vertebrae
9.	<i>Aaraichivarmam</i>	1 finger breadth below <i>pidarivarmam</i>
10.	<i>Pidarivarmam</i>	Situated 4 finger breadth below <i>seerumkollivarmam</i> .Napevarma point
11.	<i>Narambuvarmam</i>	Situated 1 finger breadth lateral to <i>thummivarmam</i> both side.
12.	<i>Kannuthalluvarmam.</i>	2.5 finger breadth lateral to <i>munnaakuthallivarmam</i> both side.



### 6. Aakinai varmam:

S.No	Varma points	Location
1.	<i>Urakkavarmam</i>	2 finger breadth superolateral to <i>sanguthirivarmam</i>
2.	<i>Ottuvarmam</i>	At the centre of chin
3.	<i>Suzhimunaivarmam</i>	4 finger breadth above <i>ottuvarmam</i>
4.	<i>Komberivarmam</i>	Situated at the Tip of nose
5.	<i>Pinvettivarmam</i>	3 finger breadth lateral to <i>komberivarmam</i> both side.
6.	<i>Kadaikannvarmam</i>	3 finger breadth above <i>pinvettivarmam</i> at the lateral canthus of eye both side
7.	<i>Soothiravarmam</i>	1 finger breadth above <i>kadaikannvarmam</i> both side
8.	<i>Kannadivarmam</i>	Centre of the nasal bridge

9.	<i>Thilarthavarmam</i>	2 finger breadth above <i>kannadivarmam</i> . Situated in between the eyebrow
10.	<i>Pachai/ patchivarmam</i>	1.5 finger breadth above <i>thilarthavarmam</i>
11.	<i>Poruthuvarmam</i>	1.5 finger breadth above <i>patchivarmam</i>
12.	<i>Pathaippuvarmam/kondaikollivarmam</i>	Situated above 8 finger breadth to <i>thilarthavarmam</i>
13.	<i>Uchivarmam</i>	4 finger breadth above <i>kondaikollivarmam</i>
14.	<i>Seerungollivarmam</i>	4 finger below <i>uchivarmam</i>
15.	<i>Sevikuthivarmam</i>	8 finger breadth lateral to <i>seerunkollivarmam</i> both side
16.	<i>Sannivarmam</i>	2 finger breadth below to <i>sevikuthivarmam</i>
17.	<i>Poigaivarmam</i>	4 finger breadth above <i>sannivarmam</i> both side
18.	<i>Natchathiravarmam</i>	4 finger breadth lateral to <i>thilarthavarmam</i>
19.	<i>Sennivarmam</i>	4 finger breadth above <i>natchathiravarmam</i>
20.	<i>Kaanthivarmam</i>	2 finger breadth above <i>sennivarmam</i>
21.	<i>Kutrivarmam</i>	1 finger breadth below <i>sevikuthivarmam</i>



## Conclusion

This article explains the insights about the relationship between *Aadhaarachakkaras* and *Varma* points, and elucidated the exact location of 108 *Varma* points. By Manipulation of *Aadharavarma* points we can regulate and

rearrange the impaired *vasi* to live a Healthy life. This article also Help us to understand the relationship between Subtle System and physical Body. Knowledge of the subtle system empower us to maintain the balance and harmony on the physical, mental, and Spiritual level.



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