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# INTERNATIONAL JOURNAL OF CURRENT RESEARCH IN BIOLOGY AND MEDICINE

ISSN: 2455-944X

[www.darshanpublishers.com](http://www.darshanpublishers.com)Volume 4, Issue 3 - 2019

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## Case Study

DOI: <http://dx.doi.org/10.22192/ijcrbm.2019.04.03.001>

## Role of Varmam therapy in Uzhapiralchi - Bipolar affective disorder current Episode Mania - A single case study

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### Abstract

Varmam is our traditional scientific, cultural and intellectual property which is part of Indian Siddha Medical System. Varmam therapy has its efficacy in treating subtle body. A countrywide National Institute of Mental Health and Neuro science (NIMHANS) study has shocking prevalence of mental illness in India. At least 13.7% India's general population has been projected to be suffering from a variety of mental illness.

**Keywords:** Varmam, uzhapiralchi, bipolar affective disorder outcome.

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### Introduction

Bipolar affective disorder affects approximately 1% of global population. In India the prevalence of bipolar affective disorder ranges from 0.51 per thousand populations to 20.78 per thousand populations.

Bipolar disorder also known as manic depressive illness is a brain disorder. It usually starts late adolescence (or) young adults and rarely childhood.

#### Causes:

1. Genetics.
2. Brain changes (stroke, traumatic brain injury, HIV, multiple sclerosis and rarely temporal lobe epilepsy)
3. Environmental (childhood abuse, long term stress and psychosocial factors) 85% of the risk is attributed to genetics.

#### Mechanism:

Abnormalities in the structure and function of certain brain circuits can lead to bipolar disorder. In depressed

and manic phases of bipolar disorder, a decrease of 5 hydroxyindoleacetic acid and the by-product of serotonin are found in the CSF. There is evidence supporting an association between early-life stress and dysfunction of the hypothalamic-pituitary-adrenal axis (HPA AXIS) leading to its over activation, which may play a role in the pathogenesis of bipolar disorder.

#### Types:

Bipolar disorder Type 1:

Involves periods of severe mood episodes from mania to depression.

Type 2:

Milder form of mood elevation, involving milder episodes hypomania.

Cyclothymic disorder:

Brief periods of hypomanic symptoms.

**Symptoms of Mania:**

- Excessive happiness, hopefulness and excitement.
- Sudden changes from being joyful, to being irritable, angry and hostile.
- Restlessness.
- Rapid speech and poor concentration.
- Increased energy and less need for help.
- Unusually high sex drive.
- Making ground and unrealistic plans.
- Showing poor judgement.
- Drug and alcohol abuse.
- Becoming more impulsive.

**Depressive period**

- Sadness.
- Loss of energy.
- Feelings of hopefulness (or) worthlessness.
- Not enjoying things they once liked.
- Trouble concentrating.
- Uncontrollable crying.
- Trouble making decisions.
- Irritability.
- Needing more sleep (or) less.
- Appetite changes that make them lose (or) gain weight.
- Thought of death (or) suicide.
- Attempting suicide.

Bipolar disorder is a mental health condition that causes extreme shifts in a person's mood and energy level. This paper focus on the role of varmam therapy in the management of the bipolar disorder.

**Case Study**

28 years old female brought by family with known case of bipolar affective disorder current episode mania since 15 days.

Her conditions are:

- Sleep disturbance, walking to and fro in night.
- She was also praying for a long time.
- She also reported that she has special powers and she answers to all the questions in the world.
- Suicidal thinking
- Tensions, mood disturbances.
- More interest in learning embroidery and spoken English on mobile apps.
- Actively participating in cooking work.
- She would write lists for groceries.

**Past history:**

10 years ago patient had an episode for 2 - 3 days, where she had sudden outbursts of anger and happiness and also refused let family members out of sight because she thought evil powers will kill them. She was not under any treatment.

**Personal history:**

Menstrual history- Regular, Normal flow. She had 2 children.

**Family history:**

1. Suicide of her mother 4 years ago - self immolation. History of previous suicide attempt present in her mother 25 years ago. Her mother had episodic mental illness with sad mood and crying spells.
2. Suicide in maternal aunt – hanging due to conflict with husband 15 years ago.
3. Suicide in maternal uncle - by jumping in front of a lorry 15 years ago.
4. Episodic mental illness in younger brother, episodes of sad mood, low self esteem, easy fatigability for 5 - 6 months, with also episodes of increased energy, over familiarity for 4 months. He is under treatment.

Varmam is not only martial art; it is global inclusive medical science. The subtle energy that functions in the body is known as varmam. Medical Varmalogy is the basis for the prevention of disease and their medical care.

மனநலம் மன்னுயிர்க் காக்கும் - வள்ளுவர்

மனமது செம்மையானால் மந்திரஞ் செபிக்க வேண்டா  
மனமது செம்மையானால் வாயுவை உயர்த்த வேண்டா  
மனமது செம்மையானால் வாசியை நிறுத்த வேண்டா  
- அகத்தியர் ஞானம்

The above 2 poems says the mechanism of enlightening the mind. Varmam is an extremely subtle energy that operates inside the body, if that energy getting disturbed it leads to mind related problems. The important varmam points are:

Kondaikolli  
Thilartham  
Natchathiram  
Chevikutri  
Kutri

If the flow of energy gets disturbed on these particular points, it definitely leads to mind related disorders.

This patient was under allopathy medication; along with that varmam therapy was given daily 4 times. Within 15 days, majority of the symptoms got reduced. So varmam therapy was reduced to daily 2 times and dosage of allopathy medicine was reduced to minimum level. After 15 days, very minimal allopathy medicine was given, along with that varmam therapy was given continuously. After one and half months, she went back to normal life.

Generally manic episode get automatically reduced after 3 - 6 months. Varmam therapy is supportive in getting fast recovery back to the normal life.

The varmam points using in the varmam therapy are:

1. Kondaikolli
2. Chunnambukaalam thadaval
3. Chennikaalam thadaval
4. Anthakaranam thadaval

அருளிய உடற்கும் ஜீவன் தனக்கும்  
இவ் இயக்கம் தானே

(Reference: Varmasootcham 1500)

சகனூட எந்திரம் போல இருக்குமொரு  
சார்த்தின் விசைகள் தானும் - Vilvisai, P. 108.

(Reference: Varmasootcham 1500)

The varmam energy connects the physical body and subtle body.

கல்லென்ற உள்ளறிவால் தலத்தைக் கண்டு  
கருதிர்பார் நன்மை தீமை வெளியதாகும் - Choodamani-199

Treatment should be given after knowing the positive and negatives of each varmam. Varmam application on the right place with correct pressure heals various disorders.

### Varmam - siddha:

The functioning of brain is divided into four actions. It is also called Antahkarana.

- Manas - Thinking
- Chitta - Memory
- Buddhi - Analyse
- Ahamkara - Execute the decision

மனம் விரிந்தகால் புத்தி

புத்தி விரிந்தகால் சித்தம்

சித்தம் விரிந்தகால் அகங்காரம் (கொங்கணர் ஞானம்)

When brain energy joins the samana vayu, manas comes into action. When manas joints the vyana vayu, buddhi comes into action. When buddhi joins the udana vayu, chitta comes into action. When chitta joins the abana vayu, ahamkara comes into action.

### Discussion

The varmam therapy is systemic science because varmam treats not only the physical body disorders, it also has efficacy in treating the subtle body.

### Conclusion

Varmam therapy does not depend on equipment, can be done with or without drugs. Also varmam treatment leads to time savings and there is no side effect. So varmam is milestone of Indian medical system of Siddha medicine.

### Acknowledgments

I would like to express my deepest thank to our Aasaan Dr. Shunmugom., Ph.D.(Tamil) and all the members of Arts Research Institute and Ari Foundation, Coimbatore.

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### How to cite this article:

G. Revathi, N. Shunmugom. (2019). Role of Varman therapy in Uzhapiralchi - Bipolar affective disorder current Episode Mania - A single case study. Int. J. Curr. Res. Biol. Med. 4(3): 1-4.

DOI: <http://dx.doi.org/10.22192/ijrbm.2019.04.03.001>