



DOCUMENTATION OF *VARMAM* POINTS LOCATED IN THE LOWER LIMB BASED ON VARIOUS SIDDHA *VARMA* LITERATURES

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ABSTRACT:

Siddha system is a unique system of medicine for maintaining health or treatment for diseases. In which *Kayakalpam* (Rejuvenation therapy), *Muppu*, (universal salt) and *Varmam* are few among specialities. *Varmam* is a vital energy flow circuiting inside the body. Dwelling or resting places of life energy called *Varmam* points. The ancient works of the *Varmam* literature contain versus denoting the vital importance of each such *Varmam* location in our body. It is therapeutically used to cure and heal various injuries and ailments afflicting body. These *varmam* points in the body can be determined by anatomical location, fingerbreadth measurements and thread measurements. It is a unique therapeutic manipulation therapy. Almost 14 literatures are reviewed, number of *Varmam* points in lower limb differ from each other.

MATERIALS AND METHODS: Literature review

Literatures were collected from the various libraries such as National Institute of Siddha, Govt. Siddha medical college Chennai, Siddha central research institute Chennai and ATSVS Siddha medical college Munchirai then collected data were compiled.

CONCLUSIONS: This review bring out that the Lower limb may contain 38 *Varmam* points. Number of *Varmam* points in lower limb varies according to various siddha Varma literature. Same *Varmam* points are mentioned different name in each literature.

KEYWORDS: *Varmam* points, *Varmam* literature, Lower limb

INTRODUCTION:

Siddha system is originated in southern part of India, which is one of the ancient traditional systems of medicine. This system has its own unique methodology of treatment for various ailments.

Varmam is the energy points located along invisible energy channels in the body. Any injury or block in the flow of vital energy leads to diseases. *Varmam* therapy used to treat multiple ailments, especially related to musculoskeletal and neurological deficits. Dwelling or resting places of life energy called *Varmam* points. Reaching locations of *Varmam* points, technique of approach and degree of manipulation play vital role in *Varmam*. *Varmam* points in human body are mainly classified in to two types, *Padu varmam* and *Thodu Varmam*. *Padu varmam* is 12 in number and *thodu Varmam* is 96 in number. *Thoduvarmam* are the *Varmam* points which are connected to *Paduvarmam*. Such a way, eight *thoduvarmams* are connected to one *paduvarmam* i.e $8 \times 12 = 96$ *Thoduvarmam*. The ancient works of the *Varmam* literature contain versus denoting the vital importance of each such *Varmam* location in our body. It is therapeutically used to cure and heal various injuries and ailments afflicting body These *Varmam* points in the body can be determined by anatomical location, fingerbreadth measurements and thread measurements. The total number of *Varmam* points which accounts to 108 comprises two terminologies *varmam* and *kaalam*. The word *Varmam* refers to static energy and the term *Kaalam* refers to kinetic energy^(1,2)

MATERIALS AND METHODS:

STUDY TYPE	: Literature review
STUDY PERIOD	: 6 months
STUDY PLACE	: Various Libraries namely,

- Library of National Institute of Siddha
- Library of A.T.S.V.S Siddha Medical College, Munchirai
- Library of Govt.Siddha Medical College, Chennai
- Library of Siddha Central Research Institute, Chennai
- Thamarai Noolakam, Chennai

Varma text were referred from above libraries after that, compiled data. Collected literatures are

Mentioned in **Table no.1**

REVIEWED LITERATURES

Table no. 1 Number of *Varmam* points mentioned in *Varmam* literatures

S.I no.	Book name	Number of <i>Varmam</i> points	Name of the <i>Varmam</i> points
1	<i>Varmasoodamani</i>	11	<ul style="list-style-type: none"> • <i>Amurtha Varmam,</i> • <i>Kavulikaalam</i> • <i>Bhoomi Varmam</i> • <i>Chilli Varmam</i> • <i>Kuthirai Varmam</i> • <i>Theetha Varmam</i> • <i>Karikalam</i> • <i>Kaantha Varmam</i> • <i>Aamai kaalam</i> • <i>Poruthu Varmam</i> • <i>Vil Varmam</i>
2	<i>Varma beerangi -100</i>	15	<ul style="list-style-type: none"> • <i>Ullamkaal vellai varmam</i> • <i>Uppukuttrikaalam</i> • <i>Kundikaikaalam (4)</i> • <i>Viruthikaalam</i> • <i>Sundothari varmam</i> • <i>Pada varmam</i> • <i>Kannupukaikaalam</i> • <i>Visainarambu varmam</i> • <i>Kuthikaal varmam</i> • <i>Kuthirai muka kaalam</i> • <i>Muzhamkaal moottu varmam</i> • <i>Naduthodaithatti kaalam</i>
3	<i>Varma kannadi -500</i>	15	<ul style="list-style-type: none"> • <i>Ullam kaal vellai Varmam</i> • <i>Uppukuttri Kaalam</i> • <i>Kundikai Kaalam</i> • <i>Viruthi Kaalam</i> • <i>Sundothari</i> • <i>Pada Varmam</i> • <i>Kan pukaikaalam</i> • <i>Kuthikaal Varmam</i> • <i>Vikuthi Kaalam</i> • <i>Kuthirai mukakaalam</i> • <i>Komberi Kaalam</i> • <i>Mudichi Varmam</i> • <i>Kona sanni Varmam</i> • <i>Mootu Varmam</i> • <i>Patchi Varmam</i>
4	<i>Adivarma sootchmam</i>	15	<ul style="list-style-type: none"> • <i>Ullam kaal vellai Varmam</i> • <i>Kondodi Kaalam</i> • <i>Kundikai Kaalam</i> • <i>Manthi Kaalam</i> • <i>Viruthi Kaalam</i> • <i>Kutti Kaalam</i>

			<ul style="list-style-type: none"> • <i>Sundothari</i> • <i>Pada varmam</i> • <i>Kannu pukai Kaalam</i> • <i>Kuthikaal Varmam</i> • <i>Kuthirai muka kaalam</i> • <i>Mudavu Varmam</i> • <i>Mootu Varmam</i> • <i>Thumbi Kaalam</i> • <i>Thudai thatti Kaalam</i>
5	<i>Varma laada soothiram</i>	14	<ul style="list-style-type: none"> • <i>Vellai Varmam</i> • <i>Varthi</i> • <i>Uppukuttikai (kaal mozhi kuttikai)</i> • <i>Sundothari</i> • <i>Kaal patthi Varmam</i> • <i>Kanpukai kaalam</i> • <i>Kuthikaalam</i> • <i>Kuthirai muka kaalam (2)</i> • <i>Komberi kaalam</i> • <i>Matthikona sanni Varmam</i> • <i>Aaal mootu Varmam (2)</i> • <i>Kaari Varmam</i>
6	<i>Varma soothiram - 100</i>	18	<ul style="list-style-type: none"> • <i>Pathakal Varmam</i> • <i>Thundu Kaalam</i> • <i>Nediyin Kaalam</i> • <i>Aaamai Kaalam</i> • <i>Mootu Kaalam</i> • <i>Pakka Varmam(2)</i> • <i>Kulirchi Varmam</i> • <i>Asavuthiri kaalam(2)</i> • <i>Kuthirai mukakaalam</i> • <i>Komberi Kaalam</i> • <i>Mudichi Varmam</i> • <i>Kona Sannikaalam</i> • <i>Paatha chakra Varmam</i> • <i>Thida Varmam</i> • <i>Bhoomi Kaalam</i> • <i>Adangal Kaalam</i>
7	<i>Varmanooleni -200</i>	14	<ul style="list-style-type: none"> • <i>Ullamkaal vellaai Varmam</i> • <i>Uppukuttri Varmam</i> • <i>Kundusangi Kaalam</i> • <i>Viruthi Kaalam</i> • <i>Sundothi Varmam</i> • <i>Sundothari Varmam</i> • <i>Padavarmam</i> • <i>Karandaikaalam</i> • <i>Kuthikaal Varmam</i> • <i>Kuthiraimuka Varmam</i> • <i>Komberikaalam</i> • <i>Konasanni</i>

			<ul style="list-style-type: none"> • Mootu Varmam • Muzhamkaal Varmam
8	Varma kalai kannadi soothiram -200	13	<ul style="list-style-type: none"> • Thundu Varmam • Netti Varmam • Aamai Kaalam • Pathaikal Varmam • Asaku thiri kaal kannu Varmam • Kuthirai muka Varmam • Komberi kaalam • Mudichi Varmam • Patha chakra Varmam • Matthidai Varmam • Bhoomikaalam • Vellai adangal kaalam • Uppu kuttri varmam
9	Varma odivu murivu sara soothiram -1200	21	<ul style="list-style-type: none"> • Boomi Kaalam • Mozhi Varmam • Kavali Varmam (4) • Paatha chakra Varmam • Mudichi Varmam • Karandai Varmam (2) • Vellai Varmam • Kuthikaal Varmam • Uppukuttri Kaalam • Ellu Varmam • Naaythalai Varmam • Asakuthiri kannu Varmam (2) • Chirattai Varmam • Aamai Kaalam • Kannu Varmam • Pathaikaal Varmam
10	Varma odivu murivu sara soothiram-1500	13	<ul style="list-style-type: none"> • Dheksanai-1 • Sundothari -2 • Chuttu varmam-1 • Maniyin bantham-1 • Patchanai varmam-1 • Meka varmam-1 • Theetha varmam-2 • Kuthirai varmam-1 • Kirayil varmam-1 • Aanthai kaalam-1 • Chilli varmam-1
11	Varmaani -16	8	<ul style="list-style-type: none"> • Uppu kuttrikaalam • Vellai Varmam • Sundothari Varmam • Pirthi Varmam • Kannu uranga Kalam • Kuthirai mukham • Mootu Varmam • Urumi Varmam

12	Varmasari	11	<ul style="list-style-type: none"> • Uppu kuttri Varmam • Sundothari Varmam • Kannu pukazh kaalam • Kuthirai mukakaalam • Kaal urumi Varmam (Thodai matthi) ❖ In right lower limb –6Varmam point ❖ Left lower limb - 5Varmam points
13	Varmavithi	11	<ul style="list-style-type: none"> • Sippiram • Koorcham • Koorchiram • Kurpam • Indiravatthi • Jaanu • Aani • Oori • Lohithai • Vidasanthi
14	Varma thiravukol thirattu	15	<ul style="list-style-type: none"> • Kaal vellai Varmam (Patha chakra varmam), (Adangal varmam) • Uppu kuttri Varmam • Moli Varmam • Kundigai Varmam (Kundu kalam) • Viruthi Varmam • Kaal sundothari Varmam (Vithir varmam) • Pada Varmam (Thida Varmam) • Kannu pukazh Varmam(Poozhi kaalam) • Kuthikaal varmam • Kuthiraimuka Varmam • Komberi Varmam • Mudichu mayya Varmam(Patchi Varmam) • Konasanni Varmam(Adakka Varmam) • Mootu varmam (Sirattai Varmam, Gaja kesari Varmam, Kochal Varmam) • Kaal urumi Varmam

DISCUSSION:

In the present study, above 14 Siddha *Varmam* literatures were referred for the compilation of *Varmam* points located in the lower limbs. Those are mentioned in Table no.1 The Literatures are collected from the various libraries. From this review, 38 *Varma* points are identified from 14 Siddha literatures mentioned in picture no1, 2 and 3. In which there is variations in *Varmam* points counting, differ in their number of *Varmam* point from each and every Siddha *Varmam* text is mentioned in **table no.2**.

Table no. 2 Differ in counting's of *Varmam* points mentioned in *Varmam* literature

<i>Varma</i> text	Numbers
<i>Varmani-16</i>	8
<i>Varma soodamani, Varma saari, Varma vithi</i>	11
<i>Varma kalai kannadi soothiram, Varma odivu murivu sara soothiram-1500</i>	13
<i>Varma lada soothiram, Varma nooleni-200</i>	14
<i>Varmabeerangi, AdivarVarma sootchmam, Varma thiravukol thirattu</i>	15
<i>Varma soothiram</i>	18
<i>Varma odivu murivu sara soothiram-1200</i>	21

In following texts, *Varma beerangi -100*, *Adi varma sootchmam*, *Varma kannadi -500*, *Varma nooleni-200*, *Varma thiravukol thirattu* and *Varmalada soothiram* in which commonly mentioned *Varma* points are *Ullam kaal vellai varmam*, *kundigai varmam*, *Viruthi varmam*, *Sundothari varmam*, *Kuthikaal varmam*, *Kuthirai mukam*, *Pada varmam*, *Kaalmootu varmam* and *Thodai thatti kalam*.

Varmam points name is Vary from each *Varmam* literature .*Varmam* points with synonyms and without synonyms are mentioned in **table no.3. and Table no.4** accordingly.

Table no.3Varmam points with different synonyms

Name of Varmam points	Synonyms
<i>Ullamkalvellai</i>	<i>Adangal</i> ^(6,14,10) <i>Vellai varmam</i> ^(3,5,15) <i>Adikuzhi</i> ⁽¹²⁾
<i>Uppukuttrikalam</i>	<i>Kuttrikalam</i> ⁽⁴⁾
<i>Kundigai kalam</i>	<i>Kundusangi kalam</i> ⁽¹¹⁾ <i>Mozhi varmam</i> ^(3,14)
<i>Virthikalam</i>	<i>Sippiram</i> ⁽¹²⁾ <i>Varthi</i> ⁽⁵⁾
<i>Kal sundothari Varmam</i>	<i>Sundothi</i> ⁽¹¹⁾ <i>Vithir varmam</i> ⁽¹⁴⁾
<i>Pada varmam</i>	<i>Kaal patthi varmam</i> ⁽¹⁴⁾ <i>Pathachakram</i> ^(3,10) <i>Thida varmam</i> ⁽¹⁴⁾ <i>Koorcham</i> ⁽¹²⁾ <i>Patchinai varmam</i> ⁽¹⁶⁾
<i>Kuthikal varmam</i>	<i>Karikalam</i> ⁽⁷⁾
<i>Karndai varmam</i>	<i>Kannuurangakalam</i> ⁽¹⁵⁾ <i>Vikuthikaalam</i> ⁽⁹⁾ <i>Kannupukazh kaalam</i> ⁽¹³⁾ .
<i>Kuthirai mukam</i>	<i>Kuthirai varmam</i> ^(7,8,16) <i>Indhiravathi</i> ⁽¹²⁾
<i>Kaal mootu Varmam</i>	<i>Gaja kesari and Kochal varmam</i> ⁽¹⁴⁾ <i>Jaanu varmam</i> ⁽¹²⁾
<i>Sirattai varmam</i>	<i>chilli varmam</i> ⁽⁷⁾
<i>Kantha varmam</i>	<i>Kulirchi varmam</i> ⁽⁶⁾
<i>Kaal kona sanni</i>	<i>Adakka varmam</i> ⁽¹⁴⁾ .
<i>Kaal komberi varmam</i>	<i>Thumbi kalam</i> ⁽⁴⁾
<i>Thodai thatti kaalam</i>	<i>Patchi varmam</i> ⁽⁹⁾ <i>Urumi varmam</i> ^(13,14,15)

<i>Netti varmam</i>	<i>Nodiyin varmam</i> ⁽⁶⁾
<i>Aamai kalam.</i>	<i>Kirayil varmam</i> ⁽¹⁶⁾ <i>Oori varmam</i> ⁽¹²⁾ <i>Kaari varmam</i> ⁽⁵⁾
<i>Mudichi Varmam</i>	<i>Manthikalam</i> ⁽⁴⁾ <i>Koorchiram</i> ⁽¹²⁾ <i>Meka varmam</i> ⁽¹⁶⁾ <i>Patchi varmam</i> ⁽¹⁴⁾
<i>Boomi kalam</i>	<i>Kondotti kalam</i> ⁽⁴⁾ <i>Chuttu varmam</i> ⁽¹⁶⁾
<i>Thida varmam</i>	<i>Matthidae varmam</i> ⁽¹⁰⁾
<i>Pathakalai varmam</i>	<i>Lohithai varmam</i> ⁽¹²⁾
<i>Mani bantha varmam</i>	<i>Porunthu varmam</i> ⁽³⁾ <i>Kurpam</i> ⁽¹²⁾

Table no: 4 *Varmam* points without synonyms

Name of <i>Varmam</i> points	Name of <i>Varmam</i> literature
<i>Sundothari varmam</i>	<i>Varma nooleni-200</i>
<i>Kanpukaikalm</i>	<i>Adivarma sootchmam</i> <i>Varma lada soothiram</i> <i>Varma beerangi-100</i> <i>Varmam kannadi-500</i>
<i>Thetha varmam</i>	<i>Varma soodamani</i> <i>Varma odivu murivu sara</i> <i>soothiram-1500</i>
<i>Naythalai varmam</i>	<i>Varma odivu murivu sara</i> <i>soothiram-1200</i>
<i>Mudavu varmam</i>	<i>Adivarma sootchmam</i>
<i>Pakka varmam</i> <i>Thundu varam</i>	<i>Varma soothiram-100.</i>
<i>Asaivu thiri kannu varmam</i>	<i>Varma soothiram-100</i> <i>Varma odivu murivu sara</i>

	<i>soothiram-1200</i>
<i>Aaani varmam</i> <i>Vida sanni varmam</i>	<i>Varma vithi</i>
<i>Muzham kaal varmam</i>	<i>Varmanooleni-200</i>
<i>Vil varmam</i> <i>Amirtha varmam</i>	<i>Varma soodamani</i>
<i>Kannu varmam</i> <i>Datchinai varmam</i> <i>Kavuli kalam</i>	<i>Varma odivu murivu sara</i> <i>soothiram-1200</i>

In this review emphasizes, it is observed that there is variations in *Varmam* points counting and difference in the name of *Varmam* points. By analyzing various siddha *Varmam* literatures shows that lower limb may contain **38** *Varmam* points

CONCLUSION:

In this present study, the documentation of lower limb *Varmam* points mentioned in various siddha literatures are compiled. This collective documentation will be a guide to researcher for their further research in the *Varmam* science and this document will be used for academic purpose also. This study reveals only on the lower limb varmam points, many studies may be conducted for other specified region also.

Picture no. 1



- 1. Ullamkaal vellai varmam
- 2. Uppukuttrikalam
- 3. Kundigaikalam
- 4. Viruthikalam

- 5. Kaal sindothari varmam
- 6. Sundothari varmam
- 7. Pada varmam
- 8. Kanpukai kalam

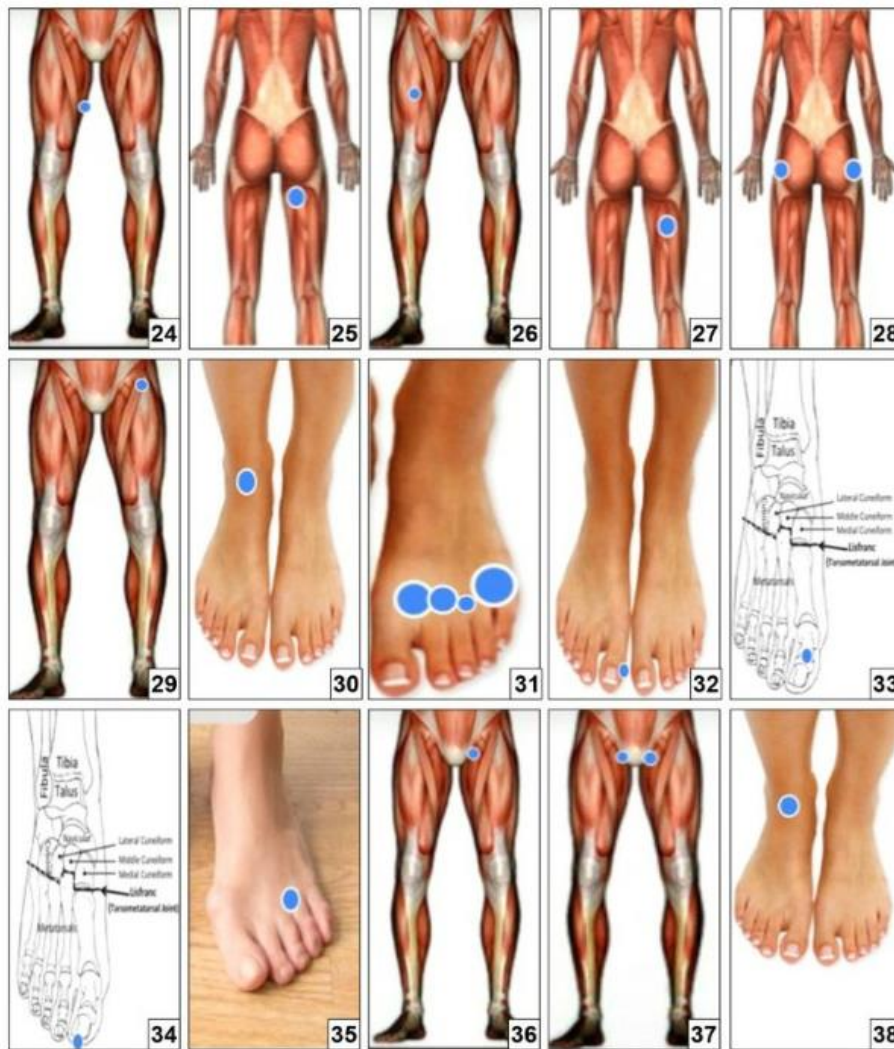
- 9. Kuthikaal varmam
- 10. Kaal karandai varmam
- 11. Kuthiraimika varmam

Picture no .2



12.Theetha Varmam	16.Kantha Varmam	20.Aani Varmam
13.Mootu Varmam	17.Mudavu Varmam	21. Muzham kaal Varmam
14.Noythalai Varmam	18. Pakka Varmam	22. Konasanni Varmam
15.Sirattai Varmam	19. Asaivuthirikanmu Varmam	23.Komberikalam

Picture no.3



- | | | |
|-----------------------|-------------------|----------------------|
| 24.Thodaithatti kalam | 29.Kannu Varmam | 34.Amrutha Varmam |
| 25.Netti Varmam | 30.Mudichi Varmam | 35.Datchinai Varmam |
| 26.Aamai kalam | 31.Kavali Varmam | 36.Pathaikal Varmam |
| 27.Thundu Varmam | 32.Boomi Kalam | 37.Vidasanni Varmam |
| 28.Vil Varmam | 33.Thida Varmam | 38.Manibantha Varmam |



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