

EFFECTIVENESS OF VARMAM THERAPY ON HYPERTENSION**L. Janani^{1*}, R. Manickavasagam²**

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ABSTRACT

Siddha System of Medicine is one of the ancient indigenous medical systems originated from India has a vast repository of classical formulations, as internal medication and various other external therapies. *Varmam* is a unique therapeutic method of Siddha. Points of junctions of muscles, nerves, tendons, blood vessels, bones and joints where pranic energy remains concentrated are called *varmam* points. *Varmam* also indicates the therapeutic manipulation of specific points in which the pranic energy is found concentrated. *Varma* therapy plays a vital role in prevention and management of hypertension. Hypertension is one of the leading causes of the global burden of disease. Approximately 7.6 million deaths (13–15% of the total) and

92 million disability-adjusted life years worldwide were attributable to high blood pressure in 2001. Hypertension is present in all populations except for a small number of individuals living in primitive, culturally isolated societies. In Siddha, Hypertension is considered as *Athikuruthiazhutham*, Abnormality of *Seneer thathu* (blood element). *Varmam* which is a well established course of treatment for musculoskeletal problems has not been used extensively for management of Hypertension. Therefore a study was undertaken to measure the effect of *varma* therapy on Hypertension.

KEYWORDS: *Athikuruthiazhutham*, *Seneer thathu*, *Varmam*.

INTRODUCTION

Hypertension is one of the leading causes of the global burden of disease. Approximately 7.6 million deaths (13–15% of the total) and 92 million disability-adjusted life years worldwide

were attributable to high blood pressure in 2001. Hypertension doubles the risk of cardiovascular diseases, including coronary heart disease (CHD), congestive heart failure (CHF), ischemic and hemorrhagic stroke, renal failure, and peripheral arterial disease. It often is associated with additional cardiovascular disease risk factors, and the risk of cardiovascular disease increases with the total burden of risk factors. Although antihypertensive therapy clearly reduces the risks of cardiovascular and renal disease, large segments of the hypertensive population are either untreated or inadequately treated. Blood pressure levels, the rate of age-related increases in blood pressure, and the prevalence of hypertension vary among countries and among subpopulations within a country. Hypertension is present in all populations except for a small number of individuals living in primitive, culturally isolated societies. In industrialized societies, blood pressure increases steadily during the first two decades of life. In children and adolescents, blood pressure is associated with growth and maturation. Blood pressure "tracks" over time in children and between adolescence and young adulthood). Despite the considerable attention that has been focused on the diagnosis and management of Essential Hypertension by the clinical and research community, the diagnosis of Hypertension is still a problematic area as the disorder is usually asymptomatic. That is why it is often called as "silent killer".^[1] So an attempt was done to evaluate the efficacy of *Varma* therapy for the management of Hypertension. *Varma* therapy plays a vital role in prevention and management of hypertension.

Varma is a complete naturalistic healing system to rejuvenate the body by eliminating toxic imbalances to restore resistance and good health in the highly stressful environment of modern times. The therapy time is less and when properly complied to, gives long lasting results. Life energy is said to flow in the body in a particular pathways. There are certain focal points in the body where this life energy "Vaasi" is concentrated. Normally these are the points where two bones join or a muscle inserted into a bone or the blood vessels, nerves are prominent. These points are called *Varmam* points can also be considered as reflex anatomical points directly related to organs lying within. *Varmam* also means where breathing energy resides in the body. The therapy of physical manipulations either by applying pressure on the *varmam* points or using massage therapy with apecificated oils or blowing certain medicines in the nose or ear is called as *varmam* treatment^[2]. *Varmam* plays a major role in promoting drugless world, though it has its own special type of *Varmam* medicines. It is non invasive, simple and effective but only trained physicians can do. So an

attempt was done to evaluate the efficacy of *Varma* therapy for the management of Hypertension.

MATERIALS AND METHODS

Patients with Hypertension who are willing to undergo the *varma* treatment were selected and asked to visit OPD for 48 days of *varma* therapy point stimulation. Totally 10 Patients with different age group, gender, and socio-economic status were randomly selected, on the basis of following criteria.

METHODS

Stimulation of *varma* points for 48 days

VARMA POINTS

1. *Sakthi varmam*
2. *Mun mudichu varmam*
3. *Munpoonel varmam*
4. *Kai ulpakka – vilapakka varma thadaval murat*^[3]

Each *varma* point will be stimulated with pressure mentioned in text and may vary according to patients *pirakuruthi*(body constitution).

INCLUSION CRITERIA

1. Patients of both sex between the age group 20 to 60yrs.
2. Patients who already diagnosed as hypertension were selected.
3. Mild and moderate grade patients of hypertension as per 7th JNC & WHO criteria were included.

EXCLUSION CRITERIA

1. Secondary hypertension.
2. Pregnancy induced hypertension
3. Patient on Oral Contraceptive Pills, steroids.
4. Patient associated with serious illness like malignancy, HIV and Tuberculosis.

CRITERIA FOR ASSESSMENT

The assessment of the effect of treatment was based on both subjective (clinical features) and objective (Systolic and Diastolic Blood Pressure) parameters.

a) Subjective parameters:

1. Headache
2. Palpitation
3. Fatigue
4. Irritability
5. Oedema
6. Vertigo
7. Insomnia

Assessment of above subjective parameters was done according to grading pattern.

b) Objective parameters

Assessment of change in both systolic and diastolic blood pressure level in supine position by using Sphygmomanometer.

Table No. 1:7th JNC & WHO criteria for Diagnosis Hypertension (Harrison's Principles of Internal Medicine, 17th Edition, Page no 1553).

Category of HTN	Systolic BP (mmHg)	Diastolic BP(mmHg)
Normal	<120	and <80
Pre hypertension	120-139	or 80-89
Stage 1 hypertension	140-159	or 90-99
Stage 2 hypertension	≥160	or ≥100
Isolated systolic hypertension	≥140	and <90

RESULTS

In this study group maximum numbers of cases i.e. 72% were in the age group of 41-60 yrs. The incidence was less in younger age group. Out of 40 patients of hypertension 62.5% were male.

Assessment of Subjective parameters

Symptoms	Grading	Before <i>varma</i> therapy (n=10)	After <i>varma</i> therapy (n=10)
Headache	0	4	8
	1	4	2
	2	2	0
	3	0	0
Palpitation	0	4	7
	1	6	2
	2	0	1
	3	0	0
Easy Fatigability	0	6	8
	1	3	1

	2	1	1
	3	0	0
Irritability	0	3	9
	1	4	1
	2	3	0
	3	0	0
Oedema	0	0	0
	1	1	1
	2	0	0
	3	0	0
Vertigo	0	9	10
	1	1	0
Insomnia	0	8	9
	1	2	1

Assessment of objective parameters

Variable	Before <i>varma</i> therapy (n=10) Mean \pm S D	After <i>varma</i> therapy (n=10) Mean \pm S D	T value	P value
Systolic blood pressure	154 \pm 6.32	132.50 \pm 5.73	7.97	P=1
Diastolic blood pressure	98.60 \pm 3.89	82.40 \pm 3.09	10.312	P=1

The effects of therapy were significant ($p=1$) with respect to systolic and diastolic blood pressure.

DISCUSSION

Hypertension often called as “silent killer” and it is one of the leading causes of the global burden of disease. So early diagnosis and prevention reduces the risk of morbidity and mortality. Since only antihypertensive drugs cannot control the disease, Certain nonpharmacological therapies such as *Varma* plays a vital role for the management of Hypertension. These *Varma* techniques provide very simple, cheap, patient friendly, non-invasive and cost effective. In some case oral antihypertensive drugs in Siddha such as Venthamarai chooranam, Sarpagantha mathirai can also be administered depending upon the severity of patient. From the above Assessment of subjective and objective parameters it is evident that *Varma* therapy is effective for Hypertension which is evident from the P value ($p=1$).

CONCLUSION

This study shows that *Varma* therapy is effective for the management for Hypertension. Drugless *Varma* therapy plays vital role in alleviating the ailments of the body system which

is non-invasive, simple and cost effective. Further researches need to be done for the standardization of *Varma* therapy for effective management of Hypertension.

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