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Ner Varmam and its Anatomical Structures -Literature review

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ABSTRACT

Varmam maruthuvam specifically deals with the regulation of energy flow within the body by provocation of certain points. Padu Varmam points are 12 in number. They are claimed to be interacting points between internal organs and the central nervous system. Hence Padu Varmam is considered as "Life Energy Centers". The exact location, literature review and Anatomical Locations of these Varmam are yet to be documented. To identify the various literature evidence for the ner varmam (one of the padu varmam) and appropriate anatomical location of this Padu Varmam points and to document the above data. Classical Siddha Literature like Varma Soothirangal by R.C. Mohan; Varma Vignanam by Dr. Michel etc.; and anatomy texts like Cunningham's book of practical anatomy, Netter's Anatomy, etc.; were reviewed and the collected data was compared and documented. The correct anatomical locations of the Padu Varmam points were more or less derived. The above data can be used for correct handling of Padu Varmam. This may be stepping stone for standardization of Padu Varmam.

Keywords: Siddha, Varmam, Padu Varmam, Ner Varmam Anatomical Locations, Literature Review

VARMAM

Varmam is the branch of Siddha system of medicine which involves a special kind of therapy based on vital points called varma points present in the body. Siddhars have foreseen the circulation of the *praanan* (vital energy) through their wisdom and knowledge and have identified them as the life energy centres and named them as varmam. They have compared these varmam points to the electric switches which when turned on gives light same way when these points are stimulated, they give a particular energy and cures diseases. These points are invisible to naked eyes and cannot be understood by reading books. It can be taught only by persons who are well versed in this art. They are called as *Asaans*. This art of Varma science was taught in Guru - Disciple methodology. The word *Vamam* is also means "*Marmam*" which means secret. It is called secret or *Marmam* because the science and the technique of the *Varmam* has been hidden and kept as a secret for a long time. Varmam points are scattered all over the body like fascia, muscle, bones, nerves, joints etc. There are various views on the total number of Varma points present in the human body. But the most widely used is 108 Varma points.

Generally varmam are classified as;

1. Padu varmam -12
2. Thodhu varmam -96
3. Thattu varma -8
4. Ulvarmam -6
5. Nookku varmam -1
6. Mayaku varmam -12

Padu Varmam:

Among the total 108 varma points 12 are Padu Varmam; Padu varmam comes under traumatic classification. Padu refers to "increase" or "agony" or "destruction". When these varmam are injured it increases agony or may cause destruction even death. Padu varmam generally affects internal organs.

Aim:

Aim of this study is to identify the literature evidence and the anatomical structure present in the ner varmam

Objective:

The main objective of this study is to disclose the anatomical locations of ner varmam and to analyse the structures present in each point and to document the collected data.

Methodology:

Study design: Literature review

Study source:

The literature search was done in the following libraries; Dr. Ambedkar Central Library of Indian System of Medicine Arumbakkam Chennai, Library of Siddha Central Research Institute Arumbakkam Chennai, Library of A.T.S.V.S Siddha Medical College Munchirai Kanyakumari, Centre for Traditional Medicine & Research, Adambakkam Chennai, Connemara Public Library Egmore, Chennai.

Search Strategies:

Terms like *Varmam*, *Padu Varmam*, *Thilartha kaalam*, *Natchathira kaalam*, *Chevikuthy kaalam*, *Pidari kaalam*, *Urakka kaalam*, *Thummi kaalam* etc were used as search terms. The names and places of the 12 padu varmam points were identified with reference of various Varma literatures.

With the above identified data the anatomical structure present in the ner varmam point was identified with reference from various anatomical texts like Cunnigham's manual of practical anatomy.Vol.1, Cunnigham's manual of practical anatomy.Vol.2, Cunnigham's manual of practical anatomy.Vol.3, Gray's Anatomy of the human body and documented

Results:

Ner varmam:

Ner refers to "straight". This varmam is located in the middle of the thorax. Narambu varma soothiram says this varmam is located at the centre point in between the thummi kaalam and the umbilicus.

“கூமென்றகாலம் நெஞ்சின் குழிநின்றிடு”

– சித்தர்களின் வர்ம சூத்திரங்கள்

Synonyms:

90 kaalam(90ங் காலம்)

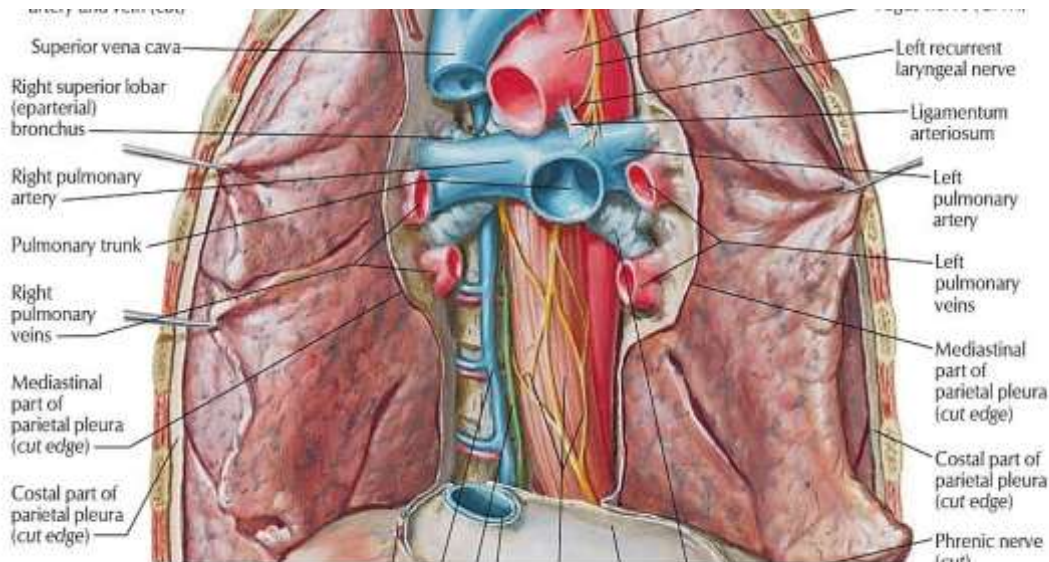
Ner mutti kaalam (நேர்முட்டி காலம்)

Location:

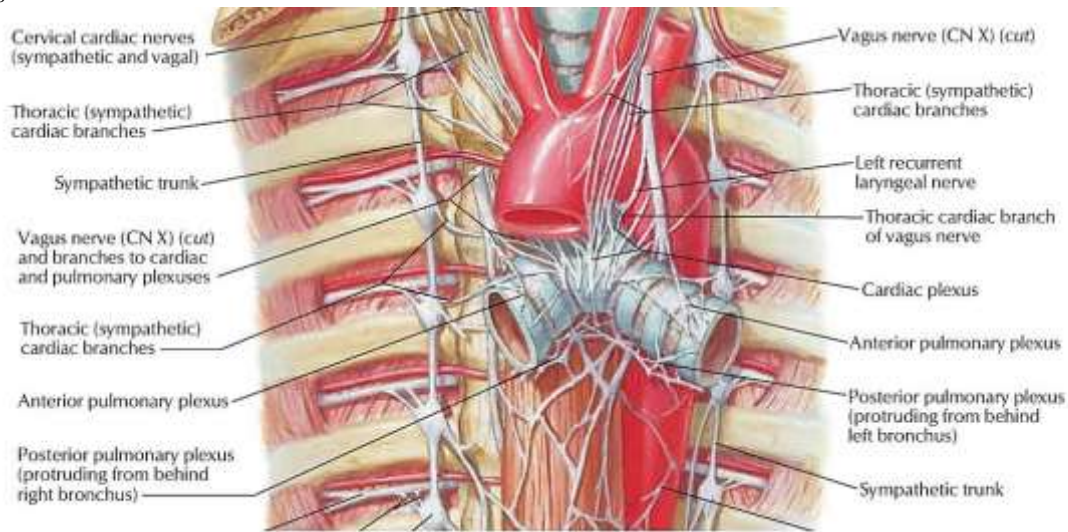
As said in varma nidhanam 500 it is situated in between the two breast and the centre point of the suprasternal fossa and umbilicus A hurt in the Hiruthaya marma, which is situated in the thorax ,between the two breast and above the pit of the amasaya proves fatal with in a day.Injury causes instanat death also)

Anatomical structures:

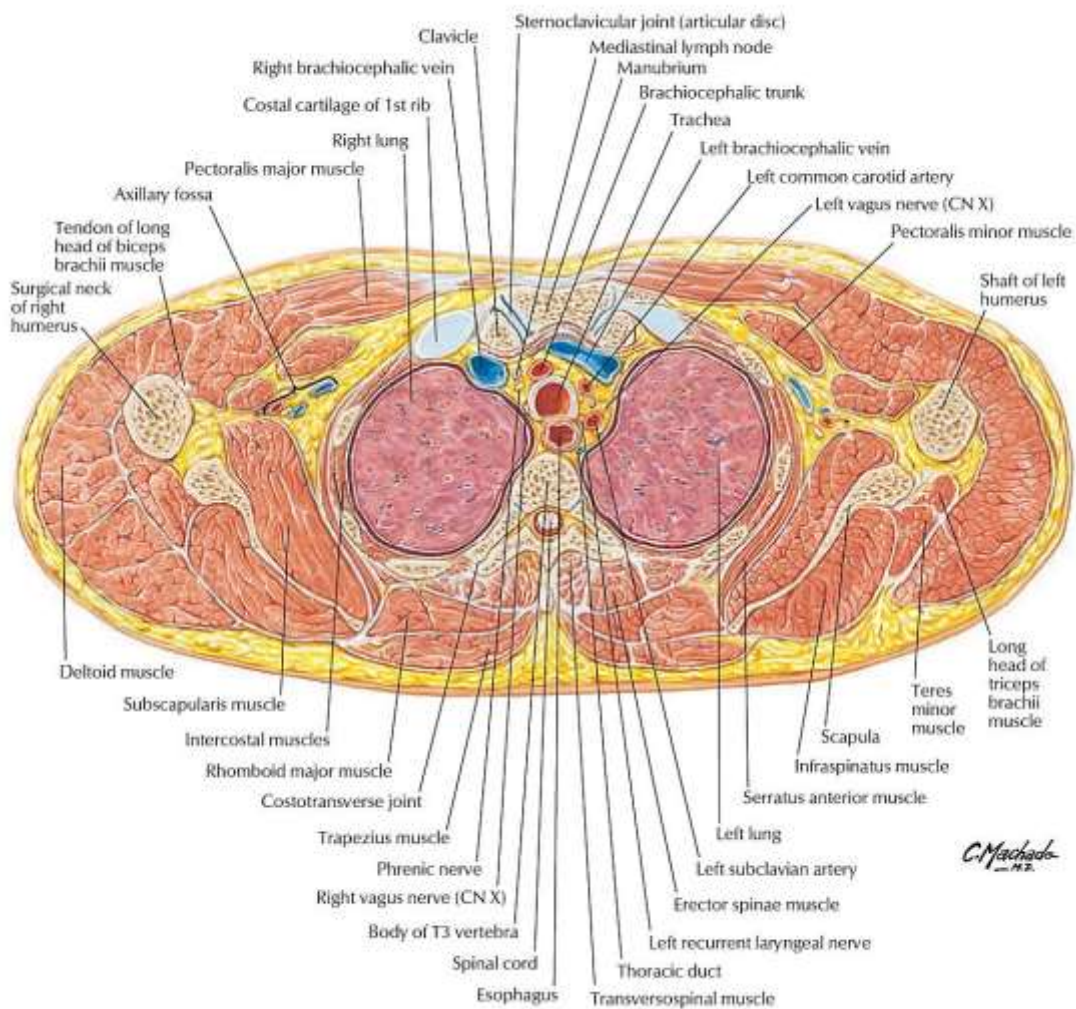
- Skin
- Superficial fascia
- Pectoral fascia
- Linea alba
- Sternum
- Heart
- Pulmonary trunk



Right pulmonary artery
 Cardiac plexus
 Azygos vein
 Carina of trachea
 Oesophagus



Right main bronchus
 Bronchial artery
 Thoracic duct



LIMITATIONS

The main limitation of this study is that, in many classical texts the locations of the padu varmam points is not clear and hence it results in a major drawback while locating the structures in that point. In few texts the names of the 12 padu varmam points are dissimilar. Hence the integration of the names of 12 padu Varmam seems to be a foremost important task.

DISCUSSION

Varma and its manipulative techniques seem to be an important concern in today's medical world. Varma an easy and highly efficient art has been hidden from human community for various reasons. Hence the science behind this remains unknown. It implies to be an arduous responsibility to unleash the technique behind this *varmam* as this science cannot be understood just by reading various literatures. The basic work of finding the anatomical location and the structures present in the *padu varmam* points is a simple step in this rigorous task. The naming of the *padu varmam* appears to correlate with the symptoms or the place where the points are located. Most of the *padu varmam* are paired and are closely related to the vital organs of the body; for example the *thilartha kaalam* is related to brain, *natchathira kaalam* is related to the optic nerve and the vessels of the eyes, *sevikuttri kalam* is related to the nerves and vessels of the ear, *urakka kalam* is related to the pharyngeal plexus and the salivary glands, *thummi kaalam* and thymus gland are closely related, *ner varmam* is directly associated with the heart and its blood vessels, *periya athi churukki* and *siriya athi churukki* is analogous with the liver and its associated structures, *adappa kaalam* is related to the lungs, the *moothira kaalam* corresponds to the urinary bladder and the *kallidai kalam* is related to the penis and scrotum.

With this study we were able to identify that, the *padu varmam* points contains various important and imperative structures. This shows the efficiency of Varma and the expertise knowledge of the *siddhars*, how they were able to explore these points.

CONCLUSION

Padu varmam points are the high *pranic* energy concentrated centres in the human body. These are the vital life energy centres. They are much sensitised areas. When these points are affected it results in severe adverse effects which may lead to loss of consciousness or even death. These anatomical structures pave a path for the standardization of the locations of the Padu varmam points. Each Padu varmam when manipulated in an incorrect aspect gives specific symptoms. How these symptoms occur can be studied in detail with the reference of the anatomical structures.

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