

Case Report

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## The Varmam treatment for Azhal peenisam (Sinusitis) – A single case study

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### Abstract

Varmam (tamil meaning uyir attral) is the science of motion and function of the energy. Varmam is 7000 years oldest system of medicine. The following years varmam also accepted the medicines like plants and minerals for the treatment and it stepped into internal and external medicine and individually independent, developed into Varma system of medicine. According to Siddha, siddhars like Agathiyar, Pulipani, Bogar, Theraiyar are educate the varma kalai to others, Agathiyar school of thought in varmam is mostly practised in tamilnadu. It is not only for treating the disease and also to control the animals, this method is nila. The national museums of Sri Lanka have documented 86 nila and their functions. Sinusitis is the most common health issue in the world. Sinusitis is the inflammation and swelling of the tissue lining the sinus. Epidemiological study of sinusitis in the South, Midwest, and among women. Children younger than 15 years of age and adults aged 25 to 64 years are affected the most. In Siddha system of medicine sinusitis is compare to the peenisam or mookadaippu. It is caused by imbalance of pitham and kaba kuttram. It treated with Varmam along with Siddha internal and external medicine, the results is good symptomatic relief within few days.

### Keywords

Siddha,  
Varmam,  
Peenisam,  
External medicine.

### Introduction

Varmam is branch of siddha system, which involves special kind of therapy based on vital points called varma points present in the body. This special therapy evolved from ancient Dravidian martial art varma kalai (in tamil language meaning is art of vital points) gradually with the inclusion of internal and external medicines, siddha practioners who practiced varmam is called as a varma asan's and it became unique therapy. According to varma therapy there are the points in the body which are storing points of

pranavayu. These points when stimulated increase flow of energy, heal disease or boost the immune system. To stimulate the varma points, pressure should be applied in these points at a particular and given strength as mentioned in varma literature however as if same points are wrongly activated it cause pathological changes in the body stimulation of varmam points consist five main aspects saves life (physiological aspect), causes disease (pathological aspect), cures disease(therapeutic aspect), gives longevity(preventive aspect), causes death(traumatic aspect).

ஊளாபடிநூறெறட ( தலப தளமசவாகு)  
உணர்வாகி அத்தலங்கர் உயிருமாகு  
களாமுற்ற அத்தலங்கர் பிண்டியமாகும்  
கலங்கமற்றால் அத்தலங்கர் சுகமேகாஊ  
உளருணர்வா அத்தலங்கர் வாசி ஏற்ற  
உற்றதினால் அத்தலங்கர் உயுதிசேருப  
புளாடிபோ அத்தலங்கர்கள்கண்டவர்கர்  
புகலார்கர் எல்லாரும் புவியிலுள் ஊளாகுக  
- வர்ம ஓடிவுமுறி சரதத்திரா 1200

Sinusitis is the inflammation and swelling of the tissue lining the sinus. Healthy sinuses are filled with air. But when they become blocked and filled with fluid, germs can grow and cause an infection. The causes are

common cold, allergic rhinitis, nasal polyp deviated septum and types are acute, subacute, chronic and recurrent sinusitis.

தலையுய வலததுகதைது மிக  
சளி தாந் நாசியிற் திரண்டு வாயு  
துளையுய சொன்னோம் பீனிசமுய  
கொள்ளும் கபால வரட்சியுமே.  
வலையுய நாஸலழு சென்றால்  
வறண்டு ஜீறுசி திரண்டு விழும்  
உலைய மிகவும் நாற்றமதாய்  
உண் தண்ணீர் விழுந்திருக்குய  
பிழையுய செய்து நாசி  
அடைக்கும் பீனிசத்தனை குணயதுவே.

-Yugi vaithiya chinthamani

According to siddha literature it may compared to peenisam or mookadaipu and it is nine types vali mookadaipu, azhal mookadaipu, iyam mookadaipu, neer mookadaipu , kuruthi mookadaipu, seel mookadaipu, sirai mookadaipu, moolai mookadaipu, kaluthu mookadaipu , according to siddha concept drinking or bathing in cold water immediately after exposure to heat, suppression of tears which one of the natural 14 urges, the dearrangement of pitham and kabham in the body causes the peenisam

## Case Report

A 48 year old female diagnosed with azhal peenisam(sinusitis) by the Sirappu Marthuvam

department presented in Outpatient department(OPD) of Government Siddha Medical College, Palayamkottai, Tirunelveli district with complains of nasal congestion, nasal dripping, more than 10 times of sneezing in morning and headache, these symptoms were occurring for on 3 months. Her previous treatment for sinusitis is irregular.

## Clinical Findings

### General examination

The general condition of the patient was good and without alternation in vital signs. She had loss of appetite, bowel and bladder habit, and regular sleep

### Local examination

On palpation is done on supra orbital area near the medial canthus patient feels pain it shows the frontal sinuses and palpating the medial to medial canthus patient feels tenderness it shows ethmoidal sinus the symptoms of nasal discharge, feeling of pressure behind the eyes. The signs of polyp and inflammation was present in nasal cavity.

### Investigation

According to siddha concept, from the complains of patient, irritation in the nose, inflammation in the nasal cavity, increased thirsty, headache, anosmia, nasal stuffiness, confused state of mind and these symptoms compares to the azhal mookadaipu.

### Discussion

Sinusitis is the clinical condition which resembles the peenisam or mookadaipu. Siddha aspect of particular case presenting with symptoms like as irritation in the

nose, sneezing, inflammation in the nasal cavity, increased thirst, headache, decreased smell sensation, nasal block, these are the characters of pitham and kabam. The symptoms related to the peenisam was pitha-kaba kutram. And it cause due to intake of cold water or roaming in cold air, smoke, dust, allergic substance which induce sneezing, intake of cool drinks, and may also consider during yoga practice body heat becomes excessive and travels from lower part of body towards head if kabam kutram is suddenly increases due to any cause, these are the imbalance of pitham and kabam in the body these are the symptoms of azhal mookadaipu or azhal peenisam. The line of treatment is treating with varmam, ottradam, nasiyam, pugai and internal administration of drugs with dietary changes and lifestyles. The patient was advised to report at an interval of 4 days once or report as when required for appraisal.

### Line of treatment

#### 1. Varmam points

S.No	Varmam points	Anatomy	Actions
1.	Kondai kolli varmam	Over the bregma of the skull	Maintain the mental health, Balancing Kaba kutram, increases memory power.
2.	Vala –eda moorthi varmam	Over the lateral border of ala nasi on the nasolabial groove	Maintain the head and brain, nasal and upper respiratory system.
3.	Nadu moorthi varmam	Over the glabella of the skull	Maintain the mental health, Balancing Kaba kutram, increases memory power, stimulates pituitary gland.
4.	Annan varmam	Below the lower border of alanasi on the nasolabial groove.	Right nasal and increases brain activity
5.	Thilartha varmam	Over the nasion, inbetween the frontal bone and nasal bone. At the junction of frontonasal suture and internasal suture.	Increases memory power, stability in decision making. Relieves from headache, nasal block.
6.	Nadu nema varmam	T the midpoint of the frontal bone. 2 1/2f.b.	Left side nasal cavity and lungs, kaba kutram,

7.	Netti bala varmam	At the middle of the frontal bone, 2.f.b. above the frontonasal suture	Increase in hearing capacity and speech
8.	Kannadi varmam	At the middle of the nose, 2.f.b. below the frontonasal suture.	Maintain the mental health, Balancing Kaba kuttram, increases memory power. Cures sneezing.
9.	Chundikai varmam	Over the nose, 2f.b. below the frontonasal suture	Stimulates the organs in the head, Balancing Kaba kuttram
10.	Mooku bala varmam	Over the nasal bridge, at the lower end of the internasal suture.	Increase memory power, cures phobias, Maintain the mental health, Balancing Kaba kuttram, increases memory power.
11.	Cheerum kolli varmam	Over the lambda of the skull	Increases eye power, Maintain the head and brain, nasal and upper respiratory system

## 2. Ottradam

Notchi ilai ottradam - Notchi ilai(Vitex negundo) is crushed and heated in the vessel and tied, again heated and check the heat in dorsal aspect of hand and fermentate in the patient face in the circle way of around the eyes and nose, linear way of forehead. This method is repeated for three times.

## 3.Nasiyam Chukku thylam

Patient was in the lying posture and head is just tilt upward. First drop the chukka thylam in left nasal 3 drops only and repeated in right nasal. If the patient feel want to expectoration, allowed to expectorate.

## 4. Pugai

Manjalkombu pugai – fired the manjal on the corner and stop it, smoke will appear, patient want to inhale the smoke by nose not opened the mouth. Close the one nasal by finger to use one side of nasal, repeated in other side.

## 5. Internal medicine

Thalisadhi choornam 2g and Gowrichinthamani 200mg with honey bd after the meals. Prescribed the medicine for one month. Afterwards she stopped the internal medicine.

## Follow-up and outcomes

The symptoms of the patient was noted in the first visit and advised to visit in the OP every 4 days once. The line of treatment was explained to the patient and conduct the treatment. Symptomatically patient was feel good after the first day of treatment and next visit symptoms like headache, nasal block is relieved mildly, examine (palpation) the area for frontal and ethmoidal sinus and symptoms are noted after each follow-up visit compared to the before treatment status. Totally five visits of the patient feels good. No adverse effect related to the varmam, external medication and prescribed drugs was also reported. On follow up for 3 months, there was no reoccurrence of the symptoms.

## Conclusion

Sinusitis (peeniam) is the most common and repeatedly occurring disease. It develops into nasal polyp and difficult in breathing and it leads to surgery, but in the siddha system there is no need for surgery and it can be well treated in few days. Other conventional treatments are not satisfactory. This case is observed for three months no other reoccurrence, the line of treatment is better than prescribing only internal medicine. Along with varmam it could be

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