A Case Series On The Effect Of Siddha Varma Therapy On Blood Parameters

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ABSTRACT

Background

Varma is a unique branch in Siddha system of medicine, that is widely practised in Tamilnadu. They are considered as the subtle energy points in our body that can be manipulated to produce significant effects in relieving the human ailments. Though this ancient wisdom is time tested and widely practiced, the scientific data on its therapeutic effect is scarce. Hence the present case series has been framed to validate the effect of selective varma techniques on blood parameters.

Material and Methods

This preliminary study was intended to obtain the outcome measures of eight subjects of both sexes and who attended. The selected varma therapy were based on their indication to improve immunity as mentioned in traditional Siddha text. Accordingly, the varma points Vilanguvarmam, Sunnambukaalam, Similiruppu, Adappakaalam and Kaulithadaval were manipulated twice a day in the morning and evening for 12 days. Blood was collected before and after 11 days of varma manipulation for total and differential count.

Results and conclusion

At the end of therapy all the eight cases showed an 80% increase in total count within the normal limits. Interestingly, 80% had increased neutrophil count and 10% had no change in their neutrophils. There was also changes in other blood cells such as lymphocytes and
Eosinophil count. Thus, the present case series highlights the importance of varma therapy and its effect on blood parameters. The increase in neutrophils within normal limits could indicate the immune boosting effect of these selected varma pressure points.

**Keywords:** Siddha, Varma, Immunoboosting effect, traditional knowledge

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**Introduction**

Varma therapy is one of the ancient practices in Siddha system of medicine. According to this system of medicine, a subtle energy flows throughout the body and distributed as life energy. In Varma therapy, there is a pressure stimulation of certain points where life energy is concentrated. Hence Varma points are known to be the reservoirs of pranic energy that is present in the body. The flow of this life energy or pranic energy can be disturbed or blocked by means of an injury, abnormal physical activity, abnormal diet, physical strain, stress and so on. When the normal metabolic and physiological functions of a particular organ or organ system in the body is altered, it leads to a disease.[1]

Varma therapy is a non-invasive, drugless, cost-effective treatment with no side effects. It is a therapeutic stimulation of specific Varma points by which the flow of pranic energy can be restored. Varma Points are located at the junctions of nerves, tendons, muscles, blood vessels, joints and bones. This repairs the damaged tissues or organs by bringing them back to their normal metabolic and physiological functions. Varma points can be stimulated in several ways where depth (*Mathirai kanakku*) and Pressure (*Pathi Kanakku*) are important. The symptomatic manifestation that occur differ from the location of the points, pressure applied, duration of stimulation and strength of the patient. It is having been proven to cure certain neuromuscular problems, neurological weakness, arthritis, spinal problems, convulsions, headaches, migraine.
muscle wasting and to reduce intense pain. Varma therapy when practiced properly, can give long term results for certain diseases. [2-4]

**Material and Methods**

The study was conducted at outpatient department of Sri Sairam Siddha Medical College & Research Centre, West Tambaram, Chennai during July 2021 from 2.07.2021 to 13.07 2021. Subjects who willingly volunteered for the study were provided with participants information sheet and were informed about the study.

A Total of 12 subjects volunteered for the study out of which 8 volunteers participated in the study selected, on the basis of following criteria. The inclusion criteria consisted of both male and female sexes and transgenders, above 12 years of age who attend the OPD of Sri Sairam Siddha Medical College & Research Centre, those who were willing to participate in the study and willing to follow up. The exclusion criteria consisted of subjects below 12 years of age, those tested positive for Covid-19 and other infectious diseases, pregnant and lactating women and those with other serious complications of cardiovascular, renal, liver diseases etc. The blood sample was collected at the institution’s laboratory after the study period of 12 days. The total red blood cell, lymphocyte, Neutrophil, Eosinophil, Monocyes and Basophils values are taken before and after and their values were compared before and after therapy and the effect of Varma therapy on blood parameters were assessed.

**Figure 2. Anatomical locations and benefits of selected varma points**

Manipulation of Varma points

All the subjects in the study were taught with the methods of stimulating Varma points Vilanguvram Sunnambukaalam, Similiruppu, Adappakaalam and Kaulithadaval by varma experts. It should be done in a sitting position and with the right pressure. The Varma points should be manipulated with fingers only thrice daily for 12 days. It can be practiced every single day 15 minutes after waking up or bathing. The time to be practiced during the day ranges from 6.00 am to 10.00 am in the morning and 4.00 pm to 6.00 pm at noon and again between 6.00 pm to 10.00pm in the evening. After 11 days blood samples were collected from the subjects who practiced Varma manipulation.

Table-1. Anatomical location of selected Varma points and their therapeutic effects

<table>
<thead>
<tr>
<th>Sl No</th>
<th>Varma point</th>
<th>Location</th>
<th>Manipulation</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vilangu Varma</td>
<td>Located in the pit on the chest, below the clavicle</td>
<td>With middle fingers, give inward and outward</td>
<td>Regulates breathing, increases the</td>
</tr>
</tbody>
</table>
bone. rotations oxygen level in simultaneously on both sides.

2. **Adappa Kalam** Located on the flanks below the axilla Apply forward and backward movements with the middle fingers three times. Used to treat respiratory tract infections, strengthens the lungs, to treat wheezing and asthma.

3. **Kauli Kaalamthadaval** Web space at the junction of the bones of the thumb and index finger With thumb a movement towards index finger 3 times. Tones lungs.

4. **Sunnambu kaalam** 3 fingers above the ears With middle three fingers forward and backward movements thrice. Relieves mind related stress.

5. **Similiruppu** At mastoid process With middle 3 fingers 3 backward movements 3 times. Increase the immune power.

**Results and Discussion**

In the blood samples of subjects who have practiced Varma therapy total counts along with Neutrophils, lymphocytes, eosinophils, basophils and monocyte counts were analyzed. The results have shown that, 80% of the subjects had an increase in total counts and 20% of the subjects had decreased counts within normal limits. In Neutrophil counts 80% had increased count and 10% maintained similar counts and 10% had a decreased value.
Figure 2. Effects of Varma Manipulation on changes in Blood parameters

In the present case series, we have observed the effect of Varma therapy on blood parameters like total counts, Neutrophils, Lymphocytes, Eosinophils, Basophils and Monocyte counts. We have observed that there is significant increase in the levels of total counts, lymphocytes and eosinophils within normal limits. Upon considering the role of neutrophils in the human body, they are considered to be one of the major life-saving cells as cellular mediators for the destruction of invading pathogens. The neutrophil production in the bone marrow is controlled...
by the adaptive immune system. Neutrophils make important contributions to inflammation and immunity and plays an important role in tissue repair.[5] Previously published clinical studies conducted on the efficacy of varma therapy have shown that stimulation of varma points boosts the release of hormones like endorphins, dopamine and serotonin. It also reduces inflammation, promotes healing, calm the nerves and relieves pain. It has improved both the physical and mental well-being of the patients.[1] Research shows that varma energy pathway can be scientifically be correlated with the analgesic pathway i.e, Brain opiate system of modern medicine. It is recorded that massage and touch therapy can stimulate release of neuromodulators such as Enkephalins, Dynorphins and Endorphins. This in turn reduced pain, swelling, tenderness and improved the range of motion in joints for patients with osteoarthritis.[4]

Another study conducted on 13 subjects who underwent daily qigong training for a period of one month and the following parameters were analyzed after the training like total cholesterol, HDL, LDL, triglycerides, phospholipids, GOT, GPT, GGT, urea and creatinine. Results have shown lower serum levels of GOT (glutamic-oxaloacetic transaminase), GPT (glutamic-pyruvic transaminase), and urea in the experimental group.[6] Few other studies concluded that Yoga Practices with varma Therapy can lower total cholesterol and blood urea levels. The Varma points Vilanguvarmam, Adappakaalm and Kaulithadaval increases the lung capacity, increase SpO2 and tones lungs. Sunnambukaalam, similiruppu increases the immune power.[7] A study conducted in 29 HIV men on the effect of massage therapy for immunomodulation showed that the major immune findings for the effects of the month of massage included a significant increase in Natural Killer Cell number. Natural killer cell cytotoxicity, soluble CD8, and the cytotoxic subset of CD8 cells. [8] Another randomized double-blind study on patients divided into acupuncture treated group (n = 25) and a control group (n = 20) was conducted to observe the effect of acupuncture therapy affecting interleukin-2(IL-2 level and natural killer (NK) cell immunoactivity in the peripheral blood of patients with malignant tumors. The former group was treated using points, ST36, LI11, RN6 and locations of symptomatic points bilaterally. They received one treatment of 30 minutes daily for 10 days. The results showed that the IL-2 level and NK cell activity were lower than normal in patients with malignant tumor, but there was remarkable (P < 0.01) increase in the acupuncture group after 10 days of treatment.[9]
In Varma therapy it is hypothesized that the human body has 12 energy channels and 108 energy enriched (varmam points) points along the channels that are more or less like that of meridian channel in acupuncture. Hence the foresaid literature evidences for scientific back up of external therapies and physical manipulations have almost equal effects.[10] In this current study we have observed the effect of Varma therapy on blood parameters like total counts, Neutrophils, Lymphocytes, Eosinophils, Basophils and Monocyte counts. We have observed that there is significant increase in the levels of total counts, lymphocytes and eosinophils within normal limits. With this analysis we can directly or indirectly could come to the theory that Varma practice is helpful in increasing body’s immune system by increasing fighter cells or infection fighting cells.

**Conclusion**

The present case series generates a hypothesis that manipulation of these the particular varma points can have positive effect on the blood parameters and the increase in neutrophils within the physiological limits highlights the immune boosting effects of the varma energy points. In future the present study can be done in larger scale and necessitates higher level investigations such as Interleukins, NKcells etc, that may validate the study results to the next step of global attention.

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**Conflict of Interest: None**

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**References**


