



Systematic Conspectus on the Ayush Siddha Varmam Therapy in the Management of Chronic Ailments

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ABSTRACT:

Siddha medicine is one of the oldest medical systems in the world, with origins dating back thousands of years. It is based on a profound understanding of the human body, its energy systems and the use of natural substances for healing. Varmam, the focal point of this therapy, has its roots in ancient Tamil literature and scriptures, where it is described as vital points that regulate the flow of energy within the body. This article can provide with a general framework on how therapies are typically conducted and what its conspectus aim to achieve.

KEYWORDS: Ancient, Siddha, Siravatham, Traditional, Varmam.

INTRODUCTION:

Varmam Therapy is a holistic healing modality that focuses on restoring and maintaining health through the manipulation of vital energy points called Varmam, which are believed to be located throughout the body. It involves the application of specific techniques, including pressure, massage, and manipulation, to stimulate these Varmam, thereby influencing the flow of energy (Prana) within the body to promote health and well-being. The therapy is deeply rooted in the principles of Siddha medicine, emphasizing the interconnectedness of the body, mind, and spirit in maintaining health.

MATERIALS AND METHODS:

The data were collected through an article based search of databases such as pubmed, google scholar and specific journals related to siddha medicine.

SIDDHA-VARMAM

Varmam is a vital energy flow circulating inside the body, it is the manifestation of the basic five elements (boodhams), three humours (vali, azhal, iyam), ten vital airs (vali), ten bio energy transmitter pathways (naadis), vital energy (vaasi) and kundalini. These are the points which are located in the junction of the nerves, naadis, muscle and bones.

ROLE OF VARMA THERAPY IN VARIOUS CONDITIONS:

I-Varma therapy for Bipolar Affective Disorder

According to the author G.Revathi et al, ^[1] Varma therapy treats not only the physical body disorders but also subtle body.

Current Episode Mania Bipolar Affective Disorder also known as manic depressive illness is a brain disorder, which causes two different types of mood disturbances. They are Mania and Depression. Patients suffering from BPAD are at high risk for attempting suicide. Mania is characterised by elated mood, excessive happiness and excitement, over activity, rapid speech, lack of sleep, poor concentration, over inflated ideas of self importance, restlessness, unusual high sex drive, and drug and alcohol abuse, becoming more impulsive.

Varma points: 1. Kondaikolli varmam- Ten finger breath above the vertex of the head. 2. Chunnambukaalam- it lies three fingers above poigaikaalam, on the midline. 3. Chennikaalamthadaval. 4. Anthakaranamthadaval.

II- Varma therapy for sports injury - tennis elbow (Lateral Epicondylitis):

Tennis elbow or lateral epicondylitis is a painful condition of the elbow caused by over usage. It is an inflammation or in some cases small tearing of tendons that join the forearm muscle on outside of the elbow. The forearm muscles and tendons become damaged from overuse. This cause the pain and tenderness on the outside elbow. Common signs and symptoms include, Pain on the outer part of the elbow, Weakness, pain worsen with forearm activity like turning or shaking hands. For the management of tennis elbow (Lateral epicondylitis) Varma therapy shows effective result as per the author G.Revathi et al^[2].

III- Varma therapy for Cerebral Palsy in children:

The study concluded by the author K. Elavarasan et al ^[3] is that Siddha medical treatment Thokkanam and Varma therapy shows better improvement in the Cerebral Palsy affected children. Varma points: 1. Kondaikolli – located on the vertex of the head. 2. Thilarndhakaalam –lies at the junction between the eye brows(Glabella) and the nose. 3. Pidrikaalam– situated at the posterior aspect of head and neck 4. Mudichuvarmam lies over C7 vertebrae 5. Adappakaalam situated four finger breadth above the 11th floating rib 6. Ullangaichakkaram- situated at the centre of palm

Varma points: 1. Kai mootuvarmam–present at the medial aspect of the elbow joint 2. Theethavarmam- eight finger breadth below the elbow joint. 7. Ullangalchakkaram- situated at the centre of foot For seizures 8. Porchaikaalam-situated four finger breadths to the ear 9. For speech disturbances 10. Anna kaalam-situated at the pupil 11. Pidrikaalam-present at the posterior aspect of the head and neck 12. Ottuvarmam- present at the tip of the chin

IV- Varma Therapy For Lumbago

According to author, vaniswari DS et al ^[4] Viruthi kaalam, komberi kaalam, porchai kaalam are the most precious varmam points known as adangal. Adangal is a varmam point where in the whole body vital energy is stored. Apart from this wherever idakalai, pingalai (naadi) or energy channel and vasi (basic vital energy) meets those places are called adangal. Further, adangal points are places which regulate the basic vital force. From the results it was observed that the varmam therapy is effective in the management of lumbago.

V - Varma Therapy For Stress Urinary Incontinence

According to author, vaniswari DS et al ^[8] varmam points are capable of alleviating diseases pertaining to the body, life force and mind. In stress urinary incontinence, the varmam points such as pinkannadi kaalam, kumbaga mudichu, perel varmam were given.

VI- Varma Therapy For Siravatham

According to author, vaniswari DS et al ^[9] This study concludes that while Siravatham is incurable, the selected Siddha treatment protocol effectively reduces disability and improves the quality of life (QOL) in affected children. Significant enhancements were observed in maintaining postural stability, gait and reducing drooling of saliva. The child exhibited improved ability to utter monosyllable and bisyllable words and meaningful comprehension of family members, with an overall effect ranging between 45-53%.

Scissoring gait-Mudhichu-4, Andakaalam -given weekly thrice. To reduce fear and anxiety-Adappakalam-given weekly thrice. To Improve speech-Kondaikolli, Pidarivarmam, Ottuvarmam.-given weekly thrice. Mukutrasamani Thasavayu Thattal Murai given weekly once. Vazhi samani Anda Thylam applied over the tongue recommended twice daily for speech.

DISCUSSION:

This systematic review shows that there is less number of published research articles in Siddha Varma therapy. Even though there is less in number, they give the excellent results in the management of various diseased conditions. By reviewing the Published research papers like Case report, case series, single case study, it is clearly came to know that siddha varmam therapy has shown promising results in managing various health condition. Research in this field is valuable for expanding of siddha therapies.

CONCLUSION:

Based on the synthesis of findings, the review would draw conclusions regarding the efficacy, safety and potential of Ayush Siddha Varmam Therapy in the management of chronic ailments. It may also suggest areas for future research or improvements in study design. Varma therapy plays best role in the management of diseases and also treating various conditions. This therapy is simple, non invasive and less time consuming. The above review helps to obtain the knowledge on Varma therapy and this will be useful clinically and for further research purpose.

CONFLICT OF INTEREST:

The authors declares no conflict of interest. **ACKNOWLEDGEMENT:** .Thanks to Excel Siddha Medical College and Research Centre for its valuable support .

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