



Original Research Article

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THERAPEUTIC EFFICACY OF VARMAM THERAPY IN SINUSITIS A PILOT STUDY

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Abstract

Siddha system is the ancient traditional medicine practiced all over Tamil nadu. Siddha system is a unique system compared to other systems as it is both medicinally, intellectually and spiritually enriched. Siddha system is bestowed with various specialties of which few are Yoga, Kayakalpam, Pranayamam, Varmam and Thokkanam. Varmam are vital points in the body that act as energy transformers or batteries. The presence, location and action is totally unknown to the modern medicine. Varmam Therapy is the Pressure manipulation over these points with a particular force for the specified time. This will regulate the flow of energy which is obstructed due to assault on these points (varma points) or due to any other cause. Headache is nearly a universal human experience. The lifetime incidence of headache is estimated to be at least 90%. Nowadays, Sinusitis is a common problem among the young adults and adults. Unlike Diabetes and Coronary heart Disease, Sinusitis are also wide spread. Sinusitis does not kill but it is characterized by chronic head ache and extreme discomfort. It is often associated with nasal congestion and worsens with movement of the head. It is mainly due to High Pollution Level, Congested living condition and Life Style Modification. This can all be overcome by varmam, one of the Special therapies of Siddha system of medicine without any adverse effects. According to Siddha literature, there are about 108 Major Varmam points are present in the human body. Among these, Thilartha Kalam, Puruva Kalam, Valamoorthi Kalam, Poigai Kalam, Sevikutri Kalam, Nasi Kalam were used for the management of sinusitis. This study was conducted in department of sirappu maruthuvam, Govt. Siddha Medical

College, Palayamkottai. This trial was done in 10 patients, aged 25 to 45 of both sex who presented with nasal discharge of any quality, facial pain unrelated to trauma or self suspected sinusitis were eligible Patients were excluded if they had symptoms greater than 3 months duration, general malignancies ,head trauma and previous sinus surgery.Clinical parameters used for the prognosis are facial pain ,nasal discharge,Sinus tenderness and head ache . The outcome of the present study reveals that the varma therapy are very effective in management of sinusitis

Key Words: Siddha System, Varma Therpy, Sinusitis

INTRODUCTION:

Sinusitis is mentioned under Mookadaipu (nasal block) which is also known as Peenisam or Neerkovai in siddha literature. There are many classifications of this disease; some classify it into 86 types, while others classify 18 types. The generally followed classification of Mookadaipu is into 9 types and is as follows-

- Vazhi mookadaipu
- Azhal mookadaipu
- Iyam mookadaipu
- Neer (watery) mookadaipu
- Kuruthi (bleeding) mookadaipu
- Seel (pus) mookadaipu
- Sirai (lower) mookadaipu
- Moolai (nasal polyp) mookadaipu
- Kazhuthu(neck) mookadaipu (that which is associated with throat).

Of these the symptoms of vazhi, azhal, Iyam and neer types closely resemble the symptoms of Sinusitis.

Siddhars, more than thousand years ago, addressed this disease as mookadaipu, a combination of sinusitis and rhinitis.

CAUSES

- Excessive intake of cold items and exposue to cold weather.
- Inhalation of smoke or other allergy including gases.
- Drinking or taking bath in cold water immediately after exposure to heat.
- Suppression of tears which is one of the 14 natural urges.
- High decibel excessive talking.
- Increased or shortened sleep.
- During yoga practice, when body heat (azhal) becomes excessive and travels from lower part of the body towards head.If Iyam increases suddenly due to any cause, this disease will occur.

PATHOLOGY

According to siddha concept, this disease occurs when a person performs an activity which increases iyam humour while azhal humour is increased in the body. The azhal humour can be in increased state due to food or any other activity which induces heat.

This disease is the de-arrangement of pitham and kabam humours of the body as said in sathaga nadi.

MODERN CONCEPT

A sinus is a hollow, air filled cavity. Humans have four parts of sinuses. They are

1. Frontal sinus (in forehead)
2. Maxillary sinus (behind cheeks)
3. Ethmoid sinus (between the eyes)
4. Sphenoid sinus (deep behind the ethmoids)

The four parts of sinuses are often described as a unit and termed as the "paranasal sinuses". The cells of the inner lining of each sinus consists of mucous secreting cells and epithelial cells laden with cells of immune system .

Sinusitis can be caused by infection but can also be caused by allergy and irritation of the sinuses. A sinus infection occurs when a pathogenic microorganism (virus, bacteria or a fungus) grows within a sinus. The sinus openings may be blocked by swelling of the tissue lining and adjacent nasal passage tissue due to common cold, allergy and tissue irritants such as cocaine and cigarette smoke.

Sinuses can also become blocked by impaired drainage of mucus, tumours or growths that are near the sinus openings. Sinusitis is one of the common conditions that afflict people throughout their lives.

The symptoms of sinus infection include headache, facial tenderness, pain, fever, nasal discharge and feeling of nasal stiffness, sore throat and cough.

LINE OF TREATMENT

According to the siddha principles, the line of treatment includes normalization of the increased pitham and kabam as well as treating the diseased parts which are nose and the sinuses.

1. To normalize vitiated kabham, first prescribe the Anti kabha drugs.
2. To normalize increased azhal, medicated oil is advised.
3. Nasal Drops
4. Steam inhalation
5. Yogic Exercise
6. Diet

VARMAM IN SIDDHA

Siddha system of medicine emphasize different modalities of treatment. Among them, **Drugless therapy** is considered to be supremo and varma therapy comes under this category. **Varmam** is a unique art of therapeutic science, having the "knowledge of

vital points of the body” prevalently practiced by the vaidyars of kanniya kumarai and tirunelveli dt., the southernmost districts of tamilnadu. In case of Sinusitis, some of the varma points are triggered during the course of massage

AIM AND OBJECTIVE:

To substantiate the efficacy of varma therapy in the management of sinusitis.

MATERIALS AND METHOD:

STUDY DESIGN : Pilot study

SAMPLE SIZE : 10 patients

randomly selected from the hospital attached to the Govt. Siddha Medical College, Palayamkottai.

INCLUSION CRITERIA:

- Age :25 – 45 years
- Sex :Both male and female
- Patients with nasal discharge of any quality.
- Patients with Facial pain unrelated to trauma.
- Self suspected sinusitis.

EXCLUSION CRITERIA :

- As Below 25 years and above 45 years, pregnant and lactating women.
- Symptoms greater than 3 months duration
- .General malignancies
- Head trauma

STUDY PROCEDURE

IN THE HEAD

1. **Thilantha Kalam:** Located at the centre in between of both eyebrows, at curve of nose.
2. **Puruva Kalam:** Supratrochlear orbital nerve, at centre of both eye brows.
3. **Valamoorthi kalam:** infra orbital branches of facial nerve
4. **Poigai Kalam:** Top of ear lobe opening, exactly at head that joints ears in between ear and head.
5. **Sevikutri Kalam:** Posterior auricular nerve located below ears, behind ear lobe.
6. **Nasi Kalam:** End of nasal nerve, tip of nose.

METHODS

- ❖ 10 patients were asked to complete sino nasal outcome score (SNOT-20).
- ❖ Starts varma therapy from first day of treatment
- ❖ Told the patient to sit in the chair.
- ❖ Locate the points first and give ½ maathirai pressure to each point
- ❖ Gave simultaneous pressure to the double sided varma points .
- ❖ The varma points are stimulated as and when during the course of massage.
- ❖ Directly stimulating the varma points is not advisable.

CLINICAL PARAMETERS USED:

According to SNOT score

SNOT20

No problem	Very mild problem	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be
0	1	2	3	4	5

SNOT Score	Evaluation
0 to 10	No problem to mild problem
11 to 40	Moderate problem
41 to 69	Moderate to severe
70 to 100	Severe to "as bad as it can be"

RESULTS:

The following table reveals the results of varmam treatment for sinusitis

RESULTS	Before treatment	After treatment
CLINICAL FEATURES	1 st DAY	10 th DAY
Sneezing	Severe	Nil
Running nose	Severe	Nil
Head ache	Mild	Nil
Sinus tenderness	Severe	Nil
Facial pain	Mild	Nil
Fatigue	Severe	Nil
Reduced concentration	Moderate	Nil
Difficulty falling asleep	Moderate	Nil

The symptoms of sinusitis will be scored by patients' words. After course of therapy, results were noted in words of patients. Varma therapy was given twice in a day. Among the patients, no one is suffering from chronic sinusitis. After five days of varma therapy, sneezing, tenderness, is reduced to more than 70% in all ten patients. The quality of life improved well after 10 days of treatment.

CONCLUSION

Varma therapy for sinusitis is effective to cure the ailment. Without intervention to their regular medications, external therapy has changed their quality of life drastically in ten days. They are able to do daily activities without the help of others. During the full course, no complaints about adverse effects or no response.

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