

VARMAM POINTS IN TREATMENT OF HEADACHES**Dr. D. S. Lavanya M.D(s)***

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Corresponding Author*Dr. D. S. Lavanya M.D(s)**Siddha Pediatric Physician,
Chennai, Tamilnadu.**ABSTRACT**

Varmam therapy is the pressure manipulation over certain points with a particular force for specified time. Varmam is a unique, special branch of Siddha Medical System play a major role in promoting the drugless world. Globally, approximately 15% of people are affected by migraines. It mostly starts at puberty and becomes worst during middle age. It is one of the most common causes of disability. The underlying cause of migraines are unknown. It is believed to be related to a mix of environment and genetic factors. Varmam points play vital role in alleviating the different headaches through different set of Varmam

point's manipulation techniques. 80% of headaches are successfully solved through careful selecting of Varmam points. Efficacies of Varmam in treating all headaches are proved more effective in most of the cases without giving any drugs.

INTRODUCTION

A Headache is one of the most commonly experienced of all physical discomforts. Head ache can occur as a result of many conditions. Headache is caused both by exogenous and endogenous factors due to derangement of energy flow and blood circulation in the head. It symbolizes discomfort or pain in the head. It is not a disease but an indication of some ailments in the body. Nearly ninety percent people suffer from headache at least once in a year. The location of headaches is not identical in all persons. The exact nature and intensity of the feeling of head ache is also variable. More regular occurrence of headaches may be related to problems such as sinus, eye problem, stomach and liver problems, allergies, hypertension or anxiety.

Causes of Headaches

Kinds of headache are quite wide and causes varied and multi-folded. Stress and Strain, physical or mental exhaustion, fatigue, depression, fear, exposure to dust and smoke, anxiety,

exposure to extreme hot or cold environment, convulsions, dizziness, muscular cramps and strenuous exercise, suppression of natural desires inadequate or too much sleep can cause headache. In addition lesion formation in brain, impaired blood circulation ENT problems, indigestion and hormonal imbalance also produce headaches. Watching TV and looking at a computer screen for hours together, irregular meal timing and hunger too, inadequate ventilation, bright lights, noise, some perfumes and excessive sexual activity also lead to headaches. Diabetes, high/low blood pressure, eyestrain, kidney problem cervical spondylosis, metabolic disorders, high doses of vitamin 'A' or 'D' and excessive dosage of steroids also cause headaches. In Siddha texts headaches of day time and night times are classified as 'Suriyavartham' and 'Chandiravartham' respectively.

Classification and Types of Headaches

For the purpose of Varma treatment headaches are divided into four types.

Type 1: Headaches due to nervous problems

Type 2: Headaches due to organ problems and energy problems.

Type 3: Headaches due to environment and ecology and mind and

Type 4: Headaches due to brain problems like lesion in brain, bleeding in brain, Injury, brain infection like Meningitis and tuberculosis of the brain.

Varma Points for Headaches

- 1) **Kondaikolli:** In the vertex of the skull (to normalize central nervous system and endocrine system).
- 2) **Annan Kaalam:** In the centre point of umbilicus (to normalize pancha bootham, Nadis and nerves).
- 3) **Chunnambukaalam:** Three fingers above the poigai kaalam (To strengthen nerves of the body, energy flow in hands and legs).
- 4) **Nattal – Ner Varmangal:** Simultaneous lifting of this two varma points will energise the head and brain.
- 5) **Poigai Kaalam:** Simultaneous lifting of Poigaikaalam at the junction of ear and head in the front side will also energise the head and regulate the energy flow system of the headaches.
- 6) **Asthikanthari:** To alleviate unknown headaches.
- 7) **Thilartha varmam:** On the glabella, 1/2f.b. below the midpoint of two eye brows
- 8) **Natchatira kaalam:** Near the lateral end of the orbit of the eye

9) **Chevi kuthi kaalam:** back of the ear lobe(on the stylo mastoid foramen).

CONCLUSION

Headache has become challenging problem to the present day physicians. Varmam therapy were highly encouraging, safe and free from adverse effects. The documentation and compilation of this knowledge should be subjected to extensive research. Varma therapy should be encouraged by every Indians.

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