

**A REVIEW ON VARMAM IN THE MANAGEMENT OF AZHALKEEL VAYU (OSTEO ARTHRITIS)****Dr. S. P. Kopperundevi\*<sup>1</sup> and Dr. K. Arunachalam<sup>2</sup>**<sup>1</sup>Lecturer JSA Siddha Medical College, Ulundurpet, Tamilnadu, India.<sup>2</sup>Research Associate Siddha Clinical Research Unit Tirupati, Andhra Pradesh, India.**\*Corresponding Author: Dr. S. P. Kopperundevi**

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**ABSTRACT**

Varmam is a unique science in the siddha system of medicine. This is highly related to neuromuscular junction of anatomical science. The vital energy is located somewhere in the body and that will be stimulated by external force is called varmam. Varmam is one of the best therapy for management of osteoarthritis along with medicines. Varmam therapy is the best for vatha diseases, especially in osteoarthritis (azhalkeel vayu).

**KEYWORDS:** Varmam, osteoarthritis, azhalkeel vayu, siddha management.**INTRODUCTION**

Varmam is special and basic part of the traditional siddha system of medicine and it is practiced mostly in Tamilnadu and Kerala. Varmam therapy consists manipulation of therapeutic points in our body where the pranic energy or the life energy remains concentrated. Disease occurs as a result of any obstruction or disruption in the flow of life energy due to trauma or other causes. By proper manipulation of the specific therapeutic varmam points, the obstruction is removed and the normal flow of energy is restored.

**Classification of varmam**

Padu Varmam - 12

Thodu varmam - 96

Thattu varmam - 8

In siddha system of medicine the following disorders are giving good prognosis by treated with varmam.

Thandaga vatham

Cegana vatham

Azhhalkeel vayu

Kumba vatham

Pakka vatham

Valippu

**Varmam literature**

The literature based evidence played an important role in siddha system. For varma therapy, there was lot of evidence from ancient tamil period.

Initially we get evidence of varmam from palm manuscripts. Later it will make out text like varma odivu murivu sara suthiram, varma sara suththira thiravukol,

varma laada suthiram, varma beerangi, odivu murivu kattu suthiram, varma kannadi, varma maathirai, thodu varma thiravukol, varma pulligalin iruppidam, varma kalai kalanjiyam, varma ariviyal, varma vinjagnam

**Osteo arthritis**

Osteoarthritis is a type of joint disease that results from breakdown of joint cartilage and underlying bone. The most common symptoms are joint pain, swelling, stiffness and restricted movements. In siddha system the symptoms of osteoarthritis are similar to Azhal keel vayu.

**Varmam points for osteoarthritis (Azhhal keel vayu)**

- Kannady kalam
- Mootu varmam
- Veera adangal
- Kuthiraimuga varmam
- Chippi munnai varmam
- Adappakalam
- Vilangu varmam
- Komberikalam
- Viruthikalam
- Valampuri
- Idampuri
- Aanaikalam
- Mannai
- Kuthikal varmam
- Sundikalam
- Chippimunai
- Panjamuga varmam
- Mootu varmam
- Komberikalam
- Kaal sanni adangal

## ➤ Ullangal vellai

S. No.	Name of the varmam	Location	Application
1	Panchamuga varmam	Around the patella	Place the tip of the thumbs along the upper border of the patella and glide over the borders and end at the lower border
2	Mootu varmam	Centre of the popliteal fossa	Place the tip of middle three fingers over the points press three times
3	Komberi kalam	Eight finger breadth above the medial malleolus	Place the tip of the middle three fingers over the point, press three times, towards medial border of tibia.
4	Kaal sannu adangal	At the junction of big & second toe	Place the tip of thumb finger, give pressure and release
5	Ullangal vellai	In plantar region, at the junction of great toe and second toe	Place the tip of thumb finger, give pressure and release

**CONCLUSION**

Varmam is the enhancing therapy in siddha treatment and effective for the management of osteoarthritis (Azalkeel vayu). Which is drugless, cost effective and it will also use in emergency condition. This article will help to get awareness and also help to motivated further research on it. Varmam is the precious thing given by siddhars. We have to utilize the varmam for effective, quick recovery of disease and to reveal the strength of siddha system.

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