

## MOOTU KANNISAIVU PISAGAL - KNEE JOINT ACL AND MCL TEAR REPAIR THROUGH VARMAM – A SINGLE CASE STUDY

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### INTRODUCTION

Ligaments are bands of tough, elastic connective tissue that surround a joint to give support and limit the joint movement. The knee joint is stabilised by a pair of cruciate ligaments, collateral ligaments and two meniscus of cartilage. When the ligaments are damaged the knee joint become unstable. Most collateral ligaments tear can be corrected without surgery. However when the cruciate ligament is stretched beyond its limits or completely torn, the only option is reconstructive knee surgery / tendon graft in the modern system of medicine.

The above condition is described as Mootu Kannisaivu Pisagal or Sirattai Chavvu Murivu in varmam medicine, an ancient indigenous

Indian system of medicine. Varmam science is an ancient Tamil system of medicine discovered by Siddhars. It deals with the subtle energy flow in the body. Varmam points are the site where vital energy resides. This system has its own anatomy and physiology, both physical and subtle. According to this system, any injuries or damage can be corrected by the stimulation of specific varmam points to regain the lost energy.

It is hereby reported that such a patient with ACL, PCL and meniscal tear, correction was done successfully with varmam therapy alone.

### MATERIAL AND METHODS

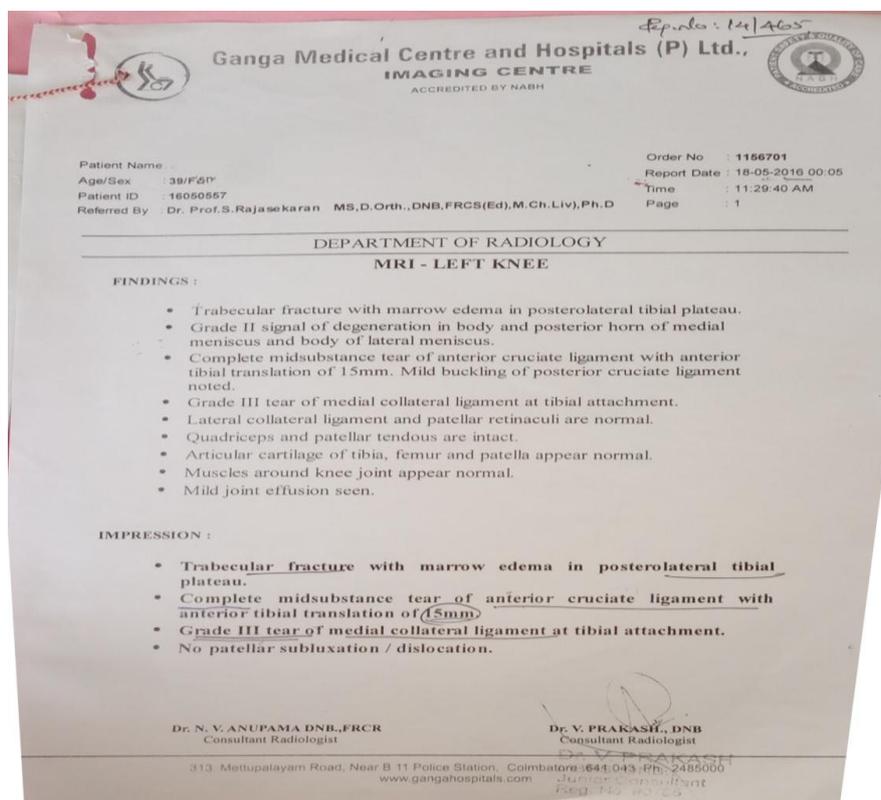
A female patient of aged 40 had visited our Thirumoolar Varmam Research and Therapy Centre (Unit of Arts Research Institute), Coimbatore on 1<sup>st</sup> June of 2016 with a history of fall from two wheeler 20 days before and followed by severe pain with swelling in the left knee

joint and restricted left leg movement. She had difficulty in walking, climbing stairs and felt crepitus in left knee joint.

She had earlier consulted an orthosurgeon after the fall. The MRI scan dated 18.5.16 of her knee joint revealed

- Trabecular fracture with marrow oedema in postero-tibial plateau.
- Complete midsubstance tear of anteriorcruciate ligament with anterior tibial translation of 15mm.
- Grade III Tear of medial collateral ligament at tibial attachment.
- No patellar subluxation and dislocation.

On examination, she had swelling in left knee, stiffness in the joint, difficulty in flexion of left knee and Lachman test positive.



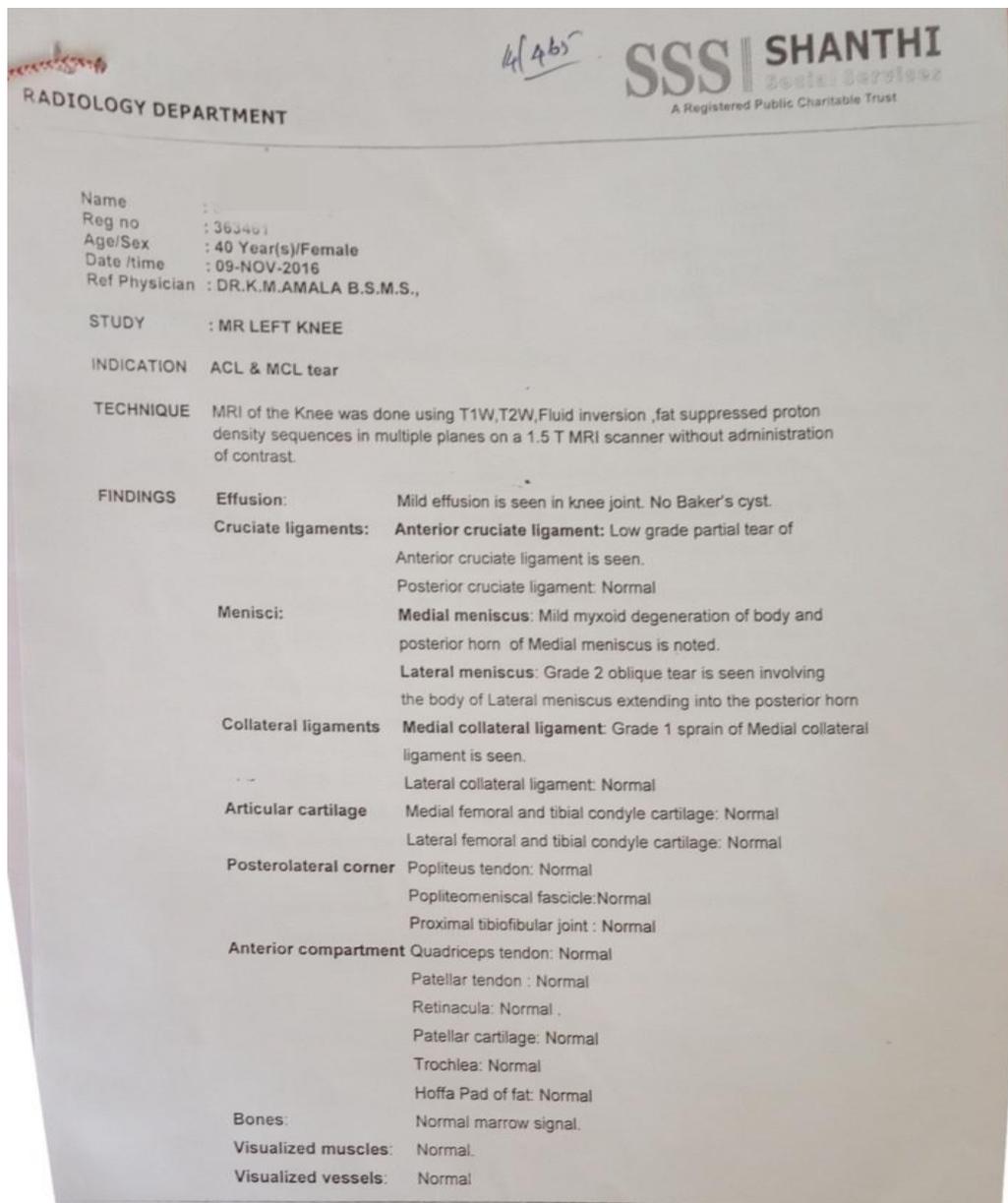
### Before Treatment-Mri Left Knee Joint

#### Varmam Therapy

The following varmam points were stimulated

1. Nanganapootu
2. Ulsoothiram
3. Ulthodai Varmam
4. Vilangu Varmam

These varmam points were stimulated properly according to varmam literary evidences. Treatment was given thrice a week for 2 months as OPD service at our Thirumoolar Varmam Research and Therapy Centre (Unit of Arts Research Institute), Coimbatore, Tamilnadu.



### After Treatment Mri Knee Left

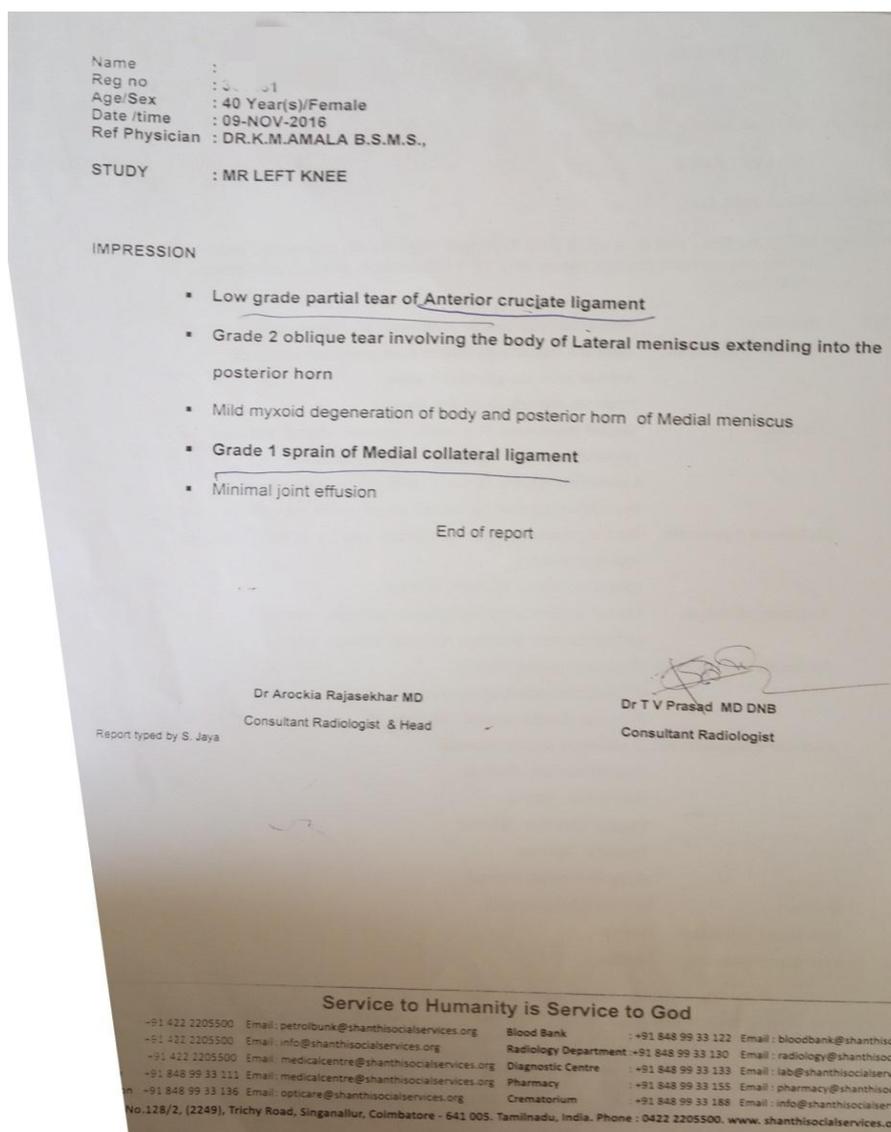
## RESULT

After one month of treatment, swelling and pain in left knee were completely reduced. But pricking sense and crepitation were present in the left knee while walking for long distance and climbing stairs. The treatment protocol has been continued for further 1 month. After the completion of treatment for 2 months, the patient was able to walk; crepitation, pricking sense and slippery feel while walking were relieved completely. She was asked to withdraw

treatment. She had been observed monthly once for next 3 months and reported with nil complaints. She repeated MRI scan for her left knee joint with her own interest. The repeated

MRI dated 2016 November revealed the following:

- Low grade partial tear of ACL.
- Grade I sprain of MCL.



## DISCUSSION

Majority of varmam texts describe the injuries and treatment. It explains clearly the anatomy of joints, its surrounding muscles, tendons, ligaments, blood supply and its nerve supply. The varmam energy gets damaged due to trauma, excessive physical exercises, improper food habits, etc. This kind of accidental injury can be related to varmam baathippu based on the varmam texts. The methodology used here was to revitalize the injured part with varmam

energy using specific varmam points. The varmam points supplying energy to the knee joints were stimulated.

### **Function of Varmam Points**

“minnentra shakthi nilayangal thannil sevvane thozhil arinthu iyakkuvaye”

(Varma Kaandam, verse 557 – Reference 1)

Our body consists of vital energy regions that regulate our body function. We can use that energy points to correct the damage.

### **Knee Joint and Varmam**

“Matruvai kaal thanile sirattaimari kannisaivu pisagi vethanamaagil

Satruvom peruviral ner agankaalukkul

Madakindrakinnu ellul kundu nirkum.....”

(Varma Kaandam, verse 448 – Reference 1)

The verse mentioned above explains the anatomy of knee joint, its injury and energy supply to the knee joint and technique for correcting the injury.

### **Nanganapootu**

“.....Moolathil nindru pushtam endra

Nangana porutthu sutri.....”

(Kumbamuni Narambarai 108, verse 10 – Reference 1)

This point is situated in the sacroiliac joint /dimple just above gluteal region. This point is also known as pinsuzhi. This point supplies energy to the lower limbs and mobility of knee joints.

### **Ulsoothiram**

It lies in the hip joint (ball of femoral head and socket of acetabulum) on both sides. Varmam literatures name this joint as Kinna Elumbu / Aamai Kazhutthu Elumbu (Tortoise neck bone). From this varmam point, the ligaments and tendons of knee get their energy and stability.

### **Ulthodai Varmam**

It lies in the middle part of the thigh on the inner aspect. Its energy connects both the hip and knee joints. It also strengthens the thigh muscle thereby stabilizing the knee joint.

**Vilangu Varmam**

“Thiramana kazhutthadiyil karaikulle naiyappa vilangu varmam.”

(Varma Suthiram 100, verse 72 – Reference 1)

It lies inside the inferior clavicular fossa /meeting point of lateral end of clavicle and shoulder joint. According to the varmam text, this varmam point has enormous air energy that gets distributed to all major and minor joints the body.

**CONCLUSION**

Based on evidence from varmam literary, the treatment method has been used to treat the knee joint ligament tear. Even without touching the damaged part directly and without using any medication, we can energise the particular joint by using the vital energy points i.e. varmam energy from other related points.

Patient has regained the mobility of knee joint without surgery. Thus varmam therapy is a cost effective, non invasive and better treatment for ligament injuries. Modern gadgets, such as MRI scanning equipments, can also be used to access the efficacy of varmam therapy. Varmam therapy is not only for pain management. It acts at energy level and brings anatomical corrections. Similar case studies in large number of patients in future will throw more light on varmam therapy and can reduce the number of surgeries.

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- Thirumoolar Varmam Research and Therapy Centre, Unit of Arts Research Institute, Coimbatore, Tamil Nadu, India.

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