

Efficacy and Clinical Assessment of Varmam Therapy in the Management of Headache

Dr. D. S. Vaniswari¹, Dr. N. Shunmugom²

¹Assistant Medical Officer, TVR&TC, Arts Research Institute, Coimbatore – 641030, India

²Varmam Subtle Science Researcher, Honorary Advisor, Ari Foundation, Coimbatore -641030, India

Abstract: *Varmam is the life energy which fulfils the medical needs of humanity. Life energy circulates inside human body. Varmam is a precious heritage of mankind. The dwelling or resting places of the life energy are called varmam points. The varmam energy (vital life energy) flows through 12 naadis (vital energy channels) and chakras (nerve plexus) and is carried by dasa vaayu (vital energy force). When we stimulate the varmam points with appropriate pressure (Maathirai), it produces clear therapeutic effect. The disturbed vital life energy flow gets regulated through proper varmam stimulation. This paper focuses on the varmam therapy for headache which is most commonly encountered in this decade.*

Keywords: Varmam therapy, Siddha medicine, Headache

1. Introduction

Varmam therapy can be done without the compulsory use of internal or external medicine. Headache usually a benign symptom experienced by 90% of individual at least once a year, but occasionally it is the manifestation of a serious illness. Pain occurs when peripheral nociceptors are stimulated in response to tissue injury, visceral distension or other factors. Pain can also result when pain sensitive pathways of the peripheral or central nervous system are damaged or activated inappropriately.

Classification of Headache

- Primary Headache (not associated with any disease) such as tension type headache, migraine headache, cluster headache.
- Secondary Headache (associated with disease of ear, nose, throat, sinus, trauma, vascular disorder, metabolic disorders).

Etiology of Headache

- Any disturbance of body function, psychological stress or new medications can cause headache.
- Headache can occur as a result of compression, traction or inflammation of cranial and spinal nerves.
- Spasm, inflammation or trauma to cranial and cervical muscles.
- Meningeal irritation and raised intracranial pressure.
- Distension, traction or dilation of intra or extra cranial arteries.

2. Materials and Method

Aim of the Study

The aim of the study was to evaluate the clinical efficacy of varmam treatment on various types of headache.

Study Design

Type of study: Open, single non comparative clinical trial.
Level of Study: OPD

Study Centre: Thirumoolar Varmam Research and Therapy Centre (Unit of Arts Research Institute), Coimbatore.
Total duration of the study: Three months.

Inclusion Criteria

100 patients, aged above 10 years, both sex, attending OP department and showing no improvement from other kind of treatment.

Exclusion Criteria

Patients with pre-existing genetic and endocrine disorder, severe systemic illness, pregnant and lactating women, children below 10 years, hypertension, ear-nose-throat and sinus disease, eye disease, dental caries, tumours of cerebral origin.

Study Procedure

At the initial visit a detailed medical history with special emphasis on family history of non specific headache, treatment history for its duration of symptoms, onset, anatomical distribution exaggerating and relieving factors, recurrence and seasonal exacerbation were taken. Detailed systemic examination done. Local examination to rule out local causes like boils, herpes, eczema and neuralgia were done.

Varmam Points

The main varmam points used for therapy are Kondaikolli, Annan kaalam, Ner varmam, Nattal varmam and Chunnambu kaalam. For a particular person, while devising the varmam therapy protocol, usage of above points may vary according to the types of headache.

Varmam Points	Effects
Kondaikolli	Distributes pranan (oxygen) throughout body. Relieves headache.
Annan kaalam	Relieves nerve related headaches. Supplies energy to both eyes and ears.
Ner varmam	Energies the head.
Nattal varmam	Supplies energy to the head. Regulates blood circulation to brain and CSF circulation.
Chunnambu kaalam	Relieves nerve related headache. Relieves brain related stresses.

Volume 8 Issue 2, February 2019

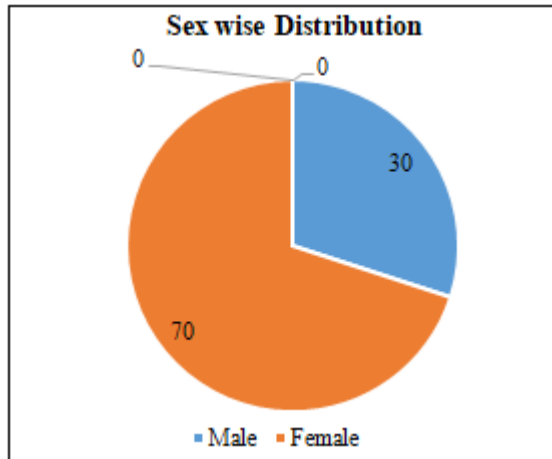
www.ijsr.net

Licensed Under Creative Commons Attribution CC BY

Follow-up and Assessment

All the patients were advised to take varmam therapy twice a week for a period of three months. The patients were asked to grade the relief from symptoms periodically in predefined grades as: Excellent (90-100% relief), Good (75-90% relief), Fair (50-75% relief) and Poor (below 50% relief).

3. Statistical Analysis



Age and sex wise distribution

Age (Years)	Total No. of Cases	Total Male	Total Female
10-20	6	3	3
20-30	21	7	14
30-40	30	7	23
40-50	26	5	21
50-60	12	5	7
Above 60	5	3	2

Duration of Illness

Duration of Illness	No. of Cases
Below 1 year	19
1 year-5 years	31
5 years -10 years	26
Above 10 years	24

The above table indicates the average duration of illness is 1-5 years.

4. Results

Overall – Time to Respond

Sex	No. of Patients	1 st Month	2 nd Month	3 rd Month
Male	70	38	24	8
Female	30	18	7	5
Total	100	56	31	13

Overall Response of Both Cases

Overall Response	Male	Female	Total
Excellent	40	20	60
Good	20	5	25
Fair	10	5	15
Poor	0	0	0
Total	70	30	100

In total 100 patients were enrolled in the study. There was male preponderance in the study (70 Male, 30 Female). The highest incidence of cases was in age group of 30-40 years. The mean duration of illness was 1-5 years. During the first

month of treatment 56% of patients showed significant relief (38 Male, 18 Female), in the second month 31% of patients (24 Male, 7 Female) and in the third month 13% of patients (8 Male, 5 Female).

There were no clinically significant adverse effects reported and observed during the entire study period. In the subjective evaluation of varmam therapy 60% (40 Male, 20 Female) found it excellent, 25% (20 Male, 5 Female) found it good, 15% (10 Male, 5 Female) found it fair and no one shown poor response (below 50% relief).

5. Discussion

Headache is a clinical symptom and not a specific diagnosis. The clinical presentation of headache may vary from person to person in various diseases, in different age groups and among sexes. The most commonly recognized triggers of headache are seasonal variation, sunlight exposure, alcohol, emotional stress, medications, certain type of foods, personality, physical exertion and hormones. An attempt to treat headache with varmam therapy has proven to be effective, safe and free from adverse effects.

6. Conclusion

Headache has become a challenging problem to the present day physicians. Results obtained from the varmam therapy were highly encouraging, safe and free from adverse effects. The documentation and compilation of this knowledge should be subjected to extensive research in order to identify proper techniques that are relevant to particular condition and to standardize the treatment procedure and its application.

References

- [1] Basic Concepts of Medical Varmalogy - Kaibaghram Seibaghram, Dr. N.Shunmugom published by Thirumoolar Varmalogy Institute, April 2017.
- [2] Varmam Sorporul Vilakkam, Dr. N.Shunmugom, published by Thirumoolar Varmalogy Institute, 2012.
- [3] Varma Beerangi Aayvu Pathippu – Moolamum Uraiyum, Dr. N.Shunmugom, published by Thirumoolar Varmalogy Institute, December 2015.
- [4] The Five Approaches of Medical Varmalogy, Dr. N.Shunmugom published by Thirumoolar Varmalogy Institute, March 2015.
- [5] The Foot Prints of Medical Varmalogy, An Ancient Indian Medical System, Dr. N.Shunmugom, published by Arts Research Institute, 2012.
- [6] Varma Maruthuva Adipadai Kalvi, Dr. N.Shunmugom published by Thirumoolar Varmalogy Institute, April 2014.
- [7] Stuart Ralston, Ian Penman, Mark Strachan, Richard Hobson, Davidson's Principles and Practice of Medicine Textbook, April 2018 (Edi-23).