



Varma treatment for Obesity

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Introduction

“Obesity”-The major infirmity of the people Worldwide.

WHO defined Obesity as abnormal or excessive fat accumulation that may impair health. According to that A body mass index over 25 is considered Overweight and Over 30 is Obese. According to the global burden of disease obesity issue has grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese in 2017.

The prevalence of obesity has increased worldwide in the past 50 years. The prevalence of overweight or obese children and adolescents aged 5-19 years increased More than fourfold from 4% to 18% globally.

In the United States, Data from the national health and nutrition examination survey using measured heights and weights shows that the steady increase in obesity prevalence in both children and adults over the past decades.

Obesity once considered as a problem in high income countries which is now dramatically on the rise in Low and Middle income countries. The rate of overweight/Obese children live in developing countries is 30% higher than that of developed countries.

According to ICMR -INDIAB study 2015 prevalence rate of obesity and central obesity varies from 11.8% to 31.3% and 16.9% to 36.3% respectively. In India, abdominal obesity is one of the major risk factors for cardiovascular diseases (CVDs).

As per the NFHS -5 data (2019 -2021) 40% of women and 12% men are abdominally obese in the country.

Causes of obesity

-) The main cause of obesity is long term energy imbalance between consumed calories and expended calories. Due to sedentary lifestyle coupled with over nutrition.
-) Physical inactivity
-) Gene and family history
-) Antidepressants and corticosteroids
-) Most importantly alterations in Gut microbiome.

The gut microbiota protect the gastrointestinal mucosa permeability and regulate the fermentation and absorption of dietary polysaccharides and plays important role in accumulation of fat. Disturbance in the gut microflora leads to inflammation of the intestine lining, In obese patients enzymes participated in digestion pathways are down regulated it may alter the microbial population in the gut and leads to development of obesity.

Obesity is chronic disease and a mainspring contributor to other leading chronic diseases such as

Type 2 diabetes
Dyslipidaemia
Hypertension

Thyroid dysfunction
Cardiovascular diseases
Non-alcoholic liver diseases.

Prevention

Preventing and treating obesity is not just losing weight but adopting healthier behaviour and improve overall health. It is necessary to conduct awareness and healthcare programs about the hazards of being overweight and also the benefit of physical activity like yoga and healthy eating habits to avoid misperceptions of obesity.

Siddha- Varmam treatment for obesity

Siddha system is the most ancient and indigenous system of medicine. *Siddhar's* have formulated certain principles for prevention of diseases and to lead healthy life. "*THERAN PINIYANUGAA VIDHI*" insists on healthy life style habits and practices to improve the quality of life and to prevent diseases like obesity.

Varma Maruthuvam– "A discrete Medical science, better known for its Unique scientific approach to human body comparing it with universe. According to Siddha Varma Science, The Human body is the Microcosm of the Universe. *Varma* points are vital spots that connect the physical and subtle body. These *Varma* points traverse the vital energy through particular channels and streams known as '*Saram*' and '*Vaasi*'. Any derangement in these channels can cause diseases in the human body. According to varma literatures there is 108 varma points situated in human body. By proper method of stimulation, these *Varma* points regulate and rearrange the vital energy channel (*Vaasisuzharchi*). Which helps to maintain the equilibrium of trihumours (*Vatham, Pitham* and *Kabham*) treat diseases. In obesity varmam treatment helps to regulate trihumours. It will help in regulation of digestion and metabolism, and reduces excessive fat deposition.

Benefits of varma treatment is holistic which helps to maintain the physical, Mental, psychological well being.

Specific varmam for obesity treatment

Panchamidichuthadaval

Varma knots (Panja Mudichugal)- Behind each *aadharachakkaras* 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*.

When these *Varma Mudichugal* gets stimulated it enhances the activities of each *Aadharachakkaram*. Consequently it regulates the activities of internal organs and endocrine system, Nervous system digestive system which maintains the healthy gut microbial flora.

- ❖ Karunamirthamudichu
- ❖ Sara mudichu
- ❖ Thunnalmudichu
- ❖ Paasamidichu
- ❖ Kumbagamudichu

Varma points which regulates Endocrine function

- ❖ Poigai Varmam
- ❖ Baala Varmam

Varma points for Thyroid function regulation

- ❖ Kaakattai varmam
- ❖ Mulithoori varmam

Digestion and gut health improvement

- ❖ Unthi varmam
- ❖ Periyaathisurukki varmam
- ❖ Mundellu varmam
- ❖ Naavaariellu varmam
- ❖ Ellurukki varmam

- ❖ Sarithi varmam
- ❖ Urumi varmam
- ❖ Sadayanthira varmam
- ❖ Kulipootuthalelumbu varmam
- ❖ Sippithonguthasai varmam.

Varma points for obesity induced Depression

- ❖ Thilartha varmam
- ❖ Poochaanthira varmam
- ❖ Bala varmam
- ❖ Netti varmam
- ❖ Kaakattai varmam
- ❖ Urakka varmam.

Conclusion

Varma treatment for obesity helps to rejuvenate mind and body by reducing stress harm one levels, and regulating trihounours. Varma treatment also helps us to get the benefits of yoga muraigal and Aasanas passively by proper manipulating methods of varma points .This treatment is better alternative for other therapies and operative procedures which is hazardous to health.

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