PREVENTION AND MANAGEMENT OF CARDIO VASCULAR DISEASES THRO’ SIDDHA SYSTEM OF MEDICINE WITH VARMAM THERAPY AND ITS RAMIFICATIONS

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ABSTRACT

Plants have the ability to synthesize a wide variety of chemical compounds that are used to perform important biological function. These plants having phytochemicals have beneficial effect on long term health when consumed by human. The usage of plants as medicine predates written human history. We Indians especially tamilians have strong bondage between plants with our routine life. Thus we have a medical system known as siddha system. Like all the system of medicine it has its own principle and theory. In this system, we use herbs, metals & minerals, animal products as medicine. Varmam one of the branches in siddha system helps human society in curing disease. Varmam means the vital life force in the body. Medical Varmology deals with the study of such vital energy in the basis of prevention and curing diseases. Varmam has its own anatomy, physiology, pathology, medicine etc, Cardio vascular disease is one of the major killer ailments in developing countries now days. Varmam texts speaks about blood vessels, vital organs, like heart, lungs, liver, kidney, brain etc, In Varmam treatment we tune the varmam points and use only herbs as medicine which are safe on internal organs. Standardized preparation of herbal medicine and proper varmam stimulation will manage and cure, CVD such as MI, CAD, Septal defects, HT, Hyperlipedemia, etc in an effective manner.

KEYWORDS: Plants have the Septal defects, HT, Hyperlipedemia, etc in an effective manner.
INTRODUCTION
The plants that posses therapeutic properties or exert beneficial pharmacological effects on humans are generally designated as medicinal plants. Human beings have been utilizing plants having phytochemicals for basic preventive and curative health care since time immemorial. The usage of plants as medicine predates human history. Medicinal plants are considered to be an imported wealth of a country. They serve as therapeutic agents as well as raw materials for manufacturing of both traditional medicine and modern medicine.

Cardiovascular disease is one of the major killer ailments in developing countries nowadays. There is a need for an effective management for such diseases. The Indian system of medicine (Siddha and Varmam) along with modern techniques will be a permanent solution in treating. CVD patients and help them to lead a long and healthy life.

Siddha System of Medicine
We Indians, especially Tamilians have strong bondage with plants in our routine life. This laid the foundation for a medical system known as Siddha system. Siddha system is purely a scientific based system which has got lot of treasure in flora, fauna, and mineral resources and healing. Tamil medicine was contributed to the human kind by Siddhars, who were the great premier scientists of ancient days. Siddhars were of the concept that a healthy soul can only be developed through a healthy body. So they developed methods and medication that strengthen the physical body, mind and soul.

Like all systems of medicine, it has its own principles and theories Siddha system is based on 96 philosophies including 5 primordial elements (5 Bhoothas). This principle also includes sense organs, motor organs and its functions. It also consists of Intellectual faculties, Intellect; Vital channels (Naadis), vital air force (Vayu), vital system, nerve plexus, regions, mental binders, life humors, physical bindings, qualities, acts, passions and state of conscious. Siddhars have mentioned that all the elements in the universe are present also in the human body (i.e.) Macrocosm-Microcosm; or all matters living organisms are made up of 5 elements (Boothas).

Among the things mentioned above, 3 humors Vatham (creative factor), Pitham (maintenance factor) and Kapham (degenerative factor) are very important for the vital functioning of the body. The disproportion of these thathus leads to disease. Siddha system claimed to revitalize and rejuvenate dysfunctional organs that cause disease and to maintain the ratio of these 3
humors. Predominance of any one of vatha, pitha, kapha dhosas leads to disease. This may be due to environment, climatic conditions, diet, stress and physical activities.

Siddha system also has unique Anatomy and Physiology. According to Siddha medicine, various psychological and physiological functions of the body are attributed to 7 elements. They are saaram (gastric section), senneer (blood), oon (muscle), kozhuppu (fat lubrication), Enbu (bone), majjai (bone marrow), sukilam. For the diagnosis of diseases, siddhars used 7 diagnostic tools: Na, Niram, Mozhi, Vizhi, Sparisam, Malam, Neer, Naadi. Among these, Naadi parichai (i.e.) pulse diagnosis is a vital diagnostic tool to confirm the disease. The variation of vatha, pitha, kapha dhosas are impression at the pulse.

In this system, we use herbo mineral resources, (i.e.) organic and inorganic materials as medicine. These are properly identified and prepared and given for the treatment after testing the taste, character, potency, class and action. According to the mode of application medicines are categorized into two classes.

1. Internal 32 - based on preparation and shelf life.
2. External 32 - (external application oil, heat, massage) Instill drops, leech therapy etc.

Siddha system is not only a medical system it is an Art of Living. Its main principle is “Food is medicine”. Our Tamizh civilization is well versed in identifying and using the plant resources around us to keep away the diseases. Since we forgot the old lifestyle like 6 (arusuvai) tasted food, exercises, our country suffers from all metabolic and systemic disorders.

**Varmam**

Varmam is an ancient system of medicine and defense in India. Varmam is one of the branches in Siddha system. It helps human society in curing diseases. Varmam is the basic vital energy flow in the body. It is the basic force needed for the function of the body. It is inherited from our parents. This energy flow meets in some site which is called as varmam point.

This subtle energy is the manifestation of five elements (5 boothas), vayu (gases), naadi, vaasi. Varmam literally means Air. That place where the energy resides activates both body and life is varmam. They are located in nerves, bones and muscles.
In Tamil literature this energy is described as various energy during various periods. In one literature it is denoted as.

Mano sakthi - energy from brain transmitted throughout the body.

Arul sakthi - energy flowing from perineum reaching brain and transmitted region through the body.

Peroli sakthi
Kaaya sakthi - body energy
Kaantha sakthi- magnetic energy received by the body from the earth.

**Age of Vamam and Evidence**

We can get reference of vamam from ‘Tholkappiam’. This is an ancient text which is the base for grammar in Tamil language and literature period of (5000 BC- Tholkappiam) use the term ‘Vali Aatral’.

- There are nearly 120 books in various titles available in the name of vamam.
- Around 30,000 verses speak about vamam and its units.
- Most of them are available in palm leaf name scripts.

All these texts have names from the heritage of siddhars–Agasthiars, Bogar, Ramadevar, Thirumoolar, Theraiyar.

**Varmam Art and its Ramifications**

Origin of varmam art is Tamilnadu, especially southern part of Kanyakumari, Tuticorin, Tirunelveli and Southern part of Kerala. It has various branches. In includes defence, spiritual, yogic, astronomy, tantric, dietic, philosophical, medical varmalogy etc., All the branches are necessary for the well being of mankind. Varmalogy is the systemic study of vamam points in the body.

Varmam texts describe that functional change in Varmam points are the main cause for diseases. Medical Varmalogy is the basis for prevention and management of diseases. Medical varmalogy refers to the rhythmic tuning of points for curing various diseases by vamam experts. Right vibration in the points promotes health.

As per text, about 8000 vamam points are there in our human body. So far we have found exact locations of about 2000 points. But majority of the texts limits the number of points to 108. These 108 points are divided into 2 categories. 12 padu vamam and 96 thodu vamam.
Padu Varmam - major varmam points (primary) ‘Padu’ means Perarivu (connected to brain).

Thodu Varmam – minor varmam points situated by touching. ‘Thodu’ – touch, connection. The energy can be stimulated by tuning with fingers.

Thattu Varmam – Varma points stimulated by tapping method.

Inai Varmam – Varma points that works along with another varmam.

Pakkavarmam – varmam points that are found in the vicinity of a single varmam.

Naal varmam – varmam linked with 27 stars (eg.) Revathi star linked to Thivalai Kaalam (heart).

Ellidai varmam – varmam in between bone joint points.

Podu varmam – Points varmam points activated by blowing air especially used in case of pregnant women.

Nakku varmam – varmam stimulated by licking especially used for new born babies.

Nokku varmam – stimulated by eye energy to cure various diseases.

Kraka varmam – varmam receives and converts planetary energy into body energy.

Patchi varmam – related to internal organs.

Vatha varmam – regulates air functioning in the body (oxygen).

Pitha varmam – regulates heat function (thermal energy).

Silethuma varmam – regulates blood constituents and secretions (phlegm) in the body.

**Treatment Methodology: Energy Transfer**

If the person has insufficient energy we can use the following kinds of energy.

- **Body energy** – use once own energy for curing disease.
- **Herbal energy** – use plants.
- **Metal energy** – in varmam, we are not using metals directly. Herbs containing metal are used (eg) Nelumbo -> Silver micronutrients – heart function.
- **Animal energy** – the extracts from animal and birds organs are used as medicine.
- **Celestial energy** – transfer cosmic energy -> body energy.
- **Tantra energy** – transfer of energy from one human to another human especially in the case of children – we transfer energy from parents to offspring.

**Function**

Varmam points function through various mechanisms. It can do maximum 10 functions

- **Urinjal** - receiving
Oothal - sending
Iyakkal - activating
Iraithal - pumping
Uruthiakkal - strengthening
Pirithal - separating
Thotruvithal - creating
Valarthal - increasing
Matruthal - modification
Thadaval - leaping

These functions vary on the basis of need of organs. Each point will carry out minimum of 2 functions. Disease in the body result if any one function mentioned about is affected.

It also describes about Naadies. 10 vital airs (Thasa vayu) function in the body through the Naadies. Naadi act not only as a channel of blood flow but also extends to vital energy streams Naadi refers to both physical pathways and to subtle energy flows.

**Varmam and Angular connection**

The body functions only because of proper link of the varmam points among them. This links are known as Konanilagal/Angular connection. On the head, the varmam points are connected in a circular manner, on neck crescent, on chest it is hexagon, square on stomach, triangle on lower abdomen, pentagon on back. For proper varmam treatment we should know about this angular connection.

**Varmam - Measurement**

Every varmam point has its own size and shape. In order to activate the points properly we should know the specific length, width, breadth and shape of each varmam point. Each varmam point has 3 basic units of their dhosam Vatham, Pitham and Silethuman.

**Varmam – Treatment Techniques**

Vamam can be stimulated by six types of medical methods to treat diseases. They are.
- stimulation of varmam points
- herbal treatment
- metal treatment
- extract of animal and birds as medicine
Pratheep et al.  World Journal of Pharmacy and Pharmaceutical Sciences

- astronomical treatment
- tantric treatment

The stimulation of varmam points is the basic method. For proper tuning we have to know about.

- Kai baham (fingering method) – 4.
- Sei baham (application method) – 12.
- Mathirai Kanakku – depth of touch.
- Pathi Kanakku – pressure of touch.

So a single varmam point can be tuned in 48 different methods to cure different kinds of diseases. We should have proper Gurukula training for this treatment.

**Diagnosis**

Since varmam points have 3 dhosas in them, pulse reading, signs and symptoms helps in the diagnosis. Through pulse, loss of energy in a particular varmam can be identified and diagnosed. Treatment is given on this basis.

**METHODS**

Every varmam has its positive and negative part. Loss of energy in one point can be corrected using other point. Positive of one point will be negative for another. If the required amount of energy is made to reside in a varmam, the disease can be treated.

Adangal and Thiravukol are important techniques used for the emergency treatment especially in raising the unconscious person to consciousness. Varmam treatment will be helpful in chronic as well as acute conditions.

**CVD in Siddha System**

In Siddha system, CVDs are described as `Thamaraga Noi’ (thamaragam – heart) `Rudhra Roham’, Rudhra Vayu’.

**Etiology**

“Vayu vinale Valarum Rudhra Rogam”

Disproportion of vayu especially udanan and pranan causes heart diseases. Factors causing this disproportion are sedentary food habits, excessive intake of sour, salty, bitter, astringent
taste food items, strenuous work, exertion, excessive emotion, etc. Also worm infestation infections are said to be a cause of CVD in Siddha system.

Heart lies on the ‘pitham’ predominant area in the body. Circulation of blood is said to be controlled by vatham. These disproportions are also caused by sedentary life style. Intake of Alcohol, oily food items, carbohydrate rich foods, smoking etc.

The clinical symptoms mentioned include chest pain, dyspnoea, chest tightness, fatigueness, pedal oedema; at times it leads to death. The important cause for CVD is said to be increase in Vayu dhosam.

**Pathology**
Here we discuss pathology behind some of the ailments related to CVS that are treated by Siddha medicine.

**HTN**
It is due to the disproportion of vatham in the blood.

**IHD**

**CAD** - In this condition kapham thosam block the motion of vatham, pithamand thereby circulation is affected.

**MI**
This is due to the inappropriate increase of Vayu, especially

**Heart Failure**
Vyana vayu.

**Diagnosis**
In ancient days, heart diseases were diagnosed through pulse. Increased silethuma naadi, decreased pitha naadi, splitted vatha naadi, conjuction of vatha and silethuma naadi reveals problems with heart.

**Herbal Treatment**
One of the main drugs used in Siddha system in the case of CVDs is `Marutham’ – Terminalia arjuna. Marutham tree itself has a special important in Tamil literature. One of the classifications of living place in the Tamizh society was named as “Marutham” which may be because of this tree. Marutham, which is a delightful dwelling place in the earth, is a wealthiest and healthiest place than other. This tree has a place in Mythology: Arjun tree was the favourite tree of Sita.
It is a deciduous tree which native is India. It grows about 27 metre high.

Its bark is mainly used as medicine.

It is large, evergreen tree; spreading crown and drooping branches.

Bark is grey and smooth.

Flowers are white, small, long hanging raceme.

Its root and seed are also used as medicine.

Agasthiar Gunapadam, one of the important pharmacological texts in Tamil describes Marutham’s property. It cures Genito urinary tract infections-leucorrhoea, poly uria like problems helpful in skin disorders including leprosy, worm infestation and colicky pain. It is a very good cardiac tonic. It also has Anti vatha property.

**Constituents**

Bark – Casuarin saponin glycoside (Arjunic acid, arjunolic acid, tannins, cardeno-lide, teriterpenoids, arjunogenin, flavanoinds, (arjunone, lubeolen).

Gallic acid, ellagic acid (OPCS (oligomeric), phytosterols)

Root and Seeds Cardenolide Cardiac glycoside

**Action**

Alexteric, styptic, tonic, Anthelmetic, Cardia tonic, healing property.

**Uses**

Saponin glycoside – Ionotropic effect.

Flavanoids, OPC -> Anti oxidant activity and vascular strengthening.

Cardiac glycoside – Increased force of cardiac contraction by means of rise in Intracellular Na and Ca. Mild diuretic, anti, ulcer, healing property. Blood thinning, prostaglandin (E2) enhancing and blood lipid lowering property, helps dilation of blood vessels.

Marutham Pattai Chooranam reduces the symptoms and complication of the HT- Dizziness, insomnia, lassitude, occipital headache, and breathlessness. It alleviates the symptom of asthma. Thus it protects the coronary artery and cardiac tissue from Ischemic damage.
Marutham bark decoction/chooranam will promote health and has cardio protective property. Since it has the property of correcting the Vayus, it can be used to normalize the prana vayu and udana vayu which as the main cause for CVDs.

``Indran parathanin podi neeruna
Banthamakiya valipaiyulelam marum’’ (Therayar Karisal)

Indian Par -> Other synonym for Marutham bark (pattai)

Varmam and CVD
Varmam text describes about CVS in a detailed manner.
- It describes CVS as ‘Rathaasayam’, heart as Koombeeral.
- Blood vessels and nerves as Naadi. Naadi also refers to the rate of flow of blood. Arterial and Venous system as Sengathali Vana thottam and Karungathali Vana thottam.
- Pancha Varnam Kugai – refers to Thoracic case (Rib case) with its organ. Heart, liver, lungs, spleen, gall bladder.
- We should know the code words (Paribaashai) to understand the matters properly in ancient text.

Varmam text, Varma Sootcham-1500, explains blood vessels supplying heart (coronary artery), properties of cardiac muscle, chambers of heart, systolic and diastolic functions and its dysfunctions. Varmam text explains six chambers in the heart.

Varmam points related to heart functions
- Thivalaikaalam: it lies four fingers below left infraclavicular fossa or four fingers above nipple. It improves heart functions and reduces heart related stress. Only the text Varam Sootcham-1500 describes about right side Thivalaikaalam. This point is tuned using three fingers since it is three fingers breadth. This Varmam point is linked to Revathy Star. Right side Thivalaikaalam helps in liver and lungs functions.
- Koombu Varmam: it lies on the left side of the chest, right to the heart. It energise heart, reduces palpitation, corrects septal dysfunction. It improves right atrium and ventricular functions. We are using this point in the case of ASD, VSD, CAD.
- Vittil Varmam: it lies three fingers lateral to left nipple. It regulates blood flow in to the heart especially to left ventricle, reduces tachycardia.
Thisai Varmam: it lies one finger above left nipple. It gives energy to chambers of the heart, arteries and veins.

Anuman Kaalam: it lies one finger below left nipple. It strengthens cardiac muscle, liver and stomach.

Thatchanai Kaalam: it lies on the palm. Strengthens the heart, reduces dyspnoea. While clapping, eating, licking the food this point is stimulated.

Munmudichu: it lies on the sternum. It regulates the blood supply to brain (carotid artery), reduces body tiredness.

Adimoottu: it lies on the wrist. It improves cardiac and thyroid functions. It also strengthens urinary system.

Nadukku: it lies on the dorsal surface of the palm. It increases brain perfusion, increases blood pressure, controls tremor, strengthens heart-lungs-liver and gall bladder.

Uthirakaalam: it lies near sternocleido mastoid. It regulates thyroid functions and control jugular pressure.

Muthu Thamarai: it lies on the sole. It improves ejection function of heart (i.e.) systolic and diastolic functions.

These points can be stimulated after getting proper Guru's training/guidance.

The imbalance or injury to a particular varmam points due to any reason is recorded in the heart through the flow of naadis. This results in the disease because the 3 dhosas Vatha, Pitham, Silethumam which besides in heart get affected. Loss of energy in blood vessels, heart, lungs leads to imbalance in circulation of air leading to diseases.

In our Institute ARI, TVR&TC, Coimbatore we are treating various diseases like neurological disorder, gastro intestinal disorders, joint disorder, genetic disorders, CVD, gynecological, paediatric etc., Among those 15% cases are related to CVD like,

- ASD, VSD – septal defect
- Hypertension
- Valvular heart disease – AR, MR
- Chronic heart failure
- Ischemic heart (failure) disease
- Left ventricular hypertrophy
- CAD – TVD
- RHD – post valvuloplasty
Post CABG surgical patients
Arrhythmia
Rheumatoid heart disease

Those patients took varmam treatment along with their Allopathy, Siddha, Homeopathy or Ayurveda medicine. Varmam treatment (tuning) is given twice a week.

Most of the patients had clinical symptoms of dyspnoea, palpitation, pedal oedema, fatigueness, giddiness, occipital headache, insomnia, hemoptysis (in some cases) even though they are under medicines. Using varmam literature as evidence, we have given treatment for their related ailments. We stimulated the varmam points strengthening the heart and blood vessels, immune system as per the need. The response to the varmam tuning produced better results in this cardiac function. Dyspnoea, palpitation, fatigueness, headache were controlled very well. Ejection fraction EF and cardiac function are raised to normal level. All patients responded very well to varmam therapy.

**Varmam in Emergency**

Varmam stimulation will be very helpful in case of emergency. It will be useful in handling cardiac patients. In this conference, we can discuss one important varmam point that we can use for emergencies like acute MI, Angina pectoris etc.

**Vittil Varmam**: This varmam point is present 3 fingers lateral to left nipple deeply.

- The stimulation of Vittil varmam with middle 3 fingers immediately reduces the heart rate.
- Thereby conditions like (tachycardia) Arrythemia, HT, etc., can be controlled immediately.
- This varmam can also be used in the cases of acquired valvular heart, IHD, congenital heart disease.
- Arrhythmia of various causes.
- We can use this Varmam point in case of emergency to stabilize the person before hospitalization.
- This may be due to the activation of Vagus nerve. Since vagal activity has direct effect on ventricular contractility, heart rate is slow down by stimulating this point.
- We should know about varmam anatomy and physiology, for knowing proper mechanism behind the stimulation of every varmam and standardize the treatment procedure.
There are other varmam points which improve cardiac function, strengthen cardiac muscle, circulation, (diastolic and systolic) blood thinning, and control hyper tension, diabetes, hyper cholesterol etc.

**CONCLUSION**

The improper functioning of vayus leads to disease, CVDs results in the improper functioning of ‘pranan’ and ‘udanan’ vayus. Varmalogy is purely related to medical field. It has its own theory and practices and also fully developed Anatomy and physiology. The texts describes about surface anatomy, internal anatomy, physiology, pathology of disease, diagnostic methods, line of treatment, varmam stimulation, preventive measures and management of diseases.

Hence to maintain a healthy life, it is very important to protect the vayus and their flow in the body. The management of CVDs is very difficult in the modern world. IT is associated with many complicated diseases at its later stage. Siddha medicine-Marutham Pattai Choornam along with varmam points will tremendously work in case of CVDs.

The specialty of varmam treatment is that it works without medicines, but it can be used in conjugation with any other medical field. It has no adverse reaction.

Ultimately it is cost effective and less expensive treatment. If all the system of medicines (Allopathy, Siddha, Ayurveda, Homeopathy) join hands with varmam we can create healthy world.

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