



DESCRIPTIVE STUDY ON VARMA POINTS LOCATED IN HEAD – SIDDHA VARMA LITERATURE

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ABSTRACT:

Siddha system gives support to mind, body, soul and stabilizes it. Varma therapy is a branch of siddha system of medicine. A vital energy called Pranan stored in each and every varma point. By manipulating these varma points the flow of energy to particular areas get regularized. Locating the correct location of the varma point is the most important. In each and every region or part of the body varma points are present in cluster. Thus this review article deals with locating varma location with the help of anatomical location.

KEYWORDS: varma therapy, siddha system, location of head varma point

INTRODUCTION:

Varmam is one of the external therapies in siddha system which is practiced in Southern parts of Tamilnadu. The synonym of Varmam is mentioned in book called *Varma soothiram* as kaalam, saram, aavi, pranan, moochu etc, Varma points are bio energetic sites or life centers through which subtle vital energy flows. Though varma is a drugless therapy it plays a promising role in reviving a person from neuro muscular related diseases, degenerative diseases, instant pain management, etc. Thus the head varma points are collected with the siddha varma location is compared with its anatomical location.

TABLE 4: REPRESENTS THE LOCATION OF HEAD VARMA POINTS

S.NO	VARMA POINTS	VARMA LOCATION	NATOMICAL LOCATION
1.	Munmudichu varmam	10 irai above Mel adappan varmam	Located just above the anterior hairline
2.	Thalaipaagai varmam	Comprises of 4 Varma points such as Munswathi varmam –1 Pin Swathi varmam –1 Perichal varmam - 2	Situated around the anterior hair line
3.	Raktha varmam	2 irai above paala varmam	2.5 finger breadth above midpoint of forehead
4.	Poruthu varmam	2 finger breadth above patchi varmam	Situated 2 finger breadth above patchi varmam
5.	Karunai varmam	3 finger breadth above the eyes. Lateral to the forehead	3 Finger breadth above the midpoint of the pupil
6.	Nettri varmam	2 finger breadth above thilartha varmam	Situated in the midpoint of the forehead
7.	Nema varmam	In-between two patchi varmam	At the midpoint of the frontal bone 2 ½ finger breadth above the frontonasal suture
8.	Patchi varmam	Adjacent sides of nema varmam	Over the frontal bone 2 ½ finger breadth above the fronto nasal suture and ½ finger breadth lateral from the midline.
9.	Pachi varmam	½ finger breadth below nema varmam. 1finger breadth above thilartha varmam	At the middle of the lower part of the frontal bone.
10.	Maangari varmam	Present near eyes. Pachai varmathuku 1 irai pakkavaatil	Situated in medial end of the eyebrows
11.	Puruva varmam	Midpoint of eyebrows	Midpoint of each eyebrows
12.	Soothira varmam	1finger breadth above the outer canthus of the eye	Anterio superior part of the temporal fossa
13.	Laadamoorthi varmam	½ irai above of thilartha varmam	½ irai above the galbella
14.	Thilartha varmam	In between two eyebrows ½ irai below the midpoint of eyebrows.	Superior to nose exactly in the centre between two eyebrows.
12.	Soothira varmam	1 finger breadth above the outer canthus of the eye	Anterio superior part of the temporal fossa

13.	Laadamoorthi varmam	½ irai above of thilartha varmam	½ irai above the glabella
14.	Thilartha varmam	In between two eyebrows ½ irai below the midpoint of eyebrows.	Superior to nose exactly in the centre between two eyebrows.
15.	Anga varmam	Nearby manthira varmam. Present medial to the eyes.	Inner canthus of the eye.
16.	Kanmani varmam	Present in Kann karuvizhi.	Situated at the pupil.
17.	Kadaikann varmam	2 finger breadth above min vettikaalam.	Just above the outer canthus of the eye.
18.	Kumbidu varmam	1 nelledai below thilarthavarmam	½ finger breadth below the glabella
19.	Minvetti varmam	½ irai below thilartha varmam	It is in relationship with olfactory bulb, Cribriform plate, olfactory nerve.
20.	Paala varmam	Above kannadi varmam	At the midpoint of bridge of the nose
21.	Soondigai varmam	1 irai nearby paala varmam	Situated laterally on both sides of bridge of the nose
22.	Manthira varmam	2 finger breadth lateral to thilartha kaalam	Situated 1 finger breadth below the pupil
19.	Minvetti varmam	½ irai below thilartha varmam	Just supero lateral to the nasion. It is in relationship with olfactory bulb, Cribriform plate, olfactory nerve.
20.	Paala varmam	Above kannadi varmam	At the midpoint of bridge of the nose
21.	Soondigai varmam	1 irai nearby paala varmam	Situated laterally on both sides of bridge of the nose
22.	Manthira varmam	2 finger breadth lateral to thilartha kaalam	Situated 1 finger breadth below the pupil
23.	Natchathira varmam	1 irai below outer canthus of the eye	Situated towards lateral end of the orbit of eyes in temporal region, where we get pulsation
24.	Kannadi varmam	Middle of the nasal bridge	Situated in the middle of the nose 2 finger breadth below fronto nasal sinus
25.	Mookusuzhi varmam	3 angulam below thilartha kalam	3finger breadth below the glabella on the bridge of the

			nose very close to kannadi kaalam
26.	Moorthivarmam	3 irai lateral to kaamboori varmam	Situated on either sides of upper part of alar nasi of the nose
27.	Kaamboori varmam	2 irai below natchathira kaalam	Situated in the depression below the prominence of the zygomatic bone on a vertical line drawn from outer canthus of the eye.
28.	Komberi varmam	Tip of the nose	Situated in the apex of the nose
29.	Annaan varmam	1 irai below moorthi varmam	1.25 finger breadth below the alanasi situated on both sides
30.	Pin vetti varmam	3 finger breadth below natchathira kaalam	Situated 4 finger breadth inferolateral to glabella
31.	Suzhimunai varmam	Lower end of the nose	Situated in upper part of the philtrum
32.	Meladappu varmam	Midpoint of the upper lips	Situated at the midpoint of Cupid's bow in vermilion border of the upper lip
33.	Anna varmam	Located at the palate (annam) of the mouth. This varmam is located internally.	Situated in the palate of the mouth
34.	Keeladappu varmam	Midpoint of the lower lips	Situated at the midpoint of vermilion border of the lower lip
35.	Urumi varmam	In between keeladappu varmam and ottu varmam	Situated centrally in the labio mental groove of the chin
36.	Amirthalanthai varmam	Present in between mandible and ear	Situated in body of the mandible
37.	Ottuvarmam	Midpoint of the chin	Situated under the chin, below the mental protuberance
38.	Naadiadangal varmam	3 finger breadth Below the mandible	Situated 3 finger breadth below the mental protuberance of the mandible
39.	Gandhi varmam	4 finger breadth above senni varmam	Situated over the temples and at the border of the hair (scalp)
40.	Senni varmam	4 finger breadth postero superiorly present above natchathira varmam	Meeting point of sutures of temporal, frontal, and sphenoid bones – pterion
41.	Mel poituvarmam	2 ½ finger breadth above sevi (poigai) varmam	Situated at the place where temporal bone articulates with the parietal bone.

42.	Kankalangi varmam	2 finger breadth supero laterally present above the outer canthus of the eye	Situated in the depression above the tips of the each eyebrows.
43.	Poigai varmam	2 finger breadth above sevikuttri varmam. 4 finger breadth lateral to natchathira kaalam 8finger breadth lateral to thilartha varmam	Situated In front of helix of the ear
44.	Sevikuthi varmam	2 finger breadth below poigai varmam 4 finger breadth postero inferior to natchathira varmam Present front of tragus	In the depression felt between the tragus and the mandibular joint when the mouth is slightly open
45.	Sevithanddu varmam	Tragus of the ear	Tragus of the ear
46.	Kaathadakki varmam	Located behind the ear where ear gets contact with head	Situated in the midpoint of posterior auricular sulcus
47.	Aasamai varmam	½ irai below the tragus of the ear.	Situated in the depression below the tragus of the ear
48.	Kabala varmam	2 finger breadth lateral to alavukaamboori varmam. 3 finger breadth above kavala varmam.	Situated at the plane of tragus medially towards face
49.	Kurunthukutthi varmam	It is located interally (ullvarmam) 1 finger breadth below sevikuthi varmam.	One finger breadth below the depression felt between the tragus and the mandibular joint when the mouth is slightly open
50.	Netti varmam	8 finger breadth below seerungolli varmam	In the depression medial to the mastoid process between the origin of the trapezoid and sternomastoid muscles
51.	Alavaadi varmam	2 finger breadth below sevikuthi varmam Immediately below the ear	Situated lower end of the earlobe
52.	Vila narambu varmam	1 ½ finger breadth lateral to alavaadi varmam In-between Sruthi varmam and urakka varmam	Situated 1 ½ finger breadth lateral to the ear lobe
53.	Kavala varmam	3 finger breadth below Kabala varmam 3 Finger breadth above urakka varmam. Above the mandible midpoint of the cheeks	Located in cheeks, a depression above the mandible bone.
54.	Konasanni varmam	1finger breadth below alavaadi varmam	Situated at the angle of the mandible
55.	Kondaikolli varmam	Present at the vertex of the head 8 finger breadth above thilartha varmam	The bregma of the skull. The point of intersection of sagittal and coronal sutures.

56.	Sunnambu varmam	½ finger breadth lateral to kondaikolli varmam on both sides	Situated ½ finger breadth on both sides of bregma or vertex
57.	Manjal varmam	1 finger breadth lateral to kondaikolli varmam on both sides	Situated 1 finger breadth on both sides of bregma or vertex
59.	Poruthu varmam	At the intersection of two parietal bones in the skull (sagittal sutures)	Situated in the place where 2 parietals meets to form a sagittal suture.
60.	Uruthira varmam	2 finger breadth behind kondaikolli varmam at the suture	Situated 2 finger breadth behind the bregma or vertex
61.	Sornavarmam	½ finger breadth lateral to uruthira kaalam	Situated ½ finger breadth lateral to the uruthira kaalam
62.	Kathirkaama varmam	2 finger breadth behind the poruthu varmam	Situated on sagittal suture 2 finger breadth behind sorna varmam
63.	Pootellu varmam	In the midpoint of connection of 5 sutures	5 joints of the head (Coronal sutures – 2, lambdoid sutures – 2, sagittal suture – 1)
64.	Kandakkaala varmam	5 finger breadth behind the kondaikolli varmam On tracing the depression behind the kondaikolli in the second depression called second poigai. Here it is located	Situated 5 finger breadth behind the bregma or vertex of the skull
65.	Anamigai varmam	5 finger breadth behind seerungolli varmam	Situated 5 finger breadth behind the lambda of the skull
66.	Sruthi varmam	2 finger breadth above porchaivarmam	Situated in the lateral aspect of the lambda (5 finger breadth)
67.	Porchaivarmam	2 finger breadth below Sruthi varmam	2 finger breadth below Sruthi varmam
68.	Kuttri varmam	1 irai below porchai varmam 3 finger breadth lateral to the posterior aspect of the ear	3 finger breadth lateral to posterior auricular sulcus of the ear
69.	Seerungolli varmam	1 jaan (12 finger breadth) behind the kondaikolli varmam 4 finger breadth above pidari varmam	The lambda of the skull. The point of intersection of sagittal and lambdoid sutures.
70.	Pin mudichu varmam	3 finger breadth above pidari varmam	3 finger breadth above the depression below the occipital protuberance
71.	Pidari varmam	4 finger breadth below seerungollivarmam 7 finger breadth above kilimegavarmam	Situated at the nape of the neck, in the depression directly below the occipital protuberance.

72.	Kondainarambu varmam	2 finger breadth lateral to pidarivarmam	Situated at the semispinalis capitis
73.	Kaaya varmam	3 finger breadth lateral to pidarivarmam	Situated lateral to semispinalis capitis
74.	Mudisoodiadangal varmam	Present next to kaayavarmam	Situated laterally in the depression below the occipital protuberance. Next to kaaya varmam
75.	Mundirukki varmam	6 finger breadth below keel adappa varmam 2 finger breadth above sanguthiri kaalam	2cm away from ottuvarmam.
76.	Urakka varmam	3 finger breadth infero lateral to ottu varmam 6 finger breadth below keel adappu varmam	Situated inferior to mandible near trachea.
77.	Uthira varmam	6 finger breadth inferio lateral to keel adappu varmam	Situated over the jugular vein. 4 finger breadth below the styloid process
78.	Kokkivarmam	1 finger breadth above sanguthiri varmam	Just above the Adams apple
79.	Sangumudicu varmam	3 finger breadth above thummi varmam	Situated at the Adams apple
80.	Naakkuthalli varmam	Total length of neck is about 7 finger breadth. It is located in the midpoint of the neck ½ finger breadth below sangumudichu varmam	Situated in middle of the neck
81.	Kannuthalluvarmam	2 finger breadth lateral to naakkuthalli varmam	Situated at the anterior border of the sternomastoid muscle
82.	Thummivarmam	2 ½ finger breadth below naakkuthalli varmam 1 finger breadth above sumai varmam	1 finger breadth above supra sternal notch or jugular notch
83.	Narambu varmam	1 finger breadth lateral to thummi varmam on both sides	Middle one third of the carotid triangle. Border of the sternocleidomastoid muscle
84.	Pingala varmam	3 ½ finger breadth lateral to sumai varmam	Situated 3 ½ finger breadth lateral from suprasternal notch. At the sternocleidomastoid muscle.
85.	Vilanguvarmam	It is located just above the midpoint of the kaaraienbu (clavicle)	At the supra clavicular fossa.

86.	Kuliyaanaivarmam	Located at the depression below the lateral end of the kaaraienbu (clavicle)	Situated in the depression below the lateral end of the clavicle and humerus region.
87.	Sumaivarmam	4 finger breadth below the sanguthiri varmam. 1 finger breadth below thummi varmam. Located at the thondaikuzhi.	Situated at the supra sternal notch or jugular notch
88.	Pakkanadukkuvarmam	Located in the lateral aspect of midpoint of the neck 5 finger breadth lateral to naakkuthalli varmam	Situated in anterior border of trapezoid muscle
89.	Kaakattaivarmam	4 finger breadth above the midpoint of the vilangu varmam	Situated on either side midway between the neck and the head of the arms and connect the glenoid cavity and the shoulder Midpoint of trapezoid muscle
90.	Penkuzhivarmam	6 finger breadth above kilimega varmam	Situated in-between the occipital bone and atlas vertebrae
91.	Aga Puratharai varmam	1 finger breadth lateral to pen kuzhi varmam	Situated at the atlanto-occipital joint
92.	Suzhiyadi varmam	1 finger breadth below pidari varmam	Situated in the atlanto axial joint
93.	Peru narambu varmam	1 finger breadth lateral to suzhiyadi varmam	Situated 1 finger breadth adjacent to atlantoaxial joint
94.	Pin nadukkuv varmam	10 finger breadth lateral to munnaakkuthalli varmam 5 finger breadth lateral to pakkanadukku varmam	Situated 5 finger breadth lateral to trapezius muscle.
95.	Valaimudintha varmam	3 finger breadth below pen kolli varmam.	3finger breadth above c7 vertebra
96.	Kilimega varmam	Located at the back of the neck in protuberance where neck meets the back.	Situated at the 7 th cervical vertebrae

DISCUSSION:

- ❖ To understand the various head varma points with the help of anatomical places.
- ❖ Ethical description of head varma points.
- ❖ Easy way to approach more varma points as a single procedure.

CONCLUSION:

This review is the detail description of location of head varma points with its illustrated anatomical location and helps as guide to approach to locate the head varma points easily in practice.

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