

EFFECTIVENESS OF SIDDHA VARMAM PULLI (*SEVIKUTRI VARMAM*)-IN MEDICAL EMERGENCY CONDITION

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Article Received on
20 Nov. 2019,

Revised on 10 Dec. 2019,
Accepted on 30 Dec. 2019,

DOI: 10.20959/wjpr20201-16426

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ABSTRACT

Background: Varma kalai is traditional martial art of vital points (*Varma pulligal*). It is based on vital energy of the body termed as VASI. Infinitely vasi is circulating in the body. Disturbance / imbalance of vasi in the body are called diseased condition. The place where the vasi resides and activates both body and life energy is varmam points (*varmam pulligal*). Certain Varma points also act *adagalgal*. *Sevi Kuttri Varmam* is one among adagal. **Objective:** Uyir thathugal (*Dhodam*) (vital humours) is interlinked with *Vasi* (life energy). vital humours are 3 in number, they are *Vadham*, *Pitham*, and

Kabam. The aim of the study is to evaluate and execute the varma pulli –Sevi Kuttri varmam in medical emergency of imbalanced vadham condition like Vallipu (increase vadham) and moorchai(decreased vadham) **Materials & Methods:** Vallipu and moorchai is medical emergency condition, which most complicated when untreated. In this study expanded with anatomical location, establishment of a relationship with Dhodham, mechanism action, standardization of pressure given to point, selection of finger, duration of therapy, and technique for *Sevi Kuttri Varmam*. **Result and Discussion:** The article reveals to establish Sevi Kuttri varmam and its safety profile. It provides a better documentation for future generation in varmam.

KEYWORDS: Varmam, Vadham, Moorchai, Valippu.

INTRODUCTION

The varmam therapy modified from varmam martial art. The word “varmam” derived from vanmam (grudge) indicates storage of energy that may be positive or negative. The varmam therapy based on vital energy of the body termed as VASI. Infinity it circulated in human body. Disturbance or imbalance of VASI in the body called as diseased condition. The varmam pulligal in the body divided mainly into two types namely *PADUVARMAM* and *THODU VARMAM* totally 108 in number all over the body. The *Paduvarmam Pulligal* close connect with central nervous system, the *Thoduvarma Pulligal* connect with peripheral nervous system. The *Sevikutri Varmam* is one of the *paduvarmam*. It situated at the lower end of the ear.

As per the siddha system, all the physiological and pathological system functioned by *uyir thathukkal – Vatham, pitham kabam*. In emergency condition involuntary excessive movement mention as *Valippu*, decreased conscious level without movement mention as *moorchai*. The both condition some time very critical and leads to even death.

The *sevikutri varmam* is most storage of vital energy and it maintains the equilibrium of vatham in the body. Therapeutic stimulation of *sevikutri varmam* recovery variation of vatham at emergency condition of *valippu* and *moorchai*.

BACKGROUND

The *sevikutri varmam* is one of the adangal in 13 of classification called as **Pini Narambu Adangal**. As per the varmam literature adangal procedure are recovery from any emergency state. The *sevikutri varmam* directly connect with CNS. The therapeutic manipulation of *sevikutri varmam* stimulates the auricular branch of vagus nerve and direct connects with jugular foramina. It stimulate 9, 10, 11th cranial nerve to reach the stimuli medulla oblongata of the brain.

OBJECTIVE

In emergency of *Vallipu and moorchai* most common to attack, unexpected time and place. During the emergency of *valippu* and *moorchai* without medical support the simple varmam of therapeutic stimulation of *sevikutri varmam*, makes a biggest life support in that emergency period.

The aim of the study is to evaluate and execute the varma pulli –Sevi Kuttri varmam in medical emergency of imbalanced vadham condition like Vallipu (increase vadham) and moorchai(decreased vadham) .

MATERIALS AND METHODS

Sevi Kuttri varmam is one of among 108 varmam points.it also act as adagal.

Name/ Synonym's	Anatomical Location	Technique	Posture	Finger Selection	Pressure	Duration	Frequency
Sevi kuttri varmam, Sirugaram, Pini narambu adagal	Behind the ear lobe infero- medial to the mastoid process	Fix with tip of middle finger, then apply pressure backwards and up wards	Sitting and lying posture	Both middle finger	$\frac{1}{4}$ Mathirai	20 seconds	3 times

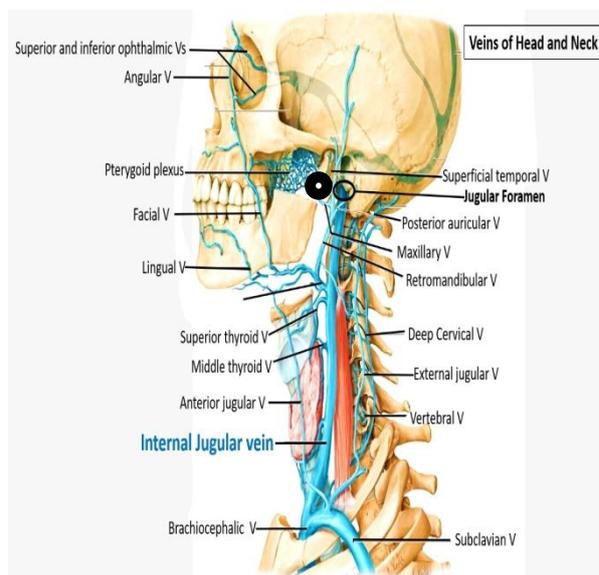


Figure 1,2: Shows location of sevikutri varmam.

RESULT

40 years female working staffs of Govt siddha medical college, has suddenly suffered with *Vallipu*, symptoms with semi-conscious, dilatation of pupils, involuntary movement of both upper limbs, at the time of emergency therapeutic application of sevi Kuttri varmam was done.

The activation sign of *sevikutri varmam* in vadham increased condition is production of cough due to expel air (vadham).

An another example to explore the effectiveness of *sevi kuttri varmam*, a 56 years old, night shift working nature male was suddenly fall down in his working place, symptoms with unconscious, excessive sweating. He is not the known case of DM/SHT/Seizure. In that emergency condition *sevi Kuttri varmam* was applied.

In this condition activation sign of *Sevi kuttri varmam* is forceful inspiration.

DISCUSSION

Uyir thathugal (*Dhodam*) (vital humours) is interlinked with *Vasi* (life energy). vital humours are 3 in number, they are *Vadham*, *Pitham*, *Kabam*.

An increased movement is one of the characteristics of *vadham*. As per that *valippu* is the disease which caused by increased *vadham*. *Sevikuttri varmam* has fabulous role in this emergency condition of *valippu* by applied the point until it activate. The *varmam* makes stable the patient by balancing *vadham*.in *Vallipu* therapeutic application of *sevikuttri varmam* balancing *vadham* by elimination of increased *vadham* by producing cough.

Diminished or decreased movement is the one of the characteristic feature of decreased *vadham*. *Sevikuttri varmam* has the role which balancing *vadham*. *Moorchai* is condition of decreased *vadham* condition. Therapeutic application of *sevikuttri varmam* in *moorchai* condition makes balance of *vadham* by producing forceful inspiration. It indicates it increases *vadham*.

CONCLUSION

Siddha varmam therapy has work on medical emergency condition. It helps for future generation to make interlink with *Uyir Thathukal-Nadi-Vasi*. This article is the preliminary level study to standardise the *varmam* point *Sevikuttri Varmam* and it helps in further studies.

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