



ROLE OF VARMAM IN OSTEOARTHRITIS

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ABSTRACT

Varnam in Tamil, also known as marmam. It is closely related to ancient Dravidian martial art 'varma kalai'. It was founded and used by siddhars as healing medicine. It is a therapeutic stimulation of certain points where energy is found concentrated. According to varma, there are some vital energy storing points through which energy is transmitted to various parts of the body. These points are stimulated to heal diseases or to increase immune mechanism. This paper focuses on varmam points used to treat osteoarthritis.

KEYWORDS: Varmam, siddha, osteoarthritis.

INTRODUCTION

(OA) refers to joint clinical features and signs associated with defective integrity of articular cartilage and relative change in the underlying bone at the joint margins. OA is a complex disease entity that is difficult to diagnose and define. Pathological change, when severe, results in radiological changes(loss of joint space and osteophytes). Approximately 10% of world population who are 60 yrs or above have symptomatic OA. Incidence and prevalence risk with advancing age. In siddha system the symptoms of osteoarthritis are similar to Azhal keel vayu.

CAUSES

Age, positive family history, occupation, diabetes mellitus, hypothyroidism and hysterectomy.

Previous trauma, obesity, certain occupational groups (miners, dock workers, farmers etc.)

Changes in sex hormone levels may play a role in the development of osteoarthritis, as it is more prevalent among most menopausal women than among men of the same age.

CLINICAL FEATURES

Pain, Loss of ability Often stiffness, crepitation(crackling noise), occasional effusion and variable degrees of local inflammation Varmam points for osteoarthritis (Azhal keel vayu).

VARMAM POINTS FOR OA KNEE

VARMA POINTS	LOCATION	FUNCTION
1. Kannadi Kalam	Middle Of Upper 1/3rd Of Nasal Bridge	Strengthen The Joint
2. Mootu Varmam	Middle Of The Popliteal Fossa	Relieves Knee Pain
3. Veera Adangal	In The Semi Tendinous Tendon	Relieves Knee Pain
4. Kudhiraimuga Varmam	Over The Patellar Tendon	Reduces Pain
5. Chippi Munai Varmam	Medial Border Of Scapular Region	Gives Energy To The Joint And Enhance Synovial Fluid Secretion
6. Adappa Kalam	Lateral Wall Of Thorax	Gives Energy To Lower Limb
7. Vilangu Varmam	Depression Below The Middle Of The Clavicle	Gives Mobility To The Joint
8. suzhipoigai varmam	Just below & above the patella bone	Relieves pain
9. Sirattai varmam	Around the patellar bone	Increases movement
10. Viruthi Kalam	At The Level Of Distal End Of First Meta Tarsal Bone	Strengthens Leg And Foot
11. Thavalai varmam	Three fingers below the tibial tuberosity along the medial border of the tibia	Relieves knee pain
12. Melmannai varmam	Upper end of the calf muscle	Strengthens calf muscle
13. viruththi kaalam	Web area in-between the great toe and second toe	To relieve pain
14. Uppukuttri kaalam	At 3 fingers breaths above the posterior aspect of heel	Strengthens the joint

CONCLUSION

The complete remedy of OA is still not available in modern medicine. The drugs used mainly cause's side effects like gastritis. Varma is the ancient medicinal therapy which is a unique gift to mankind with its rich traditional knowledge and long history of use. The legacy behind the varmam medical science will help us to understand that varmam is an effective and potential therapy which can be used in the treatment of osteoarthritis which is drugless, cost effective and it will also use in emergency condition. This article will help to get awareness of varmam for OA and also help to research further on it for effective, quick recovery of disease and to reveal the strength of siddha system.

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