

Effects of trauma to the Varma spots -A review

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Introduction

Varma Maruthuvam is a special and individual part of siddha medical system better known for its Unique scientific approach to human body comparing it with universe. According to Siddha Varma Science, The Human body is the Microcosm of the Universe. Varma system deals with vital energy circulation inside subtle body. The life energy is responsible for perfect healthy human body which circulating through *Varma* spots. According to many *Varma* literatures there is 108 important *Varma* spots are situated in human Body. The three *doshams* (*vatham,pitham,kabam*)are the bio – regulating forces which have the dynamic balance with one another, helps to maintain the disease free life. Any derangement in vital energy circulation (*vasi*) due to any fault in the *Varma* spots eventually derange the bio-regulating forces, and cause diseases and adverse effects, Trauma to the *Varma* Spots are the main reason for imperfection

in the *Vasi* circulation which produces adverse effects Like fever, inflammation, unconsciousness, and also death. This article analyses the effects of Trauma to the *Varma* spots.

Varma spots:

Many literatures explains the *varma* spots in human body are 108 in numbers.

Among 108 *Varma* points

Paduvarma spots are 12 in number

Thoduvarmaspots are 96 in number

Paduvarmaspots are situated deeply inside the junction of Muscles, Bones and Nerves.

ThoduVarma spots are situated superficial to the Muscles.Each *paduvarmaspots* are connected with regional 8 *thoduvarma* spots.

Any injury to the *Paduvarma* spots create serious complications.

Aetiology of varma trauma

“*ThanaanaThadiyadigalpaduvathaalum
Thayavaanaerivisaigalkollalaalum*”-
AdivarmaSootcham

Trauma to the *Varma* Spots are Mainly Due to

-) Blow to *Varma* spots by heavy wood, Stone, etc..
-) Improper exercises
-) Sports injuries
-) Horse riding
-) Lifting heavy weight
-) While practicing Silambu
-) During child birth

The trauma and the effects are depending upon the injury of a *varma* spot which is Measured by *erai*.

Erai- is the unit of the depth of the pressure given to the *Varma* Spots

If a *varma* spots gets injured More than 1 *erai* it is considered as a complete injury.

Effects of trauma to the varma spots:

Generally if a *Varma* Site gets Injured, it shows adverse effects depending upon the force degree of an Injury.

According to *VarmaodivuMurivuGnanam*
“*Aacharyamayirukumthalangalkandaal
AthuperugiKulirnthirukumarinthupaaru*”

In *Varma* trauma The temperature of the site of trauma get reduced and become Cold.

The most common symptom of a *varma* trauma is the state of unconsciousness

When a *varma* point gets affected it derange the flow of *prana(vasi)*, Which leads to derangement in *thasavayukkal*, and transform the information to the brain through the *aatharachakkaras* which leads to unconsciousness.

Clinical features:

Clinical features of *paduvarma*-trauma

In *Varma* literatures Some specific clinical features have been described for the trauma of *paduvarmam*

-) Derangement of 4 pranakalai
-) Excess of sweating
-) Sudden drop of Body temperature
-) Chills
-) Loss of consciousness
-) Psychiatric disorders
-) Urinary and bowel incontinence

Clinical features of *ThoduVarma*-trauma

-) *Dasanadis* and *dasavayukkalloss* its strength
-) Chills
-) Unconsciousness
-) Loss of memory
-) Seizures
-) Weight loss
-) Xerostomia

Amirthanilaivarma-trauma:

According to *varma* science the circulation of life energy is related with phase of moon..In each phase of moon starting from day 1 to 15 (*prathimai* to *pournami/Amavasai*)The energy circulation of subtle system travels in an ascending and descending Manner.The storage of circulating life energy change to the specific *varma* spots while ascending Motion called *Amirthanilaivarmapulligal*. When a trauma to *varma* spots at the state of *amirthanilaileads* to serious illness like ‘*Sanni*’(*delerium*) and can leads to death.

Treatments for the *varma*-trauma:

Adangal and *illakku muraigal*:

Each *varma* spots are having ‘*Kaalam*’ -The Recovery time period. Within this period of time One should treat the *Varma* trauma by doing *Varma adangal* and *ilakkumuraigal*

Adangalgal is the specific *varma* spots where the *varma* energy stored in large amount.

Specific therapeutic manipulation to these *varmaadangalgal* within the period of time Can rearrange and regulate the circulation of life energy.

Each *varma* trauma should be revived by specific '*illakumuraigal*'-The techniques and steps of Manipulating therapy which also should be done within the appropriate time period.

Internal medicines:

Internal medicines like *Varmakashayam*, *chooranam*, have been formulated for every trauma of Varma Spots .

Ex..

Kurunthotti kudineer.

Vellarugu kudineer

External medicines:

External application of Medicated oil in the Method of *illakumuraigal* helps to better and fast recovery from *Varma* trauma.

Ex..

Kaayarajangaennai

Vasavennai

Murivennai

Conclusion

This review article explains about the *Varma Science*, the effects of trauma to the *varma* spots, and its treatment methods plays a role of Initiative for further researches.

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