

***Varmam* Therapy in Management of *Peenisam* (Sinusitis) – A Review**

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ABSTRACT

Varmam treatment is one of the unique external manipulation therapies in Siddha system. *Varmam* is the science which deals with the study of certain vital energy points in the body through which *Pranan*[life energy] flows normally. It gets blocked in case of any injury to the *Varmam* points and also in diseased condition. By stimulating these vital energy points in the affected area using fingers blocked, energy gets relieved and regains its normal flow in the body. *Peenisam* is the term mentioned in Siddha literature that can be correlated with Sinusitis in Modern science. Siddha system of medicine identifies trauma and associated injury in particular *Varmam* points of body as one of the causes of *Peenisam*[Sinusitis]. Injuries on *Varmam* points that cause *Peenisam*[Sinusitis], *Varmam ilakkumuraigal*[Therapy] specified for *Peenisam* [Sinusitis], Internal medicines in various Siddha *Varmam* literatures are discussed in this review.

KEY WORDS: *Peenisam*, Siddha system, Sinusitis, *Varmam*.

1. INTRODUCTION

Sinusitis can be broadly defined as inflammation of one or more of the paranasal sinuses. Acute symptoms last less than 4 weeks, Sub-acute symptoms last 4 to 8 weeks, Chronic symptoms last longer than 8 weeks^[1-2] with recurrent three or more acute episodes a year. Sinusitis is one of the most prevalent problems encountered in general medical practices. Some patients are predisposed to recurrent bouts of acute sinusitis, and chronic sinusitis may develop that presents as enigmatic facial or head pain.^[3-7]

Chronic Sinusitis is the second commonest disease in USA based on the data collected during National health interview survey for the years-1990, 1991 & 1992.^[8] There is no data available on epidemiological survey of prevalence of chronic sinusitis in India. Secondary data from some print media house reveal that 134 million Indians suffer from chronic sinusitis.^[9] According to European

Position paper on rhinosinusitis and nasal polyps recommendations 2017 and joint task force on practice parameters recommendations, Intranasal corticosteroids, Oral corticosteroids, Antibiotics, Antihistamines and Topical decongestants are recommended for treatment of chronic rhinosinusitis.^[10] As there are many adverse reactions for these medications, there is a need of effective alternative therapy for the management of sinusitis.

1.1. Siddha *Varmam* therapy

Siddha *Varmam* therapy is a unique manual therapy in Siddha system. It has its own potential to develop as a bio-energetic science. It is a special kind of treatment in which certain vital energy points in the body are being manipulated by giving pressure with fingers. *Varmam* therapy is an easily applicable, effective, non-invasive and time

saving external therapy in Siddha system. The *Varmam* points are classified into two main divisions. The main divisions are *PaduVarmam* [12 points] and *ThoduVarmam* [96 points].^[11,12]

Injury in the *Varmam* points causes many diseases. *Peenisam* (Sinusitis) is one among them. There are specific *Varmam* therapies for the diseases caused by injury on *Varmam* points.

2. MATERIALS AND METHODS

The review process is adapted to collect various references in Siddha *Varmam* literature about the cause, treatment with *Varmam* therapy and internal medicines by using *Peenisam*, *Neer Yetram*, *Mookadaippu*, *Mookilneervadithal* as key words. The anatomical locations mentioned in Tamil are translated into relevant anatomical terms.

2.1 Inclusion and exclusion criteria:

Only Siddha *Varmam* literatures were taken into account for the review. The symptoms, causes and treatment of *Peenisam* induced by elevated *Kabam* were excluded from the review.

2.2 Peenisam in Siddha system

SiddharNaagamuni in the text book *Thalainoimaruthuvam* described *Peenisam*^[13] in poetic four-line verse as follows,

"Thalaimigavalikumnaasisalivizhilumoduvundagum

Nalivuruthummalundamnaatselilvaralumnaasi

Malaivuraththiranduveezhumvaayumenaatramundam

Belamuramookkadaikkumpeeniamendrutherea"

- *NaagamuniThalaiNoimaruthuvam*

Siddhar Agathiyar in his text *Agathiyar kanmakandam* explains in detail about *Peenisam*.^[14] According to the literature work of *Naagamuni*, *Peenisam* is generally classified

into 18 types. Among them he describes 4 types; 1. *Neer Peenisam*, 2. *Kuruthi Peenisam*, 3. *Seezh Peenisam*, 4. *Sirai Peenisam*. In the text book *Siddha Maruthuvam Pothu*, *Peenisam* is described as 9 types^[15] as follows; 1. *Vali Mookadaipu*, 2. *Azhal Mookadaipu*, 3. *Iya Mookadaipu*, 4. *Neer Mookadaipu*, 5. *Kuruthi Mookadaipu*, 6. *Seezh Mookadaipu*, 7. *Sirai Mookadaipu*, 8. *Mulai Mookadaipu*, 9. *Kazhuthu Mookadaipu*. The Siddha text, *Pitham Peenisammatrum Suranoithokuthi*^[16] classifies *Peenisam* into 9 types as follows; 1. *Vatha Peenisam*, 2. *Pitha Peenisam*, 3. *Silerpana Peenisam*, 4. *Neer Peenisam*, 5. *Raktha Peenisam*, 6. *Seezhpeeniam*, 7. *Siraipeeniam*, 8. *Moolapeeniam*, 9. *Kanda Peenisam*.

2.3 Cause for chronic Sinusitis –Siddha perspective:

Siddha text, '*Peenisa Nithanam*' describes the cause of Sinusitis as,

'..... Thalaiyile than

Nallaporuthidangalthanniladikalpattu

IdithathorukaaranathalVarmamkondur

Immayilepeeniamvanthuthithavare.'

These lines can be translated as, *Peenisam* is caused by injury on *Varmam* points present in important joints of head.

2.4 Symptoms of Peenisam:

The Siddha text, *Pitham Peenisammatrumuranoithokuthi*^[16] characterise the symptoms of *Peenisam* as follows, with increase in heat from *Moolatharam*, water (body fluid) accumulates in skull and causes sneezing, headache, pain in neck, Loss of sensation of smell, loss of taste sensation, Rhinitis, accumulation of phlegm in chest, pain in ear, discharge of pus from nose.

2.5 Injury on Varmam points that cause Peenisam (Sinusitis)

The siddha text, 'Varma Maruthuvam,^[17] quotes the Varmam points mentioned in palm manuscript, 'Varma Nithanam 500', the injury on which causes chronic sinusitis if it is not properly treated [Table 1].

2.6 Siddha Varmam points for Peenisam

Varmam points that are manipulated in the treatment of Peenisam (Sinusitis) are mentioned in Table 2, Figure 1. The manipulation of particular Varmam point helps to relieve particular symptoms. The pressure to be applied for manipulation (in Mathirai units) and the method of manipulation are mentioned in Table 3.

Table 1. Anatomical locations of Varmam points, the injury on which causes Peenisam

Varmam points	Anatomical location	Internal medicine used for the treatment of injury on varmam
Mun- Chuvadhi Varmam	Situated 3 finger breadth above the centre point of the fore head	Chukku Ennai
Pin- chuvathi	Situated 3 finger above occipital protuberance	Kozhinei
Perichal Varmam	Situated 4 finger breadth posterior to the ear [both side]	Triphaladiennai
Moorthikaalam	Situated ½ finger breadth above at the junction between the eyebrows and the nose	Musumusukkaiennai
ManthiraKaalam	Directly below the pupil between the eye ball and the infra -orbital ridge	Karunkozhichoornam, Nayanavilwathithailam.
MaarbuthilarthaVarmam	On the anterior midline between the two breasts	Mukootuthailam
VilavadappanVarmam	Situated 2 finger below the nipple and 4 finger breadth laterals	Varmakashayam, Mukootuthailam.
NaabiVarmam	Located at the centre of the umbilicus	Varmanithailam

Table2. The following table reveals the points manipulated in Varmam therapy for management of Sinusitis^[18]

Varmam points	Anatomical location	Used in management of symptoms of peenisam (sinusitis)
Anaankaalam	It lies inside the lateral canthus of the eyes [The meeting point of upper and lower eye lid]	Head ache
Kannadikaalam	It lies at one finger breadth below the junction between the eyebrows and nose.	Head ache, Nasal block
Kondaikolli	It lies on the vertex of the head	Nasal block, Rhinorrhoea

<i>Minvettikaalam</i>	It lies at the meeting point of the wing of the nose and the cheek bone on both side	Nasal block, Rhinorrhoea
<i>Soondikaalam</i>	It lies at the tip of the nose	Nasal block, Sneezing
<i>SumaiVarmam</i>	It lies at two finger breadth below the Adams apple.	Cough
<i>Thummikaalam</i>	It lies in the pit of the neck [suprasternal notch]	Cough
<i>Ulangaalvellai Varmam</i>	It is located on the sole of the foot, where the muscle below the big toe and the muscle of the other toes meet.	Cough
<i>Valamoorthikaalam</i>	It lies only on the right side between the cheek bone and the nasal bone	Head ache

Figure 1. Schematic representation of Varmam points for the management of Peenisam

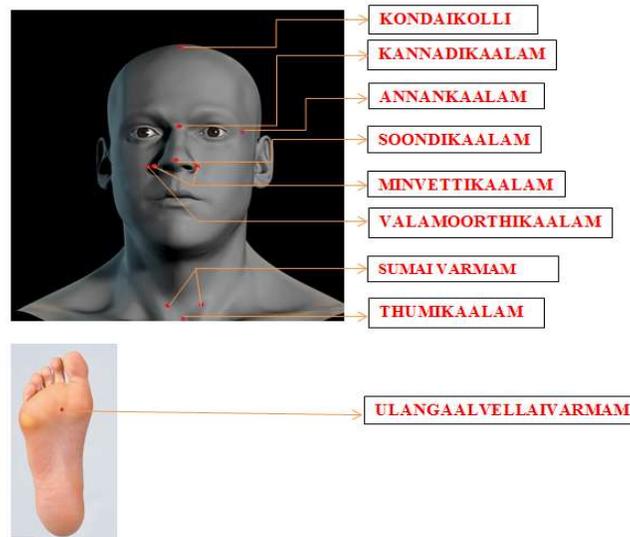


Table3. Application of Varmam Points in the treatment of Peenisam (Sinusitis)^[19]

Varmam points	Finger used to apply pressure	Pressure intensity (mathirai alavu)
<i>Anaankaalam</i>	Palmar aspect of the middle of thumb	1/4 Mathirai
<i>Kannadikaalam</i>	Tip of the thumb and middle finger	1/4 Mathirai
<i>Kondaikolli</i>	Tip of the middle 3 fingers	1/4 Mathirai
<i>Minvettikaalam</i>	Tip of the thumb and middle finger	1/4 Mathirai
<i>Soondikaalam</i>	Tip of the middle finger	1/4 Mathirai
<i>SumaiVarmam</i>	Tip of the right thumb and middle finger	1/4 Mathirai
<i>Thummikaalam</i>	Tip of the middle finger	1/4 Mathirai
<i>UlangaalvellaiVarmam</i>	Tip of the middle finger	1/4 Mathirai
<i>Valamoorthikaalam</i>	Palmar aspect of the middle of right thumb	1/4 Mathirai

2.7 Common medicines used in the treatment of sinusitis caused by injury on *Varmam* points:

1. Chivarathiennai^[17] : Used both as internal and external medicine

Dose as internal medicine – 10 ml, twice a day for 9 days

External – Applied on scalp before taking bath.

Source Manuscript – Varmagnanaodivumurivusarasoothiram- 2200

2. Vathasannithailam^[17] : Internal medicine

Dose – 10 ml, twice a day for 9 days.

Source Manuscript – Varmaodivumurivusarasoothiram – 1200

3. Varmasannipugai^[17] : Fumigation for inhalation through nostrils.

Source manuscript – Varmaalavainool.

3. DISCUSSION

Sinusitis is the most prevalent disease worldwide. In Conventional treatment for chronic sinusitis, medicines prescribed are antihistamines, topical nasal decongestants, Intranasal corticosteroids, Oral corticosteroids and antibiotics. Adverse reactions of Antihistamines and Corticosteroids & Increasing antibiotic resistance envisage the need of alternative therapy that is safe and cost-effective. *Peenisam* described in Siddha literature can be compared with Sinusitis. Injury on *Varmam* points is mentioned as one of the causes of 'Peenisam'. '*Varmailakkumuraigal*' are manipulation techniques of specific *Varmam* points and is the treatment employed for the diseases that are caused by the injury on *Varmam* points. The anatomical locations of the *Varmam* points that cause *Peenisam* and the location of the points that are to be manipulated for the treatment of *Peenisam* are discussed in the paper.

4. CONCLUSION

Large scale clinical studies can be conducted to study the effectiveness of

Varmam therapy in the treatment of Sinusitis and standardization of pressure to be applied on *Varmam* points.

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