

MANAGEMENT OF STRESS THROUGH VARMAM

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ABSTRACT

Stress is a situation that triggers particular biological responses. The body react to these situations in the physical, mental and emotional levels, which in turn leads to many biological changes in the body that may be in either positive or negative. Varmam therapy is a subtle energy system that helps to regulate the biological changes in the body. It treats and prevents the adverse effects of the stress.

KEYWORDS: Varmam therapy, stress, eustress, distress.

INTRODUCTION

Stress is the body's reaction to a challenge or demand. Stress can be positive that helps to avoid the danger, but it harms the body and mind when it continues for a longer time.

Types

There are two major types of stress,

- Eustress
- Distress

Eustress

Eustress are the **positive** effect of stress, which provides motivation and awareness to an individual. It also stimulates the body system to face the challenges in life and also provides alertness needed for the survival.

Distress

Distress is a **negative** effect of stress and is a psycho-physiological process usually resulting from physical or psychosocial demands.

Distress can be further divided into two major categories:

1. Acute distress
2. Chronic distress

Acute distress

It is the most common type of stress, which is the body's immediate reaction to a new challenge, event or demand and it triggers **fight-flight** response. Acute distress is a short-term stress and it is not always negative.

Acute distress may cause signs and symptoms in the body, brain and emotion but does not damage the body systems.

Symptoms

- Anxiety
- Depression
- Headache
- Neck pain
- Rapid heart beat
- Sweaty palms
- Dizziness
- Shortness of breath
- Sleep problem
- Chest pain

These symptoms are highly treatable, manageable and reversible.

Chronic distress

Chronic distress is the most harmful type of stress. If it is untreated for a long time, causes irreversible damage to the physical and also to the mental health.

Symptoms

Physical symptoms

- Aches all over the body
- Muscle tension
- Diarrhoea / constipation
- Nausea
- Dizziness

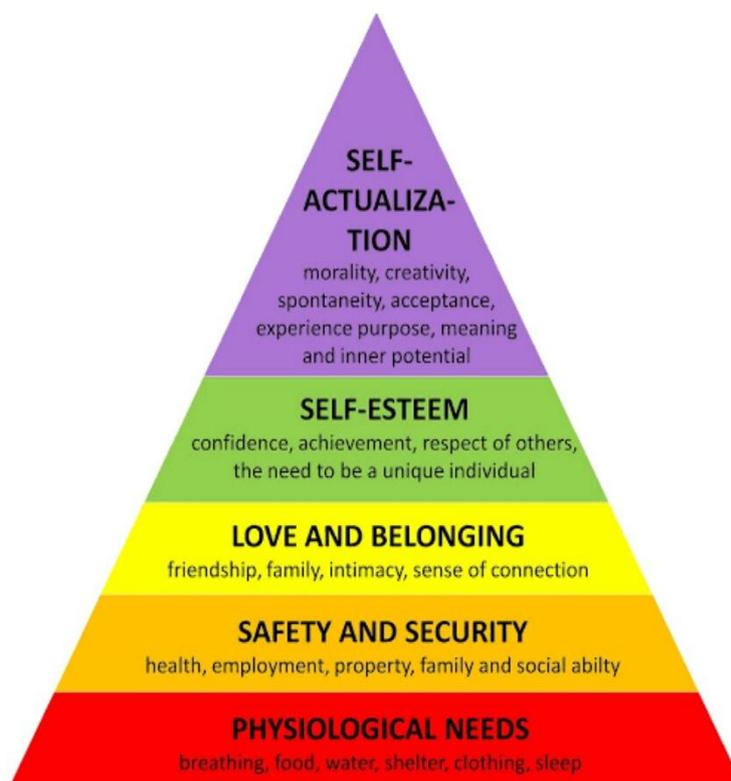
- Butterflies in the stomach
- Chest pain / rapid heartbeat
- Lots of sex drive
- Shallow breathing
- Sweating
- Nervous habits

Mental symptoms

- Memory problem
- Lack of concentration
- Poor judgement
- Moodiness
- Sorry tempered
- Agitation
- Isolation
- Constant worrying

Sources of distress

1. External sources of distress



2. Internal sources of distress

- Fear
- Repetitive thoughts
- Worrying about future events
- More expectations
- Failing to plan
- Demand
- Anger
- Misperception
- Inability to accept uncertainty

Varmam Therapy

Varmam is a divine art and is a subtle science. Varmam or varmakalai is a **Tamil traditional art** of vital points. Varmam is a vital energy flow or the prana or the vasi spread throughout the body.

According to Dr. N.Shunmugom. Ph.D., the basic principle behind the system was that of equal distribution of energy throughout the body.

MATERIALS AND METHODS

Age	No. Of Male Cases	No. Of Female Cases
20 - 40 years	2	14
40 - 60 years	2	10
Above 60 years	1	5

1. Kondai Kolli

Kondaikolli

ஊட்டுவாய் உச்சியென்ற கொண்டை கொல்லி

கலை பன்னிரெண்டை பிரித்து இயக்கும்

பேரொளியின் சக்தி முடிச்சும் இங்கே

(Varma Kaandam, Verses 625-626)

It lies on the vertex of the head, ten fingers above thilartha kaalam, on the midline.

2. Chunnambu kaalam

It lies three fingers above poigai kaalam, on the head.

DISCUSSION

The reasons behind stress for each cases of this study are, stress due to job nature, not able to work on their qualifications, degree holding women who could not continue their job due to family situation, death of the close relatives, bad situations that happened to their family members, any of the family members affected with some diseases, unhappy marriage life, poor family background, after any accident, after menopause, any breakup between the relationship, academic related stress. Varmam therapy helps to regulate the physical and mental health.

Prognosis

In our Coimbatore therapy centre, the above varmam points stimulations were done twice a week for 3 months. The patients feel moderate relief during the therapy period and after 3 months of therapy; there was a better relief from the stress and its symptoms.

CONCLUSION

It is clear from the above discussion that varmam therapy is very effective in treating the stress and its symptoms. As this therapy does not need any special instrumentation or medication, it is less financially burdensome. Also for doing this varmam therapy, it does not take more time and hence it is also time saving therapy with better result.

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