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Varmam therapy in Siddha System of Medicine

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Abstract

Varmam medicine is the unique pride of Siddha System of Medicine gifted by the Siddhars for the welfare of mankind. Siddha medicine, one among the ancient indigenous systems of India, has a repository of classical formulations as internal medication and various other unique techniques/therapies as external usage. Varmam is one among such therapies used to treat multiple ailments, especially related to musculoskeletal and neurological deficits. Sometimes, varmam therapy is used along with internal medications and external applications as well.

Keywords: Varmam, Siddha Medicine, Varmamtherapy, Marmam, Eedu

Introduction

Varmam is a siddha science that aims to fulfill the cultural, spiritual and medical needs of humanity. Life energy circulates human body in three forms like vatham, pitham, kabam. The dwelling or resting places of life energy are called varmam points. When we stimulate the varmam points with appropriate pressure, it produces a clear therapeutic efficacy. Varmam treatment is an

external therapy in Siddha System of Medicine. It's purely anatomical and is introduced by Siddhars for the human's wellbeing. Specific anatomical complex parts of the body are stimulated in Varmam treatment. These points are manipulated over superficial nerves, vessels, bony prominence, soft tissues, or their junctions. These energy points when hit by any external forces will cause severe illness. In fact Siddhars used these energy points for curing the illness.

These points are stimulated either by giving pressures in circular manner or in pointing way constantly. Here Pulling certain muscles and tendons, blows, punch over certain areas of the body are executed. Treatments like corticosteroids, Acromioplasty, Arthroscopic subacromial decompression techniques, intralesional injections into the subacromial space are available¹, but permanent cure is a difficult one or at least consumes considerable time period. The Varmam treatment is much effective in orthopedic disorders like lumbar disc problems, cervical disc problems, Shoulder Impingement Syndrome, etc. Also, Varmam therapy consumes only a minimal time and efforts. In fact Siddha Varmam treatment requires no special instruments.

Varmam Points

The places where the vaasi energy resides and activates both body and life-energy are Varmam points. These points are located in the junctions of nerves, naadis, muscle and bones⁹. They are bio-energetic sites which aid physiological functions of the body.

History of Varmakalai

It is believed that Lord Shiva the first siddha taught the art of Varmam to his son Murugan. The lineage extends to Siddha Agathiar, Nanthidevar and their disciples. Most of the Varmam texts available in Tamil language were written in the name of Siddhas Agathiyar, Thirumoolar, Bogar, Therayar, Romarishi, Ramadevar. Varmam art has been sustained and nourished for centuries by the tradition of aasan (the master) and disciple. The master would take up the responsibilities of passing his own verified, experimental and textual knowledge to his trusted student who would continue the same process down the line. This art survived and strengthened its roots through this process for centuries and still exists even today on the Same Principle.

Classification of Varmam

There are two kinds of classification. One is based upon region wise distribution (Kandam -5) and the other is based upon chakraas (Aadharam- 6). In both kinds, the total number of Varmam points is said to be 108 in number. The number of Varmam points located in upper limb is 15, lower limb is 14, below the navel is 9, above the navel is 45 and above the neck is 25.

Varmam points are the places which activate, regulate, supplies energy and functions according to the body needs. The Varmam text "VarmaVilvisai" enumerates 8000 Varmam points and Kumbamuninarambarai describes 251 points¹⁴. Most of the Varmam texts enlist 108 Varmam points of which 12 are paduvarmams and 96 are thoduvarmams.

VarmaChinthamani explains there are 828 varmam points which are situated in three regions (kandam) of the body. i.e., Vatha region which constitutes navel to foot and contains 190 varmams, pittha region includes the area between navel and base of the neck comprises 366 varmams, silaethuma region includes the region above the head containing 182 varmams and 90 varmams are included in thondham¹⁵. Paduvarmams are the varmam points which are directly connected to brain energy¹⁶ and serve as major energy storage points. According to "Pingala nigandu¹⁷", the word 'padu' means brain. Thoduvarmams are the varmam points which are connected to paduvarmams. The word 'thodu' refers to touch. It means through the act of touch, one varmam point gets connected to another varmam point. Each paduvarmam is connected to eight thoduvarmams i.e., $8 \times 12 = 96$ Thoduvarmam. They serve as minor energy storage points. The total number of Varmam points which accounts to 108 comprises two terminologies Varmam and Kaalam. The word Varmam refers to static energy and the term Kaalam refers to kinetic energy ¹⁴.

Other types of Varmam mentioned in the texts are vathavarmam (64), pithavarmam(26), silaethumavarmam(6)18.Varmam literatures also describes patchivarmam (varmam related with astrology-panjapatchi), odukki varmam19, thattuvarmam etc.,

Historical evidences of Varmam

We can get reference of *varmam from 'Tholkappiam'*. This is an ancient text which is the base for grammar in *Tamil language and literature period of (5000 BC- Tholkappiam) use the term 'ValiAatral'*. → There are nearly 120 books in various titles available in the name of varmam. → Around 30,000 verses speak about varmam and its units. → Most of them are available in palm leaf name scripts. All these texts have names from the heritage of siddhars– *Agasthiars, Bogar, Ramadevar, Thirumoolar, Theraiyar.*

Specialty of Varmam

Varmam therapy for Azalkeelvayu (Osteoarthritis)

S.No	Varma points	Location
1.	KannadyKalam	Middle Of Upper 1/3 rd Of Nasal Bridge
2.	MootuVarmam	Middle Of The Popliteal Fossa
3.	VeeraAdangal	In The Semi Tendinous Tendon
4.	KudhiraimugaVarmam	Over The Patellar Tendon
5.	ChippiMunaiVarmam	Medial Border Of Scapular Region
6.	Adappakalam	Lateral wall of the thorax
7.	VilanguVarmam	Depression Below The Middle Of The Clavicle
8.	Komberikalam	Middle of the leg along the medial border of tibia
9.	ViruthiKalam	At The Level Of Distal End Of First Meta Tarsal Bone

Varmamtherapy for Kumbavatham (Periarthritis)

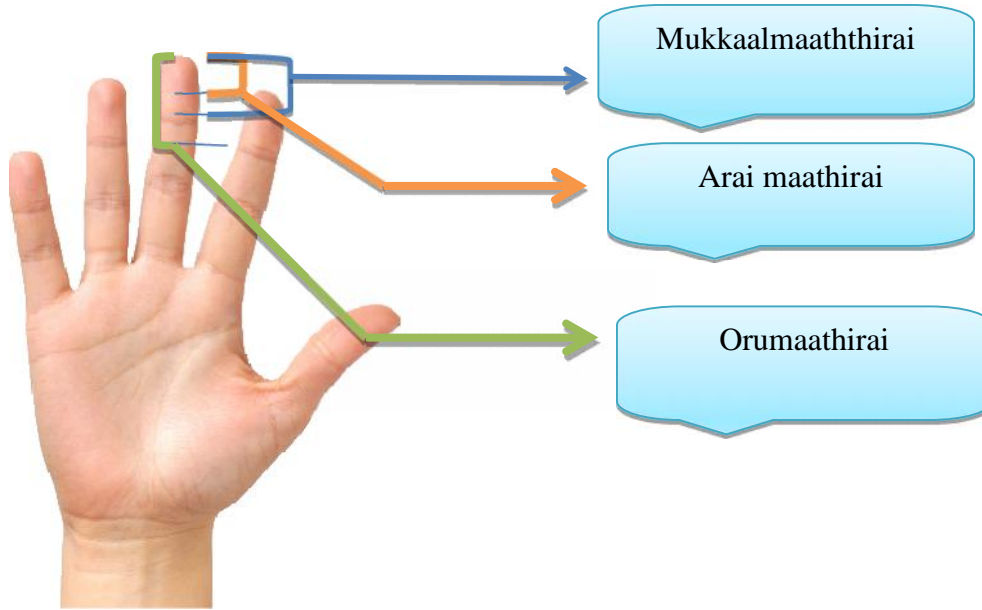
S.No	Varma points	Location
1	MudichuVarmam	At The Junction Of C7 & T1
2	ChavvuVarmam	In The Medial Border Of The Humerus
3	KavuliVarmam	In The Web Between The Thumb And The Index Finger
4	KakkattaiKalam	In The Middle Of The Supra Clavicular
5	ManibandhamVarmam	Middle Of Wrist In The Flexor Aspectof
6	ManjadiKalam	The Index Finger
7	PiradharaiVarmam	Posterior Axillary Fold
8	YenthiVarmam	Deep To Anterior Axillary Fold
9	KanthariVarmam	One Finger Below Axilla In Medial Aspect Of The Arm
10	Puja Varmam	In The Shoulder Pit Lateral To Acromian Process
11	KirayalVarmam	Middle Of Medial As pect Of Arm

Varmam therapy with help treats Breathing problems, Bonesdislocation. Nervous disorder, Heart diseases, Eye problems, Digestive Problems, Joint pains, Varmam therapy is low – cost solution for major diseases in humanity. varmam therapy is a first line of treatment for many health problems, Saving hard-earned money, resulting in zero side effects. Varmam Stimulation for Diseases.

Varmam Stimulation for Diseases

The Varmam points are energy storage points which traverse through particular energy channels or streams. Proper stimulation of Varmam points helps in treatment of diseases. One who knows to apply varmam in a proper method by analysing the Vatham, Pitham, Kabam imbalance can treat diseases.

Varmam therapy for the Thandagavatham (Lumbar Spondylosis Lumbar& Disc Bulge)



S,No	Varma Points	Location
1	Idakalai&Pinkalai	Energy Tracts That Travel From Foot To The Low Back Region Through Viruthi, Komberi, To Reach Nangana Pootu
2	PorchaiVarmam	In The Sub Occiput Medial To Mastoid Bone
3	VeeraAdangal	In The Semi Tendinous Tendon
4	Anna Kalam	One Finger Above The Umblicus
5	Poovadangal	At The Junction Of The Thigh And Gluteus
6	KomberiKalam	Middle Of The Leg Along The Medial Border Of Tibia
7	ViruthiKalam	At The Level Of Distal End Of First Meta Tarsal Bone
8	MannaiAdangal	At The Commencement Of Triceps Surae Muscle.
9	UllthodaiVarmam	Middle Of Medial Aspect Of Thigh
10	Mel Mannai	Between The 2 Heads Of Gastronemius
11	UllangalVellai	Meeting Point Of Two Balls Of Sole

Scale of Maathirai (Varmam pressure)**Varmam for Sirasthampavatham**

S.No	Varmam Points	Location
1	KauliKaalam	It lies in the first web space at the junction of the bones of the thumb and the index finger.
2	NadukkuVarmam	It is located at the center of towards the child's wrist the back side of the hand in upward fashion.
3	Kondaikolli	This point located on the vertex of the head
4	Nervaramam	This point Ten fingers below from the pit of the neck.It lies on the Xiphi sternum (Solar plex) of the chest.
5	Seerungkolli	It lies six fingers from Kondaikollai at the back of the head,on the mid-line.
6	Pinkannadikaalam	It lies one finger above ending of the skull at the back of the head,on themed-line.
7	Andakaalam	It lies between the genital organ and the anus i.e the perineum
8	Ullangaichakkaram	This varama is present in both the palms.
9	Pathachakkaram	This varmam is located at the center of the sole in the foot.
10	Chavvuvarmam	It lies four fingers below the shoulder joint on the inner side of the arm.
11	Komberikaalam	It lies 8fingers above the ankle on the inner side of the leg.
12	Vilanguvarmam	This point lies in the pit on the chest,below the collar bone meets the shoulder bone.
13	Adappakaalam	It lies 13 fingers from Nervaramam to the right and left mid clavicularline ,on the flanks.
14	Pallavarmam	Itlies two fingers in below the xiphoid processin between right and left side 7 th intercostal area.
15	Annakkaalam	It lies on one finger above the umbilicus.
16	Ottuvarmam	This varmam point lies in the pit below the chin.
17	Thilarthakaalam	It lies at the junction between the eyebrows (Glabella) and the nose.
18	Shruthivarmam	It lies 2 fingers below the seerunkolli and finger to the right.
19	Kanpugaichalvarmam	Its lies 1 finger below the right and left outer ankle (lateral malleolus.
20	Chunnabukaalam	It lies 3 fingers above the earlobe (Pinna).
21	Thaadaithadaval	Massage from upper portion of ear (pinna) to lower jaw and do rotation on ottuvarmam.

Varmam points for other Musculo Skeletal Disorders

Calcaneal spur - mudichuvarmam, uppukutrivarmam
Muscle cramps – mannaiadangal

Writer’s cramp – mozhipiralgaivarmam, kavulikalam, soodotharivarmam, adimootuvarmam
Tennis elbow - mootuvarmam, vilvarmam, pattradang
Sciatica & foot drop-Intially for first two days
Kondaikolli, Porchaikalam

Varmam Points for (Annamaya Kosam Related Diseases) Alimentary Tract Disease

S.No	Varmam Points	Location	Illness
1	Annakkaalam	It lies on one finger above the umbilicus	Peptic ulcer/Loss of Appetite
2	Pallavarmam	It lies two fingers in below the xiphoid processin between right and left side 7th intercostal area	Peptic ulcer/Hiccup
3	Nervarmam	This point Ten fingers below from the pit of the neck.It lies on the Xiphi sternum (Solar plex) of the chest.	Hiccup/To arrest Vomiting
4	Balavarmam	It lies on Midpoint of Nasal septum	Constipation
5	A)Chavvuvarmam B)Vaayukaalam	A)It lies four fingers below the shoulder joint on the inner side of the arm. B) It lies on T12 Vertebrae	To arrest Vomiting

Varmam Points for (Athi & Kuraiumilneersurappunoikal) Hyper /Hypo Salivation

Head Massage Poigaikaalam	Its lies on Superior helix temporal bone.	Hyper Salivation
Head Massage Pidarikaalam	It lies on external occipital protuberance	Hyposalivation

Varmam Points for (Pakkavatham)Hemiplegia

1. Kondaikolli
2. Chunnaampukaalam
3. ChavvuVarmam
4. KavliKaalam/KomperiKaalam

S.No	Varmam Points for Facial Palsy (Mugavatham)	Varmam Points for (Valippu Noi) Epilepsy
1	SanniVarmam	PorchaiKaalam
2	NathaththiraKaalam	KavliKaalam
3	KanpukaichalVarmam	KomperiKaalam

Varmam Points for (Niththiraiyinmai) Insomnia Varmam Points for (Athinthirai) Hypersomnia Varmam Points for To boost (Ninaivaatral) Memory Power

S.No	Varmam Points for Insomnia	Varmam Points for Hypersomnia	Varmam Points for To boost Memory Power
1	Kondaikolli	KanpukaichchalVarmam	UllangaivellaiVarmam
2	Puruvavarmam	NatchaththiraKaalam	NattelVarmam

Varmam Points for (Pirukkanoikal) Genito Urinary tract Disease

S.No	Varmam Points Names	Benifits
1	Valampurikaalam/ EdampuriKaalam	ToControlNocturnal Enuresis
2	KallidaiKaalam	To evacuate post –voidal Urine
3	Valampurikaalam/EdampuriKaalam	

Varmam Points for (Magalir) Gynaecological Diseases

S.No	Varmam Points Names	Benifits
1	PallaVarmam	Menorrhagia,Dysmenorrhoea
2	ChevikutriKaalam	
3	Kondaikolli PallaVarmam Kumbagamudichu Siriyaaththisurukki	Infertility

Varmam Points for Diabetes Mellitus

S.No	Varmam Points Names	First line of Treatment
1	Urumikaalam/ThummiKaalam	Second line of Treatment
2	Urumikaalam/ThummiKaalam VaayuKaalam/AamaiKaalam Nanganaapoottu	

Varmam Points for Thyroid Hormone Disorders (VeethaNoi) Ophthalmic(NethiraNoi) Related Diseases/Ear (KarnikaNoi) Related Diseases

S.No	Thyroid Hormone Disorders Varmam Points	Benfits
1	Kondaikolli/UthiraKaalam	Hyperthyroidism
2	Kondaikolli/SumaiVarmam	Hypothyroidism
Varmam Points for Ophthalmic Related Diseases		
1	Kondaikolli /PuruvaVarmam/Kaampotharikaalam	Refractoty errors of Eye
2	Kondaikolli/ManthiraKaalam/ShuruthiVarmam	Glaucoma
Varmam Points for Ear Related Diseases		
1	Chevikurrikaalam/Poigaikaalam	Loss of Hearing
2	Chevikurrikaalam/Poigaikaalam/kurriVarmam	Tinnitus

Conclusion

Varmam is an eminent external treatment ,Which is a branch of Siddha Medicine.It is a precious boon for Public by the Siddhars.Varmam treatment is cost effective and Could be done to

serve public wherever the emergency /first aid required and also treat many diseases. In Present Scenario, the Varmam treatment stepped into research activities,clinical trials moving towards the milestone successfully.

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