

## Varma Therapy and Comparison of Varmam Points with Urdhva Jatrugata Marma

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### ABSTRACT

*Varmam* is the term for the vital point found throughout the body. According to *siddha* system of medicine when pressure is given on this *Varmam* points under control for specific time and duration, it cures several diseases. opposite to that when pressure given forcefully it result in injurious effect or changes in the body, this is called *varmam* therapy. The *siddha* system of medicine describes a number of stimulation techniques through which many ailments in the body can be cured.

Continuous use of modern medicine for the treatment of various disorder leads to side effects like loss of memory, any type of allergic reaction. *Varmam* treatment is quite effective in treating a number of disorders, and by using it instead of medicine, side effects can be avoided. Additionally, it is a non-invasive, economical treatment that may be applied whenever *Aushada* is not present.

**KEYWORDS:** *Urdhva jatrugata marma, Varmam, Varma Therapy*

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### INTRODUCTION

In *Ayurveda*, the definition of healthy person is proper equilibrium of *Dosha, Dushya, Dhatu* and happy state of *Indriya, Manas and Aatma*.<sup>1</sup> So, *Ayurveda* gives weightage to both physical and mental health.

In the present modern era, person is unable to concentrate on their health due to hectic lifestyle, indulgence in unwholesome objects and stressful life and due to this many somatic and psychological disorders start developing in body.

### VARMAM –

*Varmam* refers to the vital points present in all over the body where the *pranic*(life) energy resides. The word *Varmam* and *marmam* holds the same meaning in *tamil* language it is called *Varmam* and in *malayam* and *Sanskrit* it is pronounced as *Varmam*.

The word *Varmam* is derived from the root word *vanman* according to *ramayanam*.<sup>ii</sup> In *tamil* the meaning of *marmam* is secret.

### SYNONYMS OF VARMAM

There are various synonyms of *Varmam* are present as follows:

1. *Varmam*: refers to the static energy that is present at a specific *Varmam* point and that can be sensed at any moment throughout the day.
2. *Kaalam*: refers to the motion or kinetic energy that is present at that specific *Varmam* point. eg. *Thilartha kaalam*.
3. *Yogam*: the meaning of word *yogam* is merging. It describes a situation in which two *Varmam* points energies combine to establish a work.
4. *vaasi*: it means the subtle energy present at the *Varmam* point. All the places where the *vaasi* touches are termed as *Varmam* points.

5. *Kalai*
6. *praanan*
7. *Saram*
8. *Swaasam*

### INTRODUCTION OF VARMA THERAPY<sup>iii</sup>

*Varmam* points are therapeutically manipulated in order to focus or inhibit pranic energy. When a particular *Varmam* point gets stimulated this energy released from there and brings relief to the affected area of a person by regulating the flow of this energy which is obstructed on specific points.

*Varmam* therapy is a therapy in which *Varmam* points gets stimulated or therapeutically manipulated to regulate the flow of energy and relieve the energy if it gets blocked at any affected part of the person.

Study related to this *Varmam* points and its related energy is known as *varmalogy*. Medical *varmalogy* is the basis for the prevention of disease and their management.

### DISCUSSION-

#### Classification of Varmam points

*Varmam* are the vital points where there presents abundance of energy is present. In the *Siddha* system of medicine, there are 108 *Varmam* points total, which are divided into many categories. 8000 points are mentioned in the text "*Varmam Vilvisa*," while 251 points in the human body are mentioned in the

### COMPARISON AND CORRELATION OF MARMA AND VARMAM

The *Marma* and *Varmam* points are the vital points that are described in many ways in various texts and languages but have the same final meaning.

On studying in detail some *Marma* and *Varmam* points had the same position and could be used to treat a variety of bodily ailments by applying the appropriate amount of pressure.

text "*Kumbamuni Narambarai*. Majority of the texts limit the number of points to 108.

*Tamil* scriptures also categorise *Varmam* points according to their location, composition, and other factors.

There are several kinds of *Varmam*, including:

***Padu Varmam***- numbers is 12. These are the Major points which have a lot of energy, and when they are stimulated, the other *Varmam* points are also stimulated.

***Thodu Varmam***-96 in number. These are minor points, possesses less energy and stimulate by touch only.

The *Varmam* points present above the clavicle are *Tilartha Kaalam*, *Kannadi Kaalam*, *Paala Varmam*, *Choondi Kaalam*, *Minvetti Kaalam*, *Mandhira Kaalam*, *Puruva Kaalam*, *Kambothari Kaalam*, *Natchathira Kaalam*, *Annan Kaalam*, *Pogai Kaalam*, *Chunnambu Kaalam*, *Kutri Varmam*, *Chevikutri Kaalam*, *Uthira Kaalam*, *Patchi Varmam*, *Patchinema Varmam*, *Kondai Kolli*, *Seerungkolli*, *Sruthi Kaalam*, *Pidari Kaalam*, *Porchai Kaalam*, *Valamoorthy Kaalam*, *Jaani Varmam*, *Ottu Varmam*, *Urakka Kaalam*, *Sanguthiri Varmam*. There are 28 *Varmam* points located in the region from top of the head to the neck and there are 5 *Padu Varmam* points on the head.

S.NO.	MARMA DESCRIBED IN AYURVEDA	VARMAM POINTS DESCRIBED IN TAMIL VARMMASHASTRA
1.	<i>Nila and Manya Marma</i>	<i>Sanguthri Varmam</i> <i>Sumai Varmam</i> <i>Thummi Kaalam</i>
2.	<i>Matrika Marma</i>	<i>Uthira kaalam</i>
3.	<i>Krikatika Marma</i>	<i>Pidari Kaalam</i>
4.	<i>Vidhura Marma</i>	<i>Chevikutri Kaalam</i>
5.	<i>Apanga Marma</i>	<i>Natchatira Kaalam</i>
6.	<i>Avarta Marma</i>	<i>Puruva Varmam</i>
7.	<i>Phana Marma</i>	<i>Kannadi Kaalam</i> <i>Paala Varmam</i> <i>Choondi Kaalam</i> <i>Minvetti Varmam</i>
8.	<i>Shankha Marma</i>	<i>Poigai Kaalam</i>
9.	<i>Utkshepa Marma</i>	<i>Chunnambu Kaalam</i>
10.	<i>Sthapani Marma</i>	<i>Tilartha Kaalam</i>
12.	<i>Shringataka Marma</i>	<i>Patchinema Varmam</i>
13.	<i>Adhipati Marma</i>	<i>Kondai Koll</i>

## METHOD OF VARMAM THERAPY:

Each *Varmam* point on the body has its own unique measurements, including length, width, and depth. The *kaibaagam* and *seibaagam* techniques are used to stimulate *Varmam* points. In *kaibagam* fingers are chose to stimulate the *Varmam* point where as method of application is termed as *Seibagam* which are 12 in number. Based on the diameters of the *Varmam* points and the different ways they can be stimulated, there are 12 different application techniques.

The amount of force indicated in *Tamil* text corresponds to the pressure required for stimulating the *Varmam* point is *Maathirai*. where different finger parts are employed to apply pressure. in order to activate the various *Varmam* spots. For beginners, it's crucial to utilise 1/4 *Maathirai* pressure to treat illnesses or avoid the hazardous effects.

## METHODS OF STIMULATION

There are 12 methods of application based on the dimensions of *Varmam* points through which they can be stimulated which are as follows

- *Anukkal* – gentle movement
- *Asaitthal* – mild movement.
- *Piditthal* – clenching the *Varmam* point along with muscle.
- *Nalukkal* – slippery pinch.
- *Tattal* – mild tapping on the *Varmam* point.it is commonly done for children this will unify *ida* and *pingala nadi*.
- *Tadaval* – gentle stroking with fingers.
- *Undral* – pressing the *Varmam* point with a single finger.
- *Amartal* – balancing the energy of the points in the bony joints.

- *Padukkal* – bringing the energy from one *Varmam* point and placing it over another *Varmam* point, where the energy is deficient. After transferring the energy, clockwise and anticlockwise rotations are done over the *Varmam* point.
- *Pinnal* – strengthening one nerve as that of the other and also equalizing the energy.
- *Ental* – touching and lifting the *Varmam* point All these methods can be applied on the *Varmam* point.

## EFFECT OF VARMAM THERAPY:

Because of its location, the *varmam* therapy discussed in this article includes all the points above the clavicle, which are more critical and significant than the rest of the body's points. One of the most crucial body parts, the head regulates the body in various ways. The brain, its supporting structures, and major blood arteries are all located here. All psychological disorders originate from here alone, so applying pressure in the right amount to stimulate the *varmam* points located above the clavicle not only aids in disease treatment but also boosts a person's confidence and makes them more at ease than before to complete daily tasks and routines correctly on their own.

## CONCLUSION

Following conclusions can be drawn from the current research project

*varmam* therapy is cost effective and can be used in the place of oral medicine as modern oral medicine increases the dependency of patient on medicine and lots of withdrawal symptoms are there.so *varmam* therapy should be established.

<sup>i</sup> समदोषःसमाग्निश्चसमधातुमलक्रियः |

प्रसन्िात्मेग्ियमिःस्वस्थइत्यभिधीयते|| (Su.Sha.15/41)

<sup>ii</sup> Ramayanam, utha kandam, athikayan vadai padalam, poem.258.

<sup>iii</sup> Basic concepts of Vethasathhi medical varmalogy Kaibaagam-seibaagam, Dr. N.Shunmugoam, thirumoolar institute of Varmalogy, Coimbatore, second edition Jan 2019.