

**EFFECT OF VARMAM THERAPY IN DIABETES MELLITUS****\*<sup>1</sup>Dr. B. Balanagalakshmi, B. S. M. S. and <sup>2</sup>Dr. N. Shunmugom, Ph. D.**<sup>1</sup>Assistant Medical Officer, TVR & TC, Arts Research Institute, Coimbatore – 641030.<sup>2</sup>Varmam Subtle Science Researcher, Honorary Advisor, Ari Foundation, Coimbatore – 641030.Article Received on  
26 December 2018,Revised on 16 Jan. 2019,  
Accepted on 06 Feb. 2019,

DOI: 10.20959/wjpps20193-13244

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641030.**ABSTRACT**

Diabetes is a metabolic lifestyle disorder. WHO projects that by the year 2030 the number of people with diabetes will be 366 million. The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014. The aim of the clinical study is to examine the effect of varmam therapy in minimising the level of hyperglycaemia and its complication and maximising the quality of life of patients.

**INTRODUCTION**

Diabetes mellitus is a clinical syndrome characterized by hyperglycaemia due to absolute or relative deficiency of insulin or the cells not responding to the insulin produced by the organ (pancreas). The main cause for diabetes is improper life style, genetic factor, allopathic drugs and hormone disorders.

It is classified into

- Type 1 Insulin Dependent Diabetes mellitus (IDDM)
- Type 2 Non Insulin Dependent Diabetes Mellitus
- Gestational diabetes

**Clinical Features**

- Polydipsia
- Polyphagia
- Polyuria
- Tiredness, fatigue
- Blurring of vision

- Nausea, headache, etc.

## MATERIALS AND METHODS

Patients from different age group and gender were considered for this study. Patients were attended as outpatients in Thirumoolar Varmam Research and Therapy Centre (Unit of Arts Research Institute) at Coimbatore. Initially forty patients were selected. They were known case of Type 1 Diabetes mellitus (DM) (2 patients) and Type 2 DM (38 patients). Most of them were on oral hypoglycaemic and insulin. A few were taking Indian medicine drugs, namely Siddha and Ayurveda.

The patients were subjected to varmam therapy. Varmam therapy was given twice a week for every individual. Meanwhile, they were advised to continue their regular drugs.

### Varmam Introduction

Varmam is the subtle energy of the five elements (pancha boota), vayus, naadis, vaasi and kundalini. Those places where this energy resides and activates both body and life force are varmam points. These points are located in nerves, naadis, muscles and bones.

The varmam text 'Varma Vilvisai' mentions 8,000 points in the human body. Another varmam text 'Kumbamuni Narambarai' mentions 251 points. Majority of texts limit the number of varma points to 108.

### Varmam Points

#### Urumi Kaalam

It lies in the upper abdomen between xiphi sternum and umbilicus in the midline.

“Mattila nenjin nadu kuzhivai thottu

Sattravae naal viral keel naduvaryiyil vayidridayae Urumikaalam”

(Ref: Varma Kaandam, verse 837)

It directly stimulates pancreatic secretion.

#### Thummi Kaalam

It lies in the supra clavicular notch of sternum. It helps to balance the energy of urumi kaalam.

“Adavaana kaarayal rendum ondru

Poruthuvaai thondai kuli idathil

.....  
Paethavae sangilthaan solvenappa.

(Ref: Varma Kaandam 689)

### **Adappa Kaalam**

“Pandana Velliral Rathaasayaththai

Kattaga Payan Paduthi Kaakkum Naalam

.....  
Vandana Kaareral Iraipai Oodu

Swasathin Karuvi Ondrai Isaikum Naalam.”

(Ref: Varma Kaandam, verse 810)

Thummi Kaalam and Adapa Kaalam Enhances the liver and lung functions.

### **Aamai Kaalam**

It lies in the middle of anterior aspect of thigh, in line with the major energy tract called pingkalai naadi.

“Thodai maiyam surulthaan vaithu aamai varmam aachu”

(Ref: Kumbamuni Narambarai 108)

### **Vayu Kaalam**

It lies on the back bone (spinal cord) in the middle of the trunk, at level of the T12 vertebra.

The master of vital air in the body “Vyanan” is located at this varmam point. Stimulation of this point helps to induce pancreatic secretion.

“Ner muthugil thattondru podu (Vayukaalam)”

(Ref: Varma Kaandam, verse 840)

It carries energy to pancreas.

### **Nanganapootu**

It lies in the dimple just above the gluteal region. It helps to induce pancreatic secretion.

“Pin suliyil isaikum pothu sariyagum (Nanganapootu)”

(Ref: Varma Kaandam, verse 841)

It carries energy to pancreas.

### **Pozhi Varmam**

It lies on the edges of the T8 vertebra. It supplies energy to Urumi kaalam.

**OBSERVATION AND RESULTS**

The results were observed with respect to following criteria:

- Gender distribution
- Age distribution
- Etiological factor
- Duration of illness
- With and without medicine

**1. Gender Distribution**

S. No	Gender	No. of Cases
1.	Male	19
2.	Female	21

In this study, number of female patients is higher than male patients.

There is no sex predilection.

**2. Age Distribution**

Age	No. of Cases	Male	Female
0-20 Years	1	0	1
20-40 Years	3	3	0
40-60 Years	22	10	12
Above 60	14	6	8

The above table indicates that the patients coming under 40-60 years age group are most affected.

**3. Etiological Factor**

Type 1 DM	2
Type 2 DM	38

**4. Duration of Illness**

Duration of Illness	No. of Patients	Male	Female
<6 months	2	1	1
6months - 5 years	10	5	5
5-15 years	21	12	9
>15 years	7	1	6

The above table indicates that diabetes mellitus is a chronic metabolic disorder.

### 5. Varmam With and Without Medicine

Varmam Therapy Alone	Varmam Therapy With Medicine
5	35

### 6. Prognosis

Recovery Scale	No. of Patients	
	Male	Female
Mild	7	11
Moderate	5	7
Good	5	1
Poor	2	2

The above prognosis indicates that for patients with diabetes mellitus, their sugar level is reduced and maintained by varmam therapy even without medicine.

From the above study, we come to know that diabetes mellitus patients under the age of 60 years respond well to varmam therapy.

#### Note

Recovery of the patient is depended upon the vitality of the individual.

### CLINICAL DISCUSSION AND SUMMARY

- Totally 40 patients, who were undergoing treatment, were selected for this study.
- Duration of varmam therapy ranged from minimum of 4 weeks to 2 years.
- Initially the patients were advised to continue their regular medicines, diet and exercise. In addition to that, varmam therapy was given twice a week.
- Patients with constant or fluctuating hyperglycemia at the beginning of treatment showed good recovery and maintained their glycemic level after the treatment.
- Varmam therapy responds better to younger individuals and to patients who are diagnosed early.

### CONCLUSION

From the above randomised clinical study, the recovery scale of the patients is improved after varmam therapy, but it also depends upon the patient's vitality, age factor and duration of the disease.

The study shows that the varmam therapy did not interfere with any other medication and varmam therapy can be practiced along with any other medications.

**ACKNOWLEDGEMENT**

Thanks to our Honourable Master Dr. N. Shunmugom, Ph.D., Honorary Advisor, Ari Foundation, Coimbatore.

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