



THERAPEUTIC EFFICACY OF VARMA THERAPY IN HEMIPLEGIA A PILOT STUDY

¹DR. M.BHUVANESWARI*, ¹DR.C.NITHIYA PRABHA, ²DR. S. KANIRAJA**

¹PG Scholar, Dept.of Sirappu Maruthuvam, GSMC, Palayamkottai

²Professor & HOD, Dept.of Sirappu Maruthuvam, GSMC, Palayamkottai

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*Corresponding author:

Dr. M.Bhuvanewari

Email Id

bhuvanabsms30@gmail.com

Present address:

Dept. of Sirappu
Maruthuvam, Govt. Siddha
medical college,
Palayamkottai

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Abstract

In this study a maiden attempt is made to organize and analyse the efficacy of varma therapy for the Management Hemiplegia. The patient were treated of daily with kai-kal kavali varmam, Vilangu varmam, Kaikuli varmam, Kaimadukku varmam, Manibantha varmam, Kai-kal vellai varmam, Pathaippu varmam, Karandai varmam, for a period of 30 days. Twenty patient of both sex in age group of 20 to 60 years was selected Randomly on the basis of inclusion and exclusion criteria statistical analysis of changes in various parameters from baseline values evaluated. The results the study indicated that the varma therapy shows significant improvement of power, Tone, Reflexes in paralysed limbs and the adverse events reported as observed during the entire period.

Keywords : Hemiplegia, Varmatherapy, Spinomotor system

INTRODUCTION:

Due to the lack of discipline schedule in everyday life and also increasing physical stress, the prevalence of Hemiplegia nowadays increased. It is a 3rd leading cause of death after coronary heart diseases and cancer of all types. Hemiplegia is a disabling neurological disorder which arises from multiple etiologies like systemic hypertension, Injuries, Tumors, Embolism and other vascular occlusion of the brain.

The degree and extent of neurological deficit depends upon the location and extension of damage to the brain cells. In certain cases along with motor deficit, disturbance of speech (aphasia or dysarthria) and loss of higher functions are also observed. It is well explained in Siddha as patchavatham one of the 80 types of vatha diseases in Yugivaithiya Chinathamani

Hemiplegia patchavatham however today, currently challenges the clinicians warranting a comprehensive and effective medicine. This can be overcome by **varma therapy** without any adverse effect. **varma** is one of the branch of Siddha Medicine.

Aim and Objective

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

Material and Method

A pilot study to evaluate the efficacy of varmam Therapy in Hemiplegia was carried out at Post graduate department of Sirappu Maruthuvam, Government Siddha Medical College & Hospital, Palayamkottai. In this study 20 cases were taken randomly in In-patient ward and outpatient ward.

Inclusion Criteria

- Age :20-60Yrs
- Sex : Both male and female
- Patients having symptoms of inability/ difficulty to use one half of the body.
- Patients who are willing for admission and study in IPD or to attend the OPD.
- Deviation of the mouth on the un affected side
- Difficulty to close the eyelids
- Difficulty to speak

Exclusion Criteria

- Cardiac disease
- Diabetes mellitus
- Renal failure
- Malignancy

Study Procedure

Kaikavali Varmam

Situated between the thumb and index finger in its dorsal aspect

Vilangu varmam

Situated at Supra clavicular Fossa

Kaikuli Varmam

Situated at superior and anterior aspect of axilla

Kaimadakku varmam

Situated at elbow Joint

Manibantha varmam

Situated at wrist joint in its dorsal aspect

Kai vellai varmam

Situated at centre of the palm

Pathaippu varmam

Situated 6 finger breadth lateral to the patella on both sides

Karandai varmam

Situated at anterior aspect of the centre of ankle joint

Kalkavali varmam

Situated between big toe and adjacent the in its dorsal aspect

Kalvellai varmam

Situated at center of the sole

Tests and Assessments

- Examination of cranial nerves
- Examination of spino motor system

➤ **Nutrition**

➤ **Tone**

➤ **Power :**

Grade5: normal

Grade4: movements against resistance

Grade3: movements against gravity

Grade2: gravity eliminated movement

Grade1: there is a visible/ palpable flicker of contraction

Grade0: complete paralysis

Coordination

Involuntary movements

Gait

Reflexes:

Extensor plantar reponse

Superficial reflexes

Deep tendon reflexes

Grade 0: absent reflexes

Grade 1: present

Grade 2: brisk

Grade 4: clonus

Results and Observation

The incidence of Hemiplegia reported in GSMC hospital showed male predominance of about 70% over the female 30%.

On analysis, out of the causes for Hemiplegia, Hypertension is the most common cause. Out of twenty patient 10 patient who were treated with varmam and internal medicine good relief was seen 6 patients, they were marked

with normal blood pressure, improvement in their Muscle power and improvement in using the affected side. Moderated relief was seen in 3 patients they were marked with normal blood pressure and reduced difficulty in using the affected limb. Mild relief was seen in 1 patient.

In patient who were treated with internal medicine alone. Good relief was seen in 4 patients, Moderate relief was seen in 3 patients. Mild relief was seen in 3 patients with Internal Medicine and Varma therapy.

Discussion

The research work on Hemiplegia was chosen with an intention to give solance to the patients who are suffering from the diseases.

Since complementary therapies or Manual therapies like massage and varmam plays a significant role in treating Hemiplegia varmam therapy from siddha system are manipulated along with trial drug have a significant effect without any adverse effect.

Conclusion

From this study it is concluded that the siddha medical treatment with varmam therapy show improvement in the quality of life Hemiplegia particularly in using the affected limb, postural stability and gait. It is finally evident that as recommended by spastic society of Tamilnadu that, early medical treatment with varmam therapy will improve the quality of life.

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11. Dr. Mohanraj, Varma Noi nithanam, ATSVS,

Siddha Medical College &
Hospital, Kanyakumari.

12. Dr. Mohanraj, Vatha Naramburai, Varma
Noi Thosuthi, ATSVS, Siddha
Medical College & Hospital, Kanyakumari.

13. Dr. Moharaj, Varma Odivu Murivu saari
soothiram 1200, TSVS, Siddha
Medical College & Hospital, Kanyakumari.