



**VARMA THERAPY FOR MUSCULOSKELETAL DISORDERS**

**Dr. K. Sivaranjani M.D.(s)\***

Siddha Clinical Research Unit, Palayamkottai, Titunelveli -2.

**Corresponding Author: Dr. K. Sivaranjani**

Siddha Clinical Research Unit, Palayamkottai, Titunelveli -2.

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**ABSTRACT**

Varma medicine is the unique pride of Siddha medical System gifted by the siddhars for the welfare of the mankind. Varmam is a subtle energy that functions in the body. Those places where this energy resides and activates both body and life are varma points. Any derangement or disturbance to the flow of this energy results in disease. Though the varmalogy has a wide scope extending from Neurology, Cardiology to Endocrinology. This paper focuses on the varma therapy for musculoskeletal disorders which is most commonly encountered in this decade.

**KEYWORDS:** Varma therapy, Siddha medicine, Musculoskeletal disorders, Osteoarthritis, Lumbar spondylosis, Cervical spondylosis.

**INTRODUCTION**

Before man begin to use herbals, metals, minerals and animal products as medicine he found out that he could use his own fingers to cure his disease and it was Kai Maruthuvam which is now popularly known as Varma therapy. In Siddha system of medicine Varma is an unique, elaborate and perfected science that has to be studied in depth. The depth of this Varma science is evident from the elaborate and extensive texts written on palm leaf manuscripts.

Varma therapy involves the stimulation of certain specialized point in our body called as varma points. "Varma Vilvisai" a text on varmam mentions 8000 varma points in the body. Most of the text limits varma points to 108. These points are the reservoirs of pranic energy that is subtle and it is distributed throughout the body through dasa naadis<sup>1</sup> (Urpanasaari-40 Verse 32). When the flow of pranic energy is affected by injury, stress, strain, abnormal physical activity, abnormal food habits etc it disturbs the metabolic and physiological activity of the organ or region concerned and this ultimately results in disease. By proper manipulation of varma points the flow of pranic energy and thereby the physiological and metabolic function of the organ can be restored. varma point can be stimulated in 12 ways in which mathirai kanakku (depth) and Pathi Kanakku(Pressure) is very important. Each ways of manipulation has different effects. By stimulating the varma points the flow of pranic energy can be restored which will inturn restores the normal function of the body.

Musculoskeletal Disorders are one of the major causes of morbidity and have a substantial influence on health and quality of life. The existing knowledge on musculoskeletal conditions comprises over 150 diseases and syndromes usually associated with pain. They can broadly be categorized as joint diseases, spinal disorders and conditions resulting from trauma<sup>1</sup>. The burden of musculoskeletal disorders is global and looking at the gravity of the situation WHO declared 2000-2010 as the Bone and Joint decade<sup>2</sup>. Worldwide estimates are that 9.6% of men and 18.0% of women aged over 60 years have symptomatic osteoarthritis. 80% of those with osteoarthritis will have limitations in movement, and 25% cannot perform their major daily activities of life .About 80–85% of back pain episodes have no known cause. Low back pain, the most common spinal disorder, affects over 80% of persons at some point in their life, and from 4–33% of a population at any one time<sup>3</sup>. The common muscular skeletal disorders are mentioned in the figure 1 and figure 2.

**VARMA THERAPY FOR COMMON  
MUSCULOSKELETAL DISODERS**

**Osteoarthritis**

Osteoarthritis occurs when the protective cartilage on the ends of the bones wears down over time. The symptoms include pain and stiffness, particularly in the morning or after resting. Knee joints may get swollen, especially after extended activity. Limited range of motion or stiffness that goes away after movement. Clicking or cracking sound when joint bends.

**Table I: Varma points for the treatment of Osteoarthritis**

VARMA POINTS	LOCATION	FUNCTION
1.Kannady Kalam	Middle Of Upper 1/3 <sup>rd</sup> 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. Komberi Kalam	Middle Of The Leg Along The Medial Border Of Tibia	Enhances Energy To Walk
9. Viruthi Kalam	At The Level Of Distal End Of First Meta Tarsal Bone	Strengthens Leg And Foot

**Peri-arthritis - shoulder**

Peri-Arthritis now known as Frozen shoulder, is a condition characterised by stiffness and pain in the shoulder joint. It is also known as Adhesive capsulitis, because of adhesion of subacromial bursa and it is

related to tendinitis of the rotator cuff tendon. Person with frozen shoulder complaints of stiffness and pain worsen at night. Pain will be dull or aching. It will be worsened with attempted motion or if bumped. Active range of motion will be limited.

**Table II: Varma points for Peri arthritis shoulder**

VARMA POINTS	LOCATION	FUNCTION
1.Mudichu Varmam	At The Junction Of C7 & T1	Helps In The Neck Movement
2.Chavu Varmam	In The Medial Border Of The Humerus	Increases Immunity Of The Body And Relives Pain In The Hand
3.Kavuli Varmam	In The Web Between The Thumb And The Index Finger	Regulates Idakalai And Pinkalai Flow
4. Kakkattai Kaalam	In The Middle Of The Supra Clavicular Fossa	Helps In Shoulder Movement
5. Manibandham Varmam	Middle Of Wrist In The Flexor Aspectof The Forearm	Relives Neck Pain
6. Manjadi Kalam	Middle Of The 4 <sup>th</sup> Meta Phalangeal Joint	Relives Shoulder Pain And Neck Pain
7. Piradharai Varmam	Posterior Axillary Fold	Helps In The Abduction Of Arm
8.Yenthi Varmam	Deep To Anterior Axillary Fold	Helps In The Adduction Of The Arm
9.Kanthari Varmam	One Finger Below Axilla In Medial Aspect Of The Arm	Develops And Strengthens Bone Marrow
10. Puja Varmam	In The Shoulder Pit Lateral To Acromian Process	Helps In The Movement Of Shoulder
11. Kirayal Varmam	Middle Of Medial Aspect Of Arm	Purifies The Blood Develops And Strengthens Bone Marrow
12. Kaimootu Varmam	Middle Of The Cubital Fossa	Strengthen The Nerves Of Bone Marrow

**Cervical spondylosis**

Cervical spondylosis is a condition characterised by progressive degeneration of the cervical spine. As a result of aging process the intervertebral disc herniates resulting in nerve compression and vetebrobasilar artery compression. In the varma text, atlas and axis (c1 & c2) vertebrae are called "Eerel" and the cervical vertebra c3

to c7 are called as "Anjunirai Enbu". Cervical spondylosis is referred as "Anjunirai enbu Isangal" Any defect at the cervical vertebral level c3 to c7 either in the bones or nerves or blood vessels produces symptoms like neck pain, stiffness, radiaating pain, paresthesia, muscle weakness, movement restriction, giddiness etc.

**Table III: Varma points for the treatment of Cervical Spondylosis & Cervical Disc Bulge**

VARMA POINTS	LOCATION	FUNCTION
1. Mudichu Varmam	At The Junction Of C7 & T1	Helps In The Neck Movement
2. Chavu Varmam	In The Medial Border Of The Humerus	Increases Immunity Of The Body And Relives Pain In The Hand
3. Kavuli Varmam	In The Web Between The Thumb And The Index Finger	Regulates Idakalai And Pinkalai Flow
4. Kakkattai Kaalam	In The Middle Of The Supra Clavicular Fossa	Helps In Shoulder Movement

5. Manibandha Varmam	Middle Of Wrist In The Flexor Aspectof The Forearm	Relives Neck Pain
6. Manjadi Kalam	Middle Of The 4 <sup>th</sup> Meta Phalangeal Joint	Relives Shoulder Pain And Neck Pain
7. Piradharai Varmam	Posterior Axillary Fold	Helps In The Abduction Of Arm
8. Yenthi Varmam	Deep To Anterior Axillary Fold	Helps In The Adduction Of The Arm
9. Naaga Kalam	Between T2 And T3 Vertebra	Helps In Walking, Bending,
10. Kondai Kolli	In The Middle Line Near To Vertex	Connects Gross Body With Subtle Body
11. Thoosumuga Varmam	On Both Sides Over The Nipple	Gives Energy To Cervical Bone

### Lumbar spondylosis

Lumbar spondylosis is a degenerative condition affecting the lower region of spine. In patients with lumbar spondylosis, the spine will be compressed and the space between the vertebrae will be narrowed. Symptoms vary

from Low back Pain, radiating pain, numbness, muscle weakness etc depending on the severity of the disease. In varma texts Lumbar spine is referred as “Pooraga El” and any abnormality in Pooraga El is referred as “Pooraga El Isangal”.

**Table IV: Varma points for the treatment of Lumbar Spondylosis & Lumbar Disc Bulge**

Varma Points	Location	Function
1. Idakalai & Pinkalai	Energy Tracts That Travel From Foot To The Low Back Region Through Viruthi, Komberi, To Reach Nangana Pootu	Stimulation Of This Points Regulates The Energy In The Low Back Region And Reduces Pain
2. Porchai Varmam	In The Sub Occiput Medial To Mastoid Bone	Regulates The Pranic Energy After Varma Treatment
3. Veera Adangal	In The Semi Tendinous Tendon	Relieves Knee Pain
4. Anna Kalam	One Finger Above The Umblicus	Gives Energy To Lower Limb
5. Poovadangal	At The Junction Of The Thigh And Gluteus	Relives Disc Compression, Sciatica
6. Komberi Kalam	Middle Of The Leg Along The Medial Border Of Tibia	Enhances Energy To Walk
7. Viruthi Kalam	At The Level Of Distal End Of First Meta Tarsal Bone	Strengthens Leg And Foot
8. Mannai Adangal	At The Commencement Of Triceps Surae Muscle.	Regulates Pranic Energy Flow In The Legs
9. Ullthodai Varmam	Middle Of Medial Aspect Of Thigh	Strengthens The Leg
10. Mel Mannai	Between The 2 Heads Of Gastronemius	Enhances Energy To Walk
11. Ullangal Vellai	Meeting Point Of Two Balls Of Sole	Strengthens Leg And Foot

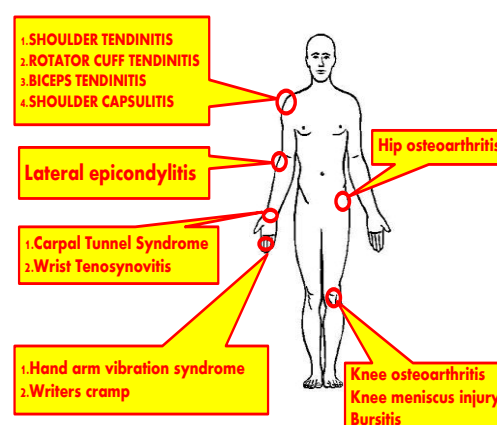
### VARMA POINTS FOR OTHER MUSCULOSKELETAL DISORDERS

- Calcaneal spur - mudichu varmam, uppu kutri varmam
- Muscle cramps – mannai adangal
- Writers cramp – mozhi piralgai varmam, kavuli kalam, soodothari varmam, adi mootu varmam
- Tennis elbow - mootu varmam, vil varmam, pattradangal
- Sciatica & foot drop

Intially for first two days Kondai kolli, Porchai kalam

#### Then,

- Kal kulachu
- Ullangal vellai
- uppu kutri
- Kuthikal
- Padankal
- Viruthi kaalam
- Komberi kaalam
- Jadapiral
- Poovadanga, should be activated daily



**Figure 1:**

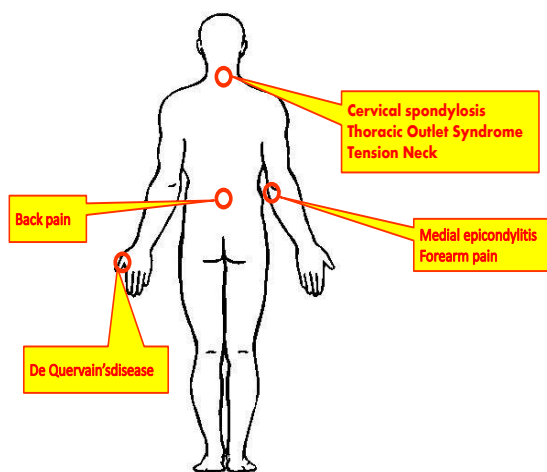


Figure 2:



Figure 5:

**SCHEMATIC LOCATION OF VARMA POINTS**



Figure 3:



Figure 6:

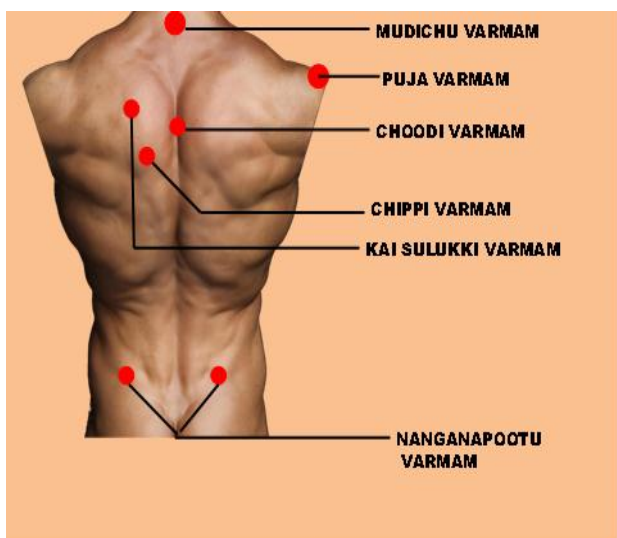


Figure:4

**CONCLUSION**

Varmam the ancient medicinal therapy is a unique gift to mankind with rich traditional knowledge and long history of use. The legacy behind this varma medical science will help us to understand that varmam is an effective and potential therapy to alleviate musculoskeletal disorders. Recent clinical studies have shown that manipulation of this varma points can release Endorphin and boost the level of Serotonin and Dopamine. These hormones will make us feel good, calm nerves and promotes healing and relives pain. Varma points manipulation not only helps for emotional well being but also helps for physical well being.

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