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**Review Article**



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**Effectiveness of Varmam therapy in the management of  
Puyavarmam Paathippu (Periarthritis shoulder) –  
A review.**

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**Abstract**

Siddha system of medicine is a divine system medicine conceived by Siddhars, who lived a spiritual life in the southern region of India. Varmam is a unique therapeutic branch in Siddha system of medicine for the management of many diseases especially traumatic injuries. The life energy is constantly flowing in particular pathway in human body. This life energy is concentrated in certain points and they are called Varmam points. The Varmam points are located in the junction of nerves, muscles, bones, joints etc. Varmam treatment is used to treat multi ailments including musculoskeletal and neurological disorders, Respiratory, GIT, eye related disease. It plays a major role in treating many musculoskeletal disorders caused due to injury and degenerative conditions. Shoulder pain is the third common musculoskeletal condition that has a life time prevalence of upto 70%. In Siddha Varmam literature Periarthritis Shoulder can be correlated with Puyavarmam paathippu mentioned in Bogamunivar Varma Soothiram. Varmam is non invasive approach and immediate pain relief is feasibly by manipulation of Varmam points. Hence the Varmam points highly effective traditional treatment methodology for Periarthritis Shoulder.

**Keywords:** Siddha, Varmam, Puyavarmam paathippu, Periarthritis Shoulder.

**Introduction**

Siddha system of medicine is a divine system medicine. Varmam a special branch of Siddha system, is a traditional art which is mostly practiced in southern part of Tamilnadu. Varma maruthuvam is based on the energy. The life energy is constantly flowing in particular pathway in human body. This life energy is concentrated in

certain points and they are called Varmam points. The Varmam points are located in the junction of nerves, muscles, bones, joints etc. Most of the Varmam texts enlist 108 Varmam points of which 12 are padu Varmam and 96 are thodu Varmam. Puya Varmam is one among the thodu Varmam. The classical Siddha Varmam literature Bogamunivar Varma soothiram quoted about Puya Varmam paathippu. It is a clinical condition

characterized by diffuse pain in shoulder with radiation down to the upperarm. Stiffness in shoulder joint, stubborn lack of active and passive movement in all directions, that is global restriction of movements in all planes. Hence, PuyaVarmam paathippu can be correlated with symptoms of Periarthritis shoulder in modern science. Among all the arthritis Periarthritis shoulder presents clinical features which are unique. Periarthritis shoulder characterized by development of gradual restriction of movement at shoulder joint with non specific radiographic findings. Patients generally complain of severe shoulder pain with difficulty in sleeping due to the progress of the disease. Age of patients ranged between 23-69 years. A predominance of females was observed (Male-Female ratio:0.81:1). Bilateral involvement occurs in 10 to 40 percent cases.

Shoulder pain is the third most common musculoskeletal condition has a lifetime prevalence of up to 70% and this seems to be increasing in incidence. People without diabetes. Periarthritis shoulder has a prevalence of approximately 2 to 5% in the general population but affects up to 36% of patients suffering from diabetes. Frozen shoulder affects about 11%-30% of people with diabetes as compared to 2%-10% in non-diabetic patients.

In general, the currently available Analgesic, Antiarthritic drugs, steroid injection, NSAIDs, muscle relaxants, physiotherapy and surgery for Periarthritis shoulder causes high cost, many adverse reaction when taken for long period.

### Puyavarmam

*Theerumadaa kaarayathin munaiyil thaane  
Thiramaana puyavarmam atharku paeru  
Aaradaa kaiyathilae koochamaaki  
Azhakaana puyamathil veekamundam  
Naerumadaa kaiyathanai thookka vidathu  
Nirnayamaai niththiraiyum kaanaathappaa.*

- *Boga munivar varma soothiram.*

### Comparison of symptoms between Siddha and modern aspect

Siddha aspect	Modern aspect
<i>Puyathil veekam</i>	Pain and swelling in the shoulder joint.
<i>Kaiyai thooka siramam</i>	Restricted movement
<i>Thookkaminmai</i>	Insomnia due to pain.

### Methodology of review

Classical text books, various published scholarly articles on Varmam and Periarthritis shoulder were studied and used as a material to highlight the subject.

The following search terms were used: Varmam, PuyaVarmam, Periarthritis shoulder.

### Varmam points for Puya Varmam paathippu

Ten Varmam points was selected for this study in PuyaVarmam paathippu mentioned below

1. Kaakattai kaalam
2. Aendhi Varmam
3. Piratharai Varmam
4. Sippi Varmam
6. Sippikeezh Varmam
7. Kaisulikki Varmam
8. Kai moottu and moottu padhappu Varmam
9. Kozhi kalunthu Varmam
10. Manibandhaga Varmam
10. Manjaadi kaalam

#### 1. Kaakattai kaalam

##### Location:

It is located two fingers away from the lateral part of the cervical region.

*“Mandraana tholil irandangulame neengi maruvugindra  
Thalamadhile Kaakattai kaalam.”*

- **Varma kannadi 500.**

## 2.Aendhi Varmam

### Location:

It is located just one Irai lateral to the Thivazhai kaalam.

*“Kaal thivalaikoriraiyin valathupaakam  
Kana thidilin ooriraikul karpaasayaththin  
Naalpolave pala vilirai pinnal naadi  
Nulainthu nadu thidithudikkum athuthaan  
aendhi.”*

**-Varma madakku nool.**

## 3.Piratharai Varmam

### Location:

It is situated just below the medial to the axilla.

*“Muttavae piratharai varmam kondaal  
Murai kazhuththil pathappilvalikkum paarae.”*

**-Varma kannadi 500.**

## 4.Sippi Varmam

### Location:

5 fingers below the C7 vertebra and 2 fingers lateral to the spinal column over the scapula(Bilateral).

*“Kollavae sippivarmam thalaththai kaelu  
Kolmuthuku kaisippi yathanilsippivarmam”*

**-Varma nithanam-500**

## 5.Sippikeezh Varmam

### Location:

Just below the inferior angle of the scapula.

## 6.Kaisulukki Varmam:

### Location:

4 inches below C7 &3 fingers lateral to vertebral column near the medial border of scapula.

## 7.Kai mootu & Mootu padhappu Varmam

### Location:

#### Kaimootu

Center of the cubital fossa.

*“Thaanana kai mootil mootu varmam”*

**-Varma nithanam-500**

#### Mootu padhappu Varmam

2fingers medial and lateral to kaimootu varmam.

## 8.Kozhikalundhu Varmam

### Location:

Lateral and medial aspect of the wrist joint.

*“Kozhi kazhuthu varmaththukku*

*Idaththum valaththum kannu varmam ariyalam”*

## 9.Manibandhaga Varmam

### Location:

*“Piriyatha manikettil manibandhavarmam”*

**-Varma karuvi nool.**

## 10.Manjaadi kaalam

### Location

Above the web area between thumb and index finger.

**Varmam points and its scientific correlations:**

Name of the varmam	Anatomical locations	Technique	Pressure type	Time and frequency
Kaakattai kaalam	In the supra clavicular fossa.	Press and release three times with middle three fingers in the location.	¼ mathirai	10 Seconds and 3 times
Aendhi Varmam	In the delto pectoral groove at level of 1 <sup>st</sup> intercostal space.	The Varmam point was pressed and released using thumb finger.	¼ mathirai	10 Seconds and 3 times
Piratharai Varmam	Posterior axillary fold.	Mild pressure was given on both the points simultaneously using middle finger.	¼ mathirai	10 Seconds and 3 times
Sippi Varmam	5 fingers below the C7 vertebra and 2 fingers lateral to the spinal column over the medial border of the scapula (Bilateral).	Pulp of the thumb was placed on the point and inward pressure was given towards the scapula.	¼ mathirai	10 Seconds and 3 times
Sippikeezh Varmam	Just below the inferior angle of the scapula.	Place the pulp of thumb press towards shoulder joint.	¼ mathirai	10 Seconds and 3 times
Kaisulukki Varmam	Near scapula 4 fingers down from C7 (Sara mudichu) 3 fingers right& left.	Fix the middle of the thumb opposing bilaterally ,applying gentle pressure move medial and lateral.	¼ mathirai	10 Seconds and 3 times
Kai moottu Varmam	Center of the cubital fossa.	Fix both thumbs in kai mootu varmam, with ¼ mathirai pressure, move towards moottu	¼ mathirai	10 Seconds and 3 times

		padhappu varmam fix there and ask the patient to flex the elbow, Complete the maneuver by completing the flexion passively.		
Moottu padhappu Varmam	Two fingers medial and lateral to kaimoottu Varmam.		¼ mathirai	10 Seconds and 3 times
Kozhi kalunthu Varmam	Lateral and medial aspect of wrist joint.	Ask patient to fully extend the upper limb, hold the points firmly by thumb and index finger with ¼ mathirai pressure. Ask the patient to rotate the hand clockwise and anti-clockwise 3 times. Then with ¼ mathirai pressure, move thumb from the radial side to ulnar side along dorsal aspect.	¼ mathirai	10 Seconds and 3 times
Manibandhaga Varmam	Center of wrist joint ventral aspect.	Press and release three times with thumb.	¼ mathirai	10 Seconds and 3 times
Manjaadi kaalam	Near the junction of the index finger and thumb; along the upper part (base) of index finger (just below kavuli)	Place the thumb in the location, with ¼ mathirai pressure move slightly outwards and upwards hold for 15 seconds, then gradually release.	¼ mathirai	10 Seconds and 3 times

## Discussion

The shoulder region problems that are frequently in the computer related jobs, most common among the diabetes patients, continued exposure to such conditions develop Periarthritis shoulder the repeated outward motion of the hand can cause this shoulder disorder. This condition mostly seen in painters, cleaners, bus drivers and long period of inactivity from the injury or illness. These people may be susceptible to inflammation or develop stiff tissue during this disease. It disturb the routine life the patients and their activities. Patients suffer from Pain, swelling, stiffness, movement restriction some used alternative therapy in the form of Varmam points like Kaakattai kaalam, Aenthi Varmam, Piratharai Varmam, Sippi Varmam, Sippikeezh Varmam, Kaisulikki Varmam, Kai mootu and mootu padhappu, Kozhi kalunthu Varmam, Manibandhaga Varmam, Manjaadi kaalam. Varmam therapy enhance in the management of pain and movement restriction among the patients. It improves the quality and betterment of daily routine. It is a non pharmacological minimal invasive treatment methods resulting effective prognosis in the disease of Puyavarmam paathippu (Periarthritis shoulder).

## Conclusion

As Varmam therapy not only treating disease symptomatically regulates vital humours in that region. Varmam uses a Simple, minimal invasive, cost effective, timely, and effective way to support its effectiveness in relieving of symptom of Periarthritis shoulder. Further researches need to be done for the standardization of Varmam therapy to manage a variety of symptoms in a number of patient populations.

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## Conflict of interest

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