



DOCUMENTATION OF *VARMAM* POINTS LOCATED IN THE UPPER LIMB BY ANALYSING VARIOUS *SIDDHA VARMAM* LITERATURE

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ABSTRACT:

Introduction: Siddha System of Medicine is practiced in south India and consists of fundamental classical literature that stresses the importance of the tri-humoral make up of individuals. This system is bestowed with specialties which are *Varmam*, *Yogam* and *Kayakarpam*. *Varmam* is a branch of the Siddha system, which involves a special kind of therapy based on vital points called *Varmam* points present in the body. *Varmam* means *uyir aattral*. *Varmam* point is the energy storage place in which the energy is transmitted to various parts of the body that regulates all the functions of the body. Aim: To document the literature review of *Varmam* points located in the upper limb. Materials and Methods: In this present study the author visited the library of National Institute of Siddha, Govt. Siddha Medical College Chennai, Siddha Central Research Institute Chennai, ATSVS Siddha Medical College, Munchirai. Conclusion: There are so many schools of thought about the location of *Varmam* points in the classic Siddha literature. This review brings out that the upper limb may contain 33 *Varmam* points. The points were collected from the literature mostly similar. But the number is almost different from each *Varmam* classic text. The main contribution of this study is to present a comprehensive literature review on the *Varmam* points located in the upper limb mainly based on their location.

KEYWORDS:

Varmam points, *Varmam* literature, Upper limb, Location, Literature review

1. INTRODUCTION:

The Siddha system is one of the ancient systems of India and is mainly practiced in south India. This system was practiced and documented by great sages, especially 18 Siddhars. Siddha systems possess a vast repository of internal and external preparations. This system is bestowed with various specialties like *Varmam* (vital points), *Yogam* and *Kayakarpam* (Rejuvenation).

Varmam therapy is a unique pride of the Siddha medical system gifted by the Siddhars for the welfare of mankind. *Varmam* is a subtle energy that functions in our body. *Varmam* is the component of internal medicines like *kashayam*, *chooranam*, *kirutham*, etc and external therapies like *otradam*, *thadaval*, *tharai*, etc. *Varmam* points are located at the junctions of nerves, naadis, muscles and bones. They are Bio-energetic sites that aid physiological functions of the body. Energy flows in our bodies uniformly. If there is any derangement, damage or disturbance, the energy flows will affect and cause some symptoms in our body. When we stimulate the *Varmam* points with appropriate pressure, it produces therapeutic efficacy. These energy points when hit by any external forces will cause severe illness. Siddhars used these energizing points for curing the illness. There are numerous *Varmam* points present in the body.

Most of the *Varmam* literature mentioned 108 *Varmam* points in our body. For example, in the classic Siddha text *Varma beerangi*⁽¹⁾, classification is based on region. They are

- | | |
|----------------------------|------|
| • From head to neck | - 25 |
| • From neck to umbilicus | - 45 |
| • From umbilicus to moolam | - 9 |
| • Upper limb | - 14 |
| • Lower limbs | - 15 |
| TOTAL | 108 |

Ettana kalaiyudane piranan naalu

Aekinathal iiraru kaliaya menna

Kattana iirarum vazhiyeddaki

Karuthinal thoduvarma thonnurrarum

Neddirave ethukal ellam nurrettaka

Nirainthathinal nurreddu varma machu.

*(Varma odivu murivu sarasoothiram-1200)*²

There are so many schools of thought in the classic Siddha literature. The information collected from the various classic Siddha texts may same or varies.

For example,

- *Mudichi Varmam* is located 1 finger below the *manipantha Varmam*⁽⁵⁾
- *Mega Varmam* is situated 1 finger below the wrist joint, posteriorly⁽⁶⁾

Here the locations of *Varmam* points are the same but differ by name. Hence, *Mudichi Varmam* is also known as *Mega Varmam*. Likewise, others may be different or the same. So, I would like to do a literature collection and its review regarding the *Varmam points* that are located in the upper limb. They are collected from various classic Siddha *Varmam* texts.

2. LITERATURE REVIEW

Table no: 1 COLLECTION OF VARMAM LITERATURE:

S.NO	BOOK NAME	NO OF VARMAM POINTS LOCATED IN UPPER LIMB
1.	<i>Varma saari</i> ⁽³⁾	8
2.	<i>Varma kannadi-500</i> ⁽⁴⁾	14
3.	<i>Varma beerangi-100</i> ⁽⁵⁾	14
4.	<i>Varma odi murivu sara soothiram-1500</i> ⁽⁶⁾	10
5.	<i>Varma odivu murivu sara soothiram-1200</i> ⁽⁷⁾	16
6.	<i>Adivarma sootcham</i> ⁽⁵⁾	13
7.	<i>Varma thiravukol thirattu</i> ⁽⁸⁾	14
8.	<i>Varma soothiram</i> ^(5,9)	12
9.	<i>Varma vithi</i> ⁽¹⁰⁾	11
10.	<i>Varma laada soothiram</i> ⁽⁵⁾	14
11.	<i>Varma kalai kannadi soothiram-200</i> ⁽¹¹⁾	11
12.	<i>Varmam sorporul vilakkam</i> ⁽¹²⁾	11
13.	<i>Varma soodamani</i> ⁽¹¹⁾	7
14.	<i>Varma nuleni-200</i> ⁽¹³⁾	15

Table no: 2 -VARMAM POINTS LOCATED IN UPPER LIMB:

S.N O	VARMAM POINTS (Synonyms)	REFERENCE ⁽³⁻¹³⁾	LOCATION ^(14,15,16)
1.	AANTHAI VARMAM ^(3,4,5,6,7,13) (<i>Aganthai Varmam</i>)	<i>Piriyaana manikkattil manipantha Varmam</i> <i>Viiraana viral naalin meel aanthai Varmam</i> (<i>Varma kannadi-500</i>)	Situated in between the radius and ulna bone 4 finger breadth proximal to the wrist joint in dorsal aspect
2.	ASAIVU VARMAM ^(4,5) (<i>Suundikai Varmam</i>)	<i>Venave kaikuzhi madakkil thaane</i> <i>Vithamaana asaivu Varmam enavum solvaar</i> (<i>Varma kannadi-500</i>)	Located near the Posterior aspect of the acromial angle of the scapula.
3.	DHAKSHANAI KAALAM ^(3,4,5,6,8,11,12,13) (<i>Mozhipirankan Varmam</i>)	<i>Thaiyappa naduviralin arukeeyappaa</i> <i>Dhaksanaiyaam kaalamathu kondaal kelu</i> (<i>Varma nuleni-200</i>)	<i>Dhaksanai kalam</i> is located in between the dorsal aspect of the metacarpal bones of the middle and ring fingers.
4.	KOCCHAL VARMAM ⁽¹¹⁾	<i>Kollave innumenru solla keelu</i> <i>Kunamaan kai mutkkuzhiyil Varmam</i> (<i>Varma kalai kannadi soothiram-200</i>)	Situated in the anterior aspect of the armpit.
5.	KANANKAI VARMAM ⁽⁵⁾	<i>Karuththudanemanikettu arukupatrikanangai</i> (<i>Varma beerangi-100</i>)	Located in the ventral aspect of wrist joint.
6.	KANNU VARMAM ⁽⁵⁾	<i>Anju viral nagathadikal kannu Varmam</i> (<i>Adivarma soothiram</i>)	Located at the base of the each finger nail.
7.	KIRAYAL VARMAM ⁽⁶⁾	<i>Valamaana thudainaduvil kiraayei Varmam</i> (<i>Varma odivu murivu sara soothiram-1500</i>)	It is situated in the mid medial of the arm
8.	MAIYA	<i>Muttu varmathilirunthu ainthu viralinmeelee</i>	It is located at the center of

	VARMAM ⁽⁷⁾	<i>Muraiyaaka paarthiduvaai maiya Varmam</i> <i>(Varma odi murivu sara soothiram-1200)</i>	the arm (i.e.) above 6 finger breadth of the elbow joint
9.	MANIPANTHA VARMAM ^(3,4,5,6,7,8,9,11,13) <i>(Kozhikazhuththu purathaarai varmam)</i>	<i>Piriyaana manikkattil manipantha Varmam</i> <i>(Varma kannadi-500)</i>	Located in the mid-point of the dorsal aspect of the wrist
10.	MOLI VARMAM ^(4,5,9,13) <i>(Molipatrikaalam)</i>	<i>Vaaraana karamathile iirezhuthaanam</i> <i>Vaguththapadi mozhivarmam</i> <i>dhaksanaiyin kaalam</i> <i>(Varma kannadi-500)</i>	It is located at the dorsal aspect of the metacarpophalangeal joint
11.	MUDAKKU VARMAM ^(3,4,5,8,11) <i>(Madakku Varmam)</i>	<i>Ithaththa muttu kuzhi</i> <i>madakkil mudakku varmam</i> <i>(Varma saari)</i>	Located in the midpoint of the anterior aspect of the elbow joint.
12.	MUDICHI VARMAM ^(5,6,7,10) <i>(Mega Varmam)</i>	<i>Kavalikku muuviral meel mudichi Varmam</i> <i>(Varma odi murivu sara soothiram -1200)</i>	It is located 1 finger breadth below the <i>manibantha Varmam</i>
13.	MUNDAKATHU VARMAM ^(3,4,5,13) <i>(Mundaka Varmam)</i>	<i>Uunenra muzhankai nadu</i> <i>mundakavarmam than</i> <i>(Varma saari)</i>	It is located at the midpoint of the anterior aspect of the upper arm
14.	MUNDU VARMAM ⁽⁵⁾ <i>(Thundu Varmam)</i>	<i>Pogume mel kai naduve mundu Varmam</i> <i>(Adivarma sootcham)</i>	Located 7 finger breadth below lateral to the shoulder joint
15.	GURUNAADI VARMAM ^(5,7,11) <i>(Naadoodi Varmam)</i>	<i>Pagakaiyaana munnoli gurunaadi Varmam</i> <i>(Varma soodamani)</i>	Located 12 finger breadth below the elbow joint, posteriorly
16.	PACHANI VARMAM ⁽⁶⁾	<i>Kuuredaa kidaiyinkiizh patchani Varmam</i>	Located 1 fingerbreadth lateral to the <i>Mudichi</i>

		<i>(Varma odi murivu sara soothiram-1500)</i>	<i>Varmam</i>
17.	<i>POZHIVU VARMAM⁽⁵⁾</i>	<i>Aagumee viral naalil aanthai kalam</i> <i>Athin meelee muttukku</i> <i>kiizhe pozhivu Varmam</i> <i>(Adivarma sootcham)</i>	Between the <i>aanthai</i> and <i>muttu Varmam</i> (i.e) 4 finger breadth above the <i>aanthai Varmam</i>
18.	<i>SORNA DHAKSHANAI KAALAM^(5,9,11)</i> <i>(Dhahshanai kaalam)</i>	<i>Paarappaa ullangkai vellaikkulle</i> <i>Patharaathe sorna dhaksanai kaalam</i> <i>(Varma kalai kanadi soothiram-200)</i>	It is located nearer to the <i>Vellai Varmam</i>
19.	<i>SUNDOTHARI VARMAM^(3,4,5,6,8,10)</i> <i>(Suttu Varmam)</i>	<i>Uriththa peruviralinidai sundothari enbar</i> <i>(Varma kannadi-500)</i>	Located in between the dorsal aspect of the index and thumb finger
20.	<i>SUUNDOTHARI VARMAM^(3,4,5,6,13)</i> <i>(Kundothari Varmam)</i>	<i>Vaguththapadi mozhivarmam</i> <i>dhaksanaiyin kaalam</i> <i>Kuuraana athiniraiyil suundothari Varmam</i> <i>(Varma kannadi-500)</i>	Situated at three sites in between the metacarpal bones of the index, middle, ring and little fingers.
21.	<i>THIITHA VARMAM^(6,11)</i>	<i>Kuudumani panthankiizh mega Varmam</i> <i>Vaareda ettiraimela pakkam thannil</i> <i>Valamaana thiithavarmam varunthip pare</i> <i>(Varma odi murivu sara soothiram-1500)</i>	Located in the middle of the arm laterally on both side
22.	<i>THIRUNIITRU KAALAM⁽⁷⁾</i>	<i>Kattaana maiyavarmam athilirunthu</i> <i>Kanakkaana viral naalu vaiththa thaanam</i> <i>Thottakuri thiru niitru kaalamaagum</i> <i>(Varma odi murivu sara soothiram-1200)</i>	Located above 3 finger breadth to the <i>maiya Varmam</i> laterally
23.	<i>THUTHIKAI</i>	<i>Maniyenraal vellai thanilaruku patri</i>	It is situated in the dorsal

	<i>VARMAM</i> ^(5,9,11) (Kozhi kazhuthu agathaarai Varmam)	<i>Maththipaththil valaivathil thuthikai Varmam</i> (Varma soothiram)	aspect of the wrist
24.	<i>Kai -VELLAI VARMAM</i> (3,4,5,7,8,9,10,11,12,13) (Adikuzhi varmam)	<i>Thiiramurum nadu kai agame vellai Varmam</i> (Adivarma sootcham)	Located at the base of the palm, the junction of the thenar and hypothenar muscle
25.	<i>VISHAMANIPANTHA VARMAM</i> ^(4,5,9,10) (Muzhangai Varmam)	<i>Viizhumintha muzhangkaiyil manipantha patri</i> <i>Visamaana manipantha Varmamaakum</i> (Varmam Soothiram)	Situated at the midpoint of the dorsal aspect of the forearm
26.	<i>PUJA VARMAM</i> ^(5,6,9,10,11) (Poruthu Varmam)	<i>Pogume mel kai naduve mundu Varmam</i> <i>Pukazhum ooriraiku meelee poruthu Varmam</i> (Adivarma sootcham)	Over the anterior aspect of the glenohumeral joint
27.	<i>KAVULI VARMAM</i> ^(4,5,8,9,10,11,13) (Sippira Varmam)	<i>Vidikaiyil kavali kaalam muunrukaane</i> (Varma kannadi-500)	Situated in-between the metacarpal bones of the index finger and thumb
28.	<i>MUTTU VARMAM</i> ^(4,5,6,9,11,13) (Muttu mozhi Varmam)	<i>Pogave muttu Varmam itharkku peyaru</i> <i>Puthiraaka muttu Varmam kaiyilappaa</i> (Varma kalai kannadi soothiram-200)	Situated over the midpoint of the dorsal aspect of the elbow joint
29.	<i>SULLUKU VARMAM</i> ^(5,9,11) (Kai suluku Varmam)	<i>Thadavukinra mundaathanile maththipathil</i> <i>Thayavaana kuzhivathile sulukku Varmam</i> (Varma soothiram)	Situated at the medial posterior of the shoulder joint.
30.	<i>KUURCHAM VARMAM</i> ⁽¹⁰⁾	<i>Sirppira vanma mele seriran dangku laththin</i> <i>Oppurak kurcha menu moruvanman thonrun</i>	Situated below 4 finger breadth <i>Manipantha Varmam</i> (i.e.) behind the

	(Paala Sakkara Varmam)	kandaai (Varma vithi)	Ullangkai Vellai Varmam
31.	OORI VARMAM ⁽¹⁰⁾	Saanunal luru muttu saarnadu voori vanmam (Varma vithi)	Situated in the midpoint of the dorsal aspect of the arm
32.	KUTHIRAI VARMAM ⁽⁶⁾	Varunthave muuttinkiizh kuthurai Varmam (Varma odi murivu sara soothiram-1500)	Situated 1 finger breadth below the elbow joint anteriorly
33.	AANI VARMAM ⁽¹⁰⁾	Siiru saanuth thiriyang kulaththinmer (Varma vithi)	Situated in-between the Oori Varmam and Muttu Varmam posteriorly

PICTURES OF VARMAM POINTS LOCATED IN THE UPPER LIMB

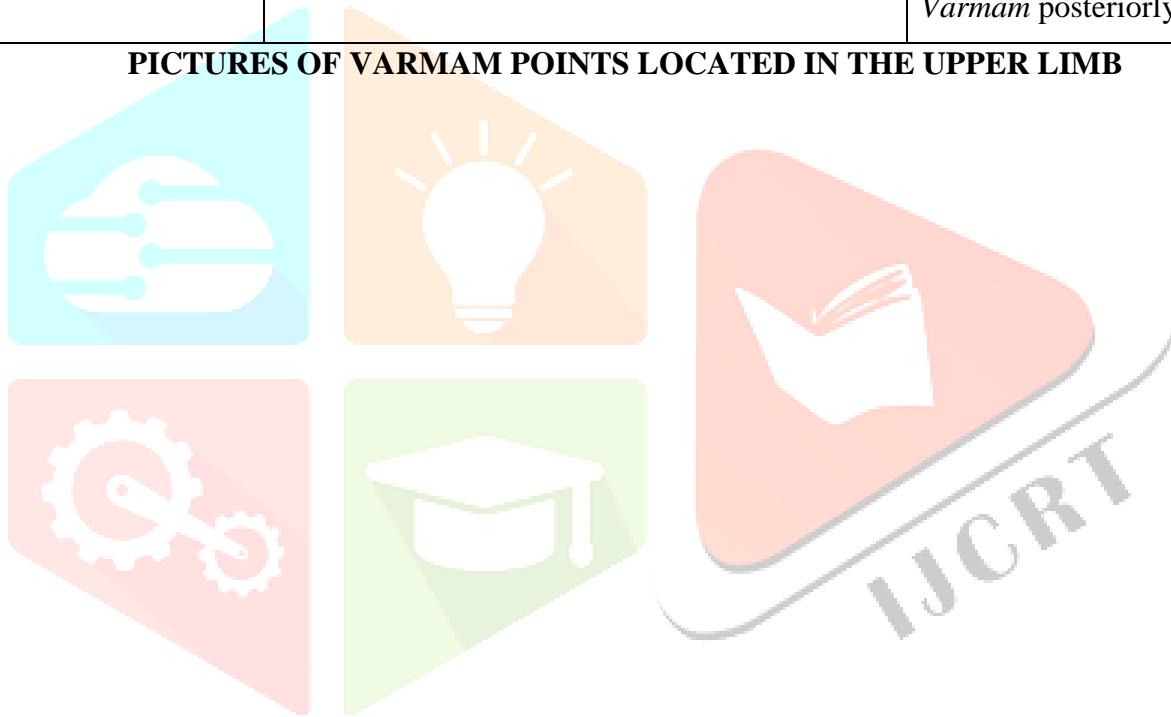


Figure.no:1- Pictures of varmam points in the Upper limb



<p>Aanthai Varmam</p> 	<p>Asaivu varmam</p> 	<p>Dhakshanai kaalam</p> 
<p>Kocchal varmam</p> 	<p>Kanankai varmam</p> 	<p>Kannu varmam</p> 
<p>Kirayal varmam</p> 	<p>Maiya varmam</p> 	<p>Manipantha varmam</p> 

Figure no: 2 - Pictures of varmam points in the Upper limb
















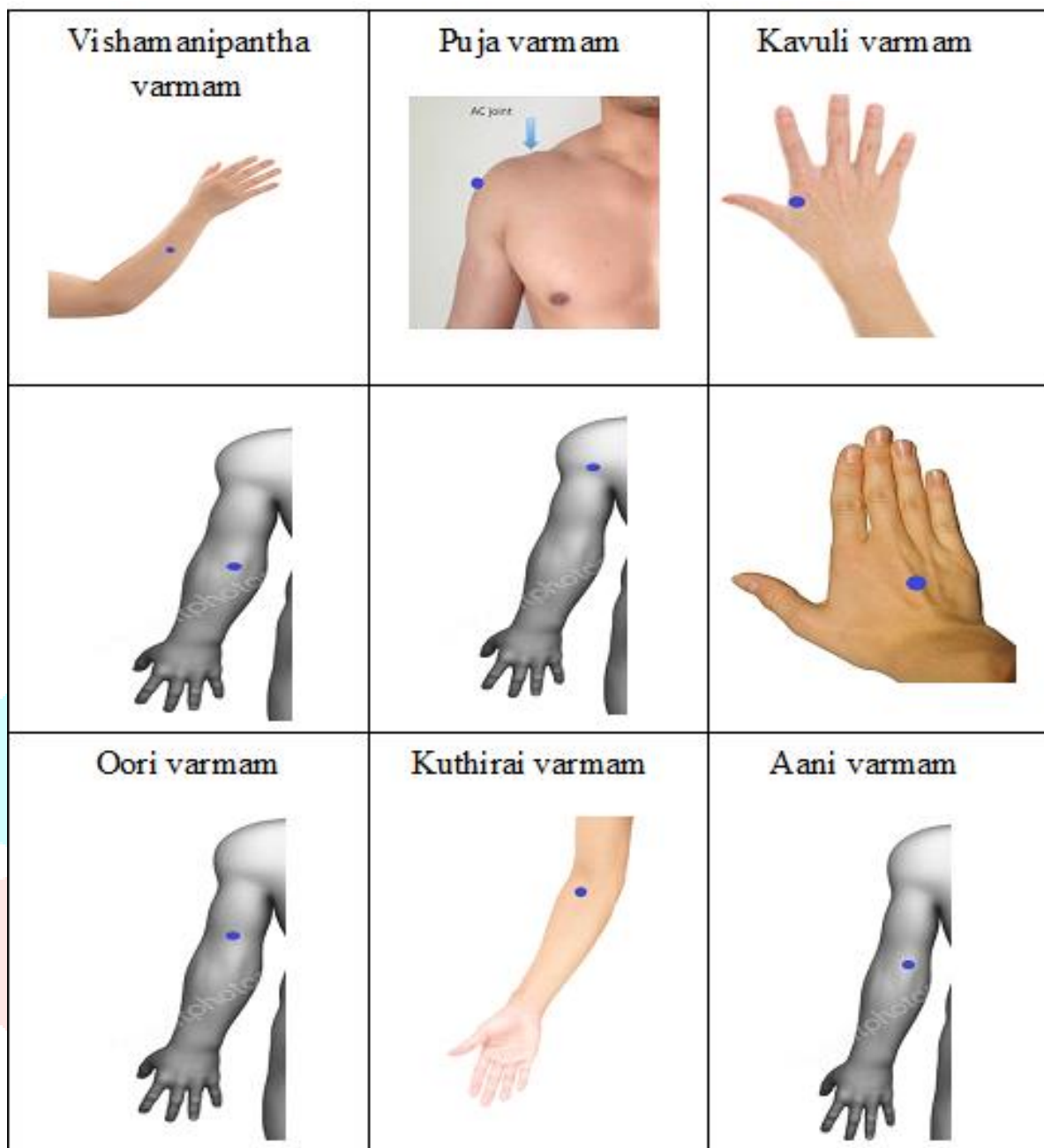
<p>Moli varmam</p> 	<p>Mudakku varmam</p> 	<p>Mudichi varmam</p> 
		
<p>Pachani varmam</p> 	<p>Pozhivu varmam</p> 	<p>Sorna dhakshanai kaalam</p> 
<p>Sundothari varmam</p> 	<p>Suundothari varmam</p> 	<p>Thiitha varmam</p> 
<p>Thiruniitru kaalam</p> 	<p>Thuthikai varmam</p> 	<p>Vellai varmam</p> 

Figure no: 3 - Pictures of varmam points in the Upper limb



3. SCOPE OF STUDY:

The study aims to document the *Varmam* points located in the upper limb. According to the Siddha *Varmam* classic text, each text prescribed the different *Varmam* points names and numbers. Hence, I collected the *Varmam* literature and compiled it. It will help us to do further research study.

4. SUMMARY:

In this study, more than 25 Siddha *Varmam* classic literature were referred to. The works of literature were collected from various libraries such as the National Institute of Siddha, Govt. Siddha Medical College Chennai, Siddha Central Research Institute Chennai, ATSVS Siddha Medical College, Munchirai.

The collected literature were *Varma saari*, *Varma kannadi-500*, *Varma beerangi-100*, *Varma odi murivu Sara soothiram-1500*, *Varma odivu murivu Sara soothiram-1200*, *Adivarma sootcham*, *Varma thiravukol thirattu*, *Varma soothiram*, *Varma vithi*, *Varma laada soothiram*, *Varma kalai kannadi soothiram-200*, *Varmam sorporul vilakkam*, *Varma soodamani* and *Varma nuleni-200*.

This review brings out the location and number of *Varmam* points in the upper limb.

From the collected literature, I observed that the maximum number of *Varmam* point names is similar, but they differ in the number of *varmam* points from each classic text.

There is no difference in the location of *Varmam* points in the upper limb mentioned in the above Siddha classic text.

It is concluded that the upper limb may contain 33 *Varmam* points

Therefore, the upper limb *Varmam* points are

1. *Aanthai Varmam*
2. *Asaivu Varmam*
3. *Dhakshanai Kaalam*
4. *Kocchal Varmam*
5. *Kanankai Varma*
6. *Kannu Varmam*
7. *Kirayal Varmam*
8. *Maiya Varmam*
9. *Manipantha Varmam*
10. *Moli Varmam*
11. *Mudakku Varmam*
12. *Mudichi Varmam*
13. *Mundakathu Varmam*
14. *Mundu Varmam*
15. *Gurunaadi Varmam*
16. *Pachani Varmam*
17. *Pozhivu Varmam*
18. *Sorna Dhakshanai Kaalam*
19. *Sundothari Varmam*
20. *Suundothari Varmam*
21. *Thiitha Varmam*
22. *Thiruniitru Kaalam*
23. *Thuthikai Varma*
24. *Vellai Varmam*
25. *Vishamanipantha Varmam*



26. *Puja Varmam*
27. *Kavuli Varmam*
28. *Muttu Varmam*
29. *Sulluku Varmam*
30. *Kuurcham Varmam*
31. *Oori Varmam*
32. *Kuthira Varmam*
33. *Aani Varmam*

5. CONCLUSION:

The main contribution of this study is to present a comprehensive literature review on the *Varmam* points located in the upper limb mainly based on their location and the number of *Varmam*.

This study reveals only the upper limb *Varmam* points.

This study may be an initial step taken to regarding the various *Varmam* points in the upper limb in different Siddha classic text

Further many studies may be conducted for other specified regions also.

6. CONFLICT OF INTEREST:

The authors declare that there are no conflicts of interest in this research.

7. SOURCE OF FUNDING: Nil

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