



A review on the role of varmam therapy in insomnia

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Abstract

Varmam is one among traditional system of medicine, which means “Art of vital points”. These vital points are located along the invisible energy channels in our body. Any injury or block in the flow of vital life energy leads to the disease. Varmam is a unique technique which is capable of changing the mental stress related disorders like insomnia. In this day today modern life, people are engaged with heavy workload mentally rather than physically leading to sever depression causing insomnia. Insomnia or sleeplessness is a sleep disorder that regularly affects millions of people worldwide. Insomnia is also believed to be the root cause of several chronic diseases. Sedative are the commonly used medicine in other systems which results in side effects in patients both physically and psychologically. There are some specific varma points for treating Insomnia (*Kondaikolli Varmam, Puruva Varmam, Kanpukaichal Varmam, Natchathira Kaalam,Sevi Kuttri Kalam,Kuttri Varmam, Porsaikalam*). This article reviews some specific Varma points evident in siddha literature in treating insomnia.

Keywords: varma points, insomnia, literature review

Introduction

Siddha system of medicine is most ancient and spiritually enriched one. In this system way of treating the patient is unique. This system encompasses treasures like 32 types of internal and 32 types of external medicine, *Yogam and Varmam*. They not only concentrate on curing the disease but also heal the human body. Varmam is a vital points located all over the human body. These vital points contain *Vaasi* in higher concentration. If there is any obstruction in *Vaasi* flow it will leads to a disease condition. By the manipulation of Varmam point energy can be restored.

According to Siddhars, human beings should not control the 14 natural urges which was called by the Siddhars as ‘14 *Vegangal*’. Sleep is one among those 14 natural urges. They have also mention the complication that occurs due to the control of these natural urges in their literatures. The Insomnia, also known as sleeplessness, is a sleep disorder in which people have trouble sleeping. They may have difficulty falling asleep, or staying as long as desired, which causes persistence tiredness. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life. The reported prevalence of Insomnia is (9%) in the general population and about 30% suffer from occasional Insomnia. A higher prevalence of sleep disorders related to initiation and maintenance of sleep (28%) was reported in a population from North India.

Siddha Aspect

According to siddha literature,

Sleep (*Nithirai*) comes under *14 Vegangal* and they also aware of complication that occurs when there is disturbance in sleep cycle.

Symptoms of insomnia

- Difficulty falling asleep, including difficulty finding a comfortable sleeping position.
- Walking during the night and being unable to return to sleep
- Not feeling well rested after a Night sleep
- Day time tiredness and sleepiness
- Irritability depression or anxiety

Causes of Insomnia

Insomnia may be the primary problem or it may be associated with other condition .Insomnia can be used by physical factors as well as psychological factors.

Insomnia can commonly be caused by:

- Stress

- Travel or work schedule
- Poor sleep habit
- Eating too much late in the evening
- Mental health disease
- Medications
- Medical condition
- Sleep related condition
- Life style changes.

Types of Insomnia

There are two types of Insomnia

- Primary insomnia
- Secondary insomnia

Primary Insomnia Means that a person is having sleep problems that are not directly associated with any other health condition or problem.

Secondary insomnia means that a person is having sleep problems because of something else, such as a health condition (like asthma, depression, arthritis, cancer, or heartburn); pain; medication they are taking or substance they are using (like alcohol)

Aim

Review of Varmam points for Insomnia given in Varmam literature.

Materials and Methods

Authors collect the data from books from the Ambedkar library of Govt Siddha Medical College, & Central Council of Siddha Research Center. The points were collected and made into tabular column

Result

Table 1

S.No	Varma Points	Location	Technique	Duration	Frequency
1.	<i>Thilartha Varmam</i>	Centre point between the eyebrows.	Place the middle finger with $\frac{1}{4}$ <i>Maathirai</i> pressure in upward.	10 seconds	3 times
2.	<i>Puruva Varmam</i>	Centre point of the eyebrow.	Place both thump finger with $\frac{1}{4}$ <i>Maathirai</i> pressure clock wise and anti-clock wise rotation.	20 seconds	3 times
3.	<i>Natchathira Kaalam</i>	Tail of the eyebrow on the bony part.	Place tip of the thump finger over the point and pressure with $\frac{1}{4}$ <i>Maathirai</i> inward.	20 seconds	3 times
4.	<i>Sunnambu Kaalam</i>	3 fingers above <i>Poigai Kaalam</i> .	Place the tip of the middle 3 fingers with $\frac{1}{4}$ <i>Maathirai</i> pressure in horizontal movement.	30 seconds	3 times
5.	<i>Sevikkutri Kaalam</i>	Behind the ear lobe infero-medial on the mastoid process.	Fix the central part of the middle fingers .apply gentle upward pressure	20 seconds	3 times
6.	<i>Urakkakaalam</i>	Centre point of both side of mandible.	Tip of the middle 3 fingers place the tip of mandible moves toward <i>Ottu Varmam</i> Through <i>Urakka Kaalam</i> .	20 seconds	3 times
7.	<i>Patchi Varmam</i>	1 $\frac{1}{2}$ fingers above the <i>Thilartha Kaalam</i>	Place the tip of the middle three fingers with $\frac{1}{4}$ <i>Maathirai</i> pressure in horizontal movement.	20 seconds	3 times
8.	<i>Patchi Ner Varmam</i>	5 fingers above the <i>Thilartha Kaalam</i>	Place the tip of the middle 3 fingers with $\frac{1}{4}$ <i>Maathirai</i> pressure in horizontal movement.	20 seconds	3 times
9.	<i>Kondai Kolli Varmam</i>	Ten fingers above the <i>Thilartha Kaalam</i> .	Place the tip of the middle 3 fingers with $\frac{1}{4}$ <i>Maathirai</i> pressure in horizontal movement.	20 seconds	3 times
10.	<i>Seerum Kolli Varmam</i>	6 fingers above the <i>Kondaikkolli Varmam</i> .	Place the tip of the middle 3 fingers with $\frac{1}{4}$ <i>Maathirai</i> pressure in horizontal.	20 seconds	3 times
11.	<i>Pidari Varmam</i>	Just below the occipital protuberance.	Place the tip of the thumb of middle finger over the point and	20 seconds	3 times

			give the pressure with ¼ Maathirai forward and upward.		
12.	<i>Annan Kaalam</i>	One finger outside of the <i>Natchathira Kaalam</i> .	Place centre point of the thumb finger and give the pressure ¼ Maathirai œ shaped.	10 seconds	3 times
13.	<i>Kutri Varmam</i>	Front of the ear lobes.	Place the thumb with fourth finger and gently shake.	5 seconds	3 times
14.	<i>Porchai Kaalam</i>	One finger left and right side of the <i>Pidari Kaalam</i> .	Place the both side of the middle finger and give pressure ¼ Maathirai upward and downwards.	10 seconds	3 times
15.	<i>Ottu Varmam</i>	Centre of the mandible bone.	Place The middle 3 fingers and give ¼ Maathirai pressure upwards.	10 seconds	3 times
16.	<i>Thummi Kaalam</i>	Jugular notch.	Tip of the middle 3 fingers place the tip of the mandible towards the <i>Thummi Kaalam</i> Through <i>Ottu Varmam</i> .	10 seconds	3 times
17.	<i>Kakkattai Varmam</i>	2 finger lateral to the joining of neck with shoulder.	Press and release 3 times with the middle 3 fingers place thumb on <i>Kaichuliki Varmam</i> ½ Maathirai depth.	10 seconds	3 times
18.	<i>Kanpugaichal Varmam</i>	Just inferior to the medial to lateral malleolus on each side.	Place the tip of the 3 fingers of the both hands above the malleoli and press downwards around the malleoli.	20 seconds	3 times
19.	<i>Chippi Varmam</i>	5 fingers below the c7 vertebra and 2 fingers lateral to the spinal column over the medial border of the scapula (bilateral).	Place of the pulp of thumb with ¼ Maathirai pressure towards shoulder joint.	30 seconds	9 times
20.	<i>Manjal Varmam</i>	Base of grate toe at the lateral side.	Press with thumb or using thumb and index finger up and down press.	30 seconds	3 times

Conclusion

Insomnia can occur at any age. The risk factors include sedentary life style, emotional disorders such as depression, and high levels of stress. Some medications for insomnia like diphenhydramine (anti-histamine) can have side effects, especially in long term uses. Varma therapy is a non-invasive, simple and effective treatment for patients suffering from insomnia. By the manipulation of Varma points sleep can be induced, which in turn reduces the stress level and depression and helps to lead a healthy life. This preliminary documentation will be helpful for the further scientific validation of each point.

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