



A REVIEW ON SCIENTIFIC APPROACH OF VARMAM POINTS OF HEAD, A SPECIAL THERAPEUTIC PRESSURE THERAPY OF SIDDHA SYSTEM OF MEDICINE ON THE BASIS OF ANATOMY

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Abstract:

Siddha system of medicine is a traditional Dravidian system of medicine. *Siddha* system has all potential to prevent and manage diseases through 32 types of internal medicines and external therapies. In addition, various Special therapies proves effective in the management of several ailments. One such Special therapy is *Varmam* therapy, a manual therapeutic pressure therapy. *Varmam* therapy has its significant background and still practiced and preserved in Kanyakumari district and south kerala. *Siddha* medicine has vast repository of Literature evidences regarding *Varmam*, which includes its various school of classification, different manipulation techniques and internal and specific external therapies related to *Varmam*. With this background, this article is as an initial step to elaborate the location of *Varmam* points of Head on anatomical background and its scientific rationale for indications of various diseases.

Key words

Varmam, Special external therapy, *Siddha* Medicine, Manipulation, Pressure therapy, *Siddhar*.

1. Introduction :

Siddha system of medicine is the traditional codified system of medicine having an historic background of more than 5000 years. *Siddha* system of medicine with vast repositories and ancient background practiced all over Tamilnadu [1]. *Siddha* Pharmacology (Gunapadam) includes 32 types of internal and 32 types of external medicines and therapies. In addition, *Siddha* science of medicine includes various special therapies like *Siddhar Yogam*, *Kayakarpam* (*Siddha* rejuvenation) and *Varmam* therapy [5], *Varmam* science is a specialized unique branch of *Siddha* system, *Varmam* therapy is used to treat multiple ailments, especially various arthritis, musculoskeletal disorder and neurological disorders [3]

1.1 Varmam therapy:

Varmam is the vital life energy points located in human body and was mainly or primarily classified as 108 by the Siddhars. *Varmam* therapy is a manual stimulation of these vital life energy points by various manipulation (pressure) techniques[2]. It serves as a main therapy and supplementary/Supportive therapy in the management of diseases especially neurological and musculoskeletal disorders. Scientific/ Authenticated validation of each *Varmam* point and its manipulation techniques has to be evaluated and documented in a scientific way to popularize among the modern scientific community for global acceptance, as a drug less therapy. With this objective, this article is written as an initial step to elaborate the location of *Varmam* points of Head on anatomical background.

The word *varmam* refers to static energy and the term *Kaalam* refers to kinetic energy. The term *Varmam* also indicates the therapeutic manipulation of specific points in which the pranic energy is found concentrated maximum in that particular point [2]. Manipulation over these points with a particular pressure for a specific time will release the prana energy from these points and brings relief to the affected individual by regulating the flow of pranic energy which is obstructed due to any assault on the particular point.

1.2 Synonym:

Vasi, Puravi, Kaalam, Uyir, Mayakkam, Pranam, Kalai, Swasam, Saram, Yogam, Param, Sivam[2]

1.3 Application of Varmam and its unit

Therapeutically *Varmam* may be applied by manual stimulation of certain points gently with the fingers or palm or any external blunt objects like neem seed or tamarind seed. The finger pressure may varies from the $\frac{1}{4}$ *Mathirai*, $\frac{1}{2}$ *Mathirai*, $\frac{3}{4}$ *Mathirai*, 1 *Mathirai* (*Mathirai*-Unit of *Varmam* therapy[1]). Depending on the severity of the disease condition, age and weight of the patient, the application or quantum of pressure may be decided by the physician practiced. The different application methods are pressing, lifting, gentle clockwise or anticlockwise rotation, pinching, tapping and gentle stroking of *Varmam* points depending upon the condition of patient and disease type as decided by the physician[2].

2. Classification of Varmam

According to various *Siddha* literatures, *Varmam* points in human body are mainly classified into two major types namely *Padu varmam* and *Thodu varmam*. *Padu varmam* constitute 12 numbers and *Thodu varmam* includes 96 numbers. The total numbers of *varmam* points which constitute 108. *Thodu varmam* are the *Varmam* points which are connected to *Padu varmam*. in such a way, that eight *Thodu varmams* are connected to one *Padu varmam* which implies $8 \times 12 = 96$ *Thodu varmam*. The word '*Thodu*' refers to touch¹, which means *Varmam* may be stimulated through the act of touch and one *Varmam* point is connected to another *varmam* point. *Thodu varmam* serve as minor energy storage points. Comprises two terminologies, namely *varmam* and *kaalam*[3][4][5][10][11].

2.1 Relation of Nervous system, Varmam and naadi

According to the *Siddha* physiology (*Udal thathuvam*), the *naadis* are nerve channels, a tubular structures in the body through which prana flows. Manipulation of *Varmam* location or points relieve block in the *pranam* flow through it. According to various *Siddha* literatures [7], There are 72,000 *naadis*. Among them, the most important is the *Suzhumunai*, Which may corresponds to Spinal cord. On either side of the *Suzhumunai*, are 2 other *naadis* *Idakalai* and *Pingalai*, which may corresponds to Sympathetic ganglions of the spinal cord[8][9][10].

2.3 Aatharam and Varmam

According to the Text, *Udal thathuvam*, *Siddha* physiology, *Aatharam* are the Centres of energy in the body[7]. They are depicted with a certain number of petals, colour, which may correspond to the number of *naadis* (Nerves) emerging from them. The 6 *Aatharam* may corresponds to the nerve plexuses along the spine[6][7][9].

S.No	Aatharam(Pranam centres)	Nerve plexus
1	<i>Moolatharam</i>	Sacral plexus
2	<i>Swathishtaanam</i>	Prostatic(Pelvic)plexus
3	<i>Manipuragam</i>	Celiac plexus
4	<i>Anaagatham</i>	Cardiac plexus
5	<i>Visuthi</i>	Laryngeal plexus
6	<i>Aakinai</i>	Cavernous plexus

Moolatharam, region where *Kundalini* lies dormant. *Kundalini* is a dormant or static cosmic energy, Often depicted as a coiled snake. It is located at the base of the *Suzhumunai*, in the *moolatharam*, which may be aroused or activated through *Varmam*. *Swathishtanam* located at pelvic region. *Manipooragam*, the main storage centre of *prana*, located at naval region. *Anagatham* located in the region of heart. *Visuthi* located at throat and *Aakinai* in between eyebrows[7][8].

Varmam points are mainly classified on the basis of *Aatharam* (Subtle power centres of the body), *Naadi* (Imaginary/subtle power flow of the body) and by the different regions of the body[2][3][4][6].

3. *Varmam* points of head

With reference to various *Varmam* literature background, The text *Varma Maruthuvam (Sirappu)* implies 74 *varmam* locations in the head [3][4][6]. They are mainly classified into 4 types, depending upon the anatomical area as follows,

1. *Varmam* points in the anterior aspects of the head - 38
2. *Varmam* points in the lateral aspect of the head - 16
3. *Varmam* points in the superior aspect of the head - 9
4. *Varmam* points in the posterior aspect of the head - 11

Table -1

Varmam points in the anterior aspect of the head

S. No	<i>Varmam</i> points – Synonyms[3][4][6][12][13][14]	Anatomical location[15][16][17]	Therapeutic importance[3][4][6]
1.	<i>Munmudichi Varmam</i> - <i>Mun Swathi Varmam, Karuneinthira Kaalam</i>	Superior aspect, mid portion of frontal bone	One of the <i>Varma</i> therapeutic procedures. Indicated for Nasal congestion
2.	<i>Thalaipagai varmam</i> -Includes <i>Mun Swathi, Pin Swathi, Peritchal Varmam</i> - <i>Thalaipagai kaalam, Thalaipa kaalam</i>	Frontal, parietal, temporal and occipital bone.	Indicated for Headache, Giddiness, Sinusitis
3.	<i>Raththa varmam</i>	Anterior aspect of forehead, midpoint of anterior hairline	One of the <i>Varma</i> therapeutic procedures.
4.	<i>Poruthu varmam</i>	Region below the anterior aspect of forehead, midpoint of anterior hairline	One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i>
5.	<i>Karunai varmam</i>	In the frontal bone, region 3 fingers above the eye in forehead laterally.	Indicated for Frontal headache, Frontal sinusitis, Facial palsy

6.	Nettri varmam- Bala varmam	In the frontal bone, Anterior aspect of forehead, midpoint of the forehead(2 fingers above the <i>Thilartha kaalam</i>)	Indicated for Headache, Sinusitis. One of the <i>Varmam</i> ,specific to head and neck manipulation technique
7.	Nema varmam - Nima varmam, Yema varmam, Neru Varmam	Anterior aspect of forehead , 1 finger below the midpoint of the forehead	A <i>varmam</i> used in the management of <i>Idakalai naadi</i> and its dysfunction
8.	Patchi varmam -Patcha varmam	Anterior aspect of forehead, 1 finger below the midpoint of the forehead, region laterally on both sides	A <i>varmam</i> used in the management of <i>Idakalai naadi</i> and its dysfunction
9.	Pachi varmam - Pachai Varmam, Patchi Varmam, Valenthira kaalam	Anterior aspect of forehead , 1 and half finger below the midpoint of the forehead	Indicated for <i>Kabam</i> disorder, Delirium One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i>
10.	Mangaari Varmam Maangaari varmam, Kaari varmam	Anterior aspect of forehead, laterally on both sides ,1 and half finger below the midpoint of the forehead	Indicated for Eye diseases, Nasal congestion, Forehead pain
11.	Puruva Varmam Poosainthira Varmam, Kannu Puruva Varmam, pooni kaalam, Puga Varmam, Puriga Varmam, Rovana Varmam	Middle and inferior part of both eyebrows.	Indicated for Eye diseases, Frontal sinusitis, Facial palsy
12.	Soothira varmam Soothira kaalam, Aavartha Varmam	Anterio-superior part of the temporal fossa.(1 Finger above the outer canthus of both the eyes)	One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i> Indicated for Ear diseases, Temporal headache, Frontal sinusitis
13.	Laada moorthi varmam Nadu Moorthi Varmam, moorthi Varmam, Silerpa Varmam	Anterior aspect of forehead, 2 and half finger below the midpoint of the forehead	Indicated for Nasal congestion, Difficulty in breathing
14.	Thilartha varmam Thilartha Kaalam, Thilasa Kaalam, Edabha or Rishabha Varmam, Thabhani varmam, Suzhi Sarvangha Adangal	Situated in 1 grain size below the midpoint of both the eyebrows.	Indicated for Head ache, Eye diseases, Running nose, Hormonal dysfunction. Stimulates pituitary and pineal gland
15.	Angha varmam Aagha varmam	Situated in the inner canthus of the eye	Indicated for Eye diseases
16.	Kanmani varmam Kannu Varmam (Ref-Varma Noolalavu, Anna Kaalam, Padai Varmam, Krishna Varmam	Situated in the midpoint of the cornea	It stimulates <i>Mei theenda kaalam</i>
17.	Kadaikan varmam Kadai Kannu Varmam, Kadai Kan Poigai Varmam.	Situated in the outer canthus of the eye.	One of the <i>Aakinai</i> (Lies in forehead inbetween 2eyebrows) <i>Varmam</i> Indicated for Eye diseases, Headache, Facial palsy, Sinusitis
18.	Kumbidu varmam Kumbidu Kaalam-Ref-000 Varma Nithanam.	Situated in 2 grain size below the midpoint of both the eyebrows.	-

19.	Minvetti varmam Minvetti kaalam-Ref-Varma bhiranghi, Pana varmam-Ref-Varma vidhi, Munvetti varmam-Ref-Varma narambharai soothiram	Situated 1 grain below the <i>Thilartha Kaalam</i> to the left and right. Just Supero- lateral to the nasion. On the floor of the anterior cranial fossa about 0.5cm from the median plane, lies a long fragile stalk with a slightly enlarged anterior end, the olfactory tract and bulb.	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction
20.	Pala varmam Varma nithanam -500	Over the nasal bridge 1 finger below the <i>Thilartha Kaalam</i> .	A <i>varmam</i> used in the management of <i>Suzhumunai naadi</i> and its dysfunction
21.	Soondigai varmam Soondigai varmam-Varma lada soothiram-300, Sundhigai varmam- Varma thuravu kol-225, Soondhi varmam-Varma soodhamani 1500	Lateral to the midpoint of nasal bridge (right). 1 irai from <i>Paala Varmam</i> , laterally.	A <i>varmam</i> used in the management of <i>Suzhumunai naadi</i> and its dysfunction
22.	Manthira Varmam Manthira kaalam- varmasaari -205, Manthara Varmam, Manthi varmam- Varma Gnana Odivu Murivu Sara Soothiram-2200	Situated below the cornea (Junction of zygomatic and maxillary bone)	A <i>varmam</i> used in the management of <i>idakalai naadi</i> and its dysfunction Indicated for eye and eyelid diseases
23.	Natchathira kaalam Natchethira kaalam-Varma bhiranghi-100, Meena varmam -Varma Panchigarana Pinnal-1500, Aapangha Varmam- Varma vithi	Situated 1 grain below the outer canthus of the eye.	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction One of the <i>Aakinai</i> (Lies in forehead in between 2 eyebrows) <i>varmam</i>
24.	Kannadi varmam Kurunthu varmam- Sathura mani Soothiram, Kozhunthu varmam- Padu varmam nithanam-101, Thaangha kaalam-Varma kandi	Over the nasal bridge 2 fingers below the <i>Thilartha Kaalam</i> .	A <i>varmam</i> used in the management of <i>Suzhumunai naadi</i> and its dysfunction One of the <i>Aakinai</i> (Lies in forehead in between 2 eyebrows) <i>varmam</i>
25.	Mooku suzhi varmam	Over the nasal bridge 3 fingers below the <i>Thilartha Kaalam</i> .	Indicated for Sinusitis
26.	Moorthi varmam Moorthi varmam-Varmasaari -205, Valamoorthi kaalam-Varma laada soothiram-300	Situated in the minor alar cartilage of nose.	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction Indicated for Running nose, Sinusitis, Facial palsy, Migraine
27.	Kaampoori varmam Kaampoori kaalam-Varma bhiranghi -100, Kaambhothi kaalam- Varma kannadhi -500, Alavu kaambhoori varmam-Varma Viralaluvu nool, Alavu kaambhothi adanghal-Adanghal vivaram	Situated in the depression below the prominence of the zygomatic bone on a vertical line drawn (downwards) from the outer canthus of the eye.	A <i>Varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction Indicated for facial palsy, Headache
28.	Kombheri varmam Kombheri kaalam, Kombheri Mookan varmam,	Situated in the lower tip of nasal bridge formed by Vomer	One of the <i>Aakinai</i> (Lies in forehead in between

	<i>Naasi Varmam, Nuni Varmam</i>	bone(Apex of the bone)	2eyebrows) <i>varmam</i> Indicated for Sinusitis
29.	Annaan Varmam <i>Annaan kaalam</i>	Situated in lower end of minor alar cartilage of nose on both sides.	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction Sinusitis, Facial palsy, Epistaxis
30	Pin veti varmam <i>Vettu Varmam (Varma Odivu Murivu Saari-1500)</i>	Situated in the right side of zygomatic process of zygomatic bone.	One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i>
31.	Suzhumunai varmam <i>Suzhimunai kaalam(Varma viralalavu nool), Suzhimun kaalam (Varma vilakam), Sulukku Varmam(Varma Noolalavu Nool)</i>	Situated in upper nasal end of philtrum	One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i> Indicated for Giddiness, Seizures
32.	Meladappu varmam <i>Meladappan Varmam-Varmasaari-205, Naali kaalam- Varma Kandi- Urainadai, Munmugappu Kaala Varmam-Varma aani-112, Vaadai Varmam - Paduvarma nithanam-101</i>	Situated in lower end of philtrum (Upper lip)	Indicated for Gingivitis
33.	Anna varmam <i>Anna kaalam-Varma Viralalavu Nool</i>	Situated in the region medial to upper and lower lips.	Specific <i>varmam</i> for head and neck
34.	Kizhadappu varmam <i>Kizh adaippu varmam-Varmasaari 205,Kizh Adappu Varmam-Varmam Odivu Murivu Saari-1500</i>	Situated in mid of the lower lip.	Indicated for Gingivitis
35.	Urumi kaalam-Prana adakkam	Situated in the depression below the lower lip.	Indicated for Gingivitis, Trigeminal neuralgia, Hyper salivation
36.	Amirthalanthai varmam <i>Alagu mathithi varmam-Thodu Varma Nithanam</i>	Situated in the midpart of the body of mandible on both sides.	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction Indicated for Migraine, facial palsy, Swollen cheek
37	Ottu varmam <i>Keezhnaadi monumaththi varmam,Moorkamendra kaalam</i>	Situated in the mid of the mandible	One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i>
38	Naadi adi adangal varmam <i>Naadi varmam,Porunthu varmam</i>	Situated in the region where head and neck joins(Mid region)	One of the <i>Adangal</i>

Description: In anterior aspect of the head, 38 *Varmam* points are located. These points are mainly indicated for Sympathetic and Parasympathetic nervous system dysfunction, Spinal nerves dysfunction. In specific, **Karunai varmam** is indicated for Frontal headache, frontal sinusitis, and facial palsy. **Thilartha varmam** is indicated for Hormonal dysfunction, Stimulates pituitary and pineal gland. **Urumi kaalam** is indicated for trigeminal neuralgia, Hyper salivation, Gingivitis.

Table-2 Varmam points in the Lateral aspect of the head

S. no	Name of the varmam - Synonym	Location	Therapeutic importance
39	Kantheni varmam - <i>Utsebha Varmam</i>	Situated at 4 fingers above <i>Senni Varmam</i> (or) Situated over the 2 temples and at the border of the hair	One of the <i>Aakinai</i> (Lies in forehead in between 2 eyebrows) <i>varmam</i> Indicated for <i>Migraine, Eye disorder, Epiphora</i> (Watery eyes)
40	Senni varmam - <i>Sanga Varmam</i>	Situated at the pterion, (Suture of temporal, frontal, and sphenoid bones) or Situated in the region 2 fingers above external ear, antero-superiorly, 4 fingers above Postero-superiorly from <i>Natchathira kaalam</i>	One of the <i>Aakinai</i> (Lies in forehead in between 2 eyebrows) <i>varmam</i>
41	Melpootu varmam - <i>Melpooti varmam, Thalai poruthu Varmam</i>	Situated in squamous suture, 2 fingers and a grain above ears	Indicated for Migraine, Ear diseases, Giddiness
42	Kan kalanghi-Poi kan varmam varmam	Situated 2 fingers above, laterally from both eyes	Indicated for Headache
43	Poigai varmam - <i>Poigai kaalam, Senni poigai varmam</i>	Situated in the region, where head and superior part of helix (Auricle) joins	One of the <i>Aakinai</i> (Lies in forehead in between 2 eyebrows) <i>varmam</i> Indicated for Ear diseases
44	Sevikuthi varmam <i>Sevikuttri varmam, Sevikuri varmam, Sirunghadam</i>	Situated in the depression anterior to tragus, or 4 fingers Postero-inferior from <i>Natchathira Varmam</i>	One of the <i>Aakinai</i> (Lies in forehead in between 2 eyebrows) <i>varmam</i> Indicated for Ear diseases
45	Sevithandhu varmam <i>Siru thandhu varmam</i>	Situated in the tragus	Indicated for Ear diseases
46	Kaathadakki <i>Kaathadhakki kaalam, Melladhangal Specific Adhanghal varmam</i>	Situated in the middle posterior aspect of ear, at region connects with head	<i>An adangal</i>
47	Aasaamai varmam - <i>Ayaama kaalam, Aasaamai kaalam, Aasaan kaalam Specific adhanghal</i>	Situated in the anterior aspect of ear, ½ irai inferior to tragus or ½ irai inferior to <i>Sevikutthi Varmam</i>	-
48	Kaabhala varmam - <i>Specific adhanghal</i>	Situated in 2 fingers laterally from the depression below the prominence of the zygomatic bone on a vertical line drawn (downwards) from the outer canthus of the eye	-
49	Kurunthu kuthi varmam - <i>Kurunthu varmam, Kurunthu kuri Kurunthu kutri, Miruthanga armam, Sirunghadam, Ull varmam</i>	Situated in the anterior aspect of ear, 1 irai inferior to tragus or ½ irai inferior to <i>Asaamai varmam</i>	Indicated for Ear diseases, Facial palsy
50	Netti varmam - <i>Netti poruthu varmam, Kadhuvai kaalam</i>	Situated in the depression medial to the mastoid process between the origin of the trapezius and sterno-mastoid muscles	Indicated for Cervical spondylosis, Neck stiffness, Occipital headache
51	Alavaaadi varmam - <i>Alavaadi senni, alavaadhumi sanni, Sanni varmam,</i>	Situated in the lower end of an ear or 2 fingers from <i>Sevikuttri</i>	One of the <i>Aakinai</i> (Lies in forehead in between

	<i>Semma kaalam, Alaghu sennadi adanghal, Vithurai varmam</i>	<i>Varmam</i>	2eyebrows) <i>varmam</i>
52	<i>Vilanarambu varmam - Soothira narambu varmam</i>	Situated in the postero-lateral condylar process of mandible	-
53	<i>Kavala varmam - Kavala adanghal Kaduvai Kaala Varmam</i>	Situated in the alveolar part of mandible(Middle of cheek)	Indicated for Migraine, Facial palsy, Swollen cheek
54	<i>Konasanni varmam - Kona varmam, Kona senni adanghal</i> <i>One among four Maathriga Varmam</i>	Situated in the middle of the mandibular ramus	A <i>varmam</i> used in the management of <i>Idakalai naadi</i> and its dysfunction

Description: In lateral aspect of the head,16 *Varmam* points are located.These points are mainly indicated for eye disorders,ear diseases,migrane,headache,facial palsy.In specific,***Kanthi varmam*** is indicated for Epiphore(watery eyes) and ***Konasanni varmam*** is indicated for Parasympathetic Nervous system dysfunction.

TABLE-3 *Varmam* points in the Superior aspect of the head

S.no	Name of the <i>varmam</i> – Synonym	Location	Therapeutic importance
55	<i>Kondai kolli varmam - Utchi varmam, Pathappu Varmam, Utchipathappu Varmam, Thudikaalam, Therai Varmam, Pramanantham, Athipathi Varmam, Meda Varmam, Peikaalam</i>	Situated in the Bregma of the skull, the point of intersection of sagittal and coronal sutures	A <i>varmam</i> used in the management of <i>Suzumunai naadi</i> and its dysfunction <i>Pathappa varmam</i> -One of the <i>Aakinai</i> (Lies in forehead inbetween 2eyebrows) <i>varmam</i>
56	<i>Sunnambhu varmam- Sunnambu kaalam</i>	Situated in 1 grain lateral to bregma	One of the <i>varmam</i> manipulation technique
57	<i>Manjal varmam - Manju kaalam, Manjhai kaalam</i>	Situated I finger lateral on right and left side from bregma	One of the <i>varmam</i> manipulation technique
58	<i>Vettrilai varmam- Vetri kaalam, Vetrai Kaalam</i>	Situated 5 fingers from forehead, right lateral to bregma	One of the <i>varmam</i> manipulation technique
59	<i>Poruthu varmam</i>	Situated in the sagittal suture,where 2 parietal bones joins,1 finger posterior to bregma,in body's midline	One of the <i>varmam</i> manipulation technique
60	<i>Uruththira Varmam - Ruthra kaalam</i>	Situated in the sagittal suture,where 2 parietal bones joins,2 fingers posterior to bregma,in body's midline	One of the <i>varmam</i> manipulation technique
61	<i>Sorna Varmam - Sonaar kaalam</i>	Situated in the parietal bone on both right and left side of above bone,1/2 a finger lateral to sagittal suture on both sides	Specific <i>varmam</i> for head and neck
62	<i>Kathirkama Varmam</i>	Situated in the sagittal suture,3 finger breadth posterior to bregma	Indicated for Insomnia, Psychiatric disorder, Headache, tremor, memory loss
63	<i>Pootellu varmam- Pootellu varmam, Seemantha Varmam, Utchi varmam</i>	Situated along the coronal, sagittal, lambdoid sutures	Indicated for Insomnia, Psychiatric disorder, Headache, tremor, memory loss, Seizures

Description: In superior aspect of the head, 9 *Varmam* points are located. In specific, *Kathirkama varmam* and *Pootellu varmam* are indicated for Insomnia, Psychiatric disorders, tremor, memory loss. *Kondaikollai Varmam* is indicated for the management of Spinal nerves dysfunction.

Table-4 Varmam points in the Posterior aspect of the head

Sl. No	Name of the varmam – Synonym	Location	Therapeutic importance
64	Kandakala Varmam	<i>Situated in the sagittal suture,5 fingers posteriorly from bregma</i>	Indicated for Insomnia, Headache
65	Anamighai Varmam- Peiyarili Varmam	<i>Situated in the sagittal suture,11 finger from anterior hair line posteriorly</i>	<i>An adangal -A retrival varmam technique</i>
66	Suruthi Varmam-Saruthi varmam, Sarithi Varmam	<i>Situated in the parietal bone,both right and left,1 finger postero-lateral from sagittal suture</i>	A <i>varmam</i> used in the management of <i>Suzumunai naadi</i> and its dysfunction
67	Porchai Varmam-Pughazhchi Varmam	<i>Situated in the parietal bone,both right and left,3 finger postero-lateral from sagittal suture</i>	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction
68	Kuttri Varmam - Kuthi Varmam Kombu Varmam	<i>Situated in the mastoid part of temporal bone on both sides</i>	A <i>varmam</i> used in the management of <i>Pingalai naadi</i> and its dysfunction One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i>
69	Seerumkolli Varmam-Sidai Varmam	<i>Situated in the Lambda of the skull,where 2 parietal and occipital bone joins posteriorly</i>	A <i>varmam</i> used in the management of <i>Suzumunai naadi</i> and its dysfunction One of the <i>Aakinai</i> (Lies in forehead in between 2eyebrows) <i>varmam</i>
70	Pinmudichu Varmam- Mudichu Varmam, Kabala Mudichu Varmam, Pin Suwathi Varmam	<i>Situated in the occipital bone,1 finger inferior to lambdoid suture</i>	Indicated for occipital headache
71	Pidari Varmam- chsuzhi	<i>Situated in the Occipital bone,4 fingers postero-inferior from Lambda</i>	A <i>varmam</i> used in the management of <i>Idakalai naadi</i> and its dysfunction One of the <i>Visuthi varmam</i>
72	Kondai Narambu Varmam	<i>Situated in the occipital bone,on both sides 2 fingers from the mid line of skull</i>	-
73	Kaaya Varmam - Kaayamendra Varmam	<i>Situated in the occipital bone,on both sides 3 fingers from the mid line of skull</i>	-
74	Mudisoodi Varmam Adanghal	<i>Situated in the occipital bone,on both sides 4 fingers from the mid line of skull</i>	-

Description: In posterior aspect of the head,11 *Varmam* points are located.Mainly indicated for Occipital headache,Insomnia.In specific,*Suruthi Varmam* and *Seerumkolli Varmam* are indicated for the management of Spinal nerves dysfunction.*Porchai and Pidari Varmam* mainly indicated for Parasympathetic nervous system dysfunction

4. Conclusion

Varmam therapy is a Special renowned manual therapeutic manipulation procedure of *Siddha* System of Medicine. A scientific initiative has been taken in order to retrieve the importance of *Varmam* location on anatomical basis. This review paper may throw light in the understanding of *Varmam* therapy in Scientific way and for its exploration as an innovative procedure in *Siddha* of Medicine, as claimed in *Siddha* literatures for its therapeutic potency in treating various ailments especially in pain management and in neurological conditions.

5. Conflict of Interests

The authors declare that there is no conflict of interests regarding the publication of this paper.

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