

EFFICACY OF VARMAM THERAPY IN MUGAVAATHAM (BELL'S Palsy) – A SINGLE CASE STUDY

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ABSTRACT

Siddha system is one of the ancient systems of medicine in India, which is performed to cure and conservation for diseases by internal and external medicine, external therapies. *Mugavaatham* is one kind of *vaatha* disease. In *Siddha* system *vaatha* diseases are one of the major type of diseases which are classified into 80 types. According to *Sambasivampillai* dictionary *mugavaatham* is compared to bell's palsy. The bell's palsy is defined as an idiopathic acute non-suppurative inflammation of the facial nerve with in the stylomastoid foramen. In Modern medicine, approximately the bell's palsy may be curable within 3-6 months along with steroids and physiotherapy or may

persist. The aim of the study is to evaluate the efficacy of *varmam* therapy in the treatment of *Mugavaatham* (Bell's Palsy) A single case study was done on a 37 years male patient who had come to OPD No 3, Dept. of *Sirappu Maruthuvam*, Ayothidoss Pandithar Hospital, National Institute of Siddha, with the complaints of deviation of mouth in left side, ptosis of right eye, redness, dripping of tears in right side of eye, difficulty to wrinkle of forehead, inability to blow or whistle, dripping of saliva and difficulty to chewing for 2 days. These symptoms were correlated with *Mugavaatham* (Bell's Palsy) which undercomes in *Vaatha disease*. The case was treated by our OPD medicine along with *varmam* for 15 days and the improvement was assessed by House-Brackmann Scale. At the end of the study, all the signs

and symptoms were back to normal and the House-Brackmann Scale score that had been 5 at the start of the study became 1. The *varmam* therapy can give best results in the treatment of bell's palsy.

KEYWORDS: Single case study, *Mugavaatham*, *Varmam*, House-Brackmann scale.

INTRODUCTION

Siddha system is one of the ancient systems of medicine in India, which is performed to cure and conservation for diseases by internal and external medicine, external therapies. In *siddha* system, diseases are classified into three types named as *vaatham*, *pitham* and *kabham*. *Vaatha* diseases are classified into 80 types.^[1] *Mugavaatham* or *Uragathavaatham* is one kind of *vaatha* disease. According to *Sambasivampillai* dictionary *mugavaatham* is compared to bell's palsy.^[2] The bell's palsy is defined as an idiopathic acute non-suppurative inflammation of the facial nerve with in the stylomastoid foramen. It is sometimes to exposure to chill or cold. It is caused by chill and cold, viral polyneuropathy, direct compression and secondary ischaemia, etc. It is most common in both male and female. It characterized by pain in the root of the ear, inability to wrinkle the forehead, inability to close the eye, movement of lips on the affected side, inability to blow or whistle, dripping to saliva and fluid through the angle of mouth.^[3] According to *siddha* system *vaatha* diseases are cure and conservative by *varmam* therapy. *Varmam* is defined as vital force which is placed as ligaments, joints, muscular-bony joints, etc.^[4] In this paper presentation we will discuss about efficacy of *siddha* medicine and *varmam* therapy to treat *Mugavaatham*. And the improvement assessed by House-Brackmann Scale^[5] in every three days once.

CASE REPORT

A 37 years male patient had come to the National Institute of Siddha, Ayothidass Pandithar Hospital. Dept. of *Sirappu Maruthuvam OPD* NO: 3 with the present complaints of deviation of mouth in left side, ptosis of right eye, redness, dripping of tears in right side of eye, difficulty to wrinkle of forehead, inability to blow or whistle, dripping of saliva, difficulty to chewing, numbness of left half of the face for 2 days.

Past History

No history of DM, SHT, BA, TB, STD.

No Previous medication history of other diseases.

Personal History**Occupation:** Manager**Religion:** Hindu**Marital status:** Married

No history of alcoholism, smoking

Family History

There is no family history.

A) EXAMINATION AND DIAGNOSIS

The patient was examined by both siddha and modern methods.

IN SIDDHA SYSTEM**ENVAGAI THERVU (Eight-fold system of clinical assessment)^[6]**

Envagai Thervukal (Eight-fold system of clinical assessment) as per Siddha Text - Naadi (Unique Siddha pulse reading method - is not same as the Bio medical system. In modern system pulse reading refers to rate, rhythm, volume and special characters, which can be felt by the examining siddha physician.

<i>Envagai thervukal</i> (Eight-fold system of clinical assessment)		
S.No	Siddha Investigative parameters	Findings
I	<i>Naa thervu</i> -examination of tongue: (i) <i>Niram</i> (Colour) (ii) <i>Thanmai</i> (Character) (iii) <i>pulan</i> (Sense)	Pale Coated Normal
II	<i>Niram thervu</i> –examination of colour	Normal
III	<i>Mozhi thervu</i> -examination of speech	Normal
IV	<i>Vizhi thervu</i> - examination of eye: (i) <i>Niram</i> (Colour) (ii) <i>Thanmai</i> (Character) (iii) <i>Pulan</i> (Sense)	Reddish Ptosis Burning sensation, dripping of saliva
V	<i>Malam thervu</i> –examination of stool (i) <i>Niram</i> (Colour) (ii) <i>Nurai</i> (Froth) (iii) <i>Elagal/Erugal</i> (Consistency)	Normal Absent Elagal
VI	<i>Moothiram thervu</i> – examination of urine: (A) <i>Neerkuri</i>: (i) <i>Niram</i> (Colour) (ii) <i>Adartha</i> (Specific gravity) (iii) <i>Manam</i> (Odour) (iv) <i>Nurai</i> (Froth) (v) <i>Enjal</i> (Deposits)	Elamanjal Thin Urine Normal Normal Absent

	(B) Neikuri:	Formation of pearl
VII	<i>Sparisam thervu</i> - examination of skin:	Mithaveppam
VIII	<i>Naadi thervu</i> – examination of siddha pulse (i) <i>Thanmai</i> (Character) (ii) <i>Naadi</i> (Pattern)	Regular rhythmic Piththa kabham

MODERN APPROACH

Inspection

- Ptosis present in left half of the face
- Xerophthalmia present at left side eye
- Dripping of eyedrops
- Dryness of skin in left half of the face
- Deviation of mouth present at right side
- Dripping of saliva

Palpation

Hypothesia present in left half of the face.

Cranial Examination^[7]

S.no	Cranial nerves	Normal / affected
1	Olfactory	Normal
2	Optic	Normal
3	Oculomotor	Normal
4	Trochlear	Normal
5	Trigeminal	Normal
6	Abducent	Normal
7	Facial	Affected
8	Vestibulocochlear	Normal
9	glossopharyngeal	Normal
10	Vagus	Normal
11	Accessory	Normal
12	Hypoglossal	Normal

Diagnosis

Based on above patient's symptoms are correlated with *Mugavaatham* (Bell's palsy)

MATERIALS AND METHODS

Centre of study	OPD of <i>Sirappu Maruthuvam</i> Department, National Institute of Siddha, Ayothidass pandithar Hospital, Tambaram Sanatorium, Chennai, Tamil Nadu, India.
Study Type	Simple random single case study
Treatment protocol	1. <i>Varmam</i> therapy Application of each <i>varmam</i> points for seven times

Table 1: Treatment Summary.

S.NO I	EXTERNAL THERAPY (Varmam) ^[8]	1) Thilartha kalam 2) Baala varmam 3) Moorkka kalam 4) Utchi pathaippu varmam 5) Seerom kolli 6) Pidari Varmam 7) Poorva ottu varmam 8) Natchathira kalam	9) Poikai kalam 10) Sevi kutri 11) Alavaadi 12) Ottu varmam 13) Moorthi kalam 14) Pirai adangal 15) Nandi varmam
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Table 2: prognosis report.**Clinical Assessment Based on House-Brackmann Scale**

Grade I - Normal

Grade II - Slight Dysfunction

Grade III - Moderate Dysfunction

Grade IV - Moderate Severe Dysfunction

Grade V - Severe Dysfunction

Grade VI - Total Paralysis

RESULTS

After the treatment the patient's eyes are normal, able to smile, able to whistling, redness was disappeared in affected side (right half of the face) of eye, no dripping of saliva and eye drops on the affected side, roughness of affected site became normal. The prognosis was assessed by **House-Brackmann Scale** in every three days once. After the treatment the **House-Brackmann Scale is reduced from 5 to 1.**

Table 3: Clinical Examination

SIDDHA APPROCH (*ENVAGAI THERVU*)

S.NO	BEFORE TREATMENT	AFTER TREATMENT
IV.	Vizhi thervu - examination of eye: (i) <i>Niram</i> (Colour) - Reddish (ii) <i>Thanmai</i> (Character) - Ptosis (iii) <i>Pulan</i> (Sense) - Burning sensation, dripping of saliva	Vizhi thervu - examination of eye: (i) <i>Niram</i> (Colour) – White in colour (ii) <i>Thanmai</i> (Character) - Normal (iii) <i>Pulan</i> (Sense) - Normal
VIII	Naadi thervu – examination of siddha pulse (i) <i>Thanmai</i> (Character)- Regular rhythmic (ii) <i>Naadi</i> (Pattern) - Piththa kabham	Naadi thervu – examination of siddha pulse (i) <i>Thanmai</i> (Character)- Regular rhythmic (ii) <i>Naadi</i> (Pattern) – Vaatha Piththam

Table 4: Modern Approach.

S.NO	BEFORE TREATMENT	AFTER TREATMENT
1	FACIAL NERVE a) Ptosis – present b) Nasolabial fold – prominent c) Mouth deviation – Present d) Power of facial muscles 1/5 e) Taste sensation of upper half of the tongue - affected	a) Ptosis – Absent b) Nasolabial fold – Normal c) Mouth deviation – Absent d) Power of facial muscles 5/5 e) Taste sensation of upper half of the tongue – Normal
2	House-Brackmann Scale - 5	House-Brackmann Scale - 1



Before treatment



After treatment



Before treatment

After treatment

DISCUSSION

Bell's palsy is the most common cause of one-sided facial nerve paralysis (70%). It occurs in 1 to 4 per 10,000 people per year. About 1.5% of people are affected at some point in their life. It most commonly occurs in people between ages 15 and 60. Males and females are affected equally. It is named after Scottish surgeon Charles Bell (1774–1842), who first described the connection of the facial nerve to the condition. The onset is often sudden, paralysis is partial in 30% and complete in 70% of cases. Poor prognostic factors are old age, presence of hyperacusis, Diminished lacrimation, Associated hypertension or diabetes mellitus, secondary due to herpes zoster infection.^[9] Complications of bell's palsy is incomplete recovery, syndrome of crocodile tear.^[10]

In this case, the patient has sudden onset of bell's palsy due to cold air, which may be inflamed the facial nerve.

TREATMENT

Varmam therapy

The *Varmam* points are energy storage points which traverse through particular energy channels or streams. As *vatham* and *varmam* are air flow, an imbalance in the *vatham* directly reflects the *varmam* energy resulting in a disease.^[11] In this case, stimulation of above mentioned [TABLE I]. *Varmam* points may help to re-arrangement of *vaatham*, and stimulate the corresponding affected muscles to recover step by step.

At the duration of treatment period no any other complication noted. The prognosis was noted in three days once in the treatment period and assessed by **House-Brackmann Scale** (TABLE 2).

In modern system, bell's palsy treated with corticosteroids, (prednisolone) and antiviral drugs along with physiotherapy, facial massages for the normal recover periods of 3-6 months.^[12] It may increase to 9 months. The periods of 3- 6 months may develop some harmful effects. The Corticosteroids may cause immunosuppression, sepsis, induction or worsening of peptic ulcer disease, hyperglycaemia especially in diabetics, however higher doses may be required in diabetes, malignant hypertension, hepatic and renal dysfunction. Acyclovir may cause nausea and vomiting, abdominal pain, diarrhoea, neurological reactions – dizziness, convulsions (more common with higher doses), very rarely, hepatitis and jaundice.^[13]

The periods of 3-6 months are a long duration, which suffer the patient in cosmological and psychological also. In this case, the treatment duration is 15 days. In the treatment periods, no harmful effects are noted and the vital signs were also normal.

CONCLUSION

“Face is index of the mind” is the proverb to prove the relation between the mind health and face strength. The mall-alignment of face is being take the patient to unconfident, changes the social behaviour. This article indicates *varamam* therapy improves the quality of bell's palsy patient's life in short period.

Conflict Of Interest: Nil.

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