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## Original Research Article

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## Efficacy and Clinical Assessment of Varmam Therapy in the Management of Headache

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### Abstract

Varmam is a precious heritage of mankind, which has been preserved by the citizens of India. Varmam is a life energy which aims to fulfill the medical needs of humanity. Life energy circulates inside human body. The dwelling or resting places of life energy are called Varmam points. When we stimulate the varmam points with appropriate pressure-Maathirai, it produces clear therapeutic effect. The disturbed vital energy flow through 12 Naadis (vital energy channels), 6 chakras (nerve plexus), Dasa vaayu (vital energy force) get regulated. This paper focuses on the Varmam therapy for Headache which is most commonly encountered in this decade.

**Keywords:** Varmam therapy, Indian Siddha medicine, Headache.

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### Introduction

Varmam therapy can be done without the compulsory use of internal or external medicine. Headache usually a benign symptom experienced by 90% of individual atleast once a year, but occasionally it is the manifestation of a serious illness. Pain occurs when peripheral nociceptors are stimulated in response to tissue injury, visceral distension or other factors. Pain can also result when pain sensitive pathways of the peripheral or central nervous system are damaged or activated inappropriately.

#### Classification of Headache:

Primary Headache (not associated with any disease) such as Tension type headache, Migraine headache, Cluster headache.

Secondary Headache (associated with disease of Ear, Nose, Throat, Sinus, Trauma, Vascular disorder, Metabolic disorders)

#### Etiology of Headache:

Any disturbance of body function, psychological stress or new medications can cause headache.

Headache can occur as a result of compression, traction or inflammation of cranial and spinal nerves.

Spasm, inflammation or trauma to cranial and cervical muscles.

Meningeal irritation and raised intracranial pressure. Distension, traction or dilation of intra or extra cranial arteries.

## Materials and Methods

### Aim of the study

This study was aimed to evaluate the clinical efficacy of varmam treatment on various types of headache.

### Study Design

Type of study: open, single non comparative clinical trial

Level of Study: OPD

Study Centres: Arts Research Institute, Coimbatore and its branches

Total duration of the study was three months.

### Inclusion Criteria

100 patients, aged above 10 years, both Sex, attending OP department. A written informed consent obtained from all patient and for children from attenders. Patient shows no improvement on other kind of treatment.

Varmam Points	Effects
Kondaikolli	Pranan (oxygen) distributes throughout body
Annan Kalam	Distributes energy to eye, ear and tongue.
Ner varmam	Improves memory power. Distributes energy to eye and ear
Nattel varmam	Regulates blood circulation to brain and CSF circulation

### Follow up and Assessment:

All the patients were advised to take Varmam treatment, twice a week for a period of three months.

### Statistical Analysis

#### Age and Sex wise distribution

Age years	Male	Female
10-20	3	3
20-30	7	14
30-40	7	23
40-50	5	21
50-60	5	7
Above 60	3	2
Total	30	70

### Exclusion Criteria

Patients with pre-existing genetic and endocrine disorder, severe systemic illness, pregnant and lactating women, children below 10 years, hypertension, Ear-Nose-Throat and sinus disease, Eye diseases, Dental caries.

### Study Procedure:

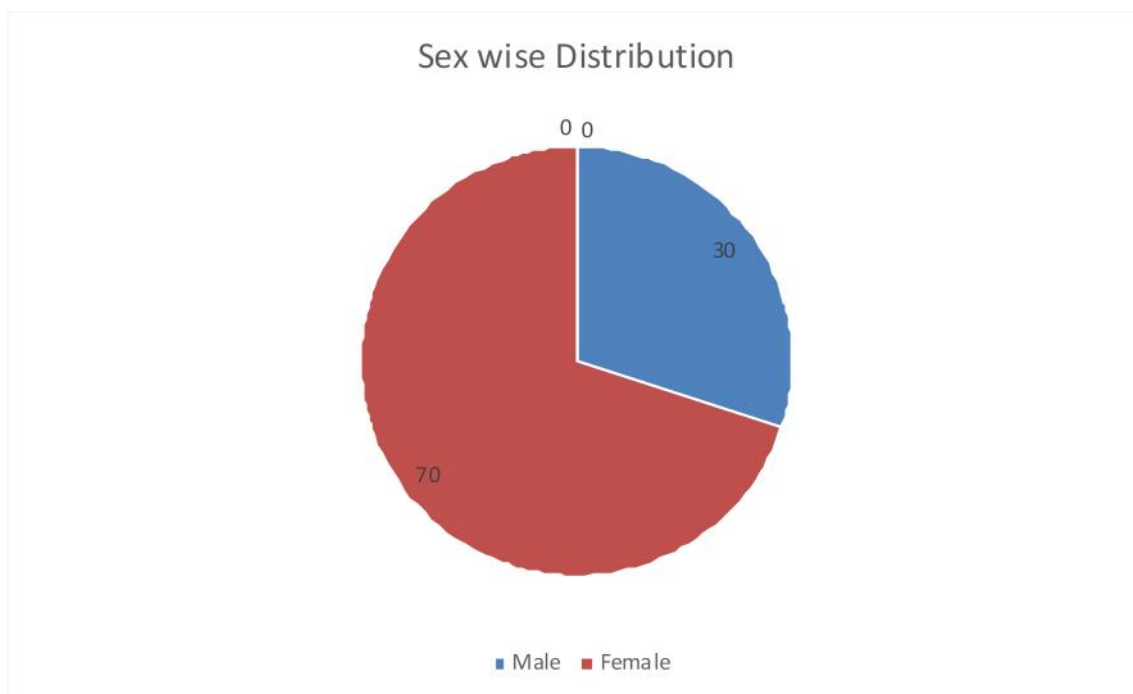
At the initial visit a detailed medical history with special emphasis on family history of non specific Headache, treatment history for its duration of symptoms, onset, anatomical distribution exaggerating and relieving factors, recurrence and seasonal exacerbation were taken.

Detailed systemic examination was done. Local examination to rule out local causes like boils, herpes, eczema and neuralgia were done.

### Varmam Points:

The main points are Kondaikolli, Annan kalam, Ner varmam, Nattel varmam and Chunnambukalam. This points may vary to different types of headache.

The patients were asked to grade the relief from symptoms periodically in predefined grades as excellent (90-100% relief), good (75-90% relief), fair (50-75% relief) and poor below 50% relief.



**Duration of illness**

Duration of illness	No.of cases
Below 1 year	19
1 year-5 years	31
5 years -10 years	26
Above 10 years	24

The above table indicates the average duration of illness is 1-5 years.

**Results**

**Number of cases and response in different age groups**

Age in years	Total No. Cases	Total Male	Total Female
10-20	6	3	3
20-30	21	7	14
30-40	30	7	23
40-50	26	5	21
50-60	12	5	7
Above 60	5	3	2

**Overall response –Age wise**

Response	Male	Female
Excellent	20	40
Good	5	20
Fair	5	10

## Monthly Response

Age in years	Total No. Cases	Total Male	TotalFemale
10-20	6	3	3
20-30	21	7	14
30-40	30	7	23
40-50	26	5	21
50-60	12	5	7
Above 60	5	3	2

## Overall -Monthly Response

Sex	No.of Patients	1 <sup>st</sup> Month	2 <sup>nd</sup> Month	3 <sup>rd</sup> Month
Male	30	18	7	5
Female	70	38	24	8

## Overall response of Both cases

Overall Response	Male	Female	Total
Excellent	20	40	60
Good	5	20	25
Fair	5	10	15

In total 100 patients were enrolled in the study, there was female preponderance in the study (30 Male,70 Female).The highest incidence of cases were in age group of 30-40 years. The mean duration of illness was 5-10 years. During the first month of treatment 56% of patients shown significant relief(18 Male,38 Female), in the second month 31% of patients(7 Male,24 Female) and in the third month 13% of patients(5 Male,8 Female).

There were no clinically significant adverse effects reported and observed during the entire study period. In the subjective evaluation of varmam treatment 60%(20 Male,40 Female) found it excellent,25%(5 Male,20 Female) found it good,15%( 5 Male,10 Female) found it fair and no one shown poor response(below50% relief).

## Discussion

Headache is a clinical symptom and not a specific diagnosis. The clinical presentation of headache may vary from person to person, in various diseases, different age group and sex, the most commonly recognized triggers of headache are seasonal variation, sunlight exposure, alcohol, emotional stress, medications, certain type of foods, personality, physical exertion and hormones.

As a rational of expecting this headache to respond to drugs has its own adverse effects. An attempt to treat headache with an indigenous way of treatment called varmam. The clinical study was carried out in Thirumoolar Varmalogy Institute, Coimbatore and its branches. Out of 40 cases, 24 cases showed good response (60%), 16 cases showed fair response (40%).

## Conclusion

Headache has become a challenging problem to the present day physicians. Results obtained from the varmam therapy were highly encouraging ,safe and free from adverse effects. The documentation and compilation of this knowledge should be subjected to extensive research, in order to identify proper techniques that are relevant to particular condition ,and to standardize the treatment procedure and its application.

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